



## The Loin (back strip)

This is the single best cut of meat. It is almost as tender as the tenderloins, but much larger. Wash away any hair, fat or other debris that may be present.



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Remove the large, flat, white sheath that covers the top side of the meat. This is almost like fileting the skin from a fish. A very sharp knife is important for clean cuts. Remove all connective tissue and 'slime'. The tapered end of the meat may have a smaller, secondary muscle. This should be removed. The goal is a single, clean piece of meat.



## The Loin (back strip)

Starting with the larger end, slice the meat into 2-inch pieces. This cut of meat was large enough to get six pieces. The tapered end is too small to make steaks so it will be used as a very fine roast.



## The Loin (back strip)

Slice the pieces in half, but be careful not to cut all the way through. Cut almost all the way through then unfold the steaks as shown in the picture.



## The Loin (back strip)

This back strip yielded six butterfly steaks and one small roast. The roast will be combined with the one from the other backstrip with a piece of string. You can see from the shape why they are called butterfly steaks.