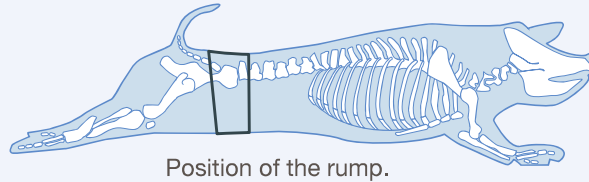


Rump Steak



Code: 3016



1 The Rump is removed from the Silverside by a square cut.



2 Rump.



3 Remove excess fat and gristle including the small group of muscles which lie ...



4 ... under the tail bone as illustrated.



5 Cut rump across the grain into steaks of 25 mm thickness.



6 Rump Steak.