

Bryan Schaaf:

Back here on the Meat Speak podcast powered by the Certified Angus Beef Brand, Bryan Schaaf. With me via teleconference, chef Tony Biggs. How you doing sir?

Tony Biggs:

Oh Bryan, thank God I walk 4,000 steps a day to get rid of this belly of food. What do you do when you're in quarantine? You eat, you cook, you eat, you drink a little bourbon once in a while, but oh my gosh, I can't wait to go back to work. How about you?

Bryan Schaaf:

You know what, I've really dug into and remembered how much I love some really simple foods like... This is going to sound silly, but I love a really cheap bologna sandwich on a simple bun with a little ketchup and some potato chips. Delightful.

Tony Biggs:

There's no problem with comfort food. You know what I like? I like toast, a fried egg, some cheddar cheese melted on some bacon. Bam. Done.

Bryan Schaaf:

All day long, twice on [crosstalk 00:01:08] .

Tony Biggs:

Speaking of Bam, are we going to talk Cayman Cookout today, brother?

Bryan Schaaf:

Yes, so Chef, we are going to take a moment and we're actually going to look back in time before we were all on Zoom calls, and quarantines, and lockdowns. A couple months ago you and a few other select employees of this fine company went to Cayman Cookout as we have done for many years cooking, even before you joined the brand. Cayman Cookout is one of those things... Every major city these days has a food and wine or a wine and food festival or however you want to term it... Cayman Cookout is that, but it's ratcheted up a little bit in terms of the folks you get to interact with are folks that you don't just see every day. Can you tell us a little bit about Cayman and what you dig about it?

Tony Biggs:

Well this is my... I feel like I'm getting old when every time chef Frederick has a meeting, he goes around the room and says, "Okay, how many Cookouts has it been?" Now I'm like third or fourth with six Cookouts. One of the reasons I love Cayman Cookout is number one, I love chef Frederick. He's the executive chef of the Ritz Carlton. He's a gentleman, a scholar and he puts on... There is a lot of detail that goes into the Cayman Cookout. Not only from the food but gathering all the chefs, the spirits, the wines, the different functions. Make sure they go flawless, he makes sure his staff is zoomed in on all the details. I would say the details of the Cayman Cookout make it what it is.

Tony Biggs:

It's over the top, it's exclusive so it's not a large event. It is, but it's not. We are sponsors, Certified Angus Beef is a sponsor of the Cayman Cookout. We've been doing that before my time at Certified Angus Beef. When I started, they asked me if I wanted to have a station and I said, "Heck, why not?" The first thing I wanted to do was do a whole side of beef on the beach. And they went, "Wait a minute, we don't know who you are. We don't know what you're about. We don't know if you could handle this. [inaudible 00:03:39] take it easy. Just do some simple things." So we've been given... I do Certified Angus Beef, we do three events for the Cayman Cookouts, usually in January when it's freezing on the East coast and snowing. The beautiful tropical weather is just what the Biggs needs at this time. It's just perfect. It's after Christmas and it's after new year's, and folks want to get down there. This is Eric Ripert, who last year had the Best Restaurant in America.

Bryan Schaaf:

Yes, Le Bernardin.

Tony Biggs:

Le Bernardin, and this is his Cookout along with Anthony Bourdain, God rest his soul. As we all know, Anthony passed last year, but he was a staple of the Cayman Cookout and his fans and people from around the world who adored him would show up [inaudible 00:04:46] the Cookout just to get photos and be next to him. So God rest his soul. But it is a grown into the [inaudible 00:04:54], who we all know. Jose Andres is probably the biggest draw next to Eric. Emeril Lagasse, who's my favorite, he's a great guy and he's there. Then we have six or seven different other celebrity chefs from around the world. So it's exclusive, it's top notch, it's fun. We do a beach barbecue on the first night of the Cayman Cookout, which I have taken probably a quarter of the beach just to do my part.

Tony Biggs:

We've done everything from cooking tomahawks on a homemade \$80 Walmart swing over embers of fire to cooking sirloin steaks on pitchforks and deep frying them, to sword fights with my guests and customers who come. They want a picture, they want a sword fight, we have these big swords where we can put whole big beef ribs on and just roast them for hours. We have the longest line at all time. Even the chefs come up and go, "Tony, you always have the longest lines." Well, hey, we're serving beef. Now who doesn't love beef, especially Certified Angus Beef, right?

Tony Biggs:

And so we just [inaudible 00:06:30] down, it's a major beef coma [inaudible 00:06:32]. Second day we go out to a place called Rum Point. Rum Point's a little island. We all get on a boat at eight o'clock with Bloody Marys and chef Fredrick hooks us up. Really cool. Then we get to our stations, we have a couple hours to prepare with our staff and then we're on a beach on an island and we wait for our guests to come and [inaudible 00:06:57] 300 folks show up there. And we do small bites, small plates. I've done everything from beef [inaudible 00:07:06] to [inaudible 00:07:06], which is a Philippine dessert to brisket on the grill, sandwiches, Certified Angus Beef sliders with portabello mushroom and pickled shrimp.

Tony Biggs:

It's just fun. We make a lot of friends, a lot of relationships during that time. On Sunday we do the brunch, so we do a Certified Angus Beef high end. We're asked to do a high end filet mignon or strip with poached egg or something like that or hash, which goes well with beef. Our station is probably the

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only one that does a small plate breakfast item with beef. Maybe there's another one, but again it's about relationships. Chef Frederick, I hope he [inaudible 00:07:57] back again. I think he will, but it's just a lot of fun. It's camaraderie, the same guys come back, and it's one of my favorite events.

Bryan Schaaf:

Outstanding. Chef, on that note, let's go ahead and turn the page and dive into a lot of the interviews and pieces that you would have collected during this year's 2020 Cayman Cookout hosted by Eric Ripert and friends.

Emeril Lagasse:

Hey, Emeril Lagasse here and you are listening to the Meat Speak podcast.

Tony Biggs:

Chef Tony here. We're in beautiful Grand Cayman here and I have really a special guest here that I have looked up to in my career. There's no introduction for Mr Emeril Lagasse. Thank you for taking this time here to be with us on the podcast.

Emeril Lagasse:

[inaudible 00:08:48] thank you.

Tony Biggs:

We just love you, and I love you, and I've been a fan of yours forever. My wife is a fan of yours forever because she makes your beef stew recipe with the beer and the seasonings, your Emeril essence, at least twice a month.

Emeril Lagasse:

That's a real good one.

Tony Biggs:

Tell us, [inaudible 00:09:04] you having a good time in Cayman?

Emeril Lagasse:

Yes, it's been a little busy. Yesterday we had our demo and about 120 tasting portions of a muffuletta octopus salad, a great cocktail by our good buddy. Day before we had a lunch and we did a little inspiration to my mom. So it was more of a Portuguese lunch with caldo verde and crusty bread dip. We started with [inaudible 00:09:35] peri peri chicken and snapper in a Portuguese sauce and lemon potatoes. It was really great.

Tony Biggs:

Oh, my God.

Emeril Lagasse:

Then great Portuguese desserts, little traditional tartlets [inaudible 00:09:47] , so it's been busy and now here we are. I like this event. This event is not only one of Eric's favorites, but he turned me on to this last year and I said, "Well, I got to come back for this. This is, [inaudible 00:10:01] ... Way too much fun."

Tony Biggs:

It's exclusive, right? It's small.

Emeril Lagasse:

You know how many people that tried to talk to me the last day or two who's tried to get into this thing? They can't get in, it's closed. That's the great thing about this. They're not going to load it up with hundreds of people, right?

Tony Biggs:

Right.

Emeril Lagasse:

They put a limit on it of what they can do, keep it as intimate as possible. How many chefs did you count, Tony?

Tony Biggs:

There's 12 chefs right here.

Emeril Lagasse:

Right here?

Tony Biggs:

From all around the world.

Emeril Lagasse:

And incredible, different variety of foods. Ours probably not expected, as representing new Orleans because we're doing mu shu [inaudible 00:10:43] -

Tony Biggs:

Nice.

Emeril Lagasse:

... With [inaudible 00:10:45] hoisin sauce. So a little different for us. Last year we did a little bit more traditional. We did a sea urchin [inaudible 00:10:52] . Being sea urchins, they live here. I'd like to get some of that lionfish, but-

Tony Biggs:

I know, right? [inaudible 00:11:01]

Emeril Lagasse:

... We serve it at one of the restaurants on the coast. We have a couple guys that dive for them when we can get them and they're really delicious. They're a pain in the neck to clean.

Tony Biggs:

[inaudible 00:11:14] are they?

Emeril Lagasse:

Oh yes, because they have all of these like pointers, right, so you can poke yourself pretty good if you don't know how to clean them. But what else is going on? You were a little busy last night.

Tony Biggs:

Oh my [inaudible 00:11:27] Chef, we cooked 150 tomahawks.

Emeril Lagasse:

That's unbelievable.

Tony Biggs:

36 ounce. Then we did our steak fondue just for you put them on pitchforks.

Emeril Lagasse:

Incredible.

Tony Biggs:

We use tweezers here, chef [inaudible 00:11:38] pitchfork.

Emeril Lagasse:

Right.

Tony Biggs:

[inaudible 00:11:39] Deep fry them. I hope you came by... I think you did come by and taste it.

Emeril Lagasse:

Yes. I didn't stay very long, but I tasted your dish [crosstalk 00:11:47] and a couple of dishes and went on. [inaudible 00:11:50] was a lot of hungry people. I didn't want to get in their way.

Tony Biggs:

Chef, thank you for taking your time [inaudible 00:11:55].

Emeril Lagasse:

Absolutely.

Tony Biggs:

I really appreciate it.

Emeril Lagasse:

Pleasure. Give your wife my best please.

Tony Biggs:

Yes, I will. [crosstalk 00:11:59].

Emeril Lagasse:

Tell her to keep stewing.

Tony Biggs:

She loves the beef stew.

Emeril Lagasse:

I love it.

Tony Biggs:

Thank you [inaudible 00:12:02] chef.

Emeril Lagasse:

Thanks guys.

Tony Biggs:

Chef Emeril Lagasse.

Emeril Lagasse:

Thank you.

Tony Biggs:

Thank you.

Tony Biggs:

I've got a good friend of mine. I met him six years ago, and this was my first Cayman Cookout six years ago and chef Frederick, I went into his office about a month before that and I was so nervous. Because just the magnitude of the Cayman Cookout that chef Frederick has put together is just incredible. The details, the food, the lineup that he has put together is just unimaginable. To keep all this in his head at all times and make sure everybody's in [inaudible 00:12:42] place is just amazing. You're a good friend, Chef. I appreciate your friendship. We have chef Frederick from the Ritz Carlton Grand Cayman. Chef, tell us about this. How did this brain child [inaudible 00:12:53], and-

Frederick Mournau:

Well, remember Tony, when we met six years ago, you came to me and you said, "I think I'm going to roast a whole cow on the beach." And I look at you and I say, "Who's this guy?" I say, "Why don't we

take it easy first Tony and let's start with a few cuts first and the maybe [inaudible 00:13:11] ." But six years after, I'm ready now to give him his whole cow on the beach.

Tony Biggs:

Yes.

Frederick Mourneau:

Because the most impressive things is, we've been doing this for 12 years now and the first year was all about the celebrity chefs. But with Tony ingenuity and creativities and also flavorful recipes, our guests are expecting as much Tony's station than Eric Ripert station or Emeril Lagasse station or Daniel Boulud station. His line is as big as all the other guys. So I think you should be very proud of that.

Tony Biggs:

Well, I'm humbled Chef. I'm very humbled, but I want to [inaudible 00:13:46] you. This was your brainchild 12 years ago. How did it start? Did it start with one chef, two chefs? [crosstalk 00:13:54]

Frederick Mourneau:

Well, it started before I arrived in Cayman. I arrived in Cayman in 2008 and they had the first small Cayman Cookout in 2007. It was in September, so September it's a very slow period for the Cayman Island overall. So that was not really the right time to do it. Then we decided to start another one bigger in 2009 [inaudible 00:14:13] . I was [inaudible 00:14:14] the property for two months, and when you arrive in [inaudible 00:14:16] property that's not the first thing you focus on. You want to start to see what's happening and start to make your mark and start to [inaudible 00:14:22] venues. I arrive in November and then towards mid December, [inaudible 00:14:27] Cookout was coming in about two or three weeks. And I'm looking at who's coming and what do we have to do and I say, "I'm going to need some help."

Frederick Mourneau:

So I call a good friend of mine, Xavier Salomon, who at the time was the chef from Ritz-Carlton Half Moon Bay, California. And I said, "Why don't you come, I have a big house, four bedroom. I'll put you in my house, but I need your help during the day." Then I also brought a pastor, chef Stephane Chéramy from the Ritz-Carlton Orlando [inaudible 00:14:51] started. So it was about three Ritz-Carlton chefs and 10 celebrity chef. Today 2020 we have 12 celebrity chefs and 25 [inaudible 00:15:03] between sponsors like you, Tony [inaudible 00:15:05] and then a chef from the French Master Chef Associations, chef from the [inaudible 00:15:11] Luxury Brands. [inaudible 00:15:14] and not counting the local chef. It's another 25 local chefs are here. So if you want to see chef then Cayman Cookout is the right place.

Tony Biggs:

Chef, how many did we do last night? That was a party [crosstalk 00:15:24]

Frederick Mourneau:

About a thousand people. Yes, we had 12 stations. Thousand people. You know, we killed a few cow for that.

Tony Biggs:

I can't wait. Today we're on Rum Point. Chef has arranged a boat ride for all the chefs. It takes about a half an hour to come over here. Chef, this is the way you take care of people. It's just a humble and a lovely... I love you, man [crosstalk 00:15:48]

Frederick Mourneau:

It's a whole team effort. It's the whole hotel. [inaudible 00:15:51] years altogether and during that four or five days, everyone works nonstop making sure [inaudible 00:15:59] happening. I have the good job of taking care of all the chefs. I have people behind me, for example, today we all took a boat at 8:30 to arrive here, but all my sous chefs and my cooks left at 5:30 in the morning from the truck and buses and when we arrive, that's why we have time to sit down and do interview because pretty much everything is done.

Tony Biggs:

That's right. Hey Chef, thank you very much for taking the time out to do the podcast. I look forward to doing this event until I'm 80 okay.

Frederick Mourneau:

Of course [inaudible 00:16:25].

Tony Biggs:

That's another 20 years

Frederick Mourneau:

I want to thank Certified Angus Beef for the support each and every year.

Tony Biggs:

Thank you very much, Chef.

Frederick Mourneau:

Thanks.

Tony Biggs:

Thank you.

Frederick Mourneau:

All right, [inaudible 00:16:35] .

Tony Biggs:

I got chef Jasper here from the Ritz-Carlton, Colorado. The name of the property, Chef?

Jasper:

Bachelor Gulch.

Tony Biggs:

Bachelor Gulch, and let me tell you something. I [inaudible 00:16:48] found a new friend. He bailed me out of cooking 80 tomahawks 36 ounce last night. He's got fire in his lungs and he is still breathing. We're walking today and we're on Rum Point. Chef, first of all, thank you very much for bailing me out of the [inaudible 00:17:07] last night with the tomahawks.

Jasper:

My pleasure, Tony.

Tony Biggs:

You know what you're doing, but tell us what [inaudible 00:17:13] with Ritz Carlton. Tell us about your career and just give us a lowdown [inaudible 00:17:18] . Who are you?

Jasper:

Well, I'm kind of an island boy. Grew up on Long Island. Parents moved to Kauai about 30 years ago, been in the Caribbean off and on for about nine years. It's nice to get back to the warmth in the Caribbean, but I'm in the mountains cooking a lot of meat, doing a lot of great fish. I used to work for Eric Ripert at [inaudible 00:17:36] Le Bernardin when Eric used to have a restaurant. So proud to be a part of his Cayman Cookout this year in 2020, and made a great friend last night cooking tomahawks out on the grill with Tony Briggs and his pitchfork fondue. No tweezer cuisine, pitchfork-

Tony Biggs:

[crosstalk 00:17:55] , Chef. That's it. That's the saying, no tweezers pitchforks only, but I'm not going to swear, okay. I swore too much last night. [crosstalk 00:18:03].

Jasper:

Yes, having a ball.

Tony Biggs:

But you know what, so many people came up to your station, [inaudible 00:18:08] our grill and they picked the tomahawk up and I really appreciate you getting the photos with it, but there had to be a thousand photos.

Jasper:

Yes. Oh it was amazing last night. People just, "Oh my God, I can put that glove on and grab one of these big steaks and take a bite?" "Go for it." We were having a ball. The innovation, the ideas and the thoughts that chef Tony brought to the table last night... I've got a couple ideas now going back up into the mountains and getting some pitchforks and maybe deep frying some tenderloins.

Tony Biggs:

Now that we've become buddies, I'm going to turn you on to our beef. I'm not going to mention it. You know what I'm talking about.

Jasper:

CAB.

Tony Biggs:

CAB. What else [inaudible 00:18:45] ? Have you brought your family here [crosstalk 00:18:47].

Jasper:

Brought family, oh my God. My daughter is an island baby. She grew up in [inaudible 00:18:51] after 15 months spent there till about five years old and then in The Bahamas. So we're happy to be back playing in the sand and eating some cotton candy [inaudible 00:19:02] enjoying the Cayman cookout.

Tony Biggs:

I got to tell you, the Ritz-Carlton brand is world renowned. It's a high level of service and food. For you to be able to be on that team, that's epic. And I know you've worked in some other Ritz-Carlton's, I'm just in awe of all of you. You and all the different chefs here from Ritz-Carlton. Tell us a little bit about that experience, working for the Ritz. It's just like no other brand.

Jasper:

It is. It's [inaudible 00:19:38] , you can call as we say, our brothers or sisters, at the end of the day we do taskforce, we help each other out in need. [inaudible 00:19:46] part, [inaudible 00:19:47] camaraderie between everybody [inaudible 00:19:48] in this event is when you've got 30 other chefs in the kitchen, nobody's raising their voice, everybody's working together as a team, laughing, joking, having fun, everybody's tasting what everybody else is doing and learning new techniques. You don't get to see that a lot.

Jasper:

Obviously you work in your house and your playground, and then you get to come to these events and see other people's innovations and what they do with food and [inaudible 00:20:11] taking tastes and flavors and work with some great chefs and celebrity chefs. It's an amazing opportunity. The company is based on a lot of foundations of ladies and gentlemen serving ladies and gentlemen and it's amazing to watch. The house team here at Grand Cayman from the Ritz-Carlton with chef Frederick and Marcello and their team doing an amazing job. Smiling and just doing it with pleasure.

Tony Biggs:

Chef, we're buddies and tokes now-

Jasper:

Yes.

Tony Biggs:

... And I hope to see you at our center in [inaudible 00:20:43] Ohio, but I'm going to come up and see you in Colorado because I love skiing. It's a pleasure knowing you and-

Jasper:

Same here, Chef.

Tony Biggs:

... Good luck today.

Jasper:

Thank you. You too.

Tony Biggs:

And thank you for being on the Meat Speak podcast. Listen up.

Tony Biggs:

[inaudible 00:20:55] my pleasure. If you're listening to this beautiful reggae music, we're on the island of Rum Point, which is right off the island of Grand Cayman, and I have met so many friends over the years and I have to have my friend [Jean-Bonet 00:21:11] on. I love his wife and I'm going to tell you a little story before we get into it. We're at the cocktail reception the other night, a lady gets stung by a bee and Jean-Bonet's wife, Karen, fiercely runs over to the lady's hand and actually pulls the stinger out with her teeth. I was so impressed. I got this on video, I posted it on Instagram. Jean-Bonet your wife, I tell you, let's talk about her for a minute. What a character and lovely woman. I love her. Welcome to the Meat Speak Podcast.

Jean-Bonet:

Thank you. Yes, she's great. I think everybody needs a wife. We cannot do anything without. Even we are a good cook, we are good chefs, if she's not here I'm nothing. So it's a great combination. We're together for [inaudible 00:22:00] years and we're going to reopen a new restaurant together again because we love working together and without her I won't do it.

Tony Biggs:

That's good. Chef, tell us about what you do for the master chefs. That's very intriguing.

Jean-Bonet:

So I've been master chef now for more than 30 years, maybe. Yes 30 years. When I moved to the States, the worldwide president named me as the president in 2006 and since then [inaudible 00:22:36] tried to get some new French chef to, to become, to become master chef. We got [inaudible 00:22:41] big selection. You you have to be a special chef to become master chef.

Tony Biggs:

Cool, very nice. Do you like [inaudible 00:22:51] that? I saw pictures on your Instagram with... Of course we know Daniel Boulud is here and then chef Keller. That must've been nice [crosstalk 00:23:02].

Jean-Bonet:

Yes, every year we do a big reunion, I would say family reunion. But yes, we become family, we become friends, and so Daniel is part of it of course. Last year we went to California with [inaudible 00:23:22], a few other chef. All the chef from San Francisco were here and we decided to a with the president of a master chef, a real one not me, [crosstalk 00:23:34] to give a medal of honor to do Thomas Keller for what he does for [inaudible 00:23:39] cooking and for French cooking. Because if you ask him, he says he's a French cook.

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Jean-Bonet:

He's not a French cook, but he knows French cooking.

Tony Biggs:

And the technique.

Jean-Bonet:

Sometimes technique are much better than some other french chefs, and he is very open to all the chefs and all the cooks and he does a lot of things for kids and for young chefs. So I was very happy to be able to give him the medal, and I think he was very touched too. So it was good.

Tony Biggs:

Chef, what's your favorite cut of meat? What do you like eating when you go to a restaurant?

Jean-Bonet:

New York steak.

Tony Biggs:

New York steak. That's mine. [crosstalk 00:24:19] Beautiful. Yes, we're having so much fun here in Cayman. I tell you, Chef. Thank you very much for being on the Meat Speak podcast. We've had this friendship [inaudible 00:24:30] let's continue it and love your wife. Tell her I love her.

Jean-Bonet:

Okay, she's coming.

Tony Biggs:

Good. I'm going to give her a big hug and kiss.

Jean-Bonet:

Okay [inaudible 00:24:38].

Tony Biggs:

Thank you for being on our podcast. Take care.

Jean-Bonet:

[inaudible 00:24:40].

Tony Biggs:

[inaudible 00:24:40]. Six years ago, I washed up on the shores of Grand Cayman, just like the pilgrims in Plymouth Rock. And who's the first person I met? My favorite lady on Grand Cayman. [inaudible 00:25:00]

Female:

How are you?

Tony Biggs:

How are you?

Female:

I'm great, how are you? Are you [inaudible 00:25:03] me? We're sitting out here at Rum Point.

Tony Biggs:

Can you believe this?

Female:

Cayman Cookout 2020 it's pretty fabulous.

Tony Biggs:

Right? I mean, oh my gosh. Tell us what you've been doing for the last year [inaudible 00:25:12] culinary director. Tell us a little bit about what you're doing here. You're a born, raised Canadian, right?

Female:

Well I was actually born in Canada.

Tony Biggs:

Okay [inaudible 00:25:21].

Female:

Born in Vancouver, but I moved here when I was very young and I've been here for most of my life. Been back and forth and we do all things culinary here. It started off really as a wellness company. Then of course, wellness food. People are more interested in... We know we have to exercise, we've got to be better, we're going to do all of those things. But I've always had a big passion for food and eating well.

Female:

So it was a nice integration to be able to bring that together. And then making people realize that eating healthy doesn't mean that you have to eat bland. Then taking that level and then really applying it to high quality ingredients. Spicing things up, being thoughtful about the things that... Where they're coming from, the quality.

Tony Biggs:

Well, I really want to try iguana.

Female:

Yes.

Tony Biggs:

Is there an iguana problem on this island here? Tell us a little bit about this iguana problem, all right?

Female:

Yes, there was an invasive species that came through a couple of years ago and then it came to the point where it was starting to become really quite volatile. What the government decided to do is have a culling, which actually worked out quite well. So iguana now is becoming something you might see on a couple of restaurant menus. But also, we've got a lot of cool local things. You know, you've been here for how long and you this is conch season, [crosstalk 00:26:30] it's lobster season, we've got whelks, we've got a variety of different things.

Female:

Not only that, we work with great purveyors, like Progressive Distributors who bring in everything, right?

Tony Biggs:

Amazing [inaudible 00:26:40].

Female:

If you want a scallop from Japan that comes in. Of course you've been partners for a long time with them, so you know. Yes, no, it's been wonderful last year.

Tony Biggs:

Do you love champagne?

Female:

Oh, I guess if I have to drink it.

Tony Biggs:

[inaudible 00:26:52] Moet & Chandon?

Female:

I think so, they're definitely one of the sponsors. Charles Joly is here. [crosstalk 00:26:59] He is amazing. We've got the whole beverage team from the Ritz-Carlton. [inaudible 00:27:04] does an amazing job. This is going to be quite an event today.

Tony Biggs:

Well, it's so glad to have you here.

Female:

Thank you so much for hanging out.

Tony Biggs:

[crosstalk 00:27:13] Thank you for being on our Meat Speak podcast. It's hard to get out, I know.

Female:

Meat Speak.

Tony Biggs:

Especially when you're... Meat Speak. Anyway. I love you baby.

Female:

Love you too. Thanks.

Tony Biggs:

[inaudible 00:27:21] thanks a lot.

Female:

Have fun.

Tony Biggs:

Hey, Gerard. Great seeing you again.

Gerard:

Great to see you.

Tony Biggs:

[inaudible 00:27:29] about six years now we've known each other and every year we catch up over the Cayman Cookout. You are the master of sous vide and I love what you do. You're just revolutionizing the world with what you do. Tell our folks exactly what you do and how you can help them in sous vide.

Gerard:

Well, sous vide is about precision cooking. It's about the right time and the right temperature. And as you know as a expert in meats, every thing has a special time and special temperature. For the meat it's dissolving the collagen, the connective tissue, but some vegetable, it's starch. It's really about precision. That's why sous vide has been embraced by so many chefs like Daniel Boulud, Thomas Keller, Jose Andres. I could go on and on the list. With our school at [inaudible 00:28:22], we have trained 48 three star Michelin and so many other chef. The chef need more precision. They are here to deliver a great experience to their customer and they want to make sure they achieve that every single time and having a great raw material and a precision cooking, that's what they do.

Tony Biggs:

You do the Sunday brunch, which is going to be tomorrow at the Cayman Cookout, The Ritz Carlton, Grand Cayman. You do a poached egg that is just epic. It's beautiful and it's sous vide. Tell us what your dish is going to be tomorrow and how you're going to prepare that?

Gerard:

Talking about eggs, we are maybe some of you are familiar [inaudible 00:29:01] we do the sous vide egg bite for Starbucks.

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Tony Biggs:

That's right, Starbucks. [inaudible 00:29:06] company. That's right.

Gerard:

Yes. And we do quite a bit number. We do about a million-

Tony Biggs:

Every time I drive through to get my coffee now, Chef, I'm going to think of you. All right?

Gerard:

Yes.

Tony Biggs:

To get the sous vide egg bite.

Gerard:

And we do about a million a day. [crosstalk 00:29:18] So eggs is very delicate to poach. It's even harder than meat. Here time and temperature is essential to deliver a good product. Talking about the poached eggs, it's called the perfect egg 63.2 and depending on how you like it, you can cook it for 45 minutes to one hour, but you have the velvety yolk, those 45 minutes, it's so silky. The white is more like light tofu. You don't get the vinegar taste like you poach [inaudible 00:29:53] eggs. You get the true flavor of a beautiful eggs.

Tony Biggs:

Wow. I am hungry already [inaudible 00:29:59] , can you [inaudible 00:30:00] tomorrow for poached eggs?

Gerard:

We can do a steak and eggs tomorrow.

Tony Biggs:

That's what I'm doing, but I didn't poach the eggs.

Gerard:

Oh, come on.

Tony Biggs:

Next year you and I will team up.

Gerard:

Yes.

Tony Biggs:

I'll do the steak. You do the egg and then that's what we should have done this year actually, you know that?

Gerard:

Yes. Today I'm doing a pork belly. It's a [inaudible 00:30:17] . It's cooked for 40 hours. We marinate it in the bag for 35 hours and then directly we cook it right away. So another 40 hours. Really the process is 75 hours.

Tony Biggs:

I tasted it yesterday it was amazing. You put it on the grill for me and seared it. It was delicious. You had some seasoning on it that was [inaudible 00:30:35] and wow, it was [inaudible 00:30:37] .

Gerard:

You should stop at the sushi place. I gave them some, they make a sushi. I told them to put the [inaudible 00:30:45] sauce on it. They torch it. It taste like a [inaudible 00:30:48] tuna. It's just met in your mouth. So he's not just about eggs and bacon or pork belly. You can do so many things with it.

Tony Biggs:

Amazing. Hey, Chef, thank you very much for your time. I know you're busy. We've got stations here, but it's a pleasure.

Gerard:

It's not about work, it's about playing also.

Tony Biggs:

It's about playing, Chef [crosstalk 00:31:05].

Gerard:

[inaudible 00:31:06] today, I don't know.

Tony Biggs:

We're going to drink some Champagne, right? [crosstalk 00:31:09].

Gerard:

Coming to the island on the boat. I love this commute. No traffic jam. All right, Chef. Thank you.

Tony Biggs:

Okay, thank you very much.

Gerard:

Yes.

Tony Biggs:

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Thank you [crosstalk 00:31:16].

Gerard:

Yes. All right, let's party.

Tony Biggs:

[crosstalk 00:31:17] Let's party, baby. Thank you.