

Bryan Schaaf: Back here on the Meat Speak podcast, powered by the Certified Angus Beef and Bryan Schaaf, Chef Tony Biggs, Diana Clark, meat scientist. Hi guys.

Chef Tony Biggs: Hi.

Diana Clark: Hello.

Chef Tony Biggs: How are you?

Bryan Schaaf: It almost sounded like you'd practiced that in harmony. It was so-

Chef Tony Biggs: We're going to sing for Christmas aren't we?

Bryan Schaaf: That's really nice.

Diana Clark: Yes, we are.

Chef Tony Biggs: We're going to sing.

Diana Clark: We're getting ready.

Chef Tony Biggs: She's got a really nice tune coming up about... Beef and walnuts, was it?

Diana Clark: Rib eye's roasting over open fire.

Chef Tony Biggs: Wow. Wow. Not only a meat scientist, but a opera star.

Bryan Schaaf: I think that was an Irving Berlin song, wasn't it?

Chef Tony Biggs: Wow.

Bryan Schaaf: We talked about it on the last episode. Allegedly, we may be doing this on the same day we recorded the last episode. I don't know, but I'm wearing the same socks, I'll say that. The sirloin, right? It has been horribly, horribly misunderstood for all these years. Partially, mostly, because of the way that it's been cut, gave people an experience that was just okay. And right? If you listened to the last podcast, we talked a lot about that. Right? Especially the center cut sirloin, the mouse. Tony, one of the things that you had mentioned, was you have another use.

Chef Tony Biggs: What we have done at the center... Do you remember when we did our beef carpaccio?

Diana Clark: Oh yeah.

Chef Tony Biggs: Now why guys and gals, would you use middle meats when you can take a sirloin chateau, and what I do is I like to freeze them, wrap them up, make them

into a round cylinder. Perfect. And then I slice it on the slicer, paper thin, on a nice smear, and I have like a little balsamic vinegar and some Parmesan cheese, and the fried capers, and a little bit of parsley, and a little bit of olive oil, and you have a beautiful carpaccio for half the price, maybe even more.

Diana Clark: And I bet you, no one would ever know that it was sirloin verses tenderloin.

Chef Tony Biggs: No one would know the difference. Sushi, ladies and gentlemen, boys and girls out there, you make your sushi rolls, you've got cream cheese, you've got your pickled daikon, you've got your crab stick and now you have frozen some beautiful slices of sirloin from the chateau. You lay that over, put a little bit of eel sauce on top of that, and then you just flambé it with my Home Depot torch, and voilà-

Bryan Schaaf: That's French, right?

Chef Tony Biggs: You have got a beef sushi roll. Yes!

Bryan Schaaf: Very nice. Very nice. There are a lot of delightful nuggets hidden in the sirloin complex.

Chef Tony Biggs: There is!

Bryan Schaaf: [crosstalk 00:02:38] missed out on. And the one that I'm super excited about, because this is my go to. Right? It's sort of like, Tony, hey, who's your team? It's the Patriots, right?

Chef Tony Biggs: Yeah, Patriots. Patriots.

Bryan Schaaf: People ask me, "What's your beef cut?" Right?

Chef Tony Biggs: Yeah.

Bryan Schaaf: I'm like, "Coulotte baby, all day long." If you don't know what the coulotte is, it's the top cap of the sirloin.

Diana Clark: Yep.

Bryan Schaaf: It's also known as la picanha-

Chef Tony Biggs: [crosstalk 00:03:01]-

Bryan Schaaf: If you're in a Brazilian steakhouse.

Diana Clark: Picanha.

Bryan Schaaf: And it's incredible.

Diana Clark: Oh yeah.

Bryan Schaaf: Tell me about why this thing is incredible.

Diana Clark: Well, one, usually when you're roasting that, it's got a really nice fat cap on there too. The muscle fibers are all running in the same direction, so it's really easy to roast and slice. The fun part about it too, when you roast it or you cook it, it puffs up.

Bryan Schaaf: Yeah.

Diana Clark: It looks so neat.

Bryan Schaaf: It's like a party trick.

Diana Clark: Yeah, it really is. And you slice it against the grain and man, that thing is fantastic. You can cut it into steaks too and they look like mini New York strip steaks.

Bryan Schaaf: Yeah.

Diana Clark: But it just has so much flavor. That is, and I have to steal this from one of our fellow staff employees, Kim, he always calls it the sirloin crown, because it is the crown of the sirloin. It is the gem of that entire sirloin and-

Bryan Schaaf: Yeah.

Diana Clark: You can't go wrong with it.

Bryan Schaaf: I've also seen them listed as cap steaks.

Diana Clark: Yeah. Yeah, you could call it a cap steak.

Bryan Schaaf: A little hat-

Chef Tony Biggs: Yeah.

Bryan Schaaf: For the sirloin. Right?

Diana Clark: A little night cap [crosstalk 00:00:04:00].

Bryan Schaaf: You said it looks like a little New York strip, anatomically, are the two related. Because I know the two pieces, the sirloin and the short loin kind of butt up together. Is there an extension of that muscle that is or...

Diana Clark: So the sirloin starts to lead in, or the strip loin, sorry, starts to lead in. When you get to the back, you have the steaks called the vein end. And within that vein

end, you have more of that longissimus dorsi, or the major strip loin muscle, and then underneath that, is the gluteus medius. That is the center cut sirloin. So then what sits on top of that is the biceps femoris, which is the coulottes, or the picanha. The cool part is, so the "cul" part. Yeah? Yeah? Okay? The cool part is that, that picanha actually keeps on going back and that becomes the bottom round flat. So the coulotte and bottom round flat, exact same muscle, biceps femoris.

Bryan Schaaf: Yeah.

Diana Clark: But it's just on where it sits on the animal, when it's moving around. And so that's what makes it a little bit... Way more tender, not a little bit. Way more tender than that bottom round flat when you're working with that coulotte section.

Bryan Schaaf: Interesting. Interesting. Chef, coulottes. One of the things that I know that you love, is churrasco cooking and when I think of churrasco cooking, especially when it comes to beef, man, it's that beautiful C shaped, with the fat cap on the outside, coulotte. Right? This is like right in your wheelhouse, right?

Chef Tony Biggs: I had to go out and buy the skewers, the swords, anything was fire, just to cook and prepare the coulottes. But before I get into that, I want to tell you what we have done at the center, and we have created a beef prosciutto-

Diana Clark: This is great.

Chef Tony Biggs: With a coulotte. Okay?

Bryan Schaaf: Yeah.

Chef Tony Biggs: Now how do you do that, Chef? As Diana mentioned, you have that fat cap. Okay? Now when you buy a prosciutto, what do you have? You have a little bit of that fat cap on top of the ham. Being a classically trained chef, that I was, or I still am, we took the method and the methodology of gravlax, which is curing salmon, and sugar, salt, and spices... And guess what we did? We did that with a coulotte-

Diana Clark: It's fantastic.

Chef Tony Biggs: And we had amazing, amazing results. We add a little pink salt to the the cure. Okay? Which you do in sausage and charcuterie making, preparation. And we experiment with this for a very long time, but we figured out that about 29 days to 30 days in a salt sugar brine was adequate. And I'm telling you, then we put it into our dry age cooler for another 10 to 21 days, and then we sliced this on the slicer and it was just magical. Because you had that fat cap that melted right in your mouth, you had the spice, the salt, the sugar, and all the fruit that we put into our brine. And it was just amazing. So we call it, [culax 00:06:54].

Bryan Schaaf: Coulux.

Diana Clark: What blew me away was that you can actually taste the fruit in it. You could taste that citrus when you took a bite out of it. It was incredible. And the fat that's on that picanha, just is perfect for that application.

Chef Tony Biggs: It really was. And now everybody, if you want to do a prosciutto and melon-

Diana Clark: Oh gosh, yeah.

Chef Tony Biggs: And if want to do a prosciutto around a pretzel stick, we have turned everybody on, a lot of folks on, to the beef prosciutto. They want the recipe. So there's a lot of great things you can do with this coulotte. And Brian had mentioned the picanha and the churrasco.

Diana Clark: Oh, yeah.

Chef Tony Biggs: And a lot of our partners now, a lot of... You'll see Greg and Christina [Garbo 00:00:07:37], they fell in love with this cut. We can marinate, we have paste from Mexico that we marinate in, and it is just beautiful. It's a beautiful cut, that it really performs well when it's slow roasted on that churrasco barbecue. And as Brian said, you just cut that off on the sword. What a show, tight? And then you have the bananas foster after. Okay? I just love this cut, it's tender. And the thing that these chefs, you guys are in high, five star resorts or hotels or you have breakfast places, this is the perfect steak for steak and eggs. It really-

Diana Clark: Oh, yes.

Chef Tony Biggs: Really is.

Diana Clark: Yeah.

Chef Tony Biggs: Because you can cut a nice six ounce piece and marinade it, and it cooks up really fast and that is just perfect with huevos. Okay? A little bit of a salsa and some Mariachi music, and you've got a home run here.

Diana Clark: I like that a lot.

Bryan Schaaf: It's a common theme that you hear around tri-tip, right?

Diana Clark: Yeah.

Bryan Schaaf: Two per animal. California loves the tri-tip. They can be a little difficult to find some times. Is this a reasonable alternative for a tri-tip?

Diana Clark: Oh, yeah. Without question. So as a matter of fact, I got a text message from my mother-in-law this morning asking for a good roast, that she wanted to cook for

dinner tonight. And so my brain first went to tri-tip and like, "Well, she lives in Indiana. There's no way she's going to get that." So I'm like, "Hey, go to the butcher and see if you can get a top sirloin cap. If they have sirloin steaks in there, they should have that in the retail case." And she did, and that's what she got. So always, always a great alternative.

Bryan Schaaf: Outstanding. To get your hands on the coulotte, is it wisest to order that in, or is it better to get the whole piece, have the byproduct, have the center cuts, have the mouse, have all these other things to deal with? In general, I guess, what's the best way to go about this if you're running a restaurant?

Diana Clark: It kind of depends on your menu and your budget. To be honest here, if you want just the coulotte, you're going to pay a little bit more for it. And you have to realize, seasonality. There's going to be times where it's going to go up in price, because it is utilized a lot in your Brazilian steakhouse. Come summer months, people are roasting it, cutting it into steaks. So it does make that price fluctuation a little bit harder to handle. So if you want something that's more consistent, I would get the whole top sirloin in, and you can peel it yourself. If you're talking that your byproduct is a center cut top sirloin, I'd say that's a pretty good problem to have right there.

Bryan Schaaf: You might be able to find a use for that.

Diana Clark: Yeah.

Chef Tony Biggs: As chefs, it's easier than you think to fabricate.

Diana Clark: Oh, yeah.

Chef Tony Biggs: It really is. And once you do it three or four or five times, you can do it in your sleep and then you're saving yourself a lot of money.

Diana Clark: Exactly.

Chef Tony Biggs: Yeah.

Diana Clark: Yeah.

Chef Tony Biggs: Giving it back to your customer.

Bryan Schaaf: You just follow the seam, right?

Diana Clark: Yeah.

Bryan Schaaf: Right? And you'll be sure not to cut lean.

Diana Clark: Lean.

Bryan Schaaf: There you go.

Diana Clark: When you cut.

Bryan Schaaf: That was nice.

Diana Clark: Upon the seam.

Chef Tony Biggs: Wait a minute. You didn't cue me up for that one. That one was [crosstalk 00:10:52]-

Bryan Schaaf: I'm sorry. I'm sorry. It was a last minute addition.

Chef Tony Biggs: I was going to go low on that one.

Bryan Schaaf: All right, ready? Let's try it again.

Chef Tony Biggs: All right. Ready?

Bryan Schaaf: One, two, three. Lean.

Chef Tony Biggs: Lean.

Diana Clark: Lean.

Bryan Schaaf: Oh, you didn't jump in.

Diana Clark: I went high.

Bryan Schaaf: Oh, you went high.

Chef Tony Biggs: You went high.

Bryan Schaaf: That was nice. This whole podcasting thing doesn't work.

Diana Clark: We've got a music career.

Chef Tony Biggs: I don't know, our subscriptions are up.

Bryan Schaaf: We talked about with the center cut portion, dry aging a coulotte.

Diana Clark: Oh yeah.

Bryan Schaaf: How was that?

Diana Clark: Yeah, that's fantastic. And so if you are going to dry age sirloin, I would recommend doing it, whole thing, coulottes on and everything. Because the fat

protection on the top from the coulotte's going to help it a lot, then you're going to protect that top sirloin, the center cut quite a bit more. If you just dry age them separate, then you're going to have some issues with having, not really issues, but your yield loss is going to be higher. So definitely dry aging and the whole thing together, but you just intensify that flavor. And so it's a fantastic option, and it's way more affordable when you're looking at something like that.

Bryan Schaaf: Especially in Certified Angus Beef Prime, USDA Prime.

Diana Clark: Oh, gosh. Yeah. We only dry age prime around here. That's so sad, I'm such a meat snob.

Bryan Schaaf: We just have such a plethora of prime beef.

Diana Clark: I know.

Bryan Schaaf: Lying around. You know?

Diana Clark: Gosh.

Bryan Schaaf: Oh, Oh, Oh, Oh. The thing that I love about the coulotte, is it's always there. Right? It's one of those cuts. Sometimes we talk about these strange cuts. We discussed the mouse. Well, you here us mention, the merlot cut, but I don't like to say that too loud because everybody's like, "What?" The coulotte's always around though, right? There's not really availability issues on a coulotte steak. Right?

Diana Clark: Yeah. You should be able to get it wherever. There are times where I know distributors might have some challenges and they might push back a little bit, but it's available. Retail stores always have top sirloin in house, that is a staple cut. So you should be able to find that the coulotte wherever you go.

Bryan Schaaf: Glorious. One of the things that I love, is because that fat cap. Actually when I call my butcher, specifically here at Buehler's, I always ask him to leave a quarter inch fat trim on top of the coulotte. Right? Because that fat-

Chef Tony Biggs: It's beautiful.

Bryan Schaaf: To me, it's what makes it different. You know? It's what makes it, "Whew!" Because you've got fat and I love to rub it down with a little salt, sugar, call it a day.

Chef Tony Biggs: Yeah.

Bryan Schaaf: Chef, what do you rubbed your coulottes with when you're going churrasco [crosstalk 00:13:18]-

Chef Tony Biggs: Boy, I'll tell you what, I do them so many ways. I'm using this Matador rub out of Chicago now, and it's just full of chilies. I love things hot. It's got paprika for coloring, it's got some different kind of Mexican chilies. But sometimes I'll just do it in lemon and olive oil and different herbs. Olive oil gives it that richness, if it's sitting in some olive oil overnight. And by the way, that's how we used to cut our steaks in the hotel. We would cut our steaks and then like actually submerge them in olive oil, so you had that beautiful olive oil taste. And they don't stick to your grill. And I learned this from a chef, a German chef, a master chef, from a long time ago-

Bryan Schaaf: Yeah.

Chef Tony Biggs: And this is how he wanted his stakes marinated. And everything was in olive oil, rosemary, and crushed garlic.

Bryan Schaaf: I have never heard of that before.

Diana Clark: Yeah.

Chef Tony Biggs: And so that's how our steaks were marinated. Yeah. And then, when we received orders, like in the restaurant, we would always have like a garlic butter around. And when that steak came off the grill, every steak was brushed with butter before it went out. Okay? Because you eat with your eyes, so you have a shiny, nice, beautiful steak. The butter kind of permeates into the meat. And it's just a different dining experience. Yeah, oiling our steaks. Yeah. That's what we did.

Bryan Schaaf: Interesting.

Chef Tony Biggs: Yeah. Lime juice is really good. Make sure that you're cutting a thick steak so the lime juice is not cooking and the lemon juice is not actually cooking, but you dilute it with a little bit of olive oil and some different marinades. Orange juice is really nice, kind of a Cuban style with some Rosemary and garlic. So there's a lot of things. It's your preference, really. Salt and pepper though is key to a great steak, you want that flavor.

Diana Clark: You also want to make sure that you purchase a pineapple when you're roasting-

Chef Tony Biggs: Pineapple.

Diana Clark: When you're roasting [crosstalk 00:15:13]-

Chef Tony Biggs: And what kind of rum? What kind of rum? Okay, what is the rum that Greg Garbo uses? Like the killer... What is that rum? He uses this rum, that flame, the pineapple. Yeah.

Bryan Schaaf: Oh.

Diana Clark: I didn't know that.

Chef Tony Biggs: The flaming pineapple with brown sugar and... God, what is the name of that? I'll have to tell him. And not 151 because I don't believe they sell 151 rum in the United States anymore. Because I think too many people have burned themselves down-

Diana Clark: Probably.

Chef Tony Biggs: Or the house down with this rum.

Bryan Schaaf: Dilute that stuff.

Chef Tony Biggs: Yeah, there's a rum. And so to Diana's point, I don't want to cut you off, because-

Diana Clark: No, no.

Chef Tony Biggs: There's not.

Diana Clark: Hey, I said it because-

Chef Tony Biggs: Roasted pineapple.

Diana Clark: Oh, yeah.

Chef Tony Biggs: And picanha is like the marriage made in heaven.

Diana Clark: Uh-huh (affirmative).

Chef Tony Biggs: Okay, let's put a little tequila with that, and wow.

Diana Clark: It's a great night.

Chef Tony Biggs: Amazing, a great night.

Bryan Schaaf: We know what you're serving for Christmas.

Chef Tony Biggs: I get a bottle of tequila. Yeah.

Bryan Schaaf: That is about all the time that we've got. If this is your first time listening to Meat Speak powered by The Certified Angus Beef brand, please know, there is a whole backlog of episodes, everything from pit masters, to chefs, to the CEO of the American Angus Association, and farmers, to you name it, that you can go back and listen to and catch up on everything. But if this is your first time,

please know that you can find us across Apple, Google Play, Spotify, or simply by finding certifiedangusbeef.com/podcast. And if you have any questions, if you have any suggestions, if you want a little more robust meat scienceness from Diana Clark or Chef Tony, please know you can email us at podcast@certifiedangusbeef.com and we will get back with you. And I say that, because when we don't get that many emails. So until next time, Chef Tony, Diana Clark, guys, thank you for coming in.

Chef Tony Biggs: Take care.

Diana Clark: Yeah.

Chef Tony Biggs: Bye. Bye.

Diana Clark: [crosstalk 00:17:06].