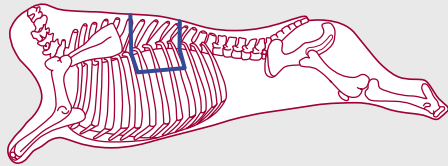


# Cote De Boeuf – 4-bone

Code:

Fore rib B020



1. Position of the fore rib

2. Remove the chine bone by sawing through the rib bones, making sure not to cut into underlying muscles.

3. Remove the chine, feather bones and paddywack (yellow gristle).

4. Remove the cap muscle ...



5. ... by following the seam. Remove the tail muscles to expose rib bones.

6. Remove the intercostal muscles from between the rib bones.

7. Cote de Boeuf – 4-bone.

