



1110 Powers Place  
Alpharetta, GA 30009

## Nutrition

- **Pork is leading dietary source of thiamin**
- **Source of vitamin B-6, B-12, niacin, riboflavin, zinc, and minerals for cell growth and tissue repair**
- **Excellent Source of Iron** (considering the high percentage of iron deficient women and children in this country)

Pork Spare Ribs, St Louis Style (All are per 113 grams)		
water %		70.8
kcal		149
protein (grams)		22
fat (grams)		6
carbohydrate, by diff. (grams)		0
total dietary fiber (grams)		0
ash (grams)		1
calcium (milligrams)		21
phosphorous (milligrams)		215
iron (milligrams)		0.8
sodium (milligrams)		45
potassium (milligrams)		421
vitamin A value (int. units)		6
thiamin (milligrams)		0.973
riboflavin (milligrams)		0.256
niacin (milligrams)		5.82
vitamin C (milligrams)		0.3
saturated fatty acid (grams)		2.07
mono unsaturated fatty acids (grams)		2.71
poly unsaturated fatty acids (grams)		0.65
cholesterol (milligrams)		55



## St. Louis Style Spare Ribs

- **Item # pc 25001**
- **2.5 lb. racks**
- **9-12 racks per case**
- **3/10 lb. cases**
- **63 cases per pallet**
- **Market Price is \$ 3.00-\$ 7.00 per lb.**
- **Produced from a light Sow**
- **These ribs are cold boned-chilled before boning which allows for more meat per rib as compared to hot boning process where as the animal is immediately boned which leaves less meat on the rib.**
- **Hot boned is immediately boned and leaves less meat on the rib.**
- **Can serve up to 3 people per slab**
- **Product of USA**
- **Program item available on a consistent basis**
- **Country Pleasures brand**

**CALL TOLL FREE: 1-800-375-8883**  
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## **St Louis Style Spare Ribs**

### **Seasoning**

St Louis Spare Ribs can be coated with a dry rub for pork ribs or soaked in a marinade, whichever you prefer. A good, acidic marinade will begin to tenderize the ribs, and will also add a lot of flavor. Vinegar, orange or lemon juice, and even Coca Cola are all acidic and can be used in your marinade mixture. Spices, herbs and veggies can be included to up the flavor of your ribs. Dry rubs may contain salt, spice, herbs, and sugar. Allowing the ribs to rest after applying the dry rub gives time for the seasoning to be absorbed.

### **Cooking St Louis Ribs**

The tough connective tissue found in St Louis Spare Ribs needs a lot of cooking time to break down and melt. And that's where a lot of the great pork flavor originates. Every slab is unique and has its own level of toughness that has to be cooked out. Identical looking racks don't necessarily become tender in the same amount of time, so check each slab for doneness.

### **Suggested Method**

To shorten the cooking time and reduce toughness, remove membrane tissue from back. Heat grill to 350 add seasoning and brown ribs on both sides for about 10-15 minutes. Place 1 cup of water in the bottom of pan, place ribs above on a pan rack. Wrap pan tightly with aluminum foil. Place them in a preheated oven at (350 degrees Fahrenheit) for 2 hours. Don't peak! Remove the foil and check for doneness. (You can add BBQ sauce before or after you bake them)

### **Traditional Method: Moist Heat Cooking Method for St Louis Ribs (Longest)**

Suggested method for St Louis Style Ribs is the moist heat cooking method which will enhance and blend flavors. To ensure the tenderness, place about 2" of water in the bottom of pan, place ribs on roasting rack and insert in pan. Cover pan tightly with aluminum foil. Place them in a preheated oven at (275 degrees Fahrenheit oven) for six to eight hours. Remove the foil and check for doneness. If they are still a little tough, re-wrap them and cook them a bit longer. Remove foil and ribs from roasting rack. Ribs will be extremely tender so chill ribs in refrigerator until ready to use. Slather on your favorite sauce and finish on the grill.



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