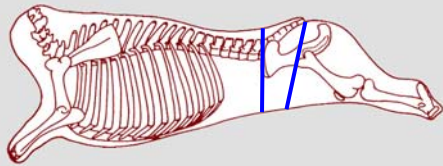


“Premium” Prime Rump Steaks

Rump B003



1. Position of the rump.

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

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

4. Separate the remaining two muscles by cutting along the seam between them.



5. Remove excess fat, gristle and connective tissue to leave exposed lean surfaces.

6. Slice the centre rump muscle evenly across the grain into...

7. “Premium” Prime Rump Steak.

8. Slice the side rump muscle evenly across the grain into...



“Premium” Bistro Rump Steaks

Rump B003



9. “Premium” Bistro Rump Steaks.

