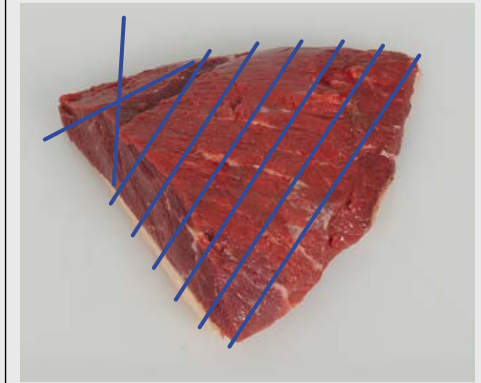
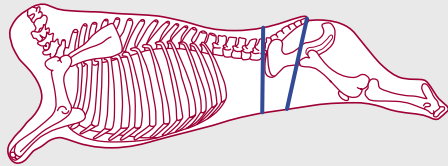


Picanha Steaks – Thin Cut

Code:

Rump B024



1. Position of the rump.

2. Separate the cap muscle by cutting along the seam between it and the main rump muscle.

3. Carefully remove external sheet of gristle from the cap muscle.

4. The direction the steaks need to be cut. Use the end piece for trim as this part is not so tender.



5. Cut across the grain into 5-7mm thick steaks. (This is done easier on a gravity feed slicer).

6. Picanha Steaks – Thin Cut.

7. If these steaks are to be used for sandwich steaks, stir-fry or fajitas, we recommend that all fat and gristle is removed.



For this steak the cap/picanha should be matured for a minimum of 14 days.

