

Bryan Schaaf:

Back here on the Meat Speak Podcast powered by the Certified Angus Beef Brand. Bryan Schaaf here in the studio, next to me as always Chef Tony Biggs. Chef, how are you doing?

Tony Biggs:

Hey, great. I am so great. How are you guys today? It's beautiful out in Wooster, Ohio. A little foggy but...

Bryan Schaaf:

It's a lovely day outside, it's a lovely day outside. And in between us, I guess you could classically say the rose between two thorns, meat scientist, extraordinaire, Diana Clark. How are you doing?

Diana Clark:

Doing pretty good. How are you doing Bryan?

Bryan Schaaf:

I'm really, really good. And I'm assuming that you're doing pretty well too, because we're going to talk about a topic that I know gets you a little excited, right? And we're going to talk about, I want to take you back, if you will, right? Let's go back to 1999, right? We're going to party like it's 1999. At a time when the most tender cut on the beef carcass was the Tenderloin. Does anybody remember what number two was in 1999?

Diana Clark:

Oh gosh.

Tony Biggs:

Right, in 1999.

Diana Clark:

Probably the ribeye. It would have to be.

Bryan Schaaf:

Things have changed, right? Did cows grow extra muscles in that time?

Diana Clark:

No.

Bryan Schaaf:

Of course not, right? There was this thing that was discovered by meat scientists that for years and years and years had been thrown into the grinder to make delicious hamburgers called the flat iron steak. Y'all have heard of the flat iron steak, right?

Diana Clark:

Everyone, I feel like everyone knows it now.

Tony Biggs:

Yeah, everybody knows it. I mean, it's on all these menus across America. Yes.

Bryan Schaaf:

Yeah, it's number two in the, what? The Warner-Brassler shear force tenderness scale of beef cuts. But the flat iron is the cut that we want to hold up today as the shining star, as the beacon on the hill, as the great hope that there are other cuts out there that maybe you don't realize exist today because you can't order them, it doesn't mean that they don't exist on the side of beef. But guys, before we dig in, we're going to talk about some of these other cuts that maybe you've heard of, maybe they're mythical, maybe they come from a unicorn, I don't know. But we're going to talk about some of those other cuts today, but first let's dive in to the story of the flat iron steak and how it came to be. Diana, meat scientists, you guys hang your hat on that thing, right?

Diana Clark:

Yeah, so essentially you have the NCBA, National Cattleman's Beef Association and they actually go out and they try to promote beef in terms of overall value. So they want to make the carcass itself more valuable because that's going to go back to the farmers and ranchers raising these animals and the animals themselves are going to be more valuable. So they had this group called the Beef Innovations Group that got together, and there was actually two meat scientists on that team that had already been playing around with the flat iron quite a bit, so it was the top blade at the time and there's this big, heavy seam of connective tissue that runs down the middle.

Diana Clark:

Well, the two of them realized that if we remove that heavy seam of connective tissue, we have two fairly tender cuts of meat. The second most tender custom meat now in the carcass. So they kind of pushed for that and NCBA gave them some, some money to run more research. And lo and behold, wow, this is a great cut and simple to get to.

Diana Clark:

During that time too, that Beef Innovations Group, they came up with a lot of different cuts that are kind of under the radar, so to speak, that we're hoping to go as well as the flat iron, but it just didn't take off as great. So I think over time, we hope to see more and more of those cuts come to fruition. And that's really... At Certified Angus Beef, when people come here, we do try to show them all those unique, different cuts because we want to add value to that carcass. We want to make sure that that farmer or rancher is getting the biggest bang for their buck, the biggest bang for their production that they put in.

Bryan Schaaf:

Tony Biggs, you've been cooking for a long time, man. Tell me about, when did you first realize that the flat iron was a thing?

Tony Biggs:

Well, Diana just nailed it. I mean, removing the connective tissue and you have two beautiful cuts of beef. But then I got thinking, looking at that piece of meat and spending a lot of time in Asia, Asian folks,

Asian culture loves that connective tissue. So what we did was at our culinary center, is we sous vide the flat iron with the connective tissue, four hours. It looks rare when you remove it from the bag but it's completely cooked. And what we did was we put that on the slicer and we made a Pho bar with a thousand different ingredients, make your own Pho and people went crazy over it. And you had that connective tissue, that gelatin but what happened was once it hit the hot broth, it melted in your mouth.

Diana Clark:

It was incredible, the flavor in that was phenomenal.

Tony Biggs:

For shizzle my nizzle. [inaudible 00:04:59].

Bryan Schaaf:

But the flat iron steak is one of those that, if you ever think back, right? Think back, there was a time when this didn't really exist on the plate. Obviously, it's one of those cuts that some friends of ours say, "I wish more people hadn't kind of found it because the price would still be..." It would still be kind of in that bargain basement. Like, "Hey, this is a secret nobody else knows." It's obviously taken off to the point where it's kind of in those mainstream cuts. Although I will tell you, this is a little bit of my aside, I found that I can easily ruin a flat iron, right? If you take a pass medium, good night, right?

Diana Clark:

And I feel like Tony, you marinated one, right? To me, you kind of have to get... Sometimes you get that livery flavor to it if you don't.

Tony Biggs:

Exactly, you just nailed it with the livery flavor. So what we've done is we've done a lot of Asian marinades, actually chili, garlic rub marinades, some Texas barbecue marinades. You just hit it. Yeah, it can have a little bit of livery flavor. However, you know it's popular when you talk to the chefs and they go, "Yeah, I've got the flat iron, what else do you have?" Right? I mean, that's going somewhere, right? It's kind of like the salmon 35 years ago, nobody knew it, right? Now, it's on the market. You can get it at an affordable price and everybody knows about the flat iron.

Bryan Schaaf:

You can get salmon in a can now. We've not hit flat iron in a can yet though.

Tony Biggs:

We have not but it's coming to a theater near you [crosstalk 00:06:24].

Bryan Schaaf:

Well, let's get into this, right? I know that people listen to us in a variety of different settings and so we're going to go down through some cuts, cuts that you may or may not have heard of. In the beef game, really in the cuts game in particular, it sort of exists in a strange cyclical relationship where cuts don't really exist, right? Really, as I'm making air quotes as I say that, until big packers are making them but big Packers, aren't really going to make them until there's demand. Because if you've run through a

packing plant, for them to change their processes to create new things, it's a pretty big investment upfront, to change the lines, to change the line speed, things like that. But how is there ever demand if nobody even knows it's out there? And that's where I think it sort of hits this log jam of cuts like this, unless you can come to... come to Wooster, Ohio, we'll break one down for you, right? We'll put some in your mouth.

Bryan Schaaf:

But we wanted to, I guess, wet the palate of some of you folks out there listening to say, "Okay, what else is there? What should I be asking about?" Because obviously, the more times that you ask, well, the more of a signal is being sent back to the packers that you should probably be participating in this. Diana, you're the meat scientist, where do you want to go first? Right? What are people missing [inaudible 00:07:42]? If you are at home, you can write these down. If you are driving, pull off to the side of the road and open up the little note section of your iPhones and start taking notes, here we go.

Diana Clark:

Yeah, so like Bryan said, it's not that the packers is doing anything wrong. The easiest way to think about it, if you buy a basic vehicle or then you could get a car with all the extra bells and whistles on it, you have to pay a bit more to get those extra bells and whistles. Because in order to create that vehicle they have to do a lot of extra stuff, they have to add different parts to it that aren't typically there, so that's the same thing with getting these new cuts. And so once we get that demand created, I mean, to me, their heel... Yes, the heel of the animal, so if you are standing somewhere and you go up on your tippy toes, I'm talking about your calf, that's the heel that we're talking about when we say it on the animal. That has two great cuts in it. One being the braison, it's the superficial digital flexor, one of the best Latin terms [crosstalk 00:08:44].

Bryan Schaaf:

You're getting a tattoo that says that.

Diana Clark:

Yeah, I should. It's going to go all the way down my back. But just that cut alone, you braise that cut and it is like a lamb shank, and it's incredible in terms of flavor. Tony was talking about that gelatinous flavor in that, oh my gosh, it's amazing. And then also you can get the merlot out of that exact same cut and it just sits right next to that, it's the gastrocnemius muscle. And you just seam out, there's two pieces of silver skin on either side, you take those off and that's all you have to do. And it's probably similar in weight, if not a bit heavier than the teres major, so the volume there is not huge. But in my head, if their packaging teres major and selling that, why can't they package the merlot? And I know there's a demand with that superficial digital flexor because of the Asian popularity and cuisine that's growing in the United States. You could see it, especially on the West Coast, man, they are looking for those cuts to put into that cuisine. So that is definitely my first one that I would recommend.

Bryan Schaaf:

Sometimes we can be super critical of the people who name cuts, right? Because sometimes the names are meant to have a little bit more marketing value than they actually do in actually describing what the steak is. Merlot could probably fall into that, but that's a pretty good name, right?

Diana Clark:

I was okay with that actually, because it's so dark in color too, it's very... It's like, "Oh." And even the braison, I'm like, "Yeah, that makes sense." To me, though those definitely are two that completely make sense.

Bryan Schaaf:

Right. And give us the scientific name one more time of the braison.

Diana Clark:

So the braison is the superficial digital flexor.

Bryan Schaaf:

You got that?

Tony Biggs:

Say that a thousand times.

Bryan Schaaf:

Excellent, so at home if you're writing that down, you can shorten all that and just write, heel, right? Four letters, unless you want to write super digital flexorian 5000.

Tony Biggs:

[crosstalk 00:10:38], supercalifragilisticexpialidocious.

Bryan Schaaf:

Just write heel, you're good, right?

Tony Biggs:

[crosstalk 00:10:46].

Bryan Schaaf:

Let's change gears, this is a cut that I think a lot of people have heard of. A lot of people have probably eaten it at a time, but to this day you can't order it. Tony, I know you've got a lot of experience, chuck eyes.

Tony Biggs:

Chuck eyes-

Bryan Schaaf:

Cool, right?

Tony Biggs:

... unbelievable. Yeah, one of those cuts where it's kind of difficult to get. There's probably three or four going to the chuck and the rib, but boy is it tender, and you throw that on a hot grill. There's some of

our partners who just, they capture these chuck eye steaks and feature it. It is amazing, the marbling is amazing, the fat content and of course the taste, incredible.

Bryan Schaaf:

Yeah. And the chuck eye, it's top of mind, because if you don't follow Diana Clark on the Instagram, beefmaven, right? Every Wednesday she puts up a different cut and you kind of have to guess what it is. This week it was the chuck eye, and you actually had a little diagram describing the different cuts in there. It's a ribeye, right?

Diana Clark:

Yes. Essentially, it's exact same muscles that you find in the ribeye, except you have a larger spinalis and who's going to complain about that one, right?

Bryan Schaaf:

Right, we need more spinalis in the world. But yeah, I mean, to this day, the chuck eye... We talked about if you want to get to the braison, if you want to get to the merlot, you've got to [inaudible 00:12:06] the heel, the calf muscle. If you want a chuck eye, how do you get there right now?

Diana Clark:

You got to order the chuck roll, and it's a big, big piece of meat. But the beauty of it is that there's a lot of other cuts within there that you can also get. So the entire under blade of that chuck roll that can be cut into Denver steaks. And usually Denver steaks can be easily gotten from the chuck flap, however, if availability of that is low just by a chuck roll and you can utilize that whole under blade as those Denver steaks. You also have the Sierra steak, so I call it the chuck flank, because essentially it looks like a flank steak but it's from the chuck. It's a little bit thicker, but eats a lot like the flank steak, the chefs have prepared it like that. And then you can also make some boneless, country style short ribs out of that chuck roll. So you basically take that truck roll and butterfly it out, incredible.

Diana Clark:

We had a group in and they just were curious, "Can we just grill them?" I'm like, "Guys, these are [inaudible 00:13:02]." "No, no, no, no, let's just grill them." They were fantastic. I mean, just that chuck roll flavor, but I mean, just in a little brick was awesome. And then, I mean, chuck roast, you can do thousands of things with a chuck roast too. So I mean, you could grind it and it's going to be one of the best burgers that you've ever had. So there's so many options within there.

Bryan Schaaf:

Yeah, so if you are set up, understand, man the chuck roll is so valuable, right? I think of our pals, [Craig Deal 00:13:31], I think a Dave Kocab up in Cleveland, guys who have really adopted this methodology of... Really, it comes down to creativity and economics, right? You can make a lot of money, but there's also so many different things in there, you can make sausages, right?

Diana Clark:

Yeah. I mean, come on, who's going to complain about that.

Bryan Schaaf:

I love me some sausages.

Tony Biggs:

The original Po' boy is made with a chuck roll.

Bryan Schaaf:

Really?

Tony Biggs:

Yes. Braised, right? Braised with wine and mirepoix vegetables, carrots, onions, celery, and it's cooked down and it's shredded, and that is the original Po' boy sandwich in New Orleans, using the chuck roll.

Diana Clark:

That's awesome.

Tony Biggs:

I've done it here before and it's been amazing.

Diana Clark:

Oh, man.

Bryan Schaaf:

It's glorious, it's glorious. Moving on, Diana, you're the meat scientist, where do you want to go next?

Diana Clark:

Let's talk about the mouse because I feel like that is one that just is overlooked and people maybe even... I think more people know about it than not, but they're just like, "Yeah, it's not worth it. It's not worth it." But really it's something so simple and to me, you break down top sirloins, you're going to have that mouse muscle. So if you're a food distributor, you've got it in your cut shop, you're already breaking down top sirloins to make those sirloin filets, what are you going to do with that mouse muscle? A lot of times it gets thrown into grinds. If you're not grinding in house then you're just selling it off as trim and it's going to go to a cooker of some sort.

Diana Clark:

But we actually have Macgregors up in Canada, Toronto, that they're actually breaking down that top sirloin. And they have people that are purchasing the coulotte, they have people that are purchasing the top sirloin filets and they have people that are purchasing the mouse muscle as well. And it's actually going through, and this is a restaurant that is throughout Canada, JOEY Restaurant Group that actually serves that mouse muscle on their menu. They call it the Steak Frites, I believe, and it is done phenomenal. And just to think that that's a muscle that typically would go in the grinds, now is served as a center of the plate item. And it is, in terms of tenderness, it's as tender as that coulotte, it is definitely a tender piece of meat, so I'd go for it every time.

Bryan Schaaf:

Yeah, and it's something that until now... But to a point that I think you started on was the idea of, the chuck roll, if you're going to get that whole piece and it takes a little practice to figure out how that comes apart. The sirloin is a really easy piece to take apart, right?

Diana Clark:

Yeah, I think so.

Tony Biggs:

It's very easy, yes.

Bryan Schaaf:

Yeah, yeah. And going back to the idea of cut names, they nailed the merlot, the mouse-

Diana Clark:

The mouse.

Bryan Schaaf:

... It must have been an intern, right?

Diana Clark:

Yeah, I don't know. We always joke that it was way back when that they were name of the mouse, like 1900s. And so they threw the muscle on the table and they said, what should we call it? And then a mouse ran on the floor, and someone says, "Oh, mouse." And then, "Oh yeah, that's good."

Tony Biggs:

Or they were watching the Disney Channel, "It's Mickey Mouse."

Bryan Schaaf:

I always like to think of my mice wearing little ping pong ball helmets, riding a little motorcycle underneath my kitchen appliances. But you have your mouse, I'll keep my mouse. So the mouse muscle, again, if you do want to get to that, any meat shop is bringing in whole top butts, breaking them down. If you're a chef and you want to do the knife work yourself though, does that generally come on it?

Diana Clark:

Yeah, yeah. If you buy a whole top sirloin, that mouse muscle will be on there for sure. And we've got merchandising sheets too that can help you break that down, feel free to reach out to us at any point.

Bryan Schaaf:

Excellent. And from a menu standpoint, you mentioned JOEY calls it, Steak Frites, this is top sirloin.

Diana Clark:

Yeah, you could call it sirloin. I mean, that's how you explain it. Don't don't go with the mouse, clearly we all know that that's a terrible marketing idea.

This transcript was exported on Sep 15, 2020 - view latest version [here](#).

Tony Biggs:

[inaudible 00:17:14] Don't go with the mouse, don't go with the mouse, no. You're not going to sell any.

Bryan Schaaf:

We're not here to tell you what to do [crosstalk 00:17:19].

Tony Biggs:

It's not a mouse.

Bryan Schaaf:

And it's the right size too, so somebody is going to sit down at a restaurant and say-

Diana Clark:

"Is it?"

Bryan Schaaf:

"You don't say? They'll cook up anything these days." All right, what else do you want to talk about?

Diana Clark:

What do you think?

Tony Biggs:

How about that hind shank? It's starting to get legs.

Bryan Schaaf:

Pun intended.

Diana Clark:

That was excellent.

Bryan Schaaf:

The shank, right?

Tony Biggs:

We should go make a tee shirt out of this now, right?

Diana Clark:

Oh, yeah, I think so.

Bryan Schaaf:

If you go back to season one of this podcast, we actually have an entire episode built around the shank, where we sat down with our pal, Venoy Rogers from American Kitchen in Orlando. He's got a bunch of

different applications that he uses that hind shank, including using it whole, that's kind of a new thing, right Tony?

Tony Biggs:

Amazing, yeah. Diana, she cut a few one day as we're doing cutting in our meat lab. And she throws them over to us and she says, "Hey, do something with this." And so, this is the beauty about working at Certified Angus Beef, we get to play with a lot of different cuts. But she throws this hind shank over to us, of course, we're going to braise this item because it's a little tough. We braise it, and then we put it into 125 degree oven overnight. And it was just about that time where it's just about the fall of the bone, but we pulled it just in time, we chilled it.

Tony Biggs:

We brought it back to temperature and we said, "Boy, this looks really good, but it's missing something. It needs a jacket, right?" So what do we do? The classically trained chefs put a little bit of mushroom duxelle, wrap this in puff pastry and we have a hind shank beef Wellington.

Diana Clark:

It's awesome.

Tony Biggs:

Oh gosh. Wow. So we serve this to 350 of our great friends at our Food Service Leadership Conference down in Florida and they were just absolutely blown away. We picked a head person at each table, they did the fabrication, not fabrication, they carved it for each one of their participants. They went crazy. Can you imagine this beautiful seven inch bone popping out of a beautiful dark puff pastry, just amazing.

Diana Clark:

[crosstalk 00:19:46] amazing.

Tony Biggs:

And we have a company right now that's looking at using this in some local grocery chains around the country and so we're going to stay tuned for that. I'm not going to mention that too early, just in case it doesn't happen. But if this does, you're going to be able to find this in some pretty high end stores, chefs, so stay tuned.

Diana Clark:

That's awesome.

Bryan Schaaf:

[crosstalk 00:20:10]. Diana, tell me about the make up of that hind shank. Obviously, my brain goes to, because I'm a big dude, right? I'm like marrow.

Diana Clark:

There is bone marrow in [crosstalk 00:20:20].

Bryan Schaaf:

Just put it in a Dixie cup and let me go, right, right? But when you order a hind shank, what are you getting?

Diana Clark:

So it's literally the bottom half of the... So it's right below your femur bone, all right? So you're going to have those bones there, they're a long marrow bone. A lot of times before they would take that and split it for those canoe bones, but they do sell just hind shanks. And usually you'd see that a lot in retail, you'd see those cross cut shanks that used to be really popular, just slice down. But instead of slicing it, we're just leaving that whole and you have that shank meat that's wrapped all around it, so there's a lot of collagen in there.

Diana Clark:

And when Tony says that he had a person fabricate or carve, it was the easiest carving thing, I literally took a fork and just pulled down and then put it on someone's plate because it just shredded apart like no other. And just that again, that gelatinous goodness that we talked about from the flat iron, but it's in that shank muscle. And especially during, as we approached these winter months, it's just that hardy meal that feels good, it feels like you're doing something right when you're eating it.

Bryan Schaaf:

And unlike some of the other things that we've talked about, you can actually order hind shanks. Not everybody may stock them, right? There may be a little bit of a wait, but those are out there, right?

Diana Clark:

Yeah, specifically hind shanks. Now the foreshanks are harder to get, I think those mainly go into retail or they're boned out and sent overseas. But the hind shanks definitely are available, yeah.

Bryan Schaaf:

Excellent. What would be a reason that somebody would specifically ask for a foreshank?

Diana Clark:

So a bunch of retailers were very keen on asking for foreshanks, I don't know why, but I think it's because they've always had them and then all of a sudden they disappeared. So they just were used to having the foreshank, but usually when we have a retail group in back they asked me why they can't get foreshanks anymore and I'm like, "Well, what's the difference? You've got to hind shank, it's got more meat on it." [crosstalk 00:22:15].

Bryan Schaaf:

That's right, yeah. And if you are complaining because a cut has too much meat on it, you're not our people, you have to go.

Tony Biggs:

You have to go, immediately.

Diana Clark:

The door's right there.

Bryan Schaaf:

You don't have to go home, but you can't stay here, guys. I'm sorry, right? More meat is always, always, always in fashion. Can we talk about one of my most favorite cuts in the whole world? And I remember having this conversation almost a decade ago, before this was something that was really being made. I had a friend of mine who was actually a neighbor at the time, who said, "Why is there pig bacon but there's not bacon from cattle?" And I never really got a really good answer. And the reason really, I guess nobody was just making it at the time. Because anatomically, pork belly, beef belly, anatomically they're very similar, just different sizes, right? Can we talk about the beef navel?

Diana Clark:

Yeah, that's a great cut. And it's funny because I think way back when it was produced, I mean the short plate was produced pretty regularly, but then it just didn't really gain any popularity in the US and so it started going overseas more than anything. And it's kind of funny because then we start seeing this huge hit for bacon and there's just a lot of people wanting more and more bacon. And then we start realizing that there's this avenue of people that do want bacon, but they can only have beef bacon. And so then we start moving towards, "All right, well, hey, we do still have those short plates or beef bellies, let's utilize those." And so that's when this started coming together.

Diana Clark:

And it's kind of funny, we had a couple of chefs coming and asking us where they could get a beef belly from and Dr. Phil Bass happened to be walking around at JBS Hyrum Plant. And all of the sudden they were cutting beef bellies on the floor, and he's like, "What are you doing with those?" He's like, "Oh, we don't really... We're just throwing them in the 50/50 trim. We don't really have an outlet for them." He said, "Well, hold on, we can connect these dots here." So through that, that relationship... And that's kind of the cool part with Certified Angus Beef is we have a really great relationship with our packing partners so we can help communicate to them when there is that need, that demand. And man, I'm so happy that that beef belly has taken off, so happy.

Bryan Schaaf:

It's delicious. Tony, I have seen this used in a lot of different applications, right? It's not all going to beef bacon. Actually, our buddies Brett Sawyer and Vince Thomascik up at The Plumb in Cleveland, they would take a whole navel, they would actually split it because it's such a large piece when you get the whole plate in and they would braise it and then they would press it for 24 hours. Actually, they would press it using a sheet pan and on top of the sheet pan was the complete Ferran Adria cookbook set because they're heavy. So there's more than just recipes in those books, they are also great for pressing beef belly.

Bryan Schaaf:

They'd pull it out and then they would slice it a half inch thick and give it a quick fry on the flat top. So you get this soft braised, but there's also a thick seam of fat that runs down the middle of it that had broken down and then you're making it crispy on the outside. And it was just all of the best elements of

why we choose to eat, meat specifically, all on the plate. It was really my introduction to the beef navel. You've probably seen umpteen different... I mean, what are your favorite applications for them?

Tony Biggs:

Well, Diana kind of hit the nail on the head where it's just one of those artisanal things, it's gaining popularity, not only in the US but the world. We have a company, we have a beef bacon out called Shamacon and it's just taking the Middle East by storm right now. But getting back to Bryan's question, we have done a lot of great things. Bryan was kind of, he was going towards the pork belly, the braised pork belly, then seared, we've done this with the beef bacon. So we've done this with a navel where we sous vide or braise the navel and then compress it. But we use number 10 cans, those are pretty heavy. So we don't have those kinds of books we want to get ruined. And then we press that, we slice that.

Tony Biggs:

So there's a couple of different ways, you can do a very, very nice Kung Pao beef with this where you actually sous vide and then you put it into a Kung Pao XO sauce with lots of soy sauce, sweet soy sauce, XO brandy, a little bit of Chinese wine, herbs, star anise, garlic, the usual suspects, right? And then that comes out and you can sear it really nicely on a flat top, that goes beautifully in steamed bao bun with a little bit of sriracha mayo and some pickled red onions. We've done this before, amazing.

Tony Biggs:

We've also taken that beef belly, we put that on the slicer, cut it at about a quarter inch thick, seared it real quick, just with salt and pepper. It's just amazing when it crisps up. We've done potato skins with beef bacon, right? So we've taken the already cured navel, we've chopped it up very, very fine. It's put it in the deep fryer or fry it the way you want it, so it's very, very crispy. Put those into potato skins with lots of cheddar cheese and dip those into a sour cream [inaudible 00:27:41]. Diana, you're looking at me like [crosstalk 00:27:43].

Diana Clark:

I'm drooling.

Tony Biggs:

Are you hungry right now?

Diana Clark:

I am.

Tony Biggs:

Are you hungry?

Diana Clark:

I am.

Tony Biggs:

Yes, so amazing great things with the navel. I mean, not only just bacon, but you can just take this to another level. Okay, how about scallops wrapped in beef bacon? Okay? With a little bit of... What did we do last month? We did candied beef bacon, right? So we take the bacon, we cooked that on the screens, about 450 degrees, gets it really crispy. And then we made a chili, garlic sugar that went over this, with a little bit of Brown sugar. And to top it off we put little micro greens on top of this, right? We did one with Sesame seeds, black Sesame seeds. We dipped one in chocolate, can you imagine that? And a little bit of micro green on top of that, chef's amazing. Not only that, you can do a bacon clothesline, you got me going on here now, you really got me going. I'm on [inaudible 00:28:35]

Diana Clark:

I know, [crosstalk 00:28:34].

Bryan Schaaf:

He's had his coffee this morning.

Tony Biggs:

Put that on a bacon clothesline, what a great picture. You can serve this in your bar, amazing. I would highly recommend you, like Diana said, call us, email us, we'll give you some great tips.

Diana Clark:

Oh, yeah.

Bryan Schaaf:

Yeah. The two uses, or I shouldn't even say the uses, some of my favorite ways to eat that, right? I feel like we could be here for an hour and be like, "Let me tell you about my favorite things that I've eaten." Chef Peter Rosenberg, who we mentioned, he's never actually been on the podcast, but he's a Certified Angus Beef Chef. He will just do a flat on, let's treat it like pork belly. He'll score the top and it becomes just so succulent, it's so good. And you're just kind of snapping off those little [crosstalk 00:29:19]. Right, [inaudible 00:29:19].

Bryan Schaaf:

The other application that I really like, and if you are from Texas and you eat barbecue, I want you to right now just turn the sound off, you don't want to hear this, right? Burnt ends, right? Right, and it's one of those things we tell our friends, we never tell it to people in Texas because they're going to be like-

Diana Clark:

Or [inaudible 00:29:36].

Bryan Schaaf:

Yeah, [crosstalk 00:29:37]. But if you are outside of Texas and you need more of a... If there's not enough brisket point, right? Who doesn't love burnt ends, right? For me, and I love you brisket, but the best part of the brisket for me is the brisket point, it's the fatty side, right? I love my brisket slices with the nice seam of fat down the middle, but the fatty brisket side, that's my jam all day long. You can make burnt ends out of beef belly.

Tony Biggs:

It's amazing.

Diana Clark:

Yes.

Tony Biggs:

So, so, so good.

Diana Clark:

It is so good.

Bryan Schaaf:

Guys, we have approached the 30 minute mark, which all of our studies have shown, that's about the maximum amount of time people can stay in a room with myself before I start to get really old. So I'm going to turn you guys loose here on this episode of The Meat Speak Podcast. We appreciate you all for tuning in, please know that if this is your first time catching us, you can find us across all of your major podcasting platforms, Apple, Google Play, Spotify or by visiting certifiedangusbeef.com/podcast. Also give us a follow on the gram, we've got our own Instagram channel right now. It's @meat_speak, I think, might just be @meatspeak. I don't know, I'm not a millennial, I'm a Gen Xer, right? I just do what they tell me to do, but give us a follow. Obviously, follow myself, follow Chef Tony, followed Diana on the Instagram.

Bryan Schaaf:

And honestly we've only touched upon five different cuts that are not necessarily in the mainstream. If there are other cuts out there that you are vaguely familiar with but you don't really understand them, shoot us an email. Shoot us a... What's the millennial term? Slide into our DMS on the Instagram, right? And we will get back to these, sometimes, honestly, it's just confusion in how it's named, right? Because some cuts are named by their Latin names, some cuts her name by their marketing name, some cuts are just called a mouse, some cuts are just named after a rodent. We should do an episode all about how cuts get their names, right?

Diana Clark:

[crosstalk 00:31:40] names, yes.

Bryan Schaaf:

Put that one on the books. Until next time guys, we appreciate you guys. Chef Tony Biggs, meat scientist, Diana Clark. All of y'all at home, in your cars, hopefully you're driving safe, thanks for tuning in. We'll catch you next time, thanks guys.

Bryan Schaaf:

Surprise, you thought we were done but like any good artist in the 1990s who put out CDs, if you are still listening and you didn't just instantly pull the plug on your phone, we've got a bonus track here for you.

Because when we hit the rap, Tony had one that clearly we had forgotten. Tony Biggs, what do you have for us?

Tony Biggs:

Well, I was at the Culinary Institute of America this week with my colleague, Peter Rosenberg, and one of the instructors, Brendan Walsh, who has been to the CIA, been to our Wooster campus, he mentioned beef tendons. And I said, "Oh, you mean chicharrones?" He goes, "Yes." And I said, "Yes, we have perfected..." One of our chefs here, Gavin Pinto was challenged with the task, and he came up with an amazing beef tendon puff, which we deep fried. And then I think he made a [inaudible 00:33:04] cream with it. And I thought we should bring this to your attention because this is one of those hidden gems, if you don't want pork Chicharrones or pork tendons, the beef tendon is something to look at.

Diana Clark:

Yeah, and I'm guessing that you can order this. We've actually never tried to be honest, but I know you can order chicken tendons, so I'm assuming if there's a person that wants beef tendons, they go out there and ask for it, they definitely can get it. Basically, imagine, if you are a Taco Bell fan, those cinnamon twists, the cinnamon swirls. That's exactly what these looked like, but then he put this distilled vinegar, that vinegar seasoning on there.

Tony Biggs:

Amazing, amazing.

Bryan Schaaf:

It's like a malt vinegar powder?

Diana Clark:

Oh yes, it's so good.

Tony Biggs:

Yeah, it really is.

Diana Clark:

You can't stop once you start.

Bryan Schaaf:

Let's talk about the anatomy of this, right? Pork chicharrones, pork rinds, right?

Tony Biggs:

Pork rinds.

Bryan Schaaf:

Yeah, at what point in our, I guess, is it the Mason-Dixon line where they go from chicharrones to pork rinds, right?

Diana Clark:

Yeah, I think so.

Bryan Schaaf:

But anatomically we're not using pig tendons, pork tendons.

Diana Clark:

Yeah, usually fat for your pork chicharrones. But for beef, I think that we've tried fat, it's not as... I mean pork fat's way more unsaturated. I was surprised when Gavin just said, "Save me the tendons, I want to do something with it." And of course you see his mind working when he asks that question. So I give them to him excited because I know something great is going to come out of this. And then he brings back a couple of days later, these tendon puffs that are incredible.

Bryan Schaaf:

You want to go to the vending machine and get a bag of them.

Diana Clark:

Yes.

Bryan Schaaf:

All right, Tony are you familiar with the process? [crosstalk 00:00:34:49].

Tony Biggs:

Yes, I am. So, picking Gavin's brain is kind of like the chicharron, you bring these to a boil or you can sous vide them for a long period of time. We actually just boiled these because you have to break them down. We dehydrated in a dehydrator, which has probably overnight and then get those real dry. And just they kind of look like shrimp chips. If you go to an Asian market and you're buying these puffs that you throw into the fryer, they puff up automatically and they're beautiful in color. Well, it's the same process. Put these into the fryer, these puff up automatically and you have a beautiful beef chicharron.

Diana Clark:

It's incredible.

Tony Biggs:

Amazing.

Bryan Schaaf:

Delightful, delightful. Puff tendons, beef tendons, right?

Tony Biggs:

Puff tendons.

Bryan Schaaf:

Highly suggest them, I've eaten a few of them in my day, [inaudible 00:35:43] go ahead and full disclosure. So there you have it, if you stuck around, right? If you stuck around through the bumper music, there is your Meat Speak hidden track. By the way, my favorite hidden track of all time, because they're hidden, so not everybody knows they're out there, The Counting Crows. They've got a song called Kid Things at the end of their second album and it's just mind blowing.

Diana Clark:

[crosstalk 00:36:01].

Bryan Schaaf:

It sounds like the drums are being played on a five gallon bucket.

Diana Clark:

Wow, that's awesome.

Bryan Schaaf:

[crosstalk 00:36:06] that good.

Tony Biggs:

I've done that before when I didn't have real drums.

Bryan Schaaf:

Outstanding. Well, we've already given the official close, so Chef Tony Biggs, meat scientist, Diana Clark, guys, thanks for sticking around and for you at home way to stick around, right? Right, it paid off not being able to hit the off button because you were in traffic, well done, well done. Until next week, we'll see you guys later.