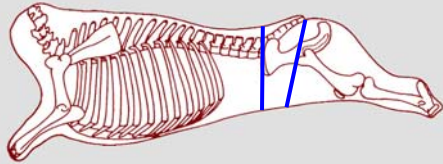


“Premium” Easy-Carve Rump Roast

Rump B008



2. Remove any small loosely attached muscles.



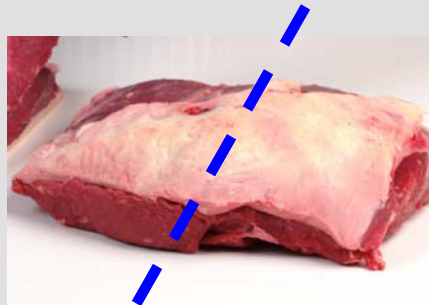
3. Separate the cap muscle by cutting along the seam between it and the main rump muscles.



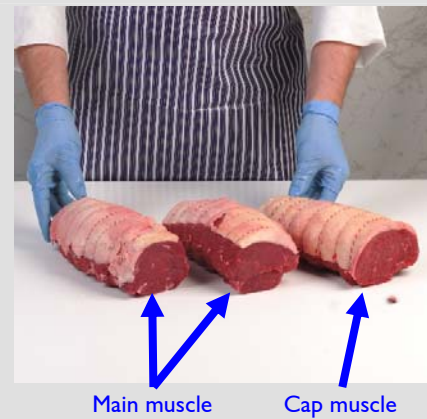
4. Carefully remove external sheets of gristle.



5. Add 5mm thick fat to cover lean parts of joint if required.



6. Cut the main muscle into two portions.



7. Main muscle (two portions) and cap tied securely for use as roasting joints.

