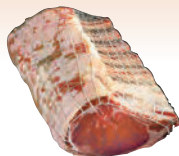
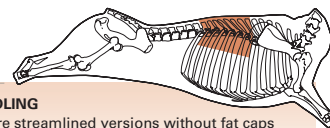




RIB



COMMON NAMES: Oven Ready Rib, Bone-in Lip On

MUSCLE COMPOSITION: Consists of the larger *Longissimus dorsi*, *Longissimus costarum*, *Spinalis dorsi*, *Complexus*, *Multifidus dorsi*, *Internal/external intercostal*. Includes (bone-in format) from the 6th to the 12th ribs (7 bones).

POINTS REQUIRING SPECIFICATION:

- Tail lengths can vary, should not exceed 3" (75 mm) at sirloin end by 4" (100 mm) at chuck end
- Other common tail lengths are 0x1, 1x1, 1x2 and 2x2
- Removal or retention of cap (*trapezius* and *latissimus dorsi*)
- Tail length from the eye muscle (*longissimus dorsi*)
- Removal or retention of rib finger meat (*intercostals*)
- Fat cover
- Weight range

WEIGHT RANGE: 19–22 lb / 8.2–10 kg

109A

RIB


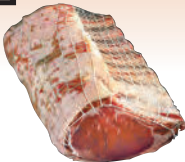










CHARACTERISTICS

- Cut from the primal rib then streamlined as required by specifications
- Available in both bone-in and boneless specifications
- The most highly marbled middle cut on the carcass providing a rich flavour
- Offered in a number of specifications; operators need to pick the specification that is best suited for their preparation method
- The kernel fat varies with size, grade and seasonality


HANDLING

- More streamlined versions without fat caps offer the best results if using slow cooking methods and ovens
- Remove rib roast from oven when between 5 to 10° F (3–6° C) below desired doneness to allow the post cooking temperature to rise
- Let rib roast rest a minimum of 20 minutes before carving to help retain juiciness and for ease of carving

CLASSIC CUTS

  109A RIB OVEN READY – BONE-IN, FAT CAP ATTACHED	  RIB BANQUET OR CHEF STYLE – BONE-IN, FAT CAP ATTACHED	  RIB – FCO (FAT CAP OFF) ROAST READY	  RIB OVEN READY BONELESS RIB OR TUXEDO RIB – BONELESS, FAT CAP ON	  112D RIB LIP-ON OR SPENCER ROLL – BONELESS, FAT CAP OFF	  112 RIB RIB EYE ROLL – BONELESS, FAT CAP OFF
OVEN READY (Bone-in, fat cap attached) Excludes blade meat and backstrap. Fat cap is removed to access back strap and repositioned and either tied or netted. WEIGHT RANGE: 19 – 22 lb / 8.2 – 10 kg	BANQUET OR CHEF STYLE (Bone-in, fat cap attached) Similar to the oven ready with featherbones removed. Tied or netted. WEIGHT RANGE: 19 – 22 lb / 8.2 – 10 kg	FCO (FAT CAP OFF) EXPORT RIB (Bone-in, fat cap off) Tail not to exceed 2x3. WEIGHT RANGE: 19 – 22 lb / 8.2 – 10 kg	OVEN READY BONELESS RIB OR TUXEDO RIB (Boneless, fat cap on) Beef back rib bones and finger meat removed. Tail lengths generally do not exceed 2x2. Tied or netted. WEIGHT RANGE: 16 – 19 lb / 7.3 – 8.2 kg	LIP-ON RIB OR SPENCER ROLL (Boneless, fat cap off) Lip does not exceed 2x2. WEIGHT RANGE: 9 – 11 lb / 4.1 – 5 kg	BEEF RIB EYE ROLL (Boneless, fat cap off) Lip is completely removed. WEIGHT RANGE: 8 – 10 lb / 3.6 – 4.5 kg

CLASSIC CUTS

  PRIME RIB PREMIUM OVEN ROAST (PRIME RIB INCLUDES RIBS 7-12 ONLY)	  PRIME RIB GRILLING STEAK (PRIME RIB INCLUDES RIBS 7-12 ONLY)	  RIB FAST-FRY STEAK	  RIB GRILLING STEAK CAP OFF
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MERCHANDISING OPTIONS

TRIM UTILIZATION

  112 RIB EYE GRILLING STEAK	  RIB EYE PREMIUM OVEN ROAST	  124 BEEF GRILLING BACK RIBS	  LEAN GROUND BEEF	  STEWING BEEF
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CUTTING

MERCHANDISING OPTIONS

 112D Separate <i>spinalis dorsi</i> from <i>longissimus dorsi</i> by cutting along natural seam.	 1112C RIB EYE GRILLING MEDALLION	 RIB EYE PREMIUM QUICK ROAST	 RIB EYE CAP SATAY STRIP	 STUFFED RIB EYE CAP ROAST
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Merchandising Options



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PRODUCT DESCRIPTION	CUTTING SPECIFICATIONS	CHARACTERISTICS	MARKETABILITY
  INSIDE ROUND OVEN ROAST	SIZE/SHAPE: Ribs 7–12 only (rib 6 does not qualify as Prime Rib) Chine bone completely removed (Chef Style)	<ul style="list-style-type: none">• Tender and flavourful• Highly marbled with AA/Select and AAA/Choice, Prime	<ul style="list-style-type: none">• Premium roast cut• Festive season favourite• High value price point
  PRIME RIB GRILLING STEAK	SIZE/SHAPE: Ribs 7 – 12 only (rib 6 does not qualify as Prime Rib) THICKNESS: 3/4" to 1" (1.9 – 2.5 cm) PRESENTATION: Trim excess external fat	<ul style="list-style-type: none">• Tender and flavourful• Highly marbled with AA/Select and AAA/Choice, Prime	<ul style="list-style-type: none">• Premium steak cut• Popular steakhouse item
  RIB EYE GRILLING STEAK 1112	THICKNESS: 1–1 1/2" (2.5 – 3.8 cm) PRESENTATION: Trim external and excess internal fat	<ul style="list-style-type: none">• Flavourful• Highly marbled with AA/Select and AAA/Choice, Prime	<ul style="list-style-type: none">• Premium steak house item• Popular special occasion steak• Premium grilling option
  RIB EYE PREMIUM QUICK ROAST	SIZE/SHAPE: Devoid of intercostal meat 1 1/2 lb (700 g) maximum Oval shape for even cooking PRESENTATION: String tie or Jet-net	<ul style="list-style-type: none">• Tender & flavourful• Premium roast cut	<ul style="list-style-type: none">• Smaller portion size• Competitive price point• Quick cooking meal plan• Service case application
  RIB EYE GRILLING MEDALLION 1112C	PRESENTATION: Flat side down cut from main muscle (<i>longissimus dorsi</i>) only Form with net, string tied or film for presentation THICKNESS: 1 – 2" (2.5 – 5 cm)	<ul style="list-style-type: none">• Single muscle improves consistency• Removes fat plug issues• Visually lean	<ul style="list-style-type: none">• Control price point• Smaller portion thick cut• Service case applications• Medallion cuts are a perfect choice for changing appetites and lifestyle choices
  BEEF GRILLING BACK RIBS 124	PRESENTATION: Whole or half rack Split between ribs	<ul style="list-style-type: none">• Meaty ribs• Flavourful	<ul style="list-style-type: none">• Popular BBQ item• Great promotional• Versatile• May also be braised

Rib Glossary

Beef Back Ribs (finger bones) – The 7 rib bones that are pulled from a rib to create a boneless rib specification.

Kernel Fat – A pocket of fat found between the cap and the rib eye. Size of the kernel fat (plug) varies on size of cut, time of year and grade of product.

Fat Cap – A layer of fat that is placed on top of the rib and netted or tied on. Fat caps are trimmed to an average of 20% of the weight of the finished roast weight.

Finger Meat – The meat located between the ribs or that remains on the roast once the ribs are removed.

Tail – The portion of meat and fat that extends from the eye to the end of the rib. Tail lengths vary based on the specification.

Cooking Prime Rib for Best Results

Purchasing the right specification of rib and cooking it correctly will determine the yield (or saleable portion) on this product. Beef has changed a great deal from when these specifications were originally developed. Years ago beef did not have the degree of marbling it has today. Chefs felt it necessary to place fat caps over the meat to maintain juiciness and flavour. Today the need for fat caps is not necessary given the increased marbling and modern oven technology. As for purchasing bone-on prime rib, some operators believe having the bones on adds additional flavour. Some like to have the bones to use later as entree specials or in the lounge. While the bones are tasty, purchasing a bone-on rib decreases the yield and increases the price per serving. Operators who want to offer beef rib bones can purchase them separately, at substantial savings. The best value in purchasing ribs is to look at the yield not the price.

Canada Beef, along with the Southern Alberta Institute of Technology (S.A.I.T.), conducted yield tests on several types of ribs. The results indicate that combined with a low temperature cooking method, both the FCO and the Boneless Lip-on provided superior yield results.

STYLE OF RIB	RAW WEIGHT	COOKED WEIGHT	USEABLE WEIGHT	COOK LOSS %	TRIM LOSS	TOTAL LOSS
250° F						
BANQUET STYLE	7.6 KG	6.97 KG	4.91 KG	8.3%	27.1%	35.4%
FCO	7.0 KG	6.3 KG	5.2 KG	10.0%	15.7%	25.7%
LIP-ON RIB EYE BONELESS	5.94 KG	4.68 KG	4.13 KG	21.2%	9.3%	30.5%
350° F						
BANQUET STYLE	7.65 KG	5.78 KG	4.33 KG	24.4%	19.0%	43.4%
FCO	6.82 KG	5.21 KG	4.07 KG	23.6%	16.7%	40.3%
LIP-ON RIB EYE BONELESS	6.4 KG	4.45 KG	3.69 KG	30.5%	11.9%	42.3%

All products were cooked to an internal temperature of 140° F (60° C) and given 30 minutes of rest time before trimming. Convection oven was set to 350° F (175° C) and the Low Temperature Oven was set to 250° F (120° C)

The results clearly demonstrate that turning down the oven means saving money and results in a juicier product as losses are lower for all cuts when cooked at a lower temperature. The results also indicate that both the FCO and the Lip-on Boneless Rib Eye provided superior yield results over the banquet style rib.

