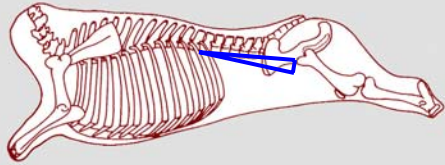


Rump Fillet, Middle Fillet and Fillet Tail

Fillet B008



1. Remove whole fillet from hindquarter.

2. Whole fillet of beef untrimmed.

3. Remove the chain muscle and all gristle, fat and connective tissue.

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



5. Remove the head as illustrated and the tail leaving the middle fillet with a minimum 40mm diameter.

6. Rump fillet.

7. Middle fillet.

8. Fillet tail.

