

Bryan Schaaf:

You're on the Meat Speak Podcast powered by the Certified Angus Beef brand. Here in studio, in the inner sanctum of the world, headquarters of premium beef, Bryan Schaaf with me as always. Across the table, Chef Tony Biggs. How you doing Chef?

Tony Biggs:

How are you? How's everybody?

Bryan Schaaf:

Glorious? And in between us meat scientists, Diana Clark, how are you?

Diana Clark:

Doing fantastic. How are you doing Brian?

Bryan Schaaf:

I'm doing all right. I'm trying to make sure I don't spill my coffee because one, I don't want to ruin my mixer board and two, I don't want to lose my coffee.

Tony Biggs:

Don't lose your coffee.

Bryan Schaaf:

Right. If we can get through this without losing any coffee or breaking any electronics, we're going to be doing all right. So guys as 2020 has careened on, and restaurants and chefs are finding themselves in a place where dollars are tight, right? Bottom lines are definitely different from where they've been the last couple of years. There's a constant search for what are those cuts that I can get that maybe don't cost me as much on the front end, that I can do some magical, magical things. We talk about things like the chuck roll, which we've already covered.

Bryan Schaaf:

Probably the elephant in the room and I say that because it's such a gigantic piece of meat that a lot of people overlook, I think because they write it off because in their mind it's trash meat, right? It's lean. It's tough. It's all these different things. But maybe truth is a little different from what perception... I mean, we are talking about the round.

Diana Clark:

Yes.

Bryan Schaaf:

Right? So Diana, if you could, first walk us through the round. It's the back portion of the animal. It's leaner because it does a whole lot of work. What's going on there?

Diana Clark:

Yeah. So it's your locomotive muscles in the leg. If you think about it, your Chuck is full of a lot of smaller muscles that help with that movement while the round's full of a lot of larger muscles that help move. So we can go through the cuts from the round. And there's this song. I have to pay tribute to Dr. Phil Bass on this one. So it goes, "Top round, bottom round. I have round knuckle. Heel." And you got to go up high like that.

Bryan Schaaf:

Right. Okay. I'll tell you what, let's do that one more time. Tony Biggs, you go low. I'll go in the middle. And so we'll sit here because I think it's something you got to hear a couple of times, right? So go ahead. Diana.

Diana Clark:

Top round, bottom round, I have round knuckle. Heel. [crosstalk 00:02:33].

Bryan Schaaf:

Wow. That was- [crosstalk 00:02:34].

Diana Clark:

I thought we were really good.

Bryan Schaaf:

We're the three tops.

Tony Biggs:

Oh, wait a minute. You missed the other song.

Diana Clark:

What's that one?

Tony Biggs:

By the beach boys. Round, round, get around. [crosstalk 00:02:43]. Yeah.

Bryan Schaaf:

Oh man. There are so many places we can go with this.

Diana Clark:

We've been waiting for this.

Bryan Schaaf:

We reached back in time to the easiest way to learn things when you're a kid, make them into a song, right? Top round, bottom round. I have round knuckle. I'll go there.

Diana Clark:

Heel.

Tony Biggs:

Heel.

Bryan Schaaf:

Heel. Michael Jackson. Walk us through that. Because I think when people hear round, they like to lump all of those together, but there's a pretty big difference between the different pieces. Correct?

Diana Clark:

Yeah. So top round to me is one that I feel so many people could use because there's a lot of versatility there, just based on how you cut it. Now, usually a lot of people would just get in a whole piece and just roast it whole and slice, which is great. I mean, especially when you're looking at deli meats and all of that. But you can break it down a little bit and remove that top round cap, which is your gracilis muscle. They also call that your Santa Fe steak, it looks a skirt steak and it's actually pretty tender. And that's one of my favorites. I usually try to keep that and take that home. And then you also, so your top round is technically two muscles. You have your semimembranosus and your abductor muscle that sit side by side. So you can roll off that abductor and cut that into steaks.

Diana Clark:

And then you have your more traditional looking top round, air quote, London broil. Let's not go there, but yes-

Bryan Schaaf:

We're not going there.

Diana Clark:

I know.

Bryan Schaaf:

We're not going there.

Diana Clark:

But the beauty is the marbling still in that semimembranosus. I just took that the other day. We had a friend that's from Cambodia and I wanted to make him a special dish to his nation. And all I had was top round, but it was really well marbled, really, really well marbled, because it was Certified Angus Beef. So all I did was take that and I sliced it thin and put it in some stir fry, and it was fantastic. I think so many people just overlook it or fear it when there's just so many different applications that you can do. And that's just the top round. So then you have all these other cuts in there too. And they are bigger pieces, which I think is what people get so intimidated by. But you have to realize that you're also paying so much less for them that you have more margin for error.

Bryan Schaaf:

Yeah. Yeah. And they're big pieces, but they're really easy to work with. I mean, if you are a novice meat cutter...

Diana Clark:

Yeah. You can see the muscle fibers, the way they're running. So I mean, you know exactly how to cut against the grain. You don't need a question it. You can see if there's connective tissue, remove it. that's your goal. If you see silver skin, take it out. You could see that on the bottom round, the knuckle. I mean that knuckle itself, so that's your quadriceps muscle. You have one muscle in the center of it. It's called the bicep... Not the bicep femoris, the rectus femoris. Sorry.

Bryan Schaaf:

I was going to correct you, but...

Diana Clark:

But that is actually a fairly tender cut when you seem that out. So there's so much potential within there that I think a lot of people forget. And then the beauty of the knuckle too, you take it, you smoke it, you shred it. You put it between two buns and you get-

Tony Biggs:

A sandwich [crosstalk 00:05:52].

Bryan Schaaf:

A knuckle sandwich.

Diana Clark:

Come on marketing is there and everything.

Tony Biggs:

A knuckle sandwich.

Bryan Schaaf:

Tony, you've played around with the knuckle?

Tony Biggs:

Oh. Have I played with a knuckle. And I played with a steamship round. So my first excursion with the steamship round was one Christmas at the Hyatt Savannah. And I decided that I was going to give my sous chef off. And we were expecting a thousand covers that day. And we have this big, giant rotisserie oven. We do all our baking. And then we put all our roasts in the oven and lo and behold, it was my first day. I was nice enough to give him Christmas off and I put the steamships in. And let's see, I put the pan in the wrong way. So when I opened up the rotisserie oven, all the steamships had flipped.

Diana Clark:

Oh my gosh.

Tony Biggs:

And the only way... Now you have to understand, there's a 350 degree oven with about... It's a rotating oven. The only way to get in is to actually stick your whole body, wrap yourself in a tablecloth and have 75 year old Mrs. Pearl, hold your legs while I'm pulling out these steamships.

Diana Clark:

Oh my gosh.

Tony Biggs:

Okay.

Bryan Schaaf:

Average weight being?

Tony Biggs:

Average weight, 65 to 70 pounds. Okay. With one arm [crosstalk 00:07:15]. And I'm getting hot. Okay. And I have to-

Diana Clark:

Oh my gosh.

Tony Biggs:

But you know, those folks, they don't see what happens in the back. They don't see. It's like the duck paddling so hard, so smoothly on the surface of the water, and he is scampering as fast as he can underneath to get away from the shark. Okay. That was a great story. Yeah. That was my first Christmas at the Hyatt Savannah. Merry Christmas.

Diana Clark:

Oh my gosh.

Tony Biggs:

You want to say something? I love the steamship round. You can do so much. On a serious note, you can stud it with garlic, rosemary-

Diana Clark:

Brine it.

Tony Biggs:

Brine. Do you remember we did a corn beef steamship. My first week here at the Certified Angus Beef. People thought I was crazy. We did a 30 day brine with the steamship. We roasted it, carved it. It was magical. Do you remember this Brian?

Bryan Schaaf:

Oh, absolutely. Where did you brine it? Because just to find a vessel, deep enough to brine an entire... Was it in the local pool?

Tony Biggs:

Yeah, right. We had a jacuzzi out in the back. But we had these plastic, large containers called lexans, where they can fit a 70 pound piece of beef. There's different size lexans. I wouldn't try this at home because I don't think you're going to get it in your oven.

Diana Clark:

Yeah. No way.

Tony Biggs:

Yeah and of course I've talked about Oscar before. After a brunch, we would take the bone home, give it to Oscar. And then we wouldn't see him for three days.

Bryan Schaaf:

Oscar is taken care of as well.

Tony Biggs:

He is.

Bryan Schaaf:

We talked so much about all these old timey cuts that are making a go. You're seeing a lot of people making beef wellingtons again, which really warms my heart. But steamship round is up there. It's one of those things that I think people forget about.

Diana Clark:

Yeah.

Tony Biggs:

They have forgotten. Yeah. They have forgotten. And when buffets come back, but history repeats itself. It's going to come back around. It's very affordable. Back in the eighties, nineties, when I was with the Hyatt Hotels, I could get a steamship round for a \$1.75 a pound. That could feed 200 folks. It's a magical, and really the steamship came from... Why is it called steamship round? This is cut of meat when we did transatlantic steamship voyages from Europe to the United States. They would actually cook the steamship in the boiler room.

Diana Clark:

Oh, no way.

Tony Biggs:

In the room with all the coals. That's how the steamship round came to fruition.

Diana Clark:

That is crazy.

Bryan Schaaf:

How about that, Diane, walk us through, what is a steamship round? It's a culmination of a lot of different pieces, right?

Diana Clark:

Yeah, it's basically all of the cuts from the round. It's just cut a little bit further back. So you usually have your H bone on your round. That would be removed and cut closer back towards the tip of that femur bone. And they want it to be perpendicular to the shank. So that way, if it's standing straight up in the air, you have that shank just going back. Now they do usually remove the shank meat. So you have a handle to hold on to that bone

Bryan Schaaf:

In case it flips in your oven, you've got something-

Tony Biggs:

Absolutely. Yeah, absolutely.

Diana Clark:

It would be so hot. I can't even. Oh my gosh.

Tony Biggs:

I wish I had a photo of this.

Diana Clark:

Oh, I do too.

Tony Biggs:

Mrs. Pearl. She's our cafeteria cook holding my legs while I'm trying to reach these, there was six of them in the oven.

Diana Clark:

Oh my gosh.

Bryan Schaaf:

But they were delicious though, I bet. Right?

Tony Biggs:

Nobody saw it.

Diana Clark:

That's the beauty of it.

Tony Biggs:

That's the beauty of it. Right.

Diana Clark:

And you get degrees of doneness everywhere. You can have the rare, you can have well done [crosstalk 00:10:58].

Tony Biggs:

Great point. Yeah Diana, that is probably the magical point. You have so many degrees of doneness there. We would put the steamship in the night before at about 200 degrees and by 11 o'clock the next day we have a perfectly cooked piece of meat.

Diana Clark:

That's awesome.

Tony Biggs:

It cooks very low and slow. And like you said, you can get well done on the outside and towards the bone. It's medium rare to rare. It's just gorgeous.

Diana Clark:

Yes. Oh yeah.

Bryan Schaaf:

Yeah. Diana let's spend some time on something, there is another podcast that is out there, it's entitled Beef Cuts Secret Levels, and it's all about cuts that you can't necessarily order specifically. You have to order the entire piece. But one of the things that we talked about was that the merlo and the braison. Things that come out of the heel, which comes out from the bottom round. Right?

Diana Clark:

Yeah. So the heel actually just sits right on the back of the bottom round, so to speak. So when I say heel, it's actually, think of your calf muscle. So you usually can get that whole. You definitely could get it whole. That's a really heavy export item right now because it is one of those, like your shank meat. I mean, it's one that does great in a pho or a broth or something of the sort. Just that gelatinous goodness that's within that cut. So you have that braison, which is that superficial digital flexor. That's just like a little lamb shank. Gorgeous piece of meat. I mean, it's like jello when you cook it right.

Diana Clark:

And then your merlo sits right next to that. And it's just a flat, it's almost the size of my hand, probably a little bit larger than that, but really, really dark red. That's how they get that color. That merlo, and it's based off what it does in the body. That's why it's got that darker colors. Because of how it's being utilized. It's going to be used a lot, but it's actually fairly tender because it just has two pieces of silver skin on either side. And once you remove those, it's a great, great cut of meat. And it takes on a marinade or, I usually just salt and pepper it and love that piece.

Bryan Schaaf:

Keep it simple. And it's, it's a steak from the round, right?

Diana Clark:

Yeah. From the round.

Bryan Schaaf:

Yeah. I mean, if that doesn't give you hope that there are more gems living here. And one of which is right next to it, I just made it actually. A bottom round flat.

Diana Clark:

Yeah. So I was just going to say your bottom round flat, if you think about it, that's the exact same muscle as your coulotte. So that's the bicep femoris there that just continues back. It's just a knife mark difference. So you have that thing that they usually call a rump roast and that's the front end of that bottom round flat. I mean, it pretty much looks and behaves a lot like a coulotte. It's a little bit thicker, but you can still roast it and slice it. And it's fantastic.

Bryan Schaaf:

So it's a bit like a chuck eye steak, right?

Diana Clark:

Yeah.

Bryan Schaaf:

It's the only thing that separates a ribeye from a chuck eye, is where they chose to put the knife. How far back is that still coulotte ish?

Diana Clark:

So if you go, as you continue to head back, there's basically a seam of connected tissue that comes up in the middle of it. Just don't go pass that seam of connected tissue and stay in front of it. And then you should be-

Bryan Schaaf:

Yeah. But the real question is, one of the party tricks of a coulotte is, when you cook it, it sort of puffs up like a football. Does this do the same thing?

Diana Clark:

It still puffs.

Bryan Schaaf:

There you go. So if you puff beef, there you go. And you can, and gosh darn it, the butchers plumb out of coulottes. Get a bottom round flat.

Diana Clark:

Oh my gosh.

Bryan Schaaf:

So, we've touched on the top around, where the Santa Fe steak comes from. It's the cap. We've touched on the bottom round and the bottom round flat. The one that took me a long time to be convinced that it's good for anything other than making lean hamburgers, is the eye of round. I mean, Tony, tell me why I should love the eye of round.

Tony Biggs:

Well, first of all, it makes the best brezola, which I do have a French recipe. I can share with everybody. If you write us and let me know. Diana makes a very, very good one that we serve here at the center. That's one way to do it. I've actually done a carpaccio with the eye of rounds. Slicing it paper thin, served with Parmesan cheese, a little bit of truffle oil, some fried capers and some lemon. Wow. It's a wow. You cannot believe it's an eye of round. Of course, I love roast beef sandwiches. You can go to many places around the country, The Bar-Bill in East Aurora. We'll give them a shout out. They have one of the best beef on wecks, roasted with salt and pepper, sliced paper thin and medium rare. And it is absolutely delicious.

Tony Biggs:

I do a sauerbraten. So sauerbraten's an old world dish from Germany. Back in the war days, they would take these tougher cuts of beef like the round. Cube them up, maybe two by two inches. And they would marinate them in red wine, Juniper berries and vinegar just for preservation purposes. And then around the time they did all their celebrations, like Oktoberfest and all this, they would do a dish called sauerbraten. and actually the sauce, it's seared, the beef is seared, but then the thickening agent is not flour. It's the ginger snap cookies. So you put those, you grind them up, you put that into your sauce. And can you imagine the flavor of a sauce with ginger snap cookies, red wine vinegar, a little bit of sugar? Amazing. Fork tender beef served on [spotsil 00:16:43] or some buttered egg noodles. Amazing.

Bryan Schaaf:

Yeah.

Diana Clark:

That's awesome.

Bryan Schaaf:

Leave it to the Germans, man, leave it to the Germans.

Diana Clark:

Oh yeah. Chef Michael also made a Canadian bacon hummus. So that's usually from the loin of pork, but instead he used the eye of round. So he had a beef Canadian bacon. It was awesome. Great. And he actually wrote the recipe to be done at home. I've tried it out, loved it. My kid loved. It was great alternative to have that bacon. And it still tasted fantastic. Because you got the marbling still, with Certified Angus Beef.

Bryan Schaaf:

Amen. Look at that little plug. You got to slip it in there.

Bryan Schaaf:

Guys, one of the other thing, and if you're listening, I don't want to... I mean, we'll divulge plenty, but we're going to get into, is one of the biggest trends that's been around now, I mean really in 2020 is biltong. Biltong is something that almost has to be made out of the round. Right? But we have an entire episode with our pal, chef Peter Rosenberg. Who's actually from, well, what's now Zimbabwe, where he's been eating biltong. He's been eating biltong since before it was cool.

Tony Biggs:

I work with him every day. So I eat it every day. Okay. We're got to make some different flavors.

Diana Clark:

Spice it up a little bit.

Bryan Schaaf:

That's right. But, can you guys walk us through the idea of why is it that you have to use something a little leaner, something from the round to make the biltongs. Most cuts of jerky come from the round. Well, why that? Why can't you go with something a little more marble?

Diana Clark:

I mean, you can, but the risk is rancidity. So you definitely want to go with a little bit of a leaner cut so you don't have to worry about that fat becoming rancid, because as it sits, shelf life, you have sun on there and it just goes down. If you think about even nuts, they have fat in them. Let them sit too long in the open sunlight and the fat goes rancid. So that's really why they try to use those leaner cuts. And then they are really easy to cut with the grain. You can follow that grain and that's how you always want to cut that jerky or their biltong. And yeah, it works perfect.

Bryan Schaaf:

Yeah. And perfect for biltong, chef Peter will say. There's a lot of fat caps that exist in the round. What are the different pieces that have that fat cap that you'd want to make that out of?

Diana Clark:

Yeah. So your bottom round definitely has your fat cap, your top round too. If you get a whole top round, that's going to have your fat cap. Really your eye around, if you get it untrimmed, that's going to have a little bit of fat around it too. That's going to be more of your seeing fat. You'll have a little bit of that exterior fat, your subcutaneous fat on there. But those are the ones that really are going to have the fat content that Peter likes to have on that outside edge. I feel that's really what really distinguishes the biltong from jerky.

Bryan Schaaf:

Yeah. When that fat hits your tongue, it's just... Because everything its been curing in is in that fat as well. It's incredible. Let's talk about procurement. What do you have to do to get your hands on these?

Diana Clark:

Round? Call anyone. They're everywhere people. They're everywhere.

Tony Biggs:

Everywhere.

Diana Clark:

You just need to embrace the round. I think everyone just thinks of their parents cooking from the round. My mom, we used to buy cheap cut of meat and she would cook it all day and you'd go to eat it. And it was so dry. Oh. And there's like, "What is going on here?" So you avoid the round. Because that's what you think in your head, is that pot roast. But if you cook it right?

Tony Biggs:

Yeah, no. You know the showstopper, when we do the Flintstones steak-

Diana Clark:

Oh my gosh. I know. Yeah.

Tony Biggs:

The bone in Flintstones steak.

Diana Clark:

That's so cool.

Tony Biggs:

I mean, come on. if you watch Fred Flintstone back when I was a kid, maybe he's still on. Is Flintstones still on? Anyway, remember when he'd get that big steak out and put it on his eye, Because Wilma gave him a black guy? The steak was bigger than him. This is what we cut here at the center. Diana does an amazing job. We marinade in teriyaki glaze, put it on the grill. Four or five people can eat from this.

Diana Clark:

It's awesome to see too. Because you can label all the muscles as they sit down and eat.

Bryan Schaaf:

Is this the same as the pin bone state?

Diana Clark:

So your pin bones from your sirloin. It's just a little bit further back, if you're just going to keep slicing down.

Bryan Schaaf:

Yeah, it is. It's that classic. When you think about cartoons, back in the day, right? With that little bone right in the middle. I thought you were talking about the one that he threw on top of his car.

Tony Biggs:

Then the car tipped over.

Bryan Schaaf:

Right.

Tony Biggs:

Yeah. The car tipped over. No. That's with the rib cage.

Diana Clark:

Yeah. That was the rib.

Tony Biggs:

That's the rib, right?

Diana Clark:

Yeah.

Bryan Schaaf:

Yeah.

Tony Biggs:

It's a Brontosaurus rib.

Bryan Schaaf:

And if you think about that, that's how they used to have to transport meat. So we've come a long way with refrigerated trucks. Now nobody's cars... I've never seen anybody's car tipped over on the side of the road because-

Tony Biggs:

When I did went to Shanghai, I saw a motorcycle and he was carrying four pigs on the motorcycle. So yeah, that's still going on.

Bryan Schaaf:

What? We see that around here, but it's more for recreational activities. The pigs think it's fun. A little motorcycle with a little sidecar and give them some goggles.

Diana Clark:

They're ready to ride.

Bryan Schaaf:

Go to town. All right, Tony Biggs, of course the million dollar question, the restaurant industry everywhere we look, it's in a hard way, right? These are cuts that you can get. Diana said, "They're out there everywhere." Right? These are things that you can make some money on. Right?

Tony Biggs:

Yes.

Bryan Schaaf:

Make me some money on the top round. What's your plan there?

Tony Biggs:

Definitely top round. Like Diana said, you can carve this up any way you like, you can roast it whole. Which, if you've got a bar or a restaurant, quick QSR, quick service restaurants, you want a quick recipe sandwich. You can do that. I know I'm not going to say this, but you can do a London broil. We've already been through this. Okay. But I'm going to say it. If you want a very inexpensive London broil, the round is perfect for marination. Amazing.

Tony Biggs:

The goosenecks, I think we talked about a little bit. I used to make ground beef with a goosenecks. And believe it or not, I used to put tomato juice in there to give it a little bit of red color. I wouldn't recommend it. But you know what? People loved our burgers. But anyway, we used to grind that up as well.

Tony Biggs:

So what else can we do with that? We talked about, a high-end steak tartare. You would have to marinate a little bit and some different seasonings, but dice it up. It's very nice. And of course, stews. Amazing. We're going into stew season now. We're going into the soup season now. So there's a lot of different soups and sauces and stews that you can do. And it's just amazing.

Bryan Schaaf:

Okay. Can we just have this conversation since you rolled it there, with tartare. Classically tartare is Tenderloin, right?

Tony Biggs:

It's a classic.

Bryan Schaaf:

20 some dollars a pound, Tenderloin, right?

Diana Clark:

Why?

Bryan Schaaf:

At the end of the day, it is so finely chopped. From a science standpoint, is there any reason why you can't something from the round?

Diana Clark:

No, I would totally use the round. Always. Even carpaccio using the eye of round. That makes so much more sense. Save the Tenderloin for other things.

Tony Biggs:

Exactly. And carpaccio and tartare, you're adding, you're adding vinegar based mustards to this. That gives it that flavor. You have anchovy, you have enough salt, you have capers, you have things that are just going to... You just don't leave it outside for hours and hours. When you serve the steak tartare, you take it out of their fridge, you make your plate, you garnish it up nice and you serve it. So that's the way to do it. And it's chopped up. So the round can be used. Now, when you, going viral around the world, of course you're going to have shaved chefs, "Well, no, that's Tenderloin. It's got to be Tenderloin." But we're living in a day and age, ladies and gentlemen, chefs out there, that you got to be creative and cost is a major factor of what we're doing now.

Bryan Schaaf:

Yeah. So that's the trick, right? Is you don't tell a French chef to use... It's telling a Texan to use beef navel for [crosstalk 00:24:53].

Tony Biggs:

I am not going to tell my Cayman cook out French chefs because they will not allow me in the room ever again. They will take away my toke.

Diana Clark:

Now, I will have to say one other thing that chef Brad has made at the culinary center is a chicken fried steak bites. They are incredible. So he just puts down a bed of white gravy and then he took from the round, he just chopped up these little pieces, battered them, fried them. And then you just set this platter out. And so you could... Oh, my gosh. It was fantastic.

Tony Biggs:

Amazing.

Diana Clark:

People went crazy for it.

Tony Biggs:

Anything fried is good.

Diana Clark:

Yeah.

Bryan Schaaf:

At the end of the day, if you don't know what to do with a cut just pound it out and make schnitzel.

Diana Clark:

Pound it and fry it.

Bryan Schaaf:

It's going to be amazing.

Diana Clark:

Still, everyone's going to love... We had actually a group in from Japan that had never had a chicken fried steak before. We showed it to them and their mind was blown. Like, "This is so good." We're like, "Oh, wow. Okay. Yeah."

Tony Biggs:

Simple.

Bryan Schaaf:

Yeah. I'll tell you what, that's my go-to. When you see, generally the round steaks, they've gone through the [avengercarded 00:26:00] at the grocery store. I'll always pick, because they're always so cheap and I'm like, "I'm going to pound this and I'm going to bread it [crosstalk 00:26:06]."

Tony Biggs:

I forgot about that. Yeah. That's one of my Southern favorites.

Bryan Schaaf:

I actually do it on my grill. I put the cast iron on the grill with the peanut oil.

Diana Clark:

And then you don't get the mess all over the kitchen?

Bryan Schaaf:

Yeah Right? It's easy clean up, right?.

Diana Clark:

That's smart. yeah.

Tony Biggs:

Oh my gosh, double breading, double flour, salt, pepper, lots of pepper.

Bryan Schaaf:

All day long.

Tony Biggs:

Creamy gravy.

Bryan Schaaf:

All right. If this is your first time listening to the Meat Speak Podcast, shame on you. This is season two. This is episode... I don't know how many into season two. But know that there's an entire season one

out there all based around meat science and culinary and how cattle are raised and all the best things in the world, right? Because at the end of the day, you're making delicious burgers and steaks, right? It's glorious, glorious. But please know that you can find us across all of your major podcasting platforms, Google Play, Apple, Spotify, or by visiting [certifiedAngusBeef.com/podcast](https://certifiedangusbeef.com/podcast). If you do have any questions, concerns. If you're doing something with the round that you think we might geek out on, slide into our DMS on our Instagram channel, [meat_speak](#). Send us a picture, because we want to know what you're doing too. Right? This is a group think project. I mean, you guys are thinking. I'm literally drinking coffee and talking.

Tony Biggs:

We learn from each other.

Bryan Schaaf:

That's right.

Diana Clark:

We'll call it the hotbox instead of Shark Tank. Hotbox. We sit together.

Bryan Schaaf:

There you go. So on behalf of the Meat Speak Podcast powered by the Certified Angus Beef brand, I'm Brian Schaaf, Diana Clark, meat scientist. Chef Tony Biggs, who by the way, if your steamship rounds ever flipped to the bottom of the oven, call this guy. [crosstalk 00:27:38].

Tony Biggs:

Call me. Call me. One-on-one, I'm going to teach you how to get out of that six rotisserie oven.

Bryan Schaaf:

That's right. He's like a plumber, right?

Tony Biggs:

I'll come to you.

Bryan Schaaf:

Until next time. Thanks for listening to Meat Speak Podcast powered by the Certified Angus Beef brand.