Rump Fillet with silver gristle
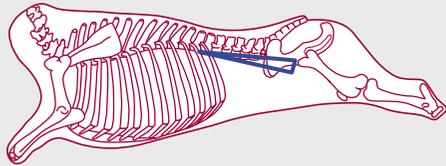
1. Position of the fillet.

2. Start with a whole fillet with the chain muscle removed.

3. Separate the rump fillet by cutting at right angles to the ventral tip of the lean fillet muscle indicated.

4. Rump fillet prepared to specification.

QUALITY STANDARD beef English

AHDB BEEF & LAMB