

# 10 . 11 HOW TO PREPARE DENVER STEAKS FROM THE CHUCK UNDERCUT

'Denver' steaks are cut from the chuck undercut. The chuck undercut is prepared from the chuck roll (Item No. 2275) and sits underneath the chuck eye log (Item No. 2264)

Further preparation is required if the undercut is to be cooked as a steak. The chuck undercut has quite a coarse grain with long muscle fibres. To produce grilling steaks from the undercut, choose meat that is highly marbled and aged.

# 01 \_  
The chuck undercut is prepared from a chuck roll (Item No. 2275).



# 02 \_  
Remove the chuck eye log from the top of the chuck roll by following the natural seam starting at the top right hand corner.



# 04 \_  
Turn cut over.

# 03 \_  
Continue to follow the seam down using the tip of the knife to gently push through the silverskin and connective tissue. Completely remove the chuck eye log.



# 05 \_  
Remove the large muscle on the right hand side known as the Splenius by following its natural seam.



# 06 \_  
Follow the muscle to the end by using gentle, small cuts to break through the connective tissue. This cut is perfect for braising and mincing.



# 07 \_  
Trim silverskin and any excess fat.

# 08 \_  
There you have the chuck undercut. Locate the grain to ensure you slice across it .



# 09 \_  
Slice steaks 20-25mm thick. These steaks are known as *Denver* steaks in the US.