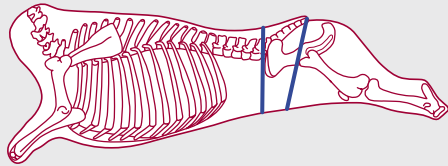


# “Premium” Bistro Rump Steaks – Thin Cut

Code:

Rump B023



1. Position of the rump.



2. Boneless untrimmed rump with the tail muscle (TFL) removed.



3. Remove the cap muscle/picanha by cutting along the seam between it and the rest of the rump.



4. Separate the prime rump and the bistro rump muscles by cutting along the seam between them.



5. Rump Bistro Muscle.



6. Cut across the grain into thin steaks, maximum thickness 5-7mm. (This is done easier on a gravity feed slicer).



7. “Premium” Bistro Rump Steaks – Thin Cut.

