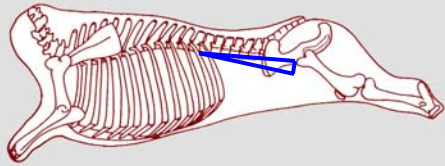


“Extra Trim” Fillet Steaks (ex. chain trimmed head)

Fillet B004



1. Remove whole fillet from hindquarter.

2. Whole fillet of beef untrimmed.

3. Remove the chain muscle and...

4. all gristle, fat and connective tissue.



5. Free the top of the fillet of all connective tissue, gristle and fat.

6. Remove all fat, gristle and bone sinews from underside of the fillet.

7. Underside of the fillet free of all connective tissue, gristle and fat.

8. Remove loose hanging chain muscle from the head of the fillet (1) and square cut the side muscle (2).



“Extra Trim” Fillet Steaks (ex. chain trimmed head) - continued

Fillet B004



9. Remove the tail leaving the fillet with a minimum 40mm diameter.



10. Cut the fillet across the grain into steaks of even thickness, not wedge shaped.

