Rump Cap (picanha) – large cut			Code: Rump B016
Contraction of the second seco			
I. Position of the rump.	<ol> <li>The rump, silverside, salmon cut and heel muscle section.</li> </ol>	3. Separate the main rump muscles by following the natural seams as illustrated.	<ol> <li>Remove the rump cap/picanha muscle from the silverside in line with the tip of the salmon cut.</li> </ol>
5. By removing the cap/picanha muscle this way, compared to the traditional method, the yield is increased by approx. 25%.	<ol> <li>External fat level trimmed back to a maximum of 10mm.</li> </ol>	7. Rump Cap/Picanha – Large Cut.	



