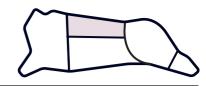
Fillet*



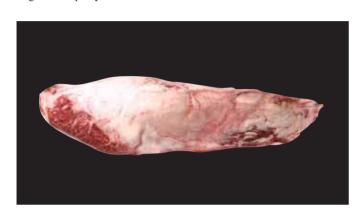
Overview of Raw Meat

The fillet is located on the inside of the loin, contains practically no muscle and is characterized by its fine texture, tenderness and low fat content. It accounts for only 2% of the entire dressed carcass and it is a luxury item making it the most expensive cut of beef available. Care needs to be taken as the color of the meat degrades rapidly.

Culinary Applications

Barbecue

Roast Beef





Preparation: Remove any flap meat from the short plate



Trimmed



XSide view: The thickness of this cut is characteristic of Wagyu



■A: (D)



Steak cuts 01



The sinew has been removed from the previous cut leaving only the tender portion giving it a higher commercial value.





■C: Fillet Mignon

