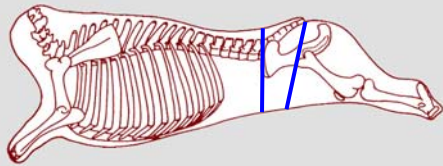


# “Premium” and “Easy-Carve” Rump Roast

## Rump B011

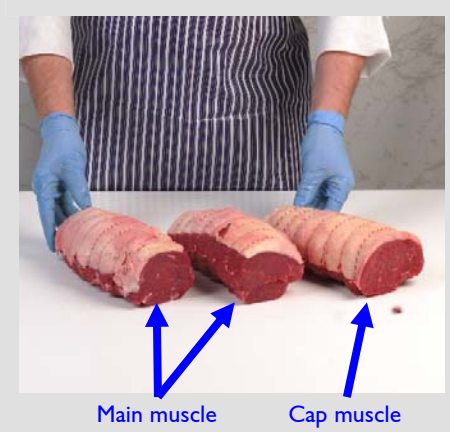
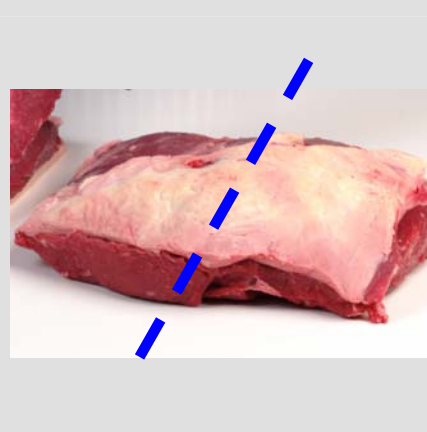


1. Position of the rump.

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

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

7. Alternatively cut the main muscle into two portions and form into joints.

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

