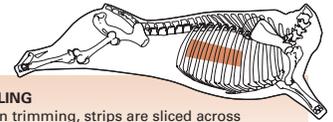




SHORT RIBS

- GRILLING
- SMOKING
- BRAISING, STEWING, OR POT ROASTING
- SIMMERING



	<p>COMMON NAMES: Braising Ribs</p> <p>MUSCLE COMPOSITION: Consists of the <i>Serratus ventralis</i>, <i>Latissimus dorsi</i>, <i>Intercostales externus</i> and <i>internus</i> and may include ribs 6 thru 12.</p> <p>POINTS REQUIRING SPECIFICATION:</p> <ul style="list-style-type: none"> Surface fat not to exceed 1/4" (6 mm) Purchaser can specify number of ribs and the rib length required 	<p>CHARACTERISTICS</p> <ul style="list-style-type: none"> Highly marbled Extremely tender and rich in flavour, which is best achieved through slow cooking and/or marinating Very popular for braising Depending on cooking method, pre-trimming is an important consideration for selecting the cut <p>The short rib plate is separated from the carcass during the creation of the rib sub-primal, and may include ribs 6 thru 12. Trimming involves removing the first layer of lean and fat from the short rib. Slicing the short rib into thin strips results in the Korean-style short rib cut.</p>
<p>123</p> <p>BEEF SHORT RIBS</p>		

CLASSIC CUTS			
  <p>123A</p> <p>BEEF SHORT PLATE, SHORT RIBS</p>	  <p>123B</p> <p>BEEF SHORT RIB, TRIMMED</p>	  <p>1123</p> <p>SHORT RIB, SLICED, BONE-IN (KOREAN - STYLE)</p>	  <p>123D</p> <p>BEEF SHORT RIB, BONELESS</p>
<p>Consists of 6th, 7th, 8th ribs of the short rib plate. The <i>serratus ventralis</i> is continuous across the cut surface for at least 2 ribs on both the ventral and dorsal sides and the exterior fat cover and the first layer of lean (<i>latissimus dorsi</i>) removed.</p>	<p>Consists of 6th, 7th, 8th ribs of the short rib plate. The <i>serratus ventralis</i> is exposed and continuous for at least 2 ribs on one side only and the exterior fat cover and the first layer of lean (<i>latissimus dorsi</i>) removed. This item shall be trimmed practically free of surface fat.</p>	<p>This cut utilizes the trimmed short rib and is often referred to as Korean-style short ribs.</p>	<p>Consists of the <i>serratus ventralis</i> muscle from any short rib item. The rib bones and intercostal meat are excluded.</p>





Menu Ideas

Juicy and delicious, short ribs are featured on many menus today in new and interesting ways.

Here are some ideas for interesting ways to serve short ribs:

Tuscan-style Short Ribs – A take off on the traditional osso bucco, use short ribs that have been trimmed to expose the bone. The ribs are seared in olive oil and garlic and then slow cooked in red wine and beef or veal stock. Flavour with rosemary, garlic and other traditional herbs. Serve on polenta or garlic mashed potatoes.

Asian BBQ'd Short Ribs – A new classic—marinate the ribs in soy sauce, brown sugar and rice wine then braise in an Asian-style BBQ sauce flavoured with ginger and lemon. Serve on jasmine rice or Shanghai noodles. Garnish with green onions, cilantro and chillies.

Irish Short Rib Stew – A hearty pub-style dish that uses short ribs to create a flavourful Irish stew. The 2x2 short ribs are dusted with seasoned flour, seared and then deglazed with red wine and beef stock. Add root vegetables, herbs and small baby potatoes and simmer until the beef is tender. Finish the sauce with pearl onions and Irish-style stout for colour and flavour. Serve with traditional Irish soda bread.

BBQ'd Korean Short Ribs – Marinate Korean-style short ribs in soy sauce, brown sugar, ginger and chili paste for 24 hrs. Grill to order, brushing with a teriyaki glaze until medium rare. Serve on a platter with crispy fried noodles and Korean pickled vegetables.

Sweet and Spicy Thai-Style Short Ribs

Ingredients

20 x 5 oz	20 x 140 g	thin-cut (Korean-style), short ribs
1 1/4 cups	310 mL	lime juice
2 tbsp	30 mL	lime zest, grated
3/4 cup	190 mL	brown sugar, packed
1 1/4 cups	310 mL	soy sauce
3/4 cup	190 mL	vegetable oil
2 tbsp	30 mL	sambel olek (hot chili sauce)
2 tbsp	30 mL	ginger, freshly grated
10 to 12		garlic cloves, crushed
3 cups	750 mL	sweet Asian-style chili sauce
1/2 cup	125 mL	toasted sesame seeds
10		cilantro sprigs

Method

1. Place the short ribs, slightly overlapping them, in a 2" (5 cm) deep hotel pan. Whisk together ingredients 2 to 9 in a bowl. Pour mixture over the short ribs. Turn short ribs to coat on all sides with the marinade. Cover and marinate in the refrigerator for 24 – 48 hours (the longer you marinate the more tender the short ribs become), turning occasionally.
2. Place the sweet chili sauce in a pot and warm over low heat.
3. Grill the short ribs over medium-high heat until nicely coloured and just cooked through.
4. Divide short ribs among plates. Generously brush or spoon sweet chili sauce over them. Sprinkle with sesame seeds, garnish with cilantro and serve.
5. Complete this meal with Asian-style noodles tossed with a mix of stir-fried vegetables, such as garlic, ginger, bean sprouts, green onions, cilantro, carrots, celery and bell pepper.

Recipe serves 10

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