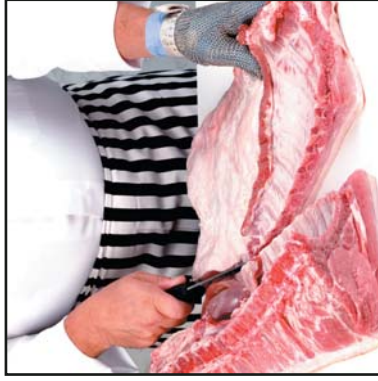


Middle: Tendrons



Separate belly from loin by cutting in a line 5cm from the ventral tip of the eye muscle and parallel with the back line of the carcass



Remove rind and fat to leave a maximum fat depth on 5mm



Using the belly primal remove flare fat



Remove rib bones in a sheet taking care not to cut into the underlying muscles



Fold the belly and place elasticated roasting bands at 5cm intervals



Slice between the roasting bands



Place a roasting band in the opposite direction to form the tendon



Tendrons fully prepared and ready for cooking



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