

Bryan Schaaf:

Back here on the Meat Speak podcast, powered by the Certified Angus Beef brand. Bryan Schaaf joined in studio across the table, it's been a few weeks since she joined us, meat scientist Diana Clark. How are ya?

Diana Clark:

I'm doing pretty great today, actually.

Bryan Schaaf:

Fantastic. We are going to tackle a topic that I know has been ... It's one that we've wanted to do for a while. It's been on the radar. We do a lot of episodes about meat science. Fingers crossed, all are helpful to our folks listening.

Diana Clark:

Yeah. I hope so.

Bryan Schaaf:

But this is one that I think is really going to be an eye opener for some. We're talking today about the idea of frozen beef.

Diana Clark:

Yes.

Bryan Schaaf:

If you rewind almost a calendar year, when there were issues with product getting through plants to get to retail stores, we saw a lot of frozen product that was out there.

Diana Clark:

Yeah.

Bryan Schaaf:

A lot of people had, I don't know if concerns was the right word, but they worried that the quality was not going to be there. You've done a lot of work in your day to day tasks as the meat scientist here at Certified Angus Beef that would suggest otherwise.

Diana Clark:

Yes. It's so funny. There's a lot of marketing behind it. We think there's a lot of companies that say, "Fresh. Never frozen." That is their tagline. People automatically think, well, if they're really promoting this fresh thing, then frozen's got to be bad.

Diana Clark:

But there's nothing wrong with frozen beef. I should say that when done properly, there's nothing wrong with it. That's the key. I think everyone has in their brain of freezing beef from what their parents did. They go to the store. They buy that overwrap chuck roast. When I say overwrap, it's in that

styrofoam tray, it's got that plastic wrap on top. Then what do you do? You just put it in your freezer, because you're not going to use it that week.

Diana Clark:

Okay. That's the bad way to do it for multiple reasons. One, you still have all of that air in there, so when you put it in the freezer, the likelihood of developing freezer burn is very, very high.

Diana Clark:

You want to make sure you have a vacuum packaged bag. There's been more of a push at that at retail stores. I think a lot of consumers are a little bit leery of it, because it changes the color of the meat when it's presented.

Diana Clark:

When oxygen is available, that would be in that overwrap type presence, or if it's just sitting there in the fresh case, the meat is that bright cherry red. That's what everyone looks for in beef. But when that oxygen is removed, turns to more of a purple color. There's nothing wrong with it. It's just the state of that myoglobin, or the oxygen carrier in muscle.

Diana Clark:

When they see those vacuum packaged bag, they think, "Oh, that's really old meat." Actually, it's probably not old. It's actually going to be pretty good if it's been aged. Then you could take it and put it right in your freezer.

Diana Clark:

We've actually been working on that, from a consumer research side, of saying, "Freezer-ready beef," when it's in that package. So then consumers know they can just simply put it in. They don't need to worry about buying a food saver or anything like that. They can just put it in their freezer, vacuum packaged.

Diana Clark:

That's step one. Make sure that it's sealed appropriately. If you don't have a food saver, another way that you could do that is actually just take a pot of water, and it doesn't have to be hot water or anything, but you put meat in a Ziploc bag and drop that piece in the water. All the air is going to come up and you can seal it. It's going to keep that nice and tight.

Bryan Schaaf:

That's a pro tip.

Diana Clark:

Yes.

Bryan Schaaf:

I would not recommend using the Ziploc and suck the air out of the bag with your mouth.

Diana Clark:

Yes. It never works. Really, you try it a hundred times, and you still have air in it. This is the easiest way to get that moving.

Diana Clark:

The food saver, I think, is totally worth it. I know that some people have issues with the cost of the bags. They can get expensive. But if you're looking for an alternative, that's definitely an option.

Diana Clark:

Or you can just go for a full blown vacuum packager, which it's very conveniently located at our meat lab, so we use that quite often. It's also good for vacuum packaging clothes too if you ever need to put stuff away.

Bryan Schaaf:

Save some space.

Diana Clark:

Yes. The main reason you're doing that is just to get all that air and oxygen out.

Diana Clark:

Then the next step would be to make sure that you're freezing it fast. Never stack steaks on top of each other. Try to lay them as flat as possible in the coldest part of your freezer. I know that's a little bit harder at home to do, but you can hit the right spot.

Diana Clark:

For instance, we have a walk-in freezer in our culinary center. We have fans that are at the top. A lot of times, I will actually just take steaks and lay them flat on a tray, and put them closer to the fans, because I know they're going to freeze faster. That is the goal is a fast, fast freeze.

Diana Clark:

Now, your big distributors, they're freezing beef instantly. They call it blast freezing. They're just dropping those temperatures really fast, and is making sure the integrity of the product is there.

Diana Clark:

Now, the reason why this is key is we have to think about muscle. Muscle is 70 to 75% water. You get a lot of water in there. Well, let's think about what happens to water when it freezes. It turns to ice. Okay. So we have these ice crystals forming.

Diana Clark:

Well, if you think about muscle, then we get down to molecular level, you have your intra and intercellular water. You have water within the cell, water on the outside of the cell. The goal is for that to freeze all at once versus the outside freezing before the inside.

Diana Clark:

When you freeze slowly, that intercellular water is going to start to freeze, and it actually pokes holes in the cell itself. Then you actually will have these holes being poked, and the intracellular water will then have the ability to maybe escape later, during the thaw process.

Bryan Schaaf:

Yeah.

Diana Clark:

That's why it's really key to freeze fast. You're still going to get holes being poked within the muscle, but they're going to be small, because by the time that freezes, the intracellular water's going to freeze as well, so it makes it pretty simple. Okay?

Diana Clark:

Then the thawing process, you want to make sure you thaw slow, because the muscle actually has the ability to absorb some of that water. If you picture it like you got this big bucket of water and you have a funnel, when you thaw slowly, you have a larger funnel to take in that water. When you thaw really fast, you put it in your sink, okay, or something along the lines of, you're going to basically be taking a big bucket and dumping it onto a really small funnel. So you're going to lose more water; you'll have more purge in that bag.

Diana Clark:

So it's really key to thaw slow. Put it in the refrigerator; let it go. I know sometimes it's very inconvenient, because you forgot that you're supposed to pull that roast out or steak out. I've done it. It's not going to kill you. It's not a food safety issue. It's just a food quality issue.

Diana Clark:

So really, you can do either way, but if you're an establishment, and you're trying to do it an appropriate way to get your guests to continue to come back, thaw slow. Don't put it in the sink.

Bryan Schaaf:

Yeah. I was going to say, when you talk about slow, can you make that picture a little clearer? Does that mean slow over ... If we're talking a whole export rib, are you talking over days? Are you talking over a week? Are you talking 24 hours? What does slow mean?

Diana Clark:

Yeah. That export rib, you want to do it at a refrigerated temperature, so between that 29 to 39 degrees Fahrenheit. That will probably take a couple of days, two to three days. Sometimes it might take you a little bit longer, but usually two to three days, you'll be good.

Diana Clark:

Usually, if I need product for the next week, I'll set it out in the cooler. If I need it on Tuesday, I'll put it out Friday to know that I'll be safe and it will be ready to go.

Diana Clark:

We even have an event next Thursday, and I'm going to set out, I've got a whole chuck roll that's frozen. I'm actually going to set it out on Friday. I know that's going to be ample time for it to thaw and be ready to go.

Diana Clark:

It's planning a little bit a week ahead almost, to make sure that your ... The bigger the product, the longer it's going to take, but that's going to be the best bang for your buck, so to speak.

Bryan Schaaf:

Yeah. You guys have gone to the extent of, you've tried these side-by-side in the name of science, right?

Diana Clark:

Yes.

Bryan Schaaf:

And the end product, when you thaw correctly, indistinguishable?

Diana Clark:

Yes. It's actually amazing. We've had a lot of international guests that come. A lot of times, they have to receive frozen products, but they think, in their head, it's just not as good. If anyone has ever tasted those side by side, a fresh, never frozen, and then your actual frozen product, it cooks the same. There's no difference there. It tastes the same.

Diana Clark:

From a science standpoint, it actually, your frozen product can be more tender, to be quite honest, because we think about that water poking holes in the cells and everything in the muscle structure, you're breaking it down and making it more tender.

Diana Clark:

The easiest way to think about this. If any of you, I'm sure that you have at one point, have frozen a carrot or some type of vegetable like that, that's got a lot of sturdiness to it, but then you put it in the freezer. You thaw it out. Think of it. It's like a cooked carrot then. It's lost all structural integrity, because carrots have moisture in it. That moisture turned into ice crystals, and the ice crystals broke down the structure. Now, you have a tendered carrot. It's the exact same concept.

Diana Clark:

If you haven't done it, try it. It's really easy. A bag of carrots is 98 cents maybe. You can take one of those carrots and leave it out, and the other one, put in your freezer. Let it sit for a day. Then the next day, pull it out, let it thaw. You'll see differences.

Bryan Schaaf:

Yeah.

Diana Clark:

You'll see some differences in color too. Frozen beef is going to have a little bit of an off color. That's, again, from those ice crystals denaturing, again, that myoglobin, because myoglobin's really connected to color. Still nothing is wrong with it. So just as long as you do that quick frozen, slow thaw, you're good to go.

Bryan Schaaf:

Interesting. Yeah. Key takeaway, it comes down to handling, right?

Diana Clark:

Yeah.

Bryan Schaaf:

So if you're doing it right, quick freeze ... And the blast freezers are one of man's greatest [crosstalk 00:10:30]

Diana Clark:

Oh, yeah.

Bryan Schaaf:

Because that's the places where you can throw a cup of water in the air.

Diana Clark:

It's ...

Bryan Schaaf:

It's amazing. We get about three days each year in Ohio that end up being like that outside. Then people try it on the [inaudible 00:10:40] They throw boiling water up in the air and it blows back. It's not ... Yeah. You get some ER visits from that.

Bryan Schaaf:

Let's turn the page a little bit. We've talked about freezing in general, but let's talk about freezing in relation to the aging process, because it's something to really consider is the idea of can you dry age frozen product? Can you wet age something that's already been frozen?

Bryan Schaaf:

I guess those are some of the topics to understand. When I like to think of dry aging or aging in general, and I'm preaching to the choir here, of course, with you, the enzymes within the meat over time are breaking it down, making it more tender.

Diana Clark:

Yeah.

Bryan Schaaf:

But what happens when you freeze it?

Diana Clark:

When you freeze it ... Let's think about chemistry class when you were in high school, and you're doing those reactions, you have a Bunsen burner. The whole point in that, it wasn't to light other things on fire and have it be fun. It was actually to speed up the reaction so you could get it done in a 50 minute period.

Diana Clark:

Because when you add heat to something, it make things go faster. Those enzymes in the meat, they react better at warmer temperatures. So that refrigerated temperature being our warm temperature that they're moving.

Diana Clark:

Now, when we get so cold that we've frozen things, those enzymes, I don't want to say die, but they essentially stop working. There's been some research that shows they can maybe, at a limited level, come back very low, but it's still, more than anything, they are done after it's been frozen.

Diana Clark:

So you want to make sure, before you freeze your meat, you get all the aging you want out of that product. Don't take a strip loin that's been aged seven days and throw it in the freezer. You need to make sure you get a minimum of 21 days on it, if not more, 35 days.

Diana Clark:

The beauty of that too, you lose that purge loss. That's less of that water freezing inside the muscle itself, so less of that potential moisture loss from the thawing process. Then you can capitalize again on just that freezing the quality process there. So always, always, always age the meat before you freeze it.

Diana Clark:

Now, dry aging. You aged it. You wet aged it. You froze the meat. Now, you can't really wet age it anymore, because the only really added value of wet aging is more tenderness. Well, you've just inhibited those enzymes from working, so you can't get any more tenderness from that way.

Diana Clark:

However, if you pull that meat out of that vacuum package bag, and I usually dry it off a little bit, and you stick it in a dry age cooler, you will have water evaporate, and you can add some of that funky, dry aged flavor to the meat.

Diana Clark:

We actually have quite a few international customers that do this, because again, they have to receive their product frozen. They just take it out of the bag. They let it thaw. They'll wipe it off, put it in their dry age cooler, and you'll have some of that moisture evaporate. You'll have those surfaces harden. There you go. You got a dry aged product.

Diana Clark:

So you really can still dry age. You're not going to get that added tenderness. You might get some added tenderness from the mold itself growing, because some of those molds actually can break down collagen. So you might get some added tenderness there, but from the actual enzymes itself, you won't. But it still is totally possible to do.

Bryan Schaaf:

Interesting. So you're really taking that, as we would think of, your standard dry-aging process, still doing all the same steps, but it's broken apart. You've already let the enzymes do their thing. Then you freeze it. But then, even though you can't resuscitate those enzymes when you thaw it, you can impart the funk.

Diana Clark:

Yes.

Bryan Schaaf:

You can impart the other stuff that's going on, the dehydration as well. So you still end up with the same end point.

Diana Clark:

Yes.

Bryan Schaaf:

It all comes down to handling.

Diana Clark:

Yeah. To me, that's the beauty of frozen product is you get to really capitalize on the seasonality of beef. Everyone knows that beef ribs, beef tenderloins go extremely high in the wintertime, because everyone wants to cook prime rib. Everyone wants to have a roasted tenderloin for the holidays.

Diana Clark:

Well, there are other points in the year where those prices are low. So it's great to jump on and grab those then. Usually in September, you can buy ribs for a really good price, and you can let those age for 60 days and then throw them in your freezer. You're ready to go for the holidays. You bought low, and now prices are really high.

Diana Clark:

Especially now, the market right now is very variable. It's not really on schedule to what things are. Prices, I would have to say right now, are high, unseasonably high too. But I think, with where are these prices are at, we had so many people trying to buy out for ahead of time that they went up. But we're going to see some lows dipping.

Diana Clark:

I would really recommend trying to jump on that when these prices do start to drop, because you don't know what the summer is going to bring. Right now, our strip prices are high. Hopefully, they'll drop

down a little bit, but usually it picks back up in the middle of the summer, because that's when people are grilling.

Diana Clark:

So it's trying to plan out a little bit ahead, but then you could really capitalize on that investment later. Again, if it's done properly, if you're a chef, if you're working with your distributor, talk to them about that ahead of time, because they have the freezer space. I get that you might not, but they do. They'd be willing to step through that program with you, and even go through how they freeze and how they thaw. It's really neat to see some of the processes that people put in place for it too.

Bryan Schaaf:

Excellent. Let's talk about inventory management.

Diana Clark:

Yeah.

Bryan Schaaf:

Right? We've talked about ... Diana's great, because I get to throw out all of my, "What about this? What about this?" Even really dumb stuff.

Bryan Schaaf:

I remember even as a kid, you were always told once you thawed something out, don't refreeze it. If you are in a restaurant, if you are banking, you've got your freezer stocked, you're slacking out your product, if you slack out too much, not a good idea to still go back and refreeze it. But why?

Diana Clark:

From a food safety standpoint, completely safe to refreeze. It's not going to hurt you or anything like that. You might have more potential for issues just because you're exposing it to different temperatures and all of that, but really should be safe as long as it's kept in that vacuum packaged bag.

Diana Clark:

However, from a food quality standpoint, now we go back to those ice crystals. It was already frozen once, so it already popped holes in that intercellular water. Some of it might've got out a little bit. Well now, you're going to be introducing more holes to break into that. It will make the product more tender, for sure, the more you freeze it, but you're also probably going to lose some moisture.

Diana Clark:

You could think about it. Maybe in your cooking application, what you're doing with it can really change of am I really okay with refreezing this? If it's a steak, I would say no. You're going to lose too much moisture. Now, if it's a steak that you usually serve with a gravy and mushrooms on top of, or you bread it and fry it and then put gravy on, it's probably going to be okay. People really aren't going to notice. But just from a quality standpoint, you want to make sure that people are having the highest quality meal, freeze it once and thaw it once, and that's it.

Diana Clark:

Now, have I definitely frozen something, thawed it, and then thrown it back in the freezer? Yeah. Actually just last week, I did that. Because I set out some sausages. I thought I was going to eat it. Then I ended up not having it. So we put it back in. I said, "I'll have in a few weeks."

Diana Clark:

It's completely fine to do at home. Don't worry about it too much, especially when you're looking into ground product, because you've already really disturbed all those cells and everything. When you think about sausages specifically ...

Bryan Schaaf:

I think about sausages all the time.

Diana Clark:

Yes. You have that meat emulsion. In that emulsion, you're binding fat and water and protein. So you should be able to hold onto more water, even in that freezing process. But it's still, just from a quality standpoint, just easier to remember, "I'm just going to freeze once, thaw once." Keep it good at that.

Bryan Schaaf:

Yeah.

Diana Clark:

Some people might ask, "Okay. What if I buy a frozen strip loin?" That's been frozen. They thawed it out. I cut it into steaks. Now can I freeze those steaks again? You can. But that's going to be freezing twice. Don't count that as one freeze for you. It was already frozen before, so you're going to try to want to use that product. If you are buying whole subprimals in that were previously frozen, just plan on using them, having them ready to go for that week, essentially.

Bryan Schaaf:

Excellent. When you hear ... We all know. It's been well-established that I love the fast food. I know sometimes people who are running Certified Angus Beef, probably some of the ranchers out there are like, "Man, I wish that guy wouldn't talk about fast food so much," but it's delicious.

Bryan Schaaf:

There is a certain fast food restaurant. We'll just say it's named after a red haired girl with pigtails. Started in Ohio about an hour and a half south from us. They've always promoted fresh, never frozen beef.

Diana Clark:

Yes.

Bryan Schaaf:

Why? Why, given all this information, would we make that claim?

Diana Clark:

I honestly think it's just a way to separate themselves from the rest in the market. I could see from ... I would say, if I was marketing ... But it'd be really hard to say this message to consumers. I think a lot of fast food places, they probably have precooked burgers that are coming in. All they're doing is heating them up.

Diana Clark:

For instance, I worked at Sara Lee for a little bit, so Hillshire Farms, Ball Park Frank, all that. We actually made hamburger patties that we cooked, froze, and boxed, and sold. They're already ready.

Diana Clark:

It was really neat machine. It was all done on one little conveyor belt that spit out these patties. It went in and cooked them. Then the under the same exact belt, it froze them. They came out these little hockey pucks, ready to go. So you have that process.

Diana Clark:

So in my head, if I said to a consumer, "Okay. These are never cooked before burgers, and now they're at your door," it's like, "Wait. What do you mean they're never cooked? Why would they be cooked? They should be cooked if I'm eating them."

Diana Clark:

So I think they were probably trying to deliver the message of, "We're cooking these in house. Here you go," versus, "Okay. This has never been frozen. We have all this fresh patty." It sounds really good to the customer, just the word fresh.

Bryan Schaaf:

Yeah.

Diana Clark:

I have a strong feeling they did a lot of research on that term, fresh, itself before they rolled out with it. It makes sense just to ..

Bryan Schaaf:

It's good to know. For the record, just in case somebody from Wendy's hears this, I love you guys. I love the Dave's double. If you are the person who famously runs Wendy's social media accounts, I want to make sure I stay on your good side, because I've seen what you can do. So that's it, right?

Bryan Schaaf:

Also, there is an episode, if you are in the mood of going back through and catching some of the stuff from season one, we sat down with our pal, Rick [Chermano 00:21:50]. Rick, his first cooking job was actually with Dave Thomas.

Diana Clark:

Oh, that's so cool.

Bryan Schaaf:

Yeah. It's amazing. He can tell you all about the square patties and all that. So Wendy's nothing but love for you.

Diana Clark:

Yes.

Bryan Schaaf:

Just had to ask the question.

Diana Clark:

Being in Ohio, we actually know a lot of people that have either worked with Wendy's or work there now. It's a great company. They do really well. They have a huge beef program too, so I know a lot of people that work for them under that belt.

Bryan Schaaf:

Yeah.

Diana Clark:

Yeah. All love.

Bryan Schaaf:

That's right.

Diana Clark:

There's just different forms.

Bryan Schaaf:

I was actually at the packing plant in, I think it was Tyson Amarillo. They have a whole wing just for Wendy's [crosstalk 00:22:26]

Diana Clark:

Just for Wendy's [crosstalk 00:22:28]

Bryan Schaaf:

All they make off the line are square patties.

Diana Clark:

Oh my gosh.

Bryan Schaaf:

It's mesmerizing. Yeah. That's it, right? That's my full disclosure.

Diana Clark:

Yeah.

Bryan Schaaf:

We work for Certified Angus Beef. We also love everything, right?

Diana Clark:

There's good food out there.

Bryan Schaaf:

Right?

Diana Clark:

It all falls into different categories.

Bryan Schaaf:

That's right. Yeah. You're good.

Diana Clark:

But yeah. There's different ... You just got to remember the marketing behind everything.

Bryan Schaaf:

Yeah.

Diana Clark:

It's not that they're trying to trick you. I know don't want to say that about Wendy's or anything like that. They don't want to do anything, but they're trying to convey a message to you to understand that they're putting in the extra mile to make sure that it is fresh beef, that it is being cooked in store. It's prepared right there for you. Okay.

Diana Clark:

You just need to understand the science behind some of this stuff and don't fear it. Don't think about your grandparents', your parents' freezing beef in your freezer. You know that's bad.

Diana Clark:

Also the USDA does recommend that you only go a year on frozen product too. Again, that's from a quality standpoint specifically. I've definitely, especially during this whole COVID thing, man, we found some old, old meat in our freezer. But we definitely ate it. Okay. We had to make sure we got through everything in that freezer.

Diana Clark:

But you do want to try to stick to, if you're an establishment selling, try to stick to that year mark. It's not going to, again, from a food safety standpoint, it's still okay to go past a year, but just try to stick to that year from a quality standpoint.

Bryan Schaaf:

Excellent. Well said. I guess in conclusion, if you go back a calendar year, of course COVID was at the very beginning. I think it was late spring when we started to see some of the major packing plants slow down, right? Because workers, they needed to quarantine. The chain speed of production slowed down from the rancher all the way into retail stores.

Bryan Schaaf:

But I will say, and it's probably a message that didn't get put out there nearly as loudly as some of the other messages was, a lot of folks we've talked to have said it wasn't even necessarily that there was a shortage issue. It was that there was a demand issue, because people were, understandably so, in a little bit of hysterics, stocking up. Obviously, we've been down the toilet paper road a few times.

Bryan Schaaf:

But the one thing that everybody I've talked to said was out there, there was plenty of frozen product available. So if we are in that case again, I hope the biggest takeaway that that folks listening take away from this is don't fear the frozen, right?

Diana Clark:

Yes. Do not. It's still good. It's still good quality. Especially when you're buying it in a grocery store, guys, they're doing it right. They're going to make sure that they freeze it the best way possible, because they want you to come back and eat it again. They want you to try it and say, "Wow. This was good." So they're going to make sure that it's high, high quality.

Diana Clark:

As someone that's worked in R&D before, I promise you we test every single scenario that a consumer could possibly do to make sure that the eating satisfaction is there. That's really the key behind is trust the meat industry. They're really just trying to get you the best quality all the time.

Diana Clark:

So if you do have this high demand, and all of a sudden meat seems scarce, don't fear the frozen section. There's still a lot available there. It's really awesome to see, during that time, how we did just keep having ...

Diana Clark:

We are such a fortunate country. I think people were afraid that we ran out of meat, but we really didn't. Maybe at your grocery store, but if you went to the grocery store that's across the street, we have that luxury here. We had meat. You could go to a restaurant and they had meat. There was restaurants that turned into a meat shop to give you meat. We were so blessed to have that. We really never had to worry.

Diana Clark:

I think that's just the neat part about the United States is we owe a lot to the farmers and ranchers and to the packers that stood there. They went out and still, even though they had to do social distancing, they slowed down their lines. It really cost them a lot to slow down their production, but they did it because they knew it was vital for people. It's pretty awesome to see that sacrifice.

Bryan Schaaf:

Excellent. Well said. That said, I'm going to drop my pun here. If you have reservations about frozen beef, let it go.

Diana Clark:

Oh, goodness.

Bryan Schaaf:

If this is your first time listening to the Meat Speak podcast, know that you can catch it across all of your major podcasting platforms, Google Play, Apple, Spotify, or simply by visiting CertifiedAngusBeef.com/podcast. If you go there, you'll see Diane and myself and Chef Tony Biggs staring right back at ya. That one's my mother's favorite.

Diana Clark:

Oh, nice.

Bryan Schaaf:

Until next time, we appreciate you tuning into the Meat Speak podcast. Meat scientist, Diana Clark, Chef Tony Biggs ... He's not here. He's down in Kiawah Island cooking.

Diana Clark:

Yes. I mean, come on. On the beach.

Bryan Schaaf:

He says he's cooking, but he's in South Carolina on a beach right now.

Diana Clark:

Yeah.

Bryan Schaaf:

We know better, Chef.

Diana Clark:

[crosstalk 00:27:35]

Bryan Schaaf:

So when you come back with a tan, get ready, man.

Diana Clark:

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Right?

Bryan Schaaf:

Yeah. On behalf of the whole crew here at the world headquarters of premium beef, Certified Angus Beef, thanks for tuning into the Meat Speak podcast.