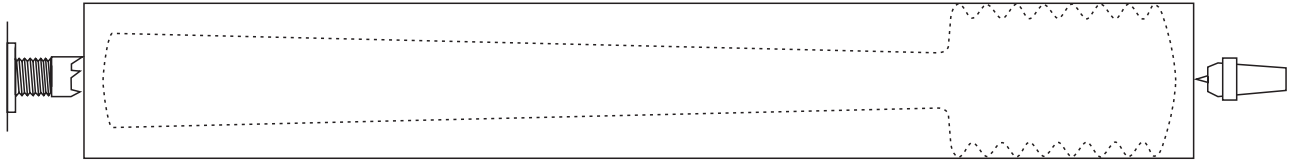


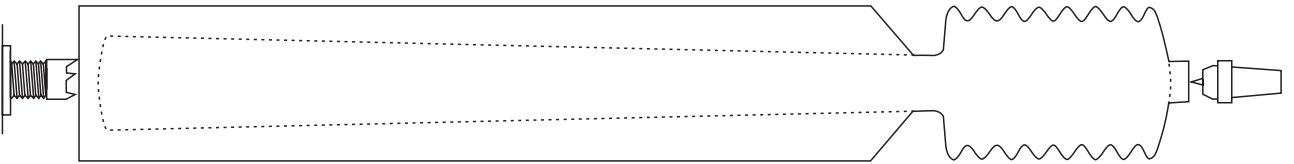
MEAT TENDERISER

Start with a piece of wood about 50 x 50 and 300mm long. This is best made from dense wood. Mount this between centres and round it off.

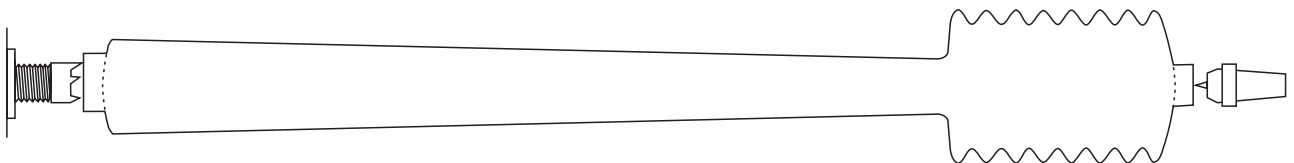


Mark the location of the head and each groove on it. Cut the grooves and around the head of the tenderiser.

For easy cleaning the bottom of each groove should be rounded. To tenderise the meat without breaking it, the ridges between the grooves should not be sharp.

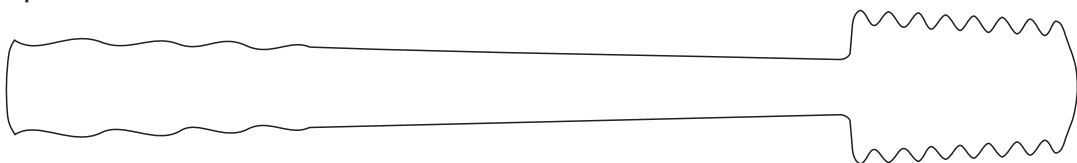


Turn the handle to shape. This may be straight or have a hand-shaped grip. Turn both ends down to the minimum needed to keep the wood securely on the lathe.



Sand the tenderiser. Part off and hand finish the ends.

Try a couple of variations:



Add finger grips to the handle

Slope the head so that the chef's knuckles do not hit the table.