

## Pro Tip Recipes

PREP TIME 15 MIN | COOK TIME 40 MINS | SERVES 10

### BARBEQUED RUMP CAP

#### Method

1. Bring beef rump to room temperature 30 minutes before cooking. Sprinkle the rock salt all over the meat. Secure rump. Add the meat skewer to a rotisserie grill, allowing the meat to turn. Otherwise, place it on the barbeque grill, over medium heat, with the fat side down.
2. Cook, rump until a core temperature of between 58 ° C- 65 ° C for medium is reached or until cooked to your liking. Tap skewer to knock off any extra salt. Transfer to a tray, cover loosely with foil to rest for half the cooking time.
3. Serve with chimichurri sauce, roasted bell peppers and a green salad.

#### INGREDIENT LIST

##### Beef

- 2.5 kgs beef rump cap

##### Other Ingredients

- 30g rock salt

##### Serving Suggestions

- Chimichurri Sauce
- Fire Roasted Bell Peppers
- Green Salad

