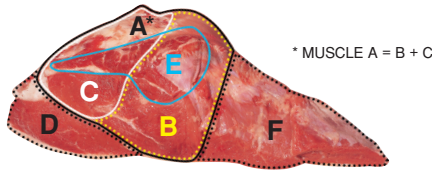


## BEEF MUSCLE SEAMING AND COOKING METHODS

### RUMP H.A.M. 2090



COOKING STYLE



**A**

**EYE OF RUMP**  
H.A.M. 2093



**B**

**EYE RUMP CENTRE**  
H.A.M. 2095



**C**

**EYE RUMP SIDE**  
H.A.M. 2094



**D**

**RUMP CAP**  
H.A.M. 2091



**E**

**RUMP FLAP**  
H.A.M. 2096

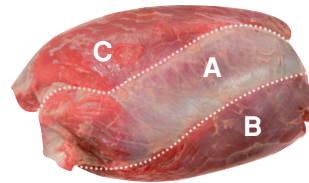


**F**

**TRITIP**  
H.A.M. 2131



### KNUCKLE H.A.M. 2070



COOKING STYLE



**A**

**EYE OF KNUCKLE**  
H.A.M. 2067



**B**

**KNUCKLE UNDERCUT**  
H.A.M. 2069

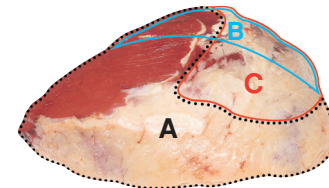


**C**

**KNUCKLE COVER**  
H.A.M. 2068



### TOPSIDE H.A.M. 2000



COOKING STYLE



**A**

**TOPSIDE CAP OFF**  
H.A.M. 2001



**B**

**EYE OF TOPSIDE**  
H.A.M. 2013



**C**

**TOPSIDE CAP**  
H.A.M. 2012

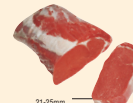


### Cooking Method Display and Cooking Technique Advice

**GRILL**



Products that are displayed with this symbol are suitable for Pan Fry or Grill (BBQ). The product when prepared must be sliced between 21mm and 25mm thick.



**ROAST**



Products that are displayed with this symbol are suitable for Roasting. The degree of doneness can be measured by the internal temperature eg:  
Rare = 35°C Medium well = 65°C  
Medium rare = 45°C Well done = 75°C  
Medium = 55°C  
Once the roast has been removed from the oven allow to rest for 10 minutes.



**STIR FRY**



Products that are displayed with this symbol are prepared into strips and should be approximately 6mm in width and depth, and approximately 75mm in length.



**SHABU-SHABU**



Products that are displayed with this symbol should be prepared by cutting the product 2mm thin. The best result for this is to chill the product and cut on a slicing wheel.



**CASSEROLE**



Products that are displayed with this symbol should be cooked in a sauce or gravy on low heat for approximately 2 hours. The product is prepared in 20mm cubes.

