

Bryan Schaaf:

Back here on the meet and speak podcast powered by this Certified Angus beef brand. Bryan Schaaf here. And you know, I consider myself somewhat of a professional eater, professional carnivores, but we've managed to find somebody who honestly puts my exploits to shame. Chances are you've seen him, chances are you've read some of his stuff. He has a self-described professional carnivore. Welcome to the podcast, Mr. Nick Solares. How are you doing sir?

Nick Solares:

I'm doing great. Thank you so much for having me on. It's a real pleasure to be out here at the CAB world headquarters.

Bryan Schaaf:

Yes. You know professional carnivore. You are one man. You're always eating meat and some people when they come visit us here in Wooster, Ohio, we have to sort of prep them...

Nick Solares:

Beautiful bucolic, palatial Wooster, Ohio.

Bryan Schaaf:

The rolling hills. You know we have, we have to give them a sort of like understand the amount of meat that you are going to consume while your here is probably... But we didn't feel the need to give you any such... Tell us about you. Tell us about what you do and tell us about why meat has become so much a part of who you are and what you're doing today.

Nick Solares:

So, I mean, I sort of describe myself as a professional carnivore because I started off as a food writer and I started a food blog about 16 years ago now called Beef Afficianado, which you can probably guess was dedicated to the most sacred and delicious animal on earth, which is beef. And from that I actually developed a career as a food writer. I was a reviewer at Serious Eats columnist at serious eats for seven years. Then I went on to become the restaurant editor at Eater New York for about four years. And all the time was writing generally about food, but always with a focus on meat and meat culture. And from then on, from there I went to Eater New York as restaurant editor with, really a lot of what I do is focusing on restaurant culture.

Nick Solares:

But they gave me something called the Meat Show, which was a video show on YouTube. And it just did really well. They've got millions of views. Like the reason people know me is not because of my... Of all the laborious writing that I've done that really is difficult. It's me getting in front of a camera and talking about a hamburger but like, look, that's the age we live in, you know? So I will take the... And what I described myself, I guess is ultimately is I'm a advocate for meat eating and high quality meat eating and meat eating that has some veritas. It's not just that it's a delicious hamburger. It's a delicious hamburger that has been in a community for 50 years and has supported the local farm and the people have grown

through their life changes here whether it's high school reunions or whatever it is.

Nick Solares:

So I'm really... I sort of see meat, food generally meat specifically as a conduit to tell really interesting stories about the culture that I live in, which is American. You can tell I have a funny accent. I grew up in the United Kingdom, moved here when I was 15 and have always sort of have... I just always loved meat, but it was never conscious I just... I'm the guy that would always order the steak. Would always order the prime rib. And about 17, 18 years ago, I was a very.. I was a longtime irregular as Smith of Wilansky. I will go there every Sunday. I'd get the prime rib, I'd call up, I'd reserve the waiter, the table and the cut. I'd be like, "I want the seventh rib. I want you to pull it out an hour before everyone else's, have it ready."

Nick Solares:

So even before I was ever a food writer, there was a plaque with my name on it at Smith of Wilansky because I was a longtime customer. And a very loyal customer. That said one point in time I was like, "There's got to be other steak houses."

Bryan Schaaf:

Yeah, especially in New York City.

Nick Solares:

And sure enough, I mean, yeah. So obviously I'd heard of Luger's and Keens and I'd been to Luger's, but I made it a mission and at that time, this is how long ago this was... There's a [Gat 00:04:14] guide was what we used. That was the restaurant guide. It was this sort of long oblong, thin book and I would leaf through it and I still have the copy. It's got grease stains, it's got wine stains in it. But I went to Walden, the Palm, Bull And Bear, Delmonico's, Nebraska. I mean half of these places aren't even there anymore.

Nick Solares:

But it started off just as a sort of a curiosity about dining. It ended up being a diary of sorts. And then in 2006, 2005, 2006 when Google came out with a blogger software, it was very easy to then do something online without learning how to code. That was always the... That was the Rubicon before. How do you get your information out on the internet? Well now it's, it's as simple as just typing an email.

Nick Solares:

So I started Beef Aficionado and that very quickly led to me being hired by Adam Kubon at Serious Eats and I became, it was just a dream job. Somebody who was like, "Do you want to be the weekly hamburger review?" I was like, who would... I mean Gandhi might turn that down, but I suddenly wasn't going to do that. So that's really where I started off was reviewing hamburgers. And from then I became a restaurant reviewer and then I started a column called Steak Craft, which was the behind the scenes look at the making of the city's best steaks. so I went to all the big steak houses, but also a lot of the top chefs Mark Forgione and Michael White And all these like really, really amazingly talented chefs. So going hands on we did, I think I did a hundred they're not episodes are they?

Nick Solares:

Excuse me. So I did a hundred of these Steak Craft articles, each one, obviously you're talking about porterhouses and rib steaks. But it's amazing the difference, just in philosophy between chefs. So I got a really hands on knowledge of technically not educating, self-educated. You know, I've got a pretty good handle on the beef caucus, on aging and all of these things. And I become an advocate for high quality beef for dry aging beef for cuts like prime rib. Like I've been a strong advocate for prime rib, but I'm not taking full credit for it. But let me tell you something. There's a lot of prime rib on New York menus now and there wasn't like 10 years ago. Some of that obviously is nostalgia coming back. But again, that plays into what I love about beef, specifically coming from England. The Sunday roast was always the most important meal of the week.

Nick Solares:

And it was usually beef if you were lucky. Do you know the origins of the Sunday roast? It's amazing. So what it would be would be that most people in England didn't have full kitchens. They were serfs and paupers and field hands and you know, and indentured servants. What they would do is every Sunday they would get their money together. They put a joint into like a crockpot or like a Dutch oven. They would take that down to the local bread baker who would keep the ovens running on the weekend when they weren't baking bread. All the families from the village might put their, their pot roast or their joints into the oven, then go to church. Then come out from church, take their food home. And so the tradition of this family meal that's always kind of celebratory has always been a big part of British life.

Nick Solares:

And of course the Sunday roasts was a tradition that I love. Now when I moved here, there was nothing like that except prime rib, which is what the English called roast beef. So that's still my favorite thing to eat. And specifically the prime rib at Smith and Wollensky. But from that one dish I was inspired to seek out other dishes. And in turn I was inspired by the entire concept of food as culture. And I think that's really what I came to be as a food writer, but I think I've moved beyond that now. I really do see myself as an advocate and an educator. Not an influencer. Sorry, I have to get that dig in.

Bryan Schaaf:

If anyone is influenced by you...

Nick Solares:

That would be great. I'd rather educate people that influence them. Right, because influencing you sort of getting them to do something. I want you to understand the subject that I'm passionate about, which is high quality beef and high quality meat and and also persons. You know like Instagram is fantastic. I love Instagram. At the same time it does... There is this thing that that social media does it is sort of stripping away the nuances. Like I look at a dish 10 years ago there would be no doubt that this pork bun with Sriracha was from New York City. It was David Chang's and nobody else was doing this. Now it's very hard to... Like you see an avocado toast. Is that Sydney or Los Angeles or New York or Quebec.

Nick Solares:

Like I it's great that we're branching out and that food is uniting people across cultures, but there is... It's a double edged sword because we want to retain our nuances. We went to a to Beard's Hamburgers the other day. Which is an 1940s era hamburger stand in Cleveland that is relatively... I mean, prices aside is relatively unchanged. They're doing things they way they were. Now, if McDonald's had eclipsed, every hamburger stand in America, we'd be in a lot less culturally rich environment. So I'm also a big advocate for those mom and pop stores. The places that have been open for a long time. Visiting a town I always go to the oldest restaurant first. That's the foundation.

Bryan Schaaf:

How you find out about the town.

Nick Solares:

That's the heart and soul. I love the idea also of the idea of ritualistic dining. When you go to Katz's Deli in New York or any of these famous delis like Langer's you're participating, you're making history, you're making your own personal history, but you're also contributing to this greater dialogue. Every soul that walks through those doors adds to the tapestry of Katz's Deli and what it means. And you know those things were important to me. They sort of root us in where we come from.

Bryan Schaaf:

Yeah. You know, when you look at the New York city dining, so you, you mentioned Katz. You know, when I think of like oldest restaurants in New York city, I think of places like Keens I think at places like... What are some of those other places that a lot of our listeners are in New York City. What are some of those places as somebody who you're a Londoner but truly at heart, you're a New Yorker.

Nick Solares:

Yeah, for sure.

Bryan Schaaf:

I mean, yeah, if people are in New York, I mean of course everybody knows... I mean you can just start from the top and start listing off a lot of those iconic places. What are some of the places though that when you want to show somebody this is what New York is.

Nick Solares:

Yeah, and it's interesting because obviously look, there's Nathan's Hotdogs right there, which you should definitely go to Coney Island, Katz's deli and Grand Central Oyster Bar, even though they don't sell a lot of very good beef there. You know, it's mostly that fish that flops out of the sea. But there's places like Bermonty's which is like 19... Opened in 1908 I think. It's a red sauce Italian joint. But you'll go there and you'll get that soapy veal milanese. The veal palm, like from the mafia. You get like the rigatoni with the vodka sauce. It's old school. You know, when you sit down, they give you a big hunk of Parmesan and the decor is from the turn of the century. So places like Bermonty's, John's on 12th street Rayos if you can get in, which you probably can't, but it's aspirational.

Nick Solares:

Those places represent a New York that really is no more and it's really sort of ethnic European, New York. When the neighborhoods were they were segregated, not segregated legally, but there was the Italian neighborhood and the Spanish neighbor and the German neighborhood. And what's happened is that a lot of the neighborhoods went from being German to Italian to Chinese. You know, it's amazing to see the sort of cultural remanence of all of these influences. So New York is a really interesting place. So along those historical lines, Nom Wah Tea Parlor downtown, it's been there, it's like 100 years old. Tim Sum Restaurant. Pizzeria is like... I mean, Lombardi's closed for about 10 years and then reopened. So it's kind of been a fractured history. The same with DeMonaco is a great steakhouse.

Nick Solares:

But a lot of these places haven't been continuously operational. And while I think it's great that they're still open, that continuous operation, that unbroken chain is really important to me. So Peter Luger's and Katz's, Keens Steakhouse you mentioned were just phenomenal. You know, those places, they really, they have a special place in my heart and those places, I think that they're almost more important. Like I think go to PJ Clarke's and have the Cadillac of cheeseburgers. Don't go to the statue of Liberty. It's a statue. Like you can see it from Manhattan.

Bryan Schaaf:

Don't have to get on a ferry. You talk an awful lot about about dry aging and how near and dear it is to your heart. One of the things that I've always appreciated about you and the videos that you put out, and you already touched on with the idea of you don't consider yourself an influencer. You're an educator. And dry aging is one that especially in this day and age, it's 2019, even still, science doesn't fully explain what happens during the dry aging process. So a lot of it is anecdotal. And you've got some pretty unique perspectives on New York city as is dry aging. Actually one of the most popular YouTube video that certified Angus beef has up on their website is a science of dry aging video that you're a part of. Can you talk a little bit about that? New York is the dry aging capital of the world, but even that it's not like there is a New York city dry aged flavor. There's a lot of diversity even within that.

Nick Solares:

Yeah. Well, I mean and that's what I think is so great about dry aging. It's like, do you want every wine label that tastes the same? No, of course not. You want that variety. Food is not a competition. Okay, understood. You're competing for dollars. Okay. But the process of making food and the outcome is not a competitive thing. It's an expression of something. And dry aging to me is exactly that. And what I love about the steak houses in New York is that they dry age their own beef. So Smith and Wollensky has an aging room, guess what? You can put the same piece of beef and [inaudible 00:14:42], they buy CAB, right?

Bryan Schaaf:

Yeah.

Nick Solares:

You put the same piece of beef in another dry age room it's going to have a... It's not going to be... It's not going to taste like a different animal, but it's going to taste different. And it's those nuances that give character and give, make each place special. Like Peter Luger's dry age room, and we can talk about the review that just came out where they got zero stars in the Times. It's such a unique thing like that, that flavor it's like, it's not like anything else. It's like it's as unique as Coca-Cola. You know what I'm saying? Like there's many other sweet Cola drinks, but there's only Coke. There's only one Coke and there's only one Peter Luger's. And that steak is utterly unique. But in terms of dry aging, to me it's part art and part science and it's true that we don't really understand the full... We don't understand the science fully because it's such a, it's such a small percentage of the market.

Nick Solares:

Now if you want to talk about dollars, dollar percentage of dry aging is punching way above its weight because they're talking about middle meats, ribs, dry age for a long time and they exact a lot of money. But in terms of overall market share it's a minuscule amount. So I can see why there isn't that extensive research into it. But I think that's going to change because dry aging has made a big comeback in terms of, especially in the big steak houses, but also you're seeing a lot of smaller restaurants serving dry age beef. And it really, it has taken on in the same way that there's the idea of nose to tail and the idea about sourcing things. I think that people are looking at dry aging as a more authentic way of presenting the beef animal. Because you're not doing something that... I mean 50 years ago they would hang the carcass and that and to me that's actually proper dry aging.

Nick Solares:

You hang the whole carcass that gives you the info that gives you the flavor across the entire carcass. I love the flavor of a dry shortloin or dry aged rib, but it's a bit of a perversion and we are prioritizing those... We're prioritizing those cuts over the rest of the carcass where if we would driving in the whole thing and we were imbuing those flavors, they will be a lot more steak sold from the chalk and the rounds than currently are.

Nick Solares:

Now I just went through the cutting down the half [steel 00:17:06] with the meat lab, what do you call it? Meat lab.

Bryan Schaaf:

We call it a meat lab experience where we... I mean we bring in a whole side of beef forequarter, hindquarter and break it apart.

Nick Solares:

And you put the guest to work on it.

Bryan Schaaf:

So it's free labor.

Nick Solares:

Yeah, exactly. But doing that, it shows you the viability of things beyond the shortloin and the rib. You know, Denver cut, spider steaks, obviously everyone knows about the flat iron and the hanger and the skirts. So there's so many interesting things. And then on top of that, when you dry age them, you're putting a whole different influence on it. And you never know how things will work. Like brisket age is very differently than say flank shortloin.

Bryan Schaaf:

Oh yeah. I think the best bite that we had at lunch today was it dry aged prime, top round. Never thought I'd say that.

Nick Solares:

But Diana saw potential in that. She looked at the marbling, she saw potential in it. And if you just go by the traditional system, like nobody's even going to look at those because guess what, it's getting ground up for hamburger or it's getting made into pot roast or whatever it might be. So I think the flavor of dry aging is something that, to me it's indisputable. Like it's just such a night and day difference. To me it's a difference between grape juice and wine.

Nick Solares:

Wet aged beef is absolutely delicious, I would rather eat wet aged beef than any vegetable anywhere. But I'd rather dry aged beef than wet aged beef. And it's just that it's monosyllabic in its flavor. A piece of wet aged beef. You get the char on the outside, but the meat itself tastes the same through with a really nice piece of dry aged beef if you're getting those secondary and tertiary flavors. So as you eat your way through it's a different experience. You know, and it's one highlights the other in a sense. So they sort of play off each other. So I really, I love dry aged beef. It just, it's the intersection of art and science and culture and history and it just to me it's the total beef experience.

Bryan Schaaf:

Yeah. You know, can you talk a little bit about of course you... You say you you did all these meet show videos, those still exist on YouTube. I mean...

Nick Solares:

So I did, I did a hundred episodes of the meat show for Eater and that actually got a couple of Emmy nominations and some of them... I mean I'm very proud of that work. We really did some... I think we highlighted some really interesting chefs and some really interesting cuts. And what ended up happening is I ended up leaving and starting my own company because look, I saw the viability of it, but I wanted a bit more.. I wanted to actually explore the subject in a more in depth way. And that really wasn't possible at Eater. So I started a company called Meat Life Media to produce my show Meat Life, which we ended up doing. But what happened was, along the way I kind of found out that there was a real need for nuanced and educated video and media assets.

Nick Solares:

So Meat Life Media actually now serves the meat industry. We work for the Texas Beef Council. We've done well for the North American Meat Institute. We work with a grill company out of Germany called [inaudible 00:20:25] Grills that do a spectacular, spectacular grill that cooks steaks, like a steakhouse broiler in a thing the size of a toaster oven. Got to use it outside though because it runs off of gas. So Meat Life Media really I describe us as a media agency with an agenda and that agenda is the furtherance of the carnivore meat lifestyle. The modern carnivore meat lifestyle, whatever that means. You know, we're just advocates for high quality meat and high quality meat experiences.

Bryan Schaaf:

Yeah. You know, one of the things that I appreciate about the work that you do and the work that you continue to do is, and Diana had made the point you're very much in the same vein as far as our view as like a [inaudible 00:21:11]. And there are people out there who are putting out information, who are taking the time to make sure that the information that they are presenting and putting their name on holds up scientifically and will stand the test of time. One of the things that we are always battling against are anybody with a video camera can make a video and put it online. If you've ever watched a video of how to dry age beef inside of your refrigerator, please don't.

Nick Solares:

Don't watch the video and don't do what they say if you do watch the videos.

Bryan Schaaf:

That's right. So many things that we sort of keep an eye on. But did you ever think, I mean given your history, given you know the guy who just got into it because you were every Sunday going to Smith and Lewinsky for the prime rib. I mean that you would be at this point of knowledge base and the, the things that you really plant your flag in.

Nick Solares:

I'd love to say that there was his master plan, but no like anything else. I think anything that you're passionate about in life, if you follow that passion, it's going to reward you in any event. It just so happened that what I was looking to do was really educate myself and in turn my audience. So look, I love social media. I spend all day on Instagram and Twitter and the Facebooks and the Googley boxes things. But the reality is that's a very cursory and limited way of gaining knowledge. You know, you're not going to learn a lot from that. What I tried to do is make that part of a broader picture. So I will touch on subjects, but I'll give... I'll be like, "Okay, but I talk about this further in this video, or here's an article that I wrote or..." And it's really about creating... That being kind of one of the spokes in my hub of knowledge.

Nick Solares:

Instagram's a great way to reach people, but it's also a thing that is very ephemeral and various sort of flip to the next one. Flip to the next one. I get those emails saying, Hey, you have a great account. We'd like to have you join our influencer network. I was like, "I'm not an influencer." I aspire to be a thought



leader. But at the very least, I'm at least an advocate for something. And that advocacy is for high quality meat and high quality meat experiences.

Bryan Schaaf:

You know, one of the things that New York City... It almost seems I hate the word trends, but at the same time I don't know that there's a better way to describe it. Trends generally start in New York City and then we see them everywhere else. So, I mean, as you're looking around at what's going on and where things are, I mean, do you have some ideas of things that you're seeing now that, that the rest of the country should probably brace themselves for?

Nick Solares:

Well, here's an interesting thing, and I like, I could have told you about the Popeye's chicken sandwich. Because guess what, four years ago, like every chef in New York was cooking chicken sandwiches. You know why there's Sriracha on Subway menus? No, because David Chang put it on his pork buns. I mean Sriracha's been around forever, but it was never considered cool or trendy. Until David Chang came along, instead of gave that cultural veritas. And Sriracha is like... He's so sick of Sriracha, he made his own version. But if there's no doubt that for the last probably... Look Detroit pizza is another example, okay. People have been making Detroit pizza in Detroit since the 50s. Maybe even the 40s actually. A guy opens a Detroit style pizza restaurant in New York and suddenly Detroit style pizza is everywhere. And now it's going national. So it's true that there was a concentration of chefs, the highest grossing restaurant... Well Vegas probably accounts for that now, but that's not restaurant culture. It's just restaurant commas as far as I'm concerned. No offense to Vegas.

Nick Solares:

And the other thing to consider is that all food media is based in New York. So it's a self fulfilling prophecy that the things that happen there are going to get pushed to the front of the intellectual mind share of the food cognoscenti. But what's happened now, it's been this great democratization where you're seeing like, you know the internet is great for this. That local people can reach local people and they don't need to go to New York Media to then find out about the place they live in. They can just experience it right through the beauty of the internet and Instagram and the way that we can connect in the modern world. The other thing that I'm seeing in New York, and it's a bit sad, is that crucible of really intense restaurant culture being created by guys that worked for like Danielle and worked for like all the big restaurants and then go and do their own thing.

Nick Solares:

New York has gotten so expensive that that chef, like David Chang. In this day and age he's going to go to Portland or Cleveland or Nashville or some secondary. I put that in quotation, secondary market.

Bryan Schaaf:

Cheaper.

Nick Solares:

Cheaper. But it's also that you can go into a neighborhood that's up and coming. There's no up and coming neighborhoods anymore in New York. They've gone so far out that they're practically on Long Island now if you want cheap rents. But it was precisely that kind of a neighborhood. And I think it's not just about food, it's about what else happening around you. So if there's like a really good music scene or a poetry scene or a dance scene that feeds into it. And those things help build the neighborhood itself. So the East village where I live and have been living for 35 years, went from being like really rundown, like really like a bad neighborhood to being this club destination with a lot of nightclubs and live music to then being really, to me the best restaurant scene in the city is in the East Village.

Nick Solares:

I mean we have... Apart from a fancy four star, like Michelin star, white linen table restaurant, we have everything else. Chef's tasting counters, pizzerias, hamburger stands, barbecue joints, all of it. Every type of Chinese cuisine, Malaysian, Thai, like Vietnamese, really diverse. That neighborhood produced some amazing restaurants. The Momofuku being the most obvious one but there'll be a Marco Canora with Hearth and so much great stuff came out of it, but it's so expensive now that nobody is going to take a risk. There's no fertile ground for young chef to go and make his own way. And the big restaurant money is just going to bet on most obvious thing, which is a steakhouse in Hudson Yards, a proven concept from a... So I think creativity is suffering and being siphoned in New York at the same time though, you see this massive surge of talent.

Nick Solares:

Listen, I was blown away by that charcuterie we had yesterday.

Bryan Schaaf:

Oh, larder in Cleveland.

Nick Solares:

I mean there is nothing in New York that is that creative. And it's not that... You look at what happened like, like 10 years ago with The Meat Hook and Fleischer's they were, they were as revolutionary as that is. But the fact is that no matter what we're doing now, we're standing on the shoulders of giants. So every generation is subsequently going to have the combined knowledge of what we have now and add their own thing to it. And that's what's amazing about coming to a place like Cleveland or Indianapolis. You have guys that are doing it... And it's not like they go to New York, they're just coming back home. And that's really... So to me it's like, it's sad for me as a New Yorker, but as an advocate for great food and as an American it's fantastic. Because no matter where you're going, you're going to have really beautiful experiences.

Bryan Schaaf:

Chefs everywhere who may have gone to New York to maybe cut their teeth are finding out that home's not so bad especially if you want to own a restaurant.

Nick Solares:

No, no, and especially when you think about like, what are the takeaways from that New York scene? It's like farm to table sourcing, and what could be better than coming home and sourcing from like... People think like, like you're in Cleveland, like, "Oh, what's in Cleveland?" It's like, "What are you mad?" Like you were surrounded by the best pig farmers on earth in all likelihood the Amish. And like every... You even have good Angus beef here. I had a few pieces today. It was you know... I think it's fantastic that the food in general. And I think meat in particular is really in a period of Renaissance. Now that's not to say that we don't have tremendous challenges. There's the environmental issues. There's this whole fake meat thing coming out and I think that those are all things that... Look, the meat industry is in many ways is as avant garde as I think some elements of it.. Most of it is fairly conservative and some would even say reactionary.

Nick Solares:

You know, I think that as an industry that I consider myself part of the meat industry because as I said, I'm an advocate for good meat. So I think that those are things we do need to address them. At the same time I just want to eat a good steak. Like, like it's something that you think is so self evident, but in a real sense that what we consider traditional methods of eating and farming I've been called into question. And I think that that is actually... I don't think there's anything wrong with those foundational things. You know, I think that definitely there's things that we could do to create better products, but I don't think getting rid of farming is the answer.

Nick Solares:

Right. I don't think replacing our protein is the answer. I think we need to work within what we have because it's... Listen, especially in Western culture, but in many cultures, the connection between cattle and human the only relationship between animals that's more profound maybe with a canine. Maybe, but you know, we don't subside on canines. Like beef gives us shelter, it gives us clothes. It gives us food, the tallow, I mean there's so much that comes from it. And so many of the things that are important to our culture.

Bryan Schaaf:

Yeah. And things like that are precisely why you are the man whose name lives beside meat life. Can you tell us a little bit more about where people can find you, where they can follow you?

Nick Solares:

Certainly. So the main thrust of what I'm doing now is the video work is a Meat Life show and it's a channel on YouTube called Meat Life. We launched in October. So it's been going really great. We have like almost 20,000 subs and we've had like almost 500,000 views across... The first series is New York City. You can also find me on Meat Lifeshow.com. And that's the website. And there's not of content up there, but I'm going to be doing a lot of guides. Like there's a USDA grading guide up there right now. We'll be doing like steakhouse reviews and those kinds of things. Also on the Instagram at NickSolares.com, Twitter is Nick\_solares. And I think that's all the social media out of the way. Oh My Space, no I'm just kidding.

Bryan Schaaf:

I think I'm still friends with Tom.

Nick Solares:

Tom has a few friends.

Bryan Schaaf:

He's stood the test of time as far as MySpace friendships go.

Nick Solares:

Do you know what Tom's doing?

Bryan Schaaf:

What's that?

Nick Solares:

Tom took the millions because he was a big exec there and he just, he decided to become a photographer and just travels the world taking photographs.

Bryan Schaaf:

True story?

Nick Solares:

Not bad right?

Bryan Schaaf:

I'm glad that Tom well for himself.

Nick Solares:

Tom did great, believe me.

Bryan Schaaf:

Nick's Solares Meat Life, New Yorker, Londoner. We appreciate your taking time to join us on the Meat Speak Podcast. If this is your first time joining us, know that you can find us across most podcasting platforms, Apple, Google Play, Spotify or simply go to [certifiedAngusbeef.com/podcast](https://certifiedAngusbeef.com/podcast). And you'll be able to find this load plus a huge backlog of other things dealing with everything from meat science to culinary to actually we've got an interview, we haven't put it up yet with the master distiller from Jack Daniels, which is phenomenal.

Bryan Schaaf:

So sir, I appreciate you taking time. Not only to join us on the podcast, but to join us in Ohio.

Nick Solares:

The pleasure was all mine.

Bryan Schaaf:

Sir. Thank you for taking the time.

Nick Solares:

Thank you.[]