

CHEF'S RECIPE OF THE WEEK

Chicken-Fried Ribs

Meat Recipe Suggestion Serves: 4

You will be surprised how tender and juicy these ribs are after just 8 minutes in the deep fryer! It is the quickest way to enjoy ribs.

FOR RIBS

5806361 - 3 lbs baby back ribs cut into individual ribs

1193259 - ½ cup all-purpose flour

6040760 - 1 tsp Kosher salt

½ tsp garlic powder

1 tsp Worcestershire pepper

2679652 - 3 large eggs, lightly beaten

4943296 - 2 cups Panko (Japanese bread crumbs)

Oil for Frying

FOR CUCUMBER SAUCE

2555613 - ½ cup sour cream

4116489 - 2 Tbs mayonnaise

8676959 - ½ English cucumber, coarsely grated

5371299 - 1 Tbs Dijon mustard

5359241 - 1 tsp lemon juice

Directions:

Combine all ingredients for cucumber sauce. Season flour with salt, garlic powder, and Worcestershire pepper. Dredge the ribs in the seasoned flour and shake off excess. Dip in eggs, and then thoroughly coat with Panko. Fry ribs in batches, turning once, until golden brown and cooked through, 7 to 8 minutes per batch. Transfer first batch to a paper-towel-lined baking sheet and keep warm in oven. (Return oil to 325°F between batches.)



SYSCO Menu Item Report

Sysco San Francisco Inc

Menu Item Name: **Chicken Fried Ribs**

Serves - 4 for \$43.80

	Plate/Serving	Total	%
Price:	\$10.95	\$43.80	
Cost:	\$4.06	\$16.26	37.12
Profit:	\$6.89	\$27.54	62.88

SUPC	S	Description	Brand	Qty	Type	Unit Cost	XCost
5806361		PORK RIB LOIN BCK 1.5-1.75#	BCH BLK	3.00	LB	\$4.59	\$13.77
6040760		SALT KOSHER	SYS CLS	1.00	TS	\$0.00	\$0.00
1193259		FLOUR ALL PURP UNBLCH	CONAGRA	0.50	CP	\$0.02	\$0.01
2679652		EGG SHELL LG UTIL PK	PACKER	3.00	EA	\$0.15	\$0.45
4943296		BREAD CRUMB JAPANESE PANKO	KIKOMAN	2.00	CP	\$0.07	\$0.13
4116489		MAYONNAISE HEAVY DUTY CARTON	SYS REL	2.00	TB	\$0.00	\$0.01
8676959		CUCUMBER ENGLISH FRSH	SYS IMP	0.50	EA	\$3.62	\$1.81
5371299	S	MUSTARD DIJON	GREY P	1.00	TB	\$0.02	\$0.02
5359241	S	JUICE LEMON PLASTIC	ROYAL S	1.00	TS	\$0.00	\$0.00
2555613	S	CREAM SOUR FTFR	RODS	0.50	CP	\$0.10	\$0.05