



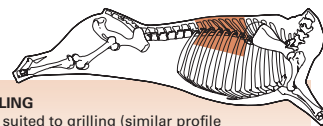
# CHATEAU CUT RIB EYE MEDALLION



GRILLING



OVEN ROASTING



**MUSCLE COMPOSITION:** Comes from the removal of the *Spinalis dorsi* from the lip on rib eye leaving the *Longissimus dorsi* only. 0x0 tail length.

**POINTS REQUIRING SPECIFICATION:** Rib Eye Medallions are cut from the *Longissimus dorsi* muscle only. All other muscles are excluded.

## CHARACTERISTICS

- Comes from the boneless lip on rib by removing the cap then splitting the centre muscle at the taper point. Portioning is critical to maintain profit margin
- Could be manufactured from all specs of ribs, boneless, bone-in, large or small
- Cut offers operator a unique presentation and the opportunity to create a new steak experience for guests
- Taste and flavour of a rib, visual appeal and tenderness comparable to tenderloin
- End to end utilization (unlike tenderloin, there are no tips)
- Substantial size yields thick-cut steaks, even in the smaller 6 oz (170 g) size: allows for greater cooking control
- Works best utilizing heavy rib eyes
- The Cap muscle (*spinalis dorsi*) removed can be utilized by rolling (stuffing optional) and netting, maximizing the yield and creating other menu opportunities
- Offers an excellent alternative to tenderloin

## HANDLING

- Well suited to grilling (similar profile of tenderloin with the marbling of a rib)
- It is not necessary to remove the silverskin found on the outside of the longissimus muscle (centre muscle) as it will not pose issues with tenderness

1112C

CHATEAU CUT RIB EYE MEDALLION

## CLASSIC CUTS



112A

RIB EYE



1112C

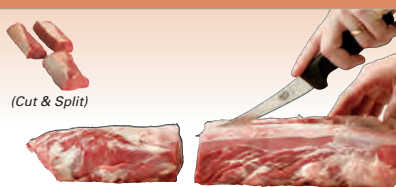
CENTRE CUT RIB MEDALLION (CHATEAU)

## CUTTING



(Main Muscle)

1. Working with a boneless rib eye, remove any intercostal meat from the bottom of the rib then peel the cap (*spinalis dorsi*) away from the main muscle (*longissimus dorsi* and *longissimus costarum*) exposing the kernel fat, remove kernel fat and remove lip.



(Cut & Split)

2. Now that the centre muscle of the rib is exposed, make a cut just above the point at which the muscle tapers. Split the larger of the two pieces in half to yield 3 equal sized pieces.



(Premium Cuts)

(Stuffed Rib Eye Cap Roast)

3. Cut the 3 pieces into steaks according to the portion sizes required.





## Menu Ideas

*Here are some ideas for interesting ways to serve the rib eye medallions:*

**Mediterranean Mixed Grill** – Combine a 6 oz (170 g) medallion seasoned with garlic and black pepper with a 2-bone lamb rack and a tiger prawn brushed with garlic butter. Quickly grilled, this makes an excellent addition to a spring or summer feature menu. Complete the presentation with a balsamic reduction to raise the flavour profile.

**Chateau Medallion with Baby Scallop Ragu** – Using a larger 8 oz (225 g) medallion, grill to the desired doneness and team up with a ragu made with baby scallops, white wine, cream, Pernod and green peppercorns.

**Stuffed Rib Cap Roast Provençal** – One of the premium by-products from the chateau production is the rib cap meat. This can make an exceptional roast on its own if rolled and netted. For this roast, the cap meat is seasoned with finely chopped garlic and shallots, chopped herbs such as parsley, thyme and rosemary. The roast is then rolled pin wheel style and netted. Once roasted, cut each portion removing the net at time of service. Serve with grilled vegetables.

**Grilled Cap Steak** – One current trend gaining popularity is the introduction of dishes influenced by South American cuisine. Using the cap from the medallion production, cut into 6 to 8 oz (170-225 g) sizes, season with garlic pepper and coarse salt and quickly grill. Serve on a grilled flat bread with the traditional Chimichirri sauce.

