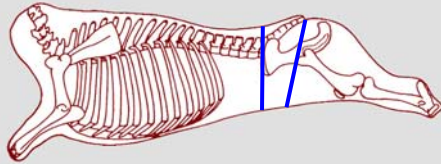


“Premium” Rump Roast

Rump B009



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. Tie the cap and main rump muscle securely with string at regular intervals.

