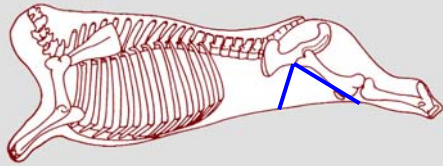


# Thick Flank Joints (with added fat)

## Thick Flank B003



1. Position of the thick flank, with rump tail.

2. Boneless untrimmed thick flank ready for preparation.

3. Seam back large external muscle and cut the primal lengthways along the grain to produce two equal-sized portions.

4. Cut cod fat into thin slices and flatten with a fat basher if needed. Alternatively use pre-pressed cod fat.



5. Remove excess fat, connective tissue and gristle. Add 10mm thick roasting fat on lean top surface and tie securely with string at regular intervals.

6. Cut into joint of the size required.

7. Joints vacuum packed and ready for sale.

