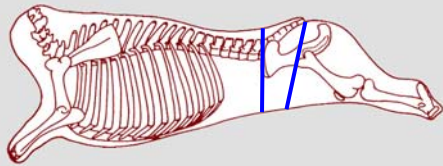


Picanha Roast

Rump B007

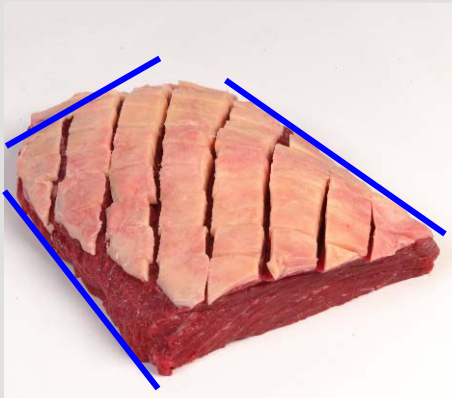


1. Position of the rump.

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

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

4. Score the fat in a diamond pattern taking care not to cut into the underlying lean.



5. Square ends and sides and sell as a whole roast.

6. Alternatively cut into two equal-sized portions and sell as smaller roasting joints...

7. or cut into individual portions of 150-200 gm.

8. Picanha roast prepared to specification.

