

## Picanha (Rump Cap) and Rump Steak in Vietnamese Roll, Richard and Libbie Wilson, Yeppoon

### Ingredients

- MSA Whole Rump
- Rocket
- Whole Tomato
- Havati or Tasty Cheese slice
- Aioli

### Balsamic Rosemary Onion Jam

- 2 tablespoons olive oil
- 4 large brown onions thinly sliced
- 3 tablespoons balsamic vinegar
- 2 tablespoons brown sugar
- 1 tablespoon finely chopped fresh rosemary
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper



Preheat oil, cook onions until translucent & just browning. Add vinegar, sugar, rosemary, salt & pepper. Cook until onions dark brown & reduced, approx 40minutes. Store in airtight container in fridge 1 week.

- Vietnamese Rolls (Coles Bakery)
- Cobram Estate Olive Oil
- Salt & Pepper

### Method

- Heat oven to 200°C fan forced
- Trim rump and remove Picanha (Rump Cap), slice remaining rump into 50mm slices leaving fat intact. Bring beef to room temperature.
- Rub beef with olive oil and rub in salt and pepper.
- Heat pan on stove and seal all Picanha surfaces. Transfer to oven and cook at 200C for 12 minutes per 500g. Beef should spring back when pressed with tongs.
- REST loosely covered in warm place (not in oven) for 30 minutes.
- Cook Rump on hot griddle or seal and finish in oven as per Picanha.

### To serve

- Slice Picanha or Rump into 5mm thick slices.
- Warm and just crisp roll in oven.

# Australia's National Beef Exposition



- Spread one side lightly with aioli
- Spread other side Italian-style with tomato cut in half, squeezing the pulp into the bread, discarding the skin.
- Add generous rocket serving to aioli side, then ½ cheese slice, then 2 slices beef with blob of Onion Jam between slices.



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