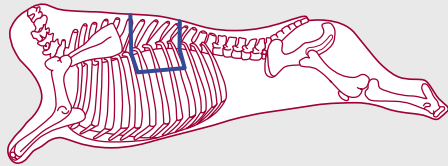


# Fore rib French Trimmed oven-prepared

Code:

Fore rib B003



1. The fore rib should be removed from the carcass between rib bones 6-7 and 10-11 (counting from the neck upwards).

2. Blade bone cartilage to be removed. The length of the tail is not to exceed 60mm from the outer tip of the eye muscle.

3. Trim back 40mm of the meat to expose the rib bones. Trim external fat thickness to a maximum of 10mm, internal fat thickness to a maximum of 15mm.

4. Saw through the chine bone...



5. and remove the feather bones separately.

6. Remove yellow sinew (backstrap). Place feather bones back on the joint to give it support during cooking...

7. and tie the joint securely with string at regular intervals as illustrated.

8. Rib of Beef French Trimmed and oven prepared.

