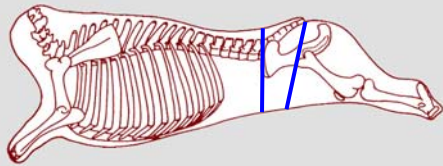


Picanha Steak

Rump B013



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. Slice the cap muscle across the grain, evenly to a required thickness.



5. Picanha steak sliced and ready for sale.

