

Bryan Schaaf:

Back here on the Meat Speak Podcast powered by the Certified Angus Beef brand. Bryan Schaaf here, with me as always joined across the big table here in the studio, by chef Tony Biggs, meat scientist Diana Clark. How are you guys doing?

Diana Clark:

Excellent.

Tony Biggs:

Fantastic. How are you guys doing?

Diana Clark:

I can't complain.

Bryan Schaaf:

It's a good day.

Tony Biggs:

Yeah, you can't complain.

Bryan Schaaf:

We live in a day and age where outrage is certainly the name of the game. I want to be a follower of this week, and I want to be outraged about something that I feel like deserves being outraged about. That being the London broil. Now, I asked this question, what is it? I asked that knowing what the answer is, but I am outraged because we've taken the London Broil, and we've basically called a whole bunch of different cuts of London Broil, and we've evolved this to the point that nobody actually knows what it really means. Diana, can you walk me through this?

Diana Clark:

From my standpoint, it's morely just a thinner cut of meat, usually a tougher piece. It's the cooking application, is describing that London Broil. I always like to think it's the prime rib. Prime rib is not a cut. It's the way you're cooking it. It's the same concept. You can get London Broils from the chuck, you can get them from the flank, you can get them from the round, I've even seen people kind of from a sirloin before. You just don't know what you're getting when you say London Broil.

Bryan Schaaf:

Tony Biggs, you-

Tony Biggs:

I grew up... I'm older. I'm 30 years older than both of you. I first found out... I think I am. I experienced a London Broil at my dad's restaurant, which is classically known as the flank steak. The flank steak, I believe, that was the original London Broil. Like what Diane is talking about is, I think it's been so bastardized over the year, you don't really know which cut it is. Let's stay with the flank steak here for a moment, and just season it with salt and pepper, olive oil, some shallots, some garlic. Why do you call it

broil? Because you're actually broiling the meat on top, you're turning it over, you're finishing it on the bottom. Then, the most important thing about the flank steak is, you cut it against the grain and then with your knife, you are on an angle, a 90 degree angle, and you're making these beautiful slices. That's, to me, is the true London Broil.

Bryan Schaaf:

Yeah.

Diana Clark:

I agree with that.

Bryan Schaaf:

But if you go into a retailer, a butcher shop, and you see something that's a London Broil, that's not a flank steak.

Diana Clark:

No, not anymore. Basically, the flank steak got so popular and rose in price, and usually it was a cheaper cut, an underutilized cut, so that's why you'd find it way more, a flank steak as a London Broil. Now, since it's at that price point that customers are looking for, they've turned to other items. Instead of trying to explain what these items are, it's let's just give it the same name and pretend like no one will notice, and it's okay. It just adds more confusion.

Bryan Schaaf:

Right. It's the original, when the fresh Prince of Bel Air swapped out Aunt Viv with a new actress like nobody would notice. Come on, guys.

Diana Clark:

Totally could tell.

Bryan Schaaf:

You're trekking with me.

Tony Biggs:

It's not from London, where everybody thinks it is. I love the British culture, but it's not from London. It probably started in Philadelphia someplace, at a steakhouse.

Bryan Schaaf:

But it sounds fancy, which leads me in the London Broil, to me, is just the biggest triggering example that I can think of, of what we want to tear into today. It is the idea of cut names are real confusing. Sometimes it's a marketing term, sometimes it's a specific term to actually describe what the cut is. I want to hold up probably the anti-London Broil. There's only one like teres major. Meat scientists hold teres major up as the shiny beacon. If we just call this by its Latin name-

Diana Clark:

Everyone's going to know it. It makes sense.

Bryan Schaaf:

I've got it in front of me a list of some really confusing cuts, and depending on where you happen to reside, you probably have a different idea of what this is. We talk about regionality, we talk about, "If we could only all get on the same page with calling them the same thing." And this is just in beef, we haven't even started talking about the fact that a Boston Butt comes from the front half of the animal. Very confusing stuff. We're going to stick with beef today, and we're going to go ahead and play that we're Certified Angus Beef, we've been here for 41, going on 42 years. We're going to go ahead and standardize this. The words that are about to come out of Diana Clark and Tony Biggs mouth, I'd like that to be officially written down as the beef gospel. We're all going to be singing the same song.

Tony Biggs:

You mean Pikes Peak is not a ski area in Western New York?

Bryan Schaaf:

I thought he was an Explorer, but apparently he's also a piece of meat. I had no idea. All right. The first one, we've already hit the London Broil. I'd love to talk more about it, but you can tell I'm starting to get a little triggered here. I guess I get fired up about the London Broil. Delmonico. Delmonico steaks, I've seen it as a rib, I've seen it as a strip, I've seen it as a rib with the spinalis removed. What the heck is a Delmonico?

Diana Clark:

From what I understand, is it's the front end of that rib. That's what I was trained. When you have a Delmonico, it's the front end of the rib. You're getting close to the chuck, you have a larger spinalis, a larger complexis. It's the premium steak to a meat connoisseur, but definitely have seen it in other areas. There was restaurant, I believe, that stopped-

Tony Biggs:

Delmonico's. Back in the 30s, in New York City, when it was the heyday, Delmonico's was probably one of the premier steak houses. First of its kind, number one, and the best of its kind. They would take those cuts and just reserve them for their special customers, because they were so tender, like we've talked about, in between the chuck and the rib. You can only get three or four steaks out of that. They would save that from the primal, and that would be their specialty. That would be their specialty. It would cost a little bit more on the menu, but they were known for that. That's the original Delmonico.

Diana Clark:

I love that, too. I think people just see Delmonico and know that it's that special cut. People will randomly put it on there as a Delmonico to attract interest to it. You're not describing the right thing. If they really want it to be, they should just say, "A chuck and rib eye." Or you could have a chuck Delmonico, which is your chuck eye steaks.

Bryan Schaaf:

All right. Group consensus, can we all say that when you see the word Delmonico, we're talking about the front end of the rib. And if you see a chuck eye Delmonico, it's a chuck eye steak.

Tony Biggs:

I'm in. I got my hands up.

Bryan Schaaf:

You guys good with that?

Diana Clark:

Yeah, I agree with that one.

Bryan Schaaf:

All listeners out there, if you could help us deliver this message. I don't want to see Delmonico on a strip steak anymore.

Diana Clark:

Please, no.

Bryan Schaaf:

And Delmonico has nothing to do with bone on boneless.

Diana Clark:

No.

Bryan Schaaf:

I know that's a touchy one. People will fight you over that.

Diana Clark:

Oh, yeah.

Bryan Schaaf:

Next one, this is a pretty hot cut right now. The bavette. Tell me about the bavette.

Diana Clark:

Bavette sirloin flap. Right there. It's a sirloin flap steak, you cut it towards the center of it, with the grain, and then have those leading slices, without a doubt. Do you agree?

Tony Biggs:

Yeah, I totally agree. I think it's really found in these... In Canada, mostly, and it's very popular there, and in France. The bavette means flank steak. It's not the flank steak. It's that sirloin flap, that center cut, that a higher portion. It's amazing. Do we all agree on that one?

Diana Clark:

I think so.

Bryan Schaaf:

Yeah. Can we also say that bavette is probably at the point where it can start to stand on its own? For a long time, it was talked about as an alternative to an outside skirt. It deserves its own top billing.

Diana Clark:

I agree. I think Greg Garbo might be a little bit upset that we're talking about it right now.

Tony Biggs:

He is. I told him I was doing this next week for a presentation. He goes, "Why can't you pick another cut?" We can... Greg knows about it, but the world doesn't know about it.

Diana Clark:

I know. He's a believer.

Bryan Schaaf:

That's right. Sirloin flap. All right. You ready for this one? This one will really get people riled up. Kansas City strip versus the New York strip.

Diana Clark:

Oh, gosh.

Bryan Schaaf:

Is there a difference? What's the difference? Is it about regional pride? Is there a bone involved? Is there not a bone involved? Set the record straight?

Diana Clark:

You take it.

Tony Biggs:

You know what? What's a record straight? Let's talk about it. It is a bone-in strip. Correct. It's a bone-in strip steak. Kansas City, they've taken claim on a bone-in strip. What's the difference between a New York strip and a bone-in strip? I love the bone with... If you're going to call it the Kansas City cut, Kansas City strip steak, I love the bone. We have done that. We've actually done a baseball bone in strip steak, which is, you create it and we cooked it.

Diana Clark:

It's phenomenal.

Tony Biggs:

It was phenomenal. What is the difference? That is the question. Maybe even I don't even know the difference. All I know is I love strip, bone in bone out, and you could call it Cohasset bone in strip. I don't know.

Diana Clark:

I think the same thing. I think Kansas City usually refers to the bone in strip steak, then your New York is your boneless. I've definitely seen it go both ways, depending on where you fall in the United States. I feel that would be a safe bet, and even safer bet would just say, strip steak. Take away the New York and the KC.

Bryan Schaaf:

Why does geography even have to come into play here?

Diana Clark:

Exactly. We eat it globally.

Bryan Schaaf:

That's right. We can all get on board with that. I've always noticed, it falls on where the Mississippi River runs. It's more common if you go west of the Mississippi, it's hard to find a New York strip on certain menus, unless you get to some of the larger metropolitan areas. Out there, it's a strip, it's a KC strip. All day long. Here's the deal. New York has laid claim to a style of pizza, Kansas City has laid claim to a style of barbecue, I can't really say that either of them are being greedy here. How about y'all both just let go?

Diana Clark:

I agree with that.

Tony Biggs:

Totally agree.

Diana Clark:

Yes.

Bryan Schaaf:

We can agree, call it a strip steak and be done with it?

Tony Biggs:

Done deal.

Diana Clark:

Yeah.

Bryan Schaaf:

There you go. All right. This one has come up a couple of times in conversation in other episodes that we've done. It's a unique cut, actually comes, I believe it comes out of the chuck roll. Tell me about the Sierra steak.

Diana Clark:

Oh, the Sierra. That's a great cut. Again, at Beef Innovations Group, they got together, they created some different names. They thought of names that would resonate well with people. I don't know where the Sierra part came from. They're very intelligent people that were working on this. It might've just been something that they thought was great, but to me, it looks like a flank and it's from the chuck. Keep it simple.

Tony Biggs:

I think they created this in the Sierra Mountains. It could have been-

Diana Clark:

That's what I feel. There needs to be a story involved with Sierra steak. I haven't heard anything.

Tony Biggs:

Exactly. Flat iron. Where? Tell me. Flat iron?

Bryan Schaaf:

We can agree, we got to keep going. There's a few more here like that. Anytime you bring regionality into beef cuts, it's going to be a mess. Beef cuts should be described by more what they are.

Diana Clark:

Yeah. I think the best way to go about naming steaks, if you are going to have a newer cut, "newer cut," is to actually take a poll from consumers and see what resonates best with them, and then name it. Otherwise, you're just going to call it something that no one understands, or feels the same way about. If they don't get it, they're not going to purchase it if they have no idea what it is.

Tony Biggs:

One of our partners called me one day and they said, "I want to put a clod heart steak on the menu. I want to rename this. Tell me." I gave them 50 names and then all of a sudden I said, "Call it God's heart." Now, I didn't think that was bad, actually, to me. I didn't realize it offended him. You got to be careful when you're naming these names. I thought it was a good name, actually, for a clod heart steak.

Diana Clark:

The other part with it. A lot of chefs will get very caught up in the name. To me, the description is more important than anything, because they won't know these names all the time. If you're describing the steak, as how you want it to be perceived, that's the goal. The Sierra steak is the splenius. It's not a great name for a cut, either, even though the Latin term is more descriptive, but still. You got to just think about that, too, the description.

Bryan Schaaf:

You could do a Sierra cut in brulade.

Tony Biggs:

Yeah.

Diana Clark:

Why not?

Bryan Schaaf:

It seems nice. Although, chuck flank I can board with chuck flank all day long.

Diana Clark:

See.

Bryan Schaaf:

You can picture it in your mind.

Tony Biggs:

All about chuck.

Bryan Schaaf:

Sticking in the vein of regionality, or regionally named cuts. The Denver steak. This is one, it's probably approaching that point, like the tri-tip. I think most people have heard of it. Most people probably actually know what it is, but why is it called a Denver steak?

Diana Clark:

Again, this is one of those that I really don't know. Beef Innovations Group, Sierra, Denver, Santa Fe. Part of me thinks there was this giant map, and they just took these darts and threw it at it. That's the way we come up with our dogs names, sometimes, we flip through an atlas and point. Whatever it is, that's what we're going to go with. I don't know if that's the greatest idea when it comes to naming steaks.

Bryan Schaaf:

Amen. John Denver was not involved in this whole process, either. To be clear, in case you are on the outlier, sitting in your car saying, "I don't know what the Denver is." It's the chuck flap. It's the serratus vinchalis. It's the shorted muscle, continuation of, but unlike... I guess you can grill a bone in short rib if you do it a Golby style.

Diana Clark:

Maybe you should beat it, too.

Bryan Schaaf:

It's so packed with marbling.

Diana Clark:

It's delicious.

Bryan Schaaf:

Actually, that's what we served Andrew Zimmern on Bizarre Foods when he was here. This is back in 2013 when Denver steaks were just coming out.

Diana Clark:

That's awesome.

Bryan Schaaf:

It was a dry aged Denver and it was so tasty.

Diana Clark:

It's incredible. It's short rib flavor in a steak bite. It's fantastic.

Bryan Schaaf:

My first Denver steak, I will say, actually came just outside of Denver. I was in Boulder at a Black Belly, Jose Rosenberger's place. There's a reason it's caught on, there's there's real substance there. Continuing on this, the Vegas strip.

Diana Clark:

Oh gosh. Yeah.

Bryan Schaaf:

Vegas strips. It's not a strip steak. It's not from the short loin.

Diana Clark:

No.

Bryan Schaaf:

So, it's not a strip, and clearly, Vegas doesn't really say much. Tell me about the Vegas strip.

Diana Clark:

The Vegas is actually, sits on top of... Underneath the blade bone, itself. That is that cutting process to remove it from the animal, is actually patented. It's really not super popular, but it's very similar in location to your flat iron. Looks a lot like a flat iron, eats a lot like a flat iron. I really am hoping someday that that patent is removed, so it is available for many people. However, right now, we just have to live with it. But, if you buy a chuck roll, a lot of times it's found on the back of the chuck roll. Just saying, that there's that option.

Bryan Schaaf:

I will say, it's not my favorite tasting cut. You have to be really careful with how you cook it, like a flat iron, or it goes a little livery on you.

Tony Biggs:

It does.

Diana Clark:

It's a good cut, though. There's no cut that's bad, really. When you think about it, it's finding a speed.

Bryan Schaaf:

We're not talking about a garden here. There are certain things that come out of the garden that I'm like, "Nope." All right. Moving on down the list. Clearly, I've just like Willy nilly made a list of like, "Wonder what that is? Wonder what that is?" Most of these, I have no idea. I'm actually asking you guys just out of genuine curiosity. Cap steaks. What is that?

Diana Clark:

If someone said that to me, I would think they're talking about the culottes. That would be my first guess, but that could be... Yeah. There's a lot of caps.

Tony Biggs:

Exactly. It depends where you are from around the world. As you know, as we've dealt with, even our Latin American folks have different names for these cuts.

Diana Clark:

Yeah. That gets hard.

Tony Biggs:

The basis of this conversation is can we standardize these cuts worldwide? That's why we're, I guess, talking about this today.

Bryan Schaaf:

Yeah. Of course, in Latin America, it's Picanha.

Tony Biggs:

Correct. Picanha.

Bryan Schaaf:

I think a lot of Americans recognize it as the Picanha, if you call it a culotte.

Tony Biggs:

What are you talking about? Exactly.

Bryan Schaaf:

If you go to Resource in Oklahoma, it's an Oklahoma Tri-Tip.

Diana Clark:

Which is so true. There's so many butchers that do that. It's got three points, but yeah, that's not the tri-tip.

Bryan Schaaf:

It's looks like a tracker.

Diana Clark:

I get it.

Bryan Schaaf:

I can get on board with the visual piece of that, at least.

Diana Clark:

I get it. Come on, now.

Tony Biggs:

Another good thing we should do, put them together and have folks-

Diana Clark:

Show those differences.

Tony Biggs:

Have folks, "What is this? What is this cut?" We should do that.

Diana Clark:

That is a good idea.

Tony Biggs:

We should do that.

Bryan Schaaf:

I've also seen Picanha, or la culotte, as a crown steak.

Diana Clark:

Yes.

Bryan Schaaf:

Have you ever seen this before?

Diana Clark:

Yeah.

Tony Biggs:

Crown steak.

Bryan Schaaf:

Which doesn't really describe it, other than... Again, cap steak. You see the spinalis called the rib eye cap a lot. Now, we're getting real confusing.

Tony Biggs:

Right.

Bryan Schaaf:

We're talking about a piece from the sirloin versus... The greatest piece of meat on the entire-

Tony Biggs:

I was talking about the spinalis last week. They had no idea.

Diana Clark:

Oh my gosh.

Tony Biggs:

I had to explain. It's a visual, you have to show them. Spinalis, what is a spinalis? Anyway. You have to show folks, "It's that beautiful top of the rib eye in the soft tissue when you roast a prime rib, and you taste that soft beautiful portion of that, that's the spinalis." You remove that, and you put that on the grill with olive oil and salt and pepper only, it is phenomenal. It is such a different eating experience.

Diana Clark:

That's what I posted today on Beef Maven was the spinalis-

Bryan Schaaf:

And I missed it. Twice.

Diana Clark:

It's okay.

Bryan Schaaf:

0 for 2. I'm kicking myself.

Diana Clark:

It was a hard one. It was a hard one. People don't even think about removing it, and cooking it separately. It's a game changer.

Bryan Schaaf:

It is. It's one of those things, I feel like that has always been present in culture and people just didn't take a moment to realize the grandeur of it. It's like that little table, it looks like a little three legged table that when you get a pizza in a pizza box, holds the box up. Supposedly it's also used to hold pieces of-

Tony Biggs:

Picture of butter, melted butter.

Bryan Schaaf:

Exactly. It's always been there, nobody ever questioned it. The spinalis, everybody's always been eating when they eat the rib eye steak, you just instinctively save that as your last piece.

Diana Clark:

Exactly.

Bryan Schaaf:

Never thinking why, but you just know that's the piece I want to finish with.

Diana Clark:

It's the caveman instinct.

Tony Biggs:

I thought I loved Filet Mignon, until I tasted the spinalis.

Diana Clark:

I know.

Tony Biggs:

That's my to go to now, along with the sirloin flap.

Bryan Schaaf:

So good. So good. All right. This one's a little more mainstream. Certainly everybody knows the terms. Not sure everybody understands the differences. T-bone versus Porterhouse.

Diana Clark:

Yeah. That's just the size of that filet. Your T-bone has a smaller tenderloin on it. Your Porterhouse has a larger one. Now, you could get specific. I think the USDA is an inch and a quarter in terms of width from the bone, but every food service distributor, cut house, they're going to have a different specification for what is their T-bone versus what is their Porterhouse. It just depends on that process.

Bryan Schaaf:

Even that's not standard.

Diana Clark:

Yeah. Yeah.

Bryan Schaaf:

That's very confusing. Let's talk about the drawback. The meathead in me, the guy who just loves to show up and eat lots of food, will always say, "The Porterhouse has more meat on it." But, what's the drawback of a Porterhouse?

Diana Clark:

You also possibly can get that vein in strip steak. You're definitely way more likely to get that. Usually you'll get one center cut Porterhouse, maybe two, if you're lucky, depending on how thick you're cutting them, too. Not that the vein in is bad, you could definitely still eat around that connective tissue between the sirloin and the strip loin, but that's your only downside. However, when Tony puts that family style, that giant Porterhouse, in the middle of a table.

Tony Biggs:

We've done that deconstructed, or where we remove the filet and the strip from the bone, the bone always goes to Fido, after. Then we cook those separately because they cook differently. The tenderloin is going to cook faster than the strip loin, but we cook it at the same time. We slice it back on the bone and for you chefs, this is a major, major, great presentation you should do in all your steak houses. This is a wow factor.

Diana Clark:

And then you get both of your steaks cooked perfect.

Bryan Schaaf:

Yeah.

Diana Clark:

It's amazing.

Bryan Schaaf:

I remember years ago, we got a phone call and I don't even remember who made the call, but they were asking... Actually, Chef Michael... What is the best way to cook a Porterhouse? Do you cook the strip to temp, or do you cook the tenderloin to temp? That became the million dollar question. We have some ideas, we can test this and try this. I guess the best way is just to take them off the bone and cook them to their ultimate-

Diana Clark:

Yeah.

Tony Biggs:

Right.

Diana Clark:

You still can cook and roast that bone, and still have it there for presentation.

Tony Biggs:

Then you got people like my father, who want that whole Porterhouse. They want that two and a half, three inch, Porterhouse, on the plate and they can just dig in. They don't care if that tenderloin is well done or not.

Diana Clark:

That's true.

Tony Biggs:

They don't really care. They just want to see that big piece of meat. ,

Diana Clark:

I'm guessing, too, a lot of people are sitting there thinking, if you remove it from the bone, then the flavor's not going to be there.

Tony Biggs:

You can roast the bone. Which we've done that before.

Diana Clark:

The bone doesn't add any flavor to the meat. Just want to throw that out there for everyone to ponder.

Tony Biggs:

You could roast the bone.

Bryan Schaaf:

You could probably add some aromatics to it.

Diana Clark:

Yeah, without question.

Bryan Schaaf:

There's no flavor leaching from it.

Diana Clark:

You still get that presentation when you have the bone there roasted, you can still nibble on it later.

Bryan Schaaf:

That's right. The dog doesn't care.

Tony Biggs:

My dogs love the Porterhouse bone.

Bryan Schaaf:

This transcript was exported on Sep 24, 2020 - view latest version [here](#).

We've got a few more on the list, and then I certainly want to throw it out because you mentioned the Santa Fe, that I want to chat with you about, as well. The shoulder tender. Is that a teres major?

Diana Clark:

Yes, which is very confusing. Shoulder tender, petite chuck shoulder tender, is another name for the teres major. A lot of people just shorten it for shoulder tender. However, you have the mock tender-

Bryan Schaaf:

Which is also in the shoulder.

Diana Clark:

Yeah. It's also called the chuck tender, and shoulder and chuck basically mean the same thing. You got two names that are... It's really confusing. They're completely different.

Bryan Schaaf:

If you get a mock tender and you're expecting a teres major-

Diana Clark:

You'd be pissed.

Tony Biggs:

I'm complaining.

Bryan Schaaf:

I will tell you, there have been two applications of the mock tender that I have found, all right, I can get on board with that. One was the mock tender that came off the entire side of beef that you put on a spit. Which everything that came off of that thing was delicious.

Tony Biggs:

What do you want for 14 hours. In an open fire.

Diana Clark:

That was so good.

Bryan Schaaf:

The other good use of it are pal Matt Mitro and David Chen, his chef onsite at Flour Up in Cleveland, he actually takes the mock tender and uses it in a ramen application.

Diana Clark:

That's smart.

Tony Biggs:

Nice.

Bryan Schaaf:

Super thin. Really good. Again, at the same time, I think he souves it, as well. Other than that, it ain't no teres major.

Diana Clark:

Yeah. No. Definitely not. That's why we always say is if you're a sales rep out there, always ask what they're doing with it before you put the order in. You got to know if they're, "Oh, I'm grilling it." Don't give them the mock tender. Mock tender is low and slow. Souve. Low and slow.

Bryan Schaaf:

All right. Let's skip down to the last two here. The beef tech.

Tony Biggs:

The beef tech.

Bryan Schaaf:

Which I haven't seen a whole lot. I feel like I saw that term a whole lot more when I was younger.

Tony Biggs:

I've heard this term many times. In the Middle East, I've heard chefs use it as a steak tar tar. I've seen it here, and I used to use it, the butt end of the tenderloin. The larger portion of the tenderloin, the beef tech. I've seen a Latin American where they actually take the tenderloin or a strip, they pound it out, parsley and garlic and sear it real quick. That's a beef stecka, but I've heard it also beef tech. What is it?

Diana Clark:

That's one that I don't... I would assume that it was the bisaccate that just got shortened down at some point. That's just beef steak, so it could be really anything.

Bryan Schaaf:

It's about as bland as you can be.

Tony Biggs:

Again, when you go around the world and you talk to folks, and they're hearing stuff from other countries. They make up their own. Again, it's not standardized. You're going, "That's not what it is." Am I wrong?

Diana Clark:

I know. You to question yourself all the time.

Bryan Schaaf:

Amen. All right. Last one on my list. The Pike's Peak roast.

Tony Biggs:

That's a ski area.

Diana Clark:

It is.

Bryan Schaaf:

All I know is Ferdinand Magellan did not get a steak named after him.

Tony Biggs:

Was that coffee? One of our beautiful coffee places down the street.

Diana Clark:

That's what I think of. Pikes Peak.

Bryan Schaaf:

What's a Pikes Peak roast?

Diana Clark:

I have absolutely no idea.

Tony Biggs:

It's a braised item. I think it's from the shank. It's good for braising. That's what I was reading. I think that's what it is. Boneless. I think we're going to have to go back into the lab and figure this one out. We got to do this Pikes Peak again, with a coffee.

Bryan Schaaf:

If you are keeping score at home, Pikes Peak is thrown in there as well. Any cut of meat that's named after a region, we got to stop that nonsense. There's no winners, even strip lovers, New York and Kansas City, get rid of it. Just call it a strip. There's one out there you mentioned earlier, Santa Fe.

Diana Clark:

Santa Fe.

Bryan Schaaf:

What's the Santa Fe?

Diana Clark:

It's the grisolous. It's actually the top round cap. It is awesome. It looks a lot like a skirt steak, but it's wider. You could split it in half. Oddly enough, I just ate it last night, too. Oddly enough, the thinner part at the end is slightly tougher, and it's really, it's not super tough, but it's slightly tougher than the thicker part. You would think it'd be the opposite. It is a great, great cut. I know Jeremy's played around with it every now and again. He enjoys it, too. To me, if you're buying in a top round to roast and tread or slice for sandwiches, or something, get it with the cap on, remove that cap, and use that cap. It is awesome.

This transcript was exported on Sep 24, 2020 - view latest version [here](#).

Bryan Schaaf:

It's delightful. Glorious. What have I missed?

Diana Clark:

I've heard Spencer before, but that's... I have no idea what they're talking about.

Tony Biggs:

Why do they call it the tri-tip? I know there's three points. Whoever-

Diana Clark:

That's what I'd assume why they... One, two, three.

Tony Biggs:

One, two, three.

Bryan Schaaf:

It looks like a boomerang.

Tony Biggs:

It does.

Diana Clark:

It really does.

Tony Biggs:

I feel like I'm in Australia, mate.

Bryan Schaaf:

Jess Priles, actually, was railing about the ambassador steak. Are you familiar with those?

Diana Clark:

No.

Bryan Schaaf:

It's menued in certain places, it's a strip. Now, you've just really confused everybody.

Diana Clark:

Yes. Yes. I don't get this.

Bryan Schaaf:

I don't understand that at all. If you are listening at home and you have more steaks that you're like, "Man, I wish they'd discussed this." Shoot us an email. What's the millennial term? Slide into our DMs on the Instagram. It's @_meatspeak, or hit us up at Beef Maven, Chef Tony Biggs, Schaaf Bryan,

although I'm probably not... I'm going to go to one of these guys to find your answer anyway. Ask away, we'll certainly tack it onto a future episode to answer those questions, because this is meant to go back and forth. The biggest takeaway, guys, we've all got get singing from the same song book, or people are just going to get really confused. A confused customer is always going to go and get the dish that they're familiar with. It's chicken.

Diana Clark:

Chicken breasts.

Bryan Schaaf:

It's chicken.

Tony Biggs:

I've never heard anybody say, "That's the... You got to go to this place. They got the best chicken breasts I've ever had."

Diana Clark:

I know. No one says that.

Tony Biggs:

No one says that.

Bryan Schaaf:

I never hit on chicken too much because I love me some Nashville Hot fried chicken.

Tony Biggs:

I do, too. I like Buffalo style chicken wings.

Bryan Schaaf:

All day long. I can get down on that all day long. That said, we are beef people. If we can accomplish anything on this list, it's the London Broil. Please, please, please.

Diana Clark:

I second that.

Bryan Schaaf:

I'm begging you. If you're a butcher, if you're in a retail shop, if you're a chef, we got to get the London Broil sorted out.

Diana Clark:

At least, be specific with it. Top round London Broil. Tell me what it is.

Bryan Schaaf:

This transcript was exported on Sep 24, 2020 - view latest version [here](#).

Let's get down with it. Excellent. Chef Tony Biggs, Diana Clark meat scientist, here on the Meat Speak Podcast, powered by the Certified Angus Beef brand. If this is your first time tuning in, please know you can find us across all of your major podcasting platforms, Google Play, Apple, Spotify, or simply by visiting certifiedangusbeef.com/podcast. Give us a follow on the gram. Please, please, please feel free to ask all the questions that you want. Tony Biggs said his Instagram has been blowing up lately.

Tony Biggs:

It has. Come on. Come on out to my region there. Yes. We love to hear from you.

Bryan Schaaf:

Tony Biggs is going to be bigger than Miley Cyrus.

Tony Biggs:

Someone asked me for the recipe for the Biggs burger and I gave it to him.

Diana Clark:

Nice.

Tony Biggs:

The Biggs burger.

Bryan Schaaf:

It's fantastic. It's fantastic. I'm going to go get one right now. Guys, thank you for joining us here in studio. Those of you listening at home, be sure to go and check out season one. It's all up there on the worldwide internet. Until next time, thanks for listening to Meat Speak Podcast powered by Certified Angus Beef brand.