

A method for tenderizing raw meat material comprising electrophysical treatment meat raw material by irradiating. In doing so an ultrasonic irradiator, which is distinguished by the fact that an oscillation frequency of the ultrasonic irradiator is 22 kHz, an irradiation intensity of 3-5 Wt/cm², is used and the treatment is carried out in an aqueous intermediate medium for 12-15 min.