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The Top Round

Clean the leg of any hair, blood clots or other debris. Using your knife, remove excess fat and other connective tissue. Make your first cut along the long, white line. The area above the knife is the top round.



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Separate the top round from the leg. For most places, blunt dissection with your fingers works well. This roast is a single muscle. It should be easy to see how to separate it from the bone. The eye of round is a small lenticular muscle that is good for making jerky. You will see it connected to the top round once the top round is separated from the bone.



The Top Round

After some blunt dissection, pull the top round (along with the eye of round) away from the bone, using your knife as needed.



The Top Round

This shows a pretty clear view of each of the cuts provided by the hind leg.

The rump roast is obscured by my hand.

Because this particular animal was so small (aka tender), I actually cut the top and bottom rounds into butterfly steaks.



The Top Round

This is the top side of the top round after it has been cleaned of all excess fat, connective tissue, etc. It is now ready to be wrapped.



The Top Round

Same roast, but on the bottom side. Note that this cut of meat is fairly flat. This makes it good for rolling. You can 'butterfly' the cut so that it is half as thick. Layer a filling over the meat, roll it and tie with string. See the Cooking pull down menu for more ideas.