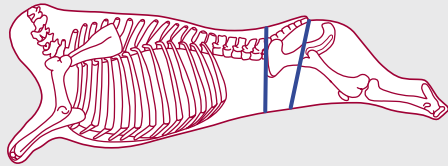


Rump and Picanha Steak

Code:

Rump B005



1. Position of the rump.

2. Tail muscle to be removed from the rump.

3. Remove any bone fragments, gristle and discoloured tissue.

4. Separate the two main rump muscles by following the natural seam.



5. Remove all gristle from the cap muscle.

6. The cap muscle and the main rump muscle.

7. Cut the main rump muscle into steaks of even thickness, (no wedge shapes) across the grain.

8. Traditionally the cap muscle is left on the main rump muscle and is cut along the grain which creates less tender steaks.



Rump and Picanha Steak – continued

Code:

Rump B005



9. By removing the cap muscle, the steaks can be cut across the grain to improve tenderness.



10. Cut the cap muscle across the grain into picanha steaks of even thickness (no wedge shapes).



11. Steaks to be vacuum packed and the picanha and main rump steaks...



12. should be delivered in natural proportions (approx. 5-6 picanha steaks per whole rump).