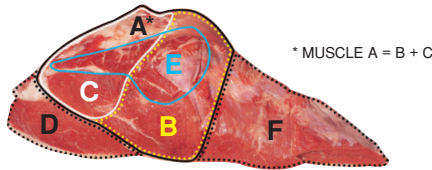


## BEEF MUSCLE SEAMING AND COOKING METHODS

### 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

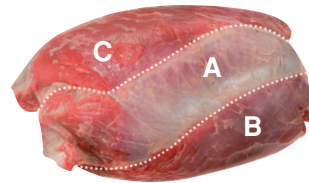


**F**

**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

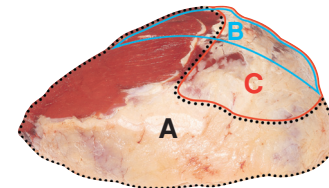


**C**

**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**

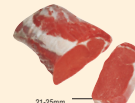
**TOPSIDE CAP**  
H.A.M. 2012



### Cooking Method Display and Cooking Technique Advice



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.



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.



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.



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.



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.

