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Bryan Schaaf:

Back here on the Meat Speak Podcast, powered by the Certified Angus Beef brand. Bryan Schaaf in studio. Next to me, meat scientists Diana Clark. How are you?

Diana Clark:

I'm doing pretty fantastic, actually.

Bryan Schaaf:

Yes. It's a great topic today.

Diana Clark:

It is.

Bryan Schaaf:

And also manning our third road studio microphone here is not chef Tony Biggs, but he is behind chef Tony's microphone. He has, does it have a-

Michael Ollier:

It smells a little funny.

Bryan Schaaf:

Does it really? Tony loves fish sauce.

Michael Ollier:

That's it.

Bryan Schaaf:

Yeah, you might get a-

Michael Ollier:

That's what it is.

Bryan Schaaf:

If you don't know that voice, you haven't heard him since season one, but making his valiant return to the podcast, the man all things barbecue and curly locks. I'm so jealous of his hair. Chef Michael Ollier, how are you doing?

Michael Ollier:

Oh, I'm fantastic.

Bryan Schaaf:

Beautiful day above the grass, as we say, right?

Michael Ollier:

Delightful.

Bryan Schaaf:

If you saw the title of the episode and you're like, what exactly is pectoralis profundus? And we can tack onto that, pectoralis superficialis. Mind you, I only know these words because Diana told me, and I'm just repeating them. And I like to sound intelligent. But Diana, what are these cuts? What are we talking about today?

Diana Clark:

All right. So pect meat, pectoralis. You have your brisket. I mean, it's actually comprised of two muscles. I know a lot of barbecue people know this, but you have your point and your flat. So your point is actually your pectoralis superficialis. So the easiest way to remember that, it's super, everyone knows it's full that marbling, that moisture. So that's how you can connect those two.

Bryan Schaaf:

That's where burnt ends come from, right?

Diana Clark:

Oh yeah. I think everyone loves burnt ends, regardless of how they're prepared. And then you have the pectoralis profundus. That's the flat. So those two muscles, sometimes, if you're not really familiar with barbecue, you don't realize that there's two. But it's really crucial to know that, because their grains run in different directions. So when you're slicing, it's great to line those up in order to cut against the grain. But that flat has less marbling than the point does. But then also, moving into that, there's just a lot of confusion with the names when it comes to the brisket itself. I mean, there's the term deckle, there's the term web, there's first cut, second cut. And half of these, I don't truly understand. So this is why, again, we just need to go back to the Latin terms. And I think everyone would be better at this.

Michael Ollier:

It's not going to happen, Di. I do not see us in the barbecue world saying, how did your superficialis profundus turn out?

Diana Clark:

And I would respond, "super", right? Come on. It goes hand in hand. I just think it would work out perfectly.

Bryan Schaaf:

It's crystal clear when you explain it that way. I mean, is it that difficult to remember pectoralis superficialis?

Diana Clark:

See? I mean, Bryan gets it.

Bryan Schaaf:

Chef Ollier, you cook a lot, but you spend a good chunk of your time as well in the barbecue circuit, right? Obviously, brisket, depending on what region of barbecue you're in, has a role in various ways of barbecue. But can you walk us through, from an eating perspective, the differences between the point in the flat? Diana talked about the difference in marbling. It's a pretty big difference though, right? I mean, you're not going to mistake.

Michael Ollier:

For sure.

Bryan Schaaf:

Yeah.

Michael Ollier:

And it's interesting, to continue the discussion just a little bit about verbiage, because I think we should set the record straight with how we'd like even BBQ folks to communicate in a way that's, okay, it's not going happen, the Latin terms, Di.

Diana Clark:

I know.

Michael Ollier:

Let's recognize that and move forward with what we think would be really good for all of us to communicate on the same page. You hear lean and moist a lot. Meaning, Lean being in the flat and moist, obviously, the point. How else, is that the best way? Like, how can we say, all right, point and flat, that's pretty good. Lean and moist, we get that. Do you think that's good? To start there?

Diana Clark:

I would say, when you go to the consumer, they're going to understand lean and moist better than point and flat. So that might, honestly, be the best way to translate that to them. And then throughout BBQ world, everyone can get that, but yeah.

Michael Ollier:

Okay. And then let's just eliminate the term deckle.

Diana Clark:

Oh goodness, yes.

Michael Ollier:

So we can have accuracy, because deckle does not mean point, and let's keep deckle off of it, because the deckle's been removed in the packer brisket.

Diana Clark:

Yes.

Michael Ollier:

Okay. Clear that up for the barbecue folks.

Bryan Schaaf:

Do you want to say, what is the deckle? It's fat, right?

Diana Clark:

The deckle is the fat that sits on top of the flat itself. So you have your sternum bone that usually sits there, and then you have this big layer of fat, and then the flat sits there. So that has been removed. Deckled technically means cover in old German. So you're removing that cover. I understand why some people call the point the deckle, because they can say that it's the cover, but it's not. And if you go back to the Nanny guidelines, so just those guide book for cutting, in terms of beef fabrication, pork, and lamb's in there too. But they specifically say that the deckle is the fat cover on the brisket. [crosstalk 00:05:11]

Michael Ollier:

So I guess we can understand how it came that way with the deckle, right?

Diana Clark:

Yeah.

Michael Ollier:

But let's avoid saying, when you get those packer briskets in, like restaurant tours or when you buy them that way, you even see full brisket, deckle off.

Diana Clark:

Oh yes.

Michael Ollier:

And people are like, "Hey, my point's gone." No, that's not it. That's not it. Okay, we've got that cleared up. Bryan, back to your original question.

Bryan Schaaf:

Yeah.

Michael Ollier:

Is it about how different those two cuts perform?

Bryan Schaaf:

Yeah. Because the one term, you were talking about how they're moist and lean. I've also heard the brisket point called the fat. Fatty brisket. You want it fatty or you want it lean?

Michael Ollier:

Yeah. So when you're ordering barbecue, it's fatty or lean. True, when you go to the joints and you're like, okay, I want to plate full by the pound, or quarter pound, whatever it is, you just ask for fatty lean.

Bryan Schaaf:

Yeah. And I've heard it said that, while with consumers in mind, there'll be turned off by calling something fatty, which is funny, because my brain works in the opposite way, I'm like, fatty side or lean?

Michael Ollier:

I'm with you. Fat equals delicious.

Bryan Schaaf:

Yeah. Right?

Michael Ollier:

And that's why burnt ends will come from the point. But the reality of this cut is, to Di's point about the grain going different directions, that's one challenge. But the fact that both of these cuts, put together, it's pretty much like God's challenge to the barbecue world.

Diana Clark:

Oh, yeah.

Michael Ollier:

Like, this is the ultimate challenge, because you've got a cut on the lean that needs to be babied in a way where the point could handle that heat. So protection of heat is what the point can provide while cooking a full brisket. There's a strong case for separating the two before you even cook them, so you could cook them independently and have success, because one's going to need different cooking technique than the other. We do talk a lot about how Texas brisket, the way traditional Texas brisket is cooked is the way. But there are so, if you follow the pounds of the brisket, for example, and you follow the pounds that move through commerce, think of how many different ways this cut is cooked. Brined, corned. It's pastrami, it's corned beef, what else is it? I mean, we think of it, to me, it's like, a bunch of back black pepper, salt, black pepper, post oak, and it's that as the ultimate. But grind, I mean, it's now considered an amazing.

Diana Clark:

Oh yeah, it's gourmet.

Michael Ollier:

And grind to be the ultimate, because it has such a strong oleic, I don't want to go science-y, but it tastes amazing. And maybe you can dive into that, because that's just kind of the foundations. Let's just think broader about what brisket is in our world. It's different to different people. It could be ropa vieja, right?

Diana Clark:

Oh gosh, that would be perfect, yeah.

Michael Ollier:

The long grain direction on the lean is an ideal ropa vieja, instead of traditionally flank, right?

Bryan Schaaf:

Yeah. Well, I mean, can you get into that a little bit? The brisket, because of the way it's made, it is a challenge, right? It's not easy to know what to do with it. I mean, a lot of different ways that it's been prepared. I've actually had it sous vided before, and it's been fantastic. But this, if you go back over the generations, this is a cut that exists because, like a lot of foods that have come into the mainstream, I mean, it was the leftover stuff. It was the stuff that poor people could afford. That's really the origins of barbecue everywhere, isn't it?

Diana Clark:

Yeah. And you think about smoking, the main reason why they did it was for preservation. They had some cuts that they really didn't know what to do with. So you think about the brisket, it didn't really sell. Let's throw it on the smoker, cook for a while and then we can have a great shelf life on it. And I mean, you've salted it, smoked it, you've provided that natural preservation.

Diana Clark:

So it's just amazing, over time, I feel like now it's become that comfort food. And now it's that sought out destination food. I mean, people travel all over the U S, globally, even, to try different barbecue. And it's neat seeing it actually go global. Because at first, I feel like it was more US-based, but now you're starting to see all these other teams come in from all over the world, competing in these barbecue competitions. And that's where you see a lot of, even, science thrown into cooking, of trying to make sure that that one bite that everyone takes is just fantastic, and it's amazing to see the prep that goes into it.

Diana Clark:

But still, the beauty of that brisket, that it could be found in anyone's backyard. And it really does just take salt and pepper, and it's still going to be amazing. Like, it's going to be a great experience. And that's why it's a great cut for so many people to work with. And I think people can get a little afraid of it, but really, it's never going to be bad. I've never had anyone say it's a bad brisket. I've had really great briskets, but I don't think I've ever had a bad one.

Bryan Schaaf:

Well, my default with beef in general is, if you cook something long enough, low enough, slow enough, eventually it's going to surrender anyway. Now the brisket is ideal for this because there's so much fat in the brisket. And we invite to actually rabbit holes on here. There's another episode, I invite you to go back, it's just called fat. It's not describing me, necessarily, although it kind of does, but it's all about the science behind fat and the different types of fat. Brisket fat is special though, right?

Diana Clark:

Oh yeah. That has more oleic acid in there, that oleic fatty acid. So that episode that we're talking about was just amazing, in order to really dive deep into the science behind the different fat depots in the carcass. But the fact that brisket has that more oleic fatty acid actually is a more satiating fat to the human palette. So people desire it more and it melts at lower temperatures as well. And this is why

you're finding brisket more in those gourmet grinds because they want that ground beef to have that ultimate flavor in there too.

Bryan Schaaf:

Yeah. And do you know, when you're talking about those grinds, and of course, the en vogue one is always brisket, chuck short rib, right?

Diana Clark:

Yeah.

Bryan Schaaf:

Was actual brisket lean going in there? Or is really, the brisket component, the fat that they're putting in?

Diana Clark:

I'd say it's more the fat that's going in there than anything. Because that's what they're trimming off at the packing plant. And you see more in retail, brisket flats than anything. You don't always find points being sold separately. So those might even be throwing into grinds as well, which is fantastic that that's where that fat source is coming from. And if you guys do have a chance to listen to that, cattle that marble more, so that have higher marbling levels, they actually have more oleic fatty acid found throughout their entire carcass. Meaning that Certified Angus Beef briskets should have more oleic acid than just your traditional USDA choice.

Bryan Schaaf:

That's right. Which, drawing the link between brisket is therefore a healthy super food.

Michael Ollier:

Agreed. It's the new avocado.

Diana Clark:

It's very accurate, there.

Bryan Schaaf:

All right. So if we could, and I know we've got a nice array of listeners in our audience, and some are chefs, some are meat salesmen, some are people who just love meat, and the weekend warriors. I happen to be standing in the room here with, this building is Certified Angus Beef. We have smokers, we have lots of different people here who can cook, even beyond the six actual, by title chefs that we have on staff here. I am standing in a room with honestly, two of the best smokers that we have here on staff. I mean, your briskets. I like to say that I've eaten more than my fair share, but if you guys could walk us through that, because if you follow a Facebook message boards, everybody says, what's the best way to smoke this? What's the best way to handle this? Start us with a whole packer brisket. How are you getting that from start to finish, for your best results?

Michael Ollier:

I'll start us off and I'll have Di chime in, because I think she may have cooked more pounds over her time, at least here. But we do so much experimenting with the cut in not just smoking. I'll just mention that in recipe development here. So beyond just Texas style, which we're about to get into, but using a Dutch oven to cook a brisket, just cutting it and braising it, cutting it in cubes and braising it. So many creative ways, we try to use the instant pot, which is such a big device in people's kitchens now. So by searing it and brazing in that. The grind, experimenting with burgers. So we do a lot of different things than just the traditional.

Michael Ollier:

But let's walk through a packer brisket, on how, at least we've experienced it in Texas style and how we do it here, which is pretty much a light trim on it. We take the excess fat that exists between that fat and the point on the one side, we trim up excess around. You can really feel that when you get it, because it's a harder fat, because it's such a collection of it. We trim that off. And then we use a pretty aggressive amount of kosher salt and cracked pepper. But the pepper we like to use is where all of these professionals we use, it's a dustless pepper. So you don't have the powder that can create a putty over its first time in the smoker, meaning it gets a little pasty. So you don't want that fine powder. You want a consistent coarse pepper grind, and so we use a mesh, a specific that's dustless, they call it, and it's a 16-18 mesh pepper. But it's black pepper, salt on a brisket. It's pretty simple.

Michael Ollier:

And then we put it in a cooker. And so that smoker could be, we have a stick burner, we have a Southern Pride that uses, it's gas-assist.

Diana Clark:

Fantastic.

Michael Ollier:

And we use that and it rotates. At home, you probably don't have a Southern Pride, I imagine most people don't in their backyard.

Diana Clark:

I would.

Michael Ollier:

But if it's a pellet, that works great. Something that consistently can give you that. And we lay smoke on it for X amount of time. So that cooker, we try to have it about 225. I like to dabble a little between 210 and 225, I like to go lower for a longer amount of time. But point is, smoking is usually around 225 until, and this is where we can get into debate on how long.

Diana Clark:

Yeah.

Michael Ollier:



Because I do like a strong smoke flavor, but I don't like that acrid, bitter. And so a clean smoke, and that's important, we don't put our briskets in before the smoke has been cleared out. Does that make sense?

Bryan Schaaf:

Yeah.

Michael Ollier:

It's a clear smoke that runs, so you start your cooker, then you get a clear smoke going, and then you put your brisket in. And then time that you, we crutch, I crutch it. Do you?

Diana Clark:

Yeah, I do.

Michael Ollier:

So we wrap in foil when the internal temp is around 160-170. We'll crutch it so we can protect moisture and then ride it out to our 195-ish. And depending on what we're going to do with it, if it's going to be sliced, it ends there. But if it's going to be fall-apart, then 202 or so. So are we on the same page Di? Anything different?

Diana Clark:

Yeah. I mean, that's really what we do at the center. And I have to say, that Southern Pride is amazing. Just the rotisserie factor too, that you throw in there, you don't really have to worry as much about protecting the brisket, so to speak, from that direct heat. But that's something to really consider when you don't have that, of figuring out where exactly that heat sources flowing through. Because like we said, the point can take the heat more than the flat can, so make sure your point's facing that heat. There's the big debate on fat side, up fat side down. And we did a little test here at the culinary center, actually with Jess probably about two years, three years ago now, but we are just looking at that. And if you have that direct heat, you want to make sure that the fat is basically protecting that more than anything.

Michael Ollier:

That's Jess Pryles, hardcore carnivore, by the way.

Diana Clark:

Yes. But we also want to talk to, just that, one thing to really consider is that your smoke isn't really going to adhere the meat anymore once you reach 180 degrees on the external surface. So that is also why I'm very key of going lower, around more like 200-210. Because I really like the look of a smoke ring, I think it's really pretty. So the lower you go, the bigger the smoke ring you can get. And actually there's a processor that I've talked to at Reciprocal Meat conference. They actually start their briskets out in the smoker. There they're smoker is around 150 degrees.

Michael Ollier:

Seriously?

Bryan Schaaf:

Wow.

Diana Clark:

They do it so they can get a really thick, thick smoke ring.

Michael Ollier:

Wow, that's cool.

Diana Clark:

So it's really neat, and they slowly will just increase that temperature. But honestly, once you hit that point where that external surface is 180, you can pull that brisket out and throw it in your oven for a more controlled smoke.

Bryan Schaaf:

Because you're not going to get any more smoke on it from there.

Diana Clark:

Yeah. And I just this conversation with our president on Friday, it's not always about cooking the best brisket, it's about the experience of sitting around the smoker, having a beer or whatever. And so you don't always have to do that, but if you're worried about temperature control, and let's say you get a brisket in, you've got four hours to kill, but then all of a sudden you have to run somewhere, just take it out and wrap it, and put it in your oven, set your oven to 200, and you're good. It's going to be the same heat source holding and it will help you get through a lot easier. So yeah, just a little tip.

Bryan Schaaf:

Excellent. 180 is that.

Diana Clark:

Yeah.

Bryan Schaaf:

Okay. So here's a question, and I'm speaking as an amateur. I've made some briskets, it was good, right? It's not your good, but it was okay. How do you tell the difference? I guess. There was a famous line from Kent Black, who actually just went over to France a year or so ago. And was cooking Texas style barbecue in France. Think about that.

Diana Clark:

He's so awesome.

Bryan Schaaf:

Kent Black at Beaucoup's, that's amazing. But I remember him saying that the brisket will tell you when it's done. What is the difference between 190, 195, and 202, in terms of, what are you looking for to tell you that it's done?

Michael Ollier:

Yeah, that's a good question. You know, it's funny, because Di said earlier, that she's never had a bad brisket, and I don't think she's taste them coming out of my smoker then. Because many years ago, really practicing and working through, and amateurs who were working on a competition thing that you've got to fail before you can succeed. And so I've had tons of failures on brisket. So I'm sorry, well, I'm glad you didn't get to experience those failures.

Diana Clark:

Yeah. I don't know, it's still, you could chew through anything, I feel like.

Michael Ollier:

It is one of those things that's a feel in the end. So it's got this kind of jiggle, and that's what a lot of them will talk about. Like, if you just plop this thing down, it's going to have some movement back and forth, like a wave that goes through, that jiggle. And that's why so many that are intuitive with brisket can touch, push it, and they know, oh, it's got the jiggle. And so that's one thing, that's got the jello jiggle kind of thing. That's a really good indicator. But really, we use a probe thermometer. I mean, we're pretty science-y. We get kind of geeky and we like meticulous cooks. And so I'll use a probe thermometer and rely on that pretty heavily, so that it doesn't have to be a one person's intuition that decides whether this fails or not. In the end, that's probably what supersedes everything else is that feel.

Michael Ollier:

But it's a good backup system to have a probe thermometer in, so you can measure that to take it. Boy, exactly 195 to 202 is that sliceable and it doesn't break apart with a knife until maybe break-apart shred. But then resting time is another whole discussion. Resting is where I think people fail more than anything.

Diana Clark:

I agree.

Michael Ollier:

Is that they do not let briskets rest long enough. And I'm not talking like resting roast for 15 minutes. It is well beyond that in what brisket needs to rest. It should rest 2+ hours. So that's the planning that you need to have in mind, if you're going to serve this. Hey, the brisket's off the smoker. Then we have a couple more hours before you should enjoy that, at least.

Diana Clark:

I do think that is the biggest at home fail, this just not resting. We actually just for Easter this year, that's what we did was brisket. And so we were at our in-laws house, and I sat there and talked about calculating time and figuring out when to pull it. And I said, okay, so we'll pull it at 4:00. "Well we're not eating until 6:00." I'm like, yes.

Michael Ollier:

Exactly.

Diana Clark:

And so they were like, "Oh, it's going to be cold." I'm like, trust me.

Bryan Schaaf:

It's going to be just fine.

Diana Clark:

No, just leave it alone. You've got to rest.

Bryan Schaaf:

How much carry over cooking can you expect. I mean, considering that you're cooking at such a low temperature, it's not like a steak where you're just crushing it over direct heat. Is there going to be very much carry over from the temperature it is when you pull it until it's ready?

Diana Clark:

You should still have some carry, especially if you're wrapping it too, you're going to have some of that heat in there. But it's not going to be crazy. Like you said, it's just that gentle, because if you think about it, it's coming from a smoker that was roughly 200 to 225, and the internal temperature is 195. So it's already moving real slow. So you won't really have too much pushover. If anything, it's just going to be held right there. And that's just going to cause everything to break down a little bit more and really gelatinize. Because that brisket is a really heavily used cut in the animal. It's the pect meat. So you guys think about, if you think about an animal itself, it's actually kind of cool, the whole front one third of the animal is held up really just by muscle. That blade bone does not connect into the spine. So if you're actually thinking about all of the weight that that brisket has to hold up while it's moving, it's a lot. So you need that rest time to really just break everything down a little bit and make it that tender bite that you're looking for.

Bryan Schaaf:

That's interesting. Anatomically, this is what I was thinking, the idea of, I always think most animals like that are pigs, cows, sheep, goats. Anatomically, they're all kind of the same.

Diana Clark:

Oh, yeah.

Bryan Schaaf:

They've got the same parts, just different shapes, right?

Diana Clark:

Exactly, yeah.

Bryan Schaaf:

I've actually had pork brisket that was really good. But the chicken breast doesn't really compare. It's the leanest part, right?

Diana Clark:

Yeah. And they're different. Anatomically, they're different. They're not mammals, so you have that difference between them. But, yeah.

Bryan Schaaf:

Well, Dr. Phil Bass used to say that chicken is technically a vegetable because it takes longer to get a vegetable to market than it does a chicken. So therefore-

Diana Clark:

Could be pretty accurate, actually.

Michael Ollier:

It's just fowl anyway.

Bryan Schaaf:

All Right. Before we wrap, let's have a conversation, and I believe you guys were both there, let's talk about the bone-in brisket.

Diana Clark:

Oh my gosh.

Bryan Schaaf:

Our pal, Daniel Vaughn from Texas Monthly wanted to play around with a bone-in brisket. Tell us about them.

Michael Ollier:

Even John Lewis too. I mean John Lewis tried it.

Diana Clark:

Yeah. John Lewis took it home too.

Michael Ollier:

Lewis Barbecue in South Carolina.

Diana Clark:

They both were here visiting at the culinary center, and talked about how cool it would be to smoke, and bone-in brisket. And we advised not to do it, but they want it to take it home anyways. So we said, okay, that's fine. And both of them have said it took 18+ hours to cook, because that bone acts as an insulator, so it's going to take a little bit longer to get that heat going through. And then it was a pain in the butt to actually slice it, because now you have this giant bone in the way. And then when it comes down to the taste, you didn't have any of that smoke actually getting into the meat because you had the fat and the bone covering it, you had very little lean present. And the lean is needed in order for that meat to actually take in the smoke. So they were fails.

Michael Ollier:

What's interesting is that you can totally see the logic of wanting to go down that path. Like, a bone attached, you're like, yeah, that's going to make-

Bryan Schaaf:

It makes everything cooler, right?

Diana Clark:

That barbaric...

Michael Ollier:

That's part of it, but with middle meat, it's less, it's more like, you can see that isn't that going to transfer some flavor in a low and slow cook? Isn't that going to be something more moist protection? You can see all the reasons behind wanting to go down that path, so that's what's cool, was like, hey, let's try it out and find out. And now we can broadcast to the world, okay, pause, don't do it. We've gone there for you and you don't need to do it. But still, we're like, I think I can do it because I'm better than everyone else. You just didn't do it right.

Bryan Schaaf:

Now, we've also, we've dry-aged a brisket as well right?

Diana Clark:

Yeah. Actually, I think it was fantastic when it came to the smoking process, the smoke really didn't stick to it too much, or we lost a lot of moisture during the dry-aging process. Overall yields though, funny enough, were pretty similar because you've lost the moisture before in the aging process instead of during the cooking process. But the flavor, I thought was pretty awesome. I mean, just a little-

Michael Ollier:

It was pretty good. It's a dangerous path to recommend dry-aging brisket and cooking it like a traditional. It's just so much time on the shelf and it's just not going to be return at all on your investment [crosstalk 00:26:01] .

Diana Clark:

In terms of your yields, yeah.

Bryan Schaaf:

Which, yields on briskets, anyway, are pretty, what? 50%?

Diana Clark:

60%, 50%, yeah. Once you add in trim, probably 50% to 40%, yeah. Ouch.

Bryan Schaaf:

Right. That's why brisket prices are always.

Diana Clark:

Yeah. Especially when you get into the summer months.

Bryan Schaaf:

It's coming. 'Tis the season.

Michael Ollier:

Coming up.

Bryan Schaaf:

All right. One last question. Brisket is a fatty cut. One of the things that I love about barbecue is everybody's got their own method. They've got their own opinions, but everybody's willing to share. And there is a large school of thought out there that brisket's already a very fatty cut. Even if you get a select brisket, there's a lot of fat going on there. And you're going to low and slow it anyway. Make the case for why brisket with more marbling should be what people should be considering.

Diana Clark:

Without question. I mean, we've even done studies here. We actually took select, we took USDA choice, Certified Angus Beef, and Certified Angus Beef prime, and smoked them. Although it's fatty cut, but you're going to get more marbling within Certified Angus Beef, Certified Angus Beef prime. And when you're reducing that moisture, which you lose a lot of moisture in that cooking process, what you started with is the only thing you got. So you need to have whatever fat in there possible in order to retain some of that moisture because you've lost the moisture from the water. So you need the moisture from the fat to actually lubricate your mouth and help you enjoy that eating experience. Otherwise, you literally are drying out a piece of meat and there's no fat to aid in that bite later. One of my professors said, you can't make good ice cream out of pig poop. You've got to start with quality stuff in order to end with quality stuff.

Michael Ollier:

Only a meat scientist would have an instructor who comes with that line. That's fantastic.

Bryan Schaaf:

What if you grew some koji on the pig. I mean, I'm just saying [crosstalk 00:27:59].

Michael Ollier:

Actually, koji, that's a good thing to explore. I like to quick age of brisket with koji is a good idea to explore that. That could increase a little umami on it, yield.

Diana Clark:

Your yields on that.

Michael Ollier:

You might help with the yield.

Diana Clark:

Fish sauce.

Michael Ollier:

Fish sauce is... Well, you know, our friends up in Cleveland at Larder are Jeremy Umansky and Kenny Scott. I mean, that is the impetus of their pastrami that's gotten so many awards. They do a pastrami start to finish in four days because they started it on Kirin Koji.

Diana Clark:

That's crazy.

Michael Ollier:

It's pretty cool.

Bryan Schaaf:

It's amazing.

Michael Ollier:

To Di's point on cuts, I mean, the flat, in a perfect world, you'd have a Certified Angus Beef brand prime flat, and a Certified Angus Beef brand traditional, like an upper choice grade point. So that you have a manageable amount of fat in the point and then in the more abundant on the flat. That'd be a perfect cut, right there.

Bryan Schaaf:

Troy Hadrick, rancher, if you're out there listening, can you grow some cattle like that?

Michael Ollier:

A little work here on that. Would you on the rancher side? I mean, come on.

Bryan Schaaf:

Well, how about as you increase in marbling, is there a change in yield though? I mean, I think about the yield, especially when I see some of these A5 cattle, on the high end. And yield seems to go down as marbling, now, deliciousness, obviously, it seems to go up with more marbling as well. But is there a significant change in the yields off of these?

Diana Clark:

Now, when we looked at, for that study before, we actually did look at yields, there really wasn't a difference in overall cook yield. But if you enter in Wagyu into the category, which we did not have during that study, but you have to think about trim yields as well. And that is one big, it is one big issue with Wagyu, period. I mean, regardless of where it's coming from, usually they have more days on feed. So that's why, from a production standpoint, they just simply cost more. But then you have all that excess fat in order to reach that end grading point. So now there's a lot more trimming that you have to do. You better have some outlet for that fat, some way, shape, or form, or else you kind of just paid a lot of money for something you're going to throw into a bucket.



Michael Ollier:

So it's trim loss before you end up with cook loss.

Diana Clark:

Yes.

Michael Ollier:

Okay.

Bryan Schaaf:

Got you. So it has less to do with cooking yields, more to do with just overall. Interesting. There are hogs like that too, right?

Diana Clark:

Oh gosh, yeah.

Michael Ollier:

Oh yeah. We've definitely experienced that [crosstalk 00:30:14] in events we've been part of with the whole hog, where once it's there to enjoy, you can put lane lines with the fat bath that's in the middle. There's a pool of fat, you could put lane lines and swim across, there's so much fat in the middle of those.

Diana Clark:

I still remember the first 17th street barbecue.

Michael Ollier:

Yeah, they had this, it was a really interesting breed. What was the breed they were, Tank and his guys had?

Diana Clark:

I forget what.

Bryan Schaaf:

Oh, the ossa-

Michael Ollier:

Was it? Ossabaw.

Diana Clark:

Yeah.

Michael Ollier:

Yeah, that's it.

Diana Clark:

But then Mike Mills coming up afterwards, he goes, "Well, I use commercial hogs." And I just like, oh, he knew. But he knew.

Michael Ollier:

There is a place for these special breeds.

Diana Clark:

I agree.

Michael Ollier:

And it just maybe wasn't at that moment.

Diana Clark:

If you think about it, like you said, Wagyu, you do have a lot of marbling in it. I mean, it is one of those experiences. But it's also, you have to think about from a yield standpoint, from a business standpoint. So I mean, if you want to have that experience, for sure. But there's still nothing wrong, thinking about pigs, there's nothing wrong with a commercial hog. There's nothing wrong with the conventionally raised animal. It's done in production standpoint for a reason. So yeah.

Bryan Schaaf:

We are a world that eats a lot of meat, as we have found out.

Diana Clark:

Yes. And it is a high-quality, complete protein that more people need to enjoy it.

Bryan Schaaf:

Well said.

Diana Clark:

Thank you.

Bryan Schaaf:

Well said On that note, I do believe it's time to put a wrap on it. 30 minutes just flew by. Chef Ollier shows up and it's like-

Diana Clark:

Nothing.

Bryan Schaaf:

Right?

Michael Ollier:

Chatterbox over here.

Bryan Schaaf:

Right? Tony Biggs, by the way, you've been replaced, because you took the day off.

Michael Ollier:

Oh, no way. [crosstalk 00:31:45]. Just say, you cannot replace the Biggs.

Bryan Schaaf:

The legend.

Michael Ollier:

There's no way to replace the Biggs. This is a gold microphone I'm in front of, guys.

Bryan Schaaf:

Well, you already said, it's got a tinge of fish sauce to it, right? If this is your first time tuning into the Meat Speak Podcast, thank you, by the way. We're nearing the end of season two here. Not quite, we've got a few more weeks to go yet. But know that you can find us across all of your major podcasting platforms, including Apple, Google Play, Spotify, or by visiting [certifiedangusbeef.com/podcasts](https://certifiedangusbeef.com/podcasts). Or find us on the Instagram, @meat\_speak. Slide into our DMs, that's what all the cool kids say these days. And we'll probably respond to you because we don't get many DMs. So yeah. So thanks for tuning into the Meat Speak Podcast, powered by the Certified Angus Beef brand. What a glorious day here in May. We're talking all things pectoralis profundus, pectoralis superficialis. We can talk about lean versus moist, or fatty, or whatever. But understand, if you want to make Diana Clark happy, let's go back to the Latin.

Michael Ollier:

Superficialis.

Diana Clark:

Let's do it people.

Bryan Schaaf:

It's all right, we can do this, we can do this. All right? On behalf of Certified Angus Beef meat scientist Diana Clark, Chef Michael Ollier, and, although he's not here, chef Tony Biggs, we appreciate you. And thanks for listening.