

Bryan Schaaf: Back here on the Meat Speak Podcast, powered by the Certified Angus Beef brand. It is 2022, and I love this time of year because we get a chance to really ... it becomes a bit of a pick 'em. Right? Whatever topic is interesting and timely to us.

Diana Clark: Yes.

Bryan Schaaf: And that said, what we're going to dive into is the least timely thing at all possible. We're actually going to rewind many, many decades. But before we do that, joining me in studio, as always, all the way across our fancy electric table that raises and lowers, Chef Tony Biggs. How you doing?

Tony Biggs: Hey. How are you? How's everybody?

Bryan Schaaf: It's good to see you, man.

Tony Biggs: Good. Good to see you guys.

Bryan Schaaf: You look extra tall today.

Tony Biggs: Come to-
[crosstalk 00:00:46] Happy New Year!

Diana Clark: He does. I thought the same thing.

Tony Biggs: Is it with the hat?

Diana Clark: It might be, yeah.

Bryan Schaaf: Yeah, I think your stocking hat is extra tall.

Tony Biggs: I'm losing my hair, so that's why I have the hat now.

Bryan Schaaf: I understand. Yeah, I understand.

Tony Biggs: That's what my brother, he taught me that years ago. I said, "Why are you always wearing the hat, Jim?" "Oh, I'm losing my hair." Oh, great idea.

Bryan Schaaf: It's a different level of cold when you don't have hair.

Diana Clark: It definitely keeps it in.

Bryan Schaaf: Yeah. Right? And in between us, as always, meet scientist Diana Clark. How are you doing?

Diana Clark: Fantastic.

Bryan Schaaf: Nice.

Diana Clark: Yeah.

Bryan Schaaf: Nice. Guys, we are going to get into the way back machine. We're actually in a tiny studio here. We'll go ahead and envision that it is a hot tub time machine. And we're going to go all the way back into really a good century ago or thereabouts. And we're going to talk today about some things that are old-timey, old-time dining traditions, old-time cuts, things like this.

I will tell you, last week, I had the opportunity to be in Miami, Florida. It was 82 and sunny, as opposed to the blankets of snow that we're currently dealing with right here in Ohio. And we got to go. Actually, Paige, the social media guru, and I were down there. We got to go to one of my most favorite places on the planet. It's this place called Tropical Acres in Fort Lauderdale. They were-

Diana Clark: That sounds fun.

Bryan Schaaf: Yeah, right. They were started in 1949. The gentleman who started it, the same family owns it, ran the commissary at Pearl Harbor. When the war ended, came back home, opened this restaurant. And this restaurant is everything that is grand about old school South Florida, huge dining room. They've got the ceiling fans with the palm leaves on it.

Tony Biggs: Love it.

Bryan Schaaf: It just feels good. And you look at the menu, and the menu has gone relatively unchanged since 1949.

Diana Clark: Oh, that's cool.

Tony Biggs: Oh, wow!

Bryan Schaaf: It's one of those things like, "You know what? You guys got it right back then. So why change it? It's not broken." Right?

Tony Biggs: Does it have the cottage cheese with leaf lettuce or-

Bryan Schaaf: And a little ramekin on the side, oh, and the key lime pie.

Diana Clark: The key lime pie has got to be there.

Bryan Schaaf: Yeah. Which, by the way, that is at the end of your meal. It's not just, "Here's a dessert menu." Right? They have a glass cased-in dessert cart that they bring tableside, and they're like, "Does anything look good in here?" I'm like, "Yes!"

Diana Clark: Everything.

Tony Biggs: Wow.

Bryan Schaaf: It's amazing. Amazing! So that said, that certainly played into, at least my thinking of, man, I love old-school cuisine. Tony-

Tony Biggs: I got you both beat because I'm older than both of you, so this is right up my alley. Right?

Bryan Schaaf: Well, right. Tony, this has got to take you back. Right? Of course, your first real cooking restaurant, you were a singing waiter in the Grainery Inn, at your father's place. That was old-school dining. Right?

Tony Biggs: That's old school. I mean, listen, my dad was a visionary, actually. I mean, back in the 70s, the cuisine back then, if you remember, is scallop Saint-Jacque. It's tableside flambes, Irish coffee, bananas Foster, cherry jubilee. He was a vision, and he loved meat. So we had a porterhouse. We had T-bones. We had filet mignon. We had individual beef Wellington.

Diana Clark: No, way.

Tony Biggs: Yes. And guess what? We have been serving that lately at our culinary center, and people are going ... they've never seen it before, an individual beef Wellington. It's always like the whole loin, the center cut loin. But, hey, you can do individual Wellingtons if it's done right and properly in the proper seasoning, searing, and wrapping. You can do this, ladies and gentlemen. Come see me. We will teach you.

Diana Clark: Sometimes it's a surprise on what's on the inside, too. That's the fun part.

Tony Biggs: It's a surprise.

Diana Clark: You don't always have to be tenderloin. Right?

Tony Biggs: It's like a Cracker Jack box. Right?

Diana Clark: Exactly.

[crosstalk 00:04:25] It's like, "Ooh, what meat is it going to be today?"

Bryan Schaaf: Although I would argue that a traditional beef Wellington made out of a whole loin, that could be an individual one too if you're hungry and committed.

Tony Biggs: Well, yes, it can be. Yes. And I've seen you eat. Yes.

Bryan Schaaf: I'm just saying. Right? You've got to cross-train for this physique, Tony Biggs.

Tony Biggs: Yes, yes.

- Bryan Schaaf: That said, let's dive into it. Right? Of course, we are a meat-centric podcast. Of course, we're powered by the Certified Angus beef brand, so we are biased. Right? But there are things ... We are the oldest beef company that there is. Right? We were founded in 1979 in terms of branded programs. These are traditions that go back well beyond those last 43 years that we have been in existence, which is super cool. When you look at these old-time menus, and again, I mentioned places like Tropical Acres. We went to Okeechobee Steakhouse, which is just as old.
- Diana Clark: Oh, yes.
- Bryan Schaaf: They have the original menu on the wall, and you see these dishes. And it's like, "Man, I wish more of these would come back in." Right? A couple of years ago, our friends up in Cleveland at The Plum, which unfortunately has fallen victim to COVID and isn't around anymore, but they did a popup steakhouse menu at The Plum, where they had creamed spinach. They had all these old-school sides, and then they focused on a couple of these oddball, they're-not-around-anymore cuts. And that's something I know, Diana, that you are familiar with a lot of these things because you were involved when they were asking, like, "How does this need to be cut?"
- Diana Clark: Yeah.
- Bryan Schaaf: Because you can't get them this way anymore. Right? So that is the impetus behind what we want to go into is. I guess my evil plan in all of this is, if you are listening ... I know a lot of our listeners are industry folks. Either you're a salesperson. You're a chef. You're a restaurant. You're a meathead. You're a meat nerd. My evil plan in all this is I really want to see these start to come back a little bit more than they do. Right?
- So we're going to go through several of these old-timey steak dishes. And again, I'm just the eating end, but between Tony and Diana, I know we've got our holster full with lots of nuggets. Tony, one of the ones that I want to start with, and it's one we've actually done here in the culinary center. I think we actually just did a video on it. Right? Although you don't see it pop up on a lot of menus, Steak Diane.
- Tony Biggs: Oh, steak Diane. This is-
- Diana Clark: I feel like that's an ode to me. Right?
- Tony Biggs: This is homage to you. Right?
- Bryan Schaaf: Right?
- Tony Biggs: But when we do these podcasts, ladies and gentlemen, we do a lot of research, so I'm referencing a lot of these material from things I've read. So if you say,

"Oh, chef Tony, you don't know what you're talking about." Well, okay. Well, you know what?

Diana Clark: He knows what he's talking about.

Tony Biggs: I apologize, but these are some of the things that I've found very interesting reading in terms of beef. So did you guys know that Diane was a Roman goddess? Did you know that?

Diana Clark: I did know that. Yeah.

Bryan Schaaf: I did not.

Tony Biggs: Okay. And she was a goddess of wild animals and the hunt, and she was a protector of women and became associated with marriage and all of the things that go with it. And she considered her body sacred. According to Roman mythology, one day, she was bathing when a hunter happened to come upon her. Diana was outraged and turned the hapless hunter into a stag. Okay?

Diana Clark: Ooh.

Bryan Schaaf: Wow!

Tony Biggs: This fable may explain why, in many artistic depictions of Diana, she is accompanied by a steer. So yes, if you go online and you look at this art, she is accompanied by a stag. Okay?

Diana Clark: I feel like I've actually reached my calling of my name. Wow!

Tony Biggs: Yes, yes. And we're going to put a huge statue outside the culinary center with ... Rh? That's it.

Diana Clark: Who's going to make it so it's a carcass? I feel like it'd be more right that way.

Tony Biggs: And that, my fellow gastronomes, brings us to Steak Dianne.

Bryan Schaaf: Very nice. Right?

Tony Biggs: All right? So in the 19th century, okay, sauces made ala Diane were dedicated to Diana, and they were accompanied mostly used by venison. Okay? So it was composed of cream, truffles, ample amounts of black pepper. And the first mention of Steak Diane really comes from the culinary guru and grandfather, Auguste Escoffier. Right? You know who Escoffier ... We've talked about him before.

Bryan Schaaf: The chef thing might work out for him. Right?

- Tony Biggs: All the chefs know who he is, the grandfather of all chefs, Escoffier. This was beautiful where he did this. But in New York City, that was the rage in the 60s, 60s and 70s, with the Steak Diane. I mean, all these great restaurants like the Drake Hotel and the [Nathanderland 00:09:12] Hotel. Sorry about that. They were contenders for starting this craze, and they wanted to be the first one to make the Steak Diane. Because you know what? When you do that tableside, and you're seasoning it, there's something about when you're flames. Right?
- Diana Clark: Yeah.
- Tony Biggs: When you're sitting there, and somebody's flambeing in front of you, it's just amazing. Right? And somebody makes a cream sauce out of cognac and black peppercorns, and salt, and pepper. It's just amazing. And guess what? We are bringing that back because that's one of my favorite dishes of all time.
- Diana Clark: Yeah, it's fun.
- Bryan Schaaf: So, Tony, tell us, when you are making Steak Diane, and like any recipe, things have changed over the years. It surprised me to notice that fruit was an ingredient in old-time Steak Diane sauces. Today, when you're making a Steak Diane sauce, what are you making that from?
- Tony Biggs: I'm a really classical guy. I think chefs now miss the classical edge of knowing what the recipes were back then. Of course, when you take that recipe now, and you embellish it with fruit and all that, it's not really the classical recipe. Now it's your own. Right? Steak Bryan or Steak Tony with mango or whatever. Right? I've never had it with fruit, Bryan, so that's a new twist to me. Right? But I really like the cognac, the cream, the black pepper, chopped parsley. Maybe I'll throw some mushrooms into it, some nice foraged mushrooms, and that's just beautiful.
- But Steak Diane is really close to steak au poivre. Right? And in that case, that is really ... This was an interesting tidbit, too, because Émile Lerch in 1950 at La Revue Culinaire Magazine staked his claim being the inventor of steak au poivre, stating that he first made it in 1930. The restaurant Albert was owned by Albert Blazer, who would go on to head Maxim's in Paris, which is a very famous restaurant hotel. Right?
- He said ... Oh, you're going to love this one. You're going to both love this one. He said he had received a shipment of frozen beef from America, not certified Angus beef, now. Okay? We're going back in time. That looked great but lacked flavor.
- Diana Clark: Oh, if we were there ...
- Tony Biggs: I went, "Ooh."

- Bryan Schaaf: Oh, boo.
- Tony Biggs: At that time, the restaurant was full of Americans and Brits who had ruined their taste buds by indulging on too many cocktails before dinner.
- Bryan Schaaf: I got to admit I've been there.
- Tony Biggs: Oh, wow. Right. He came up with the peppercorn idea to give the meat some taste and to make sure the customers were deadened taste buds so they could taste it. Period. Deliveries called it steak au poivre to indicate its dual origin, American beef and French cooking.
- Bryan Schaaf: Yeah.
- Diana Clark: How do you make steak au poivre? How does it differ from Steak Diane?
- Tony Biggs: Steak Diane and steak au poivre, that is a great question. And I pulled a nice recipe from Julia Child and Jacque Pepin, and they have it really interesting because they use green peppercorns, and they smash them into the steak. So really, the peppercorns are really embedded in the strip steak or the filet mignon.
- Diana Clark: Okay.
- Tony Biggs: Embedded, like different from the Steak Diane, which is more cream-based, sauteed. It has black pepper, but this one is really crusted with peppercorns. Some use three or four different peppercorns, white, black peppercorn, etc., etc., etc.
- Bryan Schaaf: Yeah. And I've noticed a lot of times that pepper, they've obviously crushed it with a mortar and pestle.
- Tony Biggs: It's mortared, yeah.
- Bryan Schaaf: But sometimes you'll see large chunks, almost whole peppercorns on the steak, which I kind of like it. I mean, it kicks it up a little bit.
- Diana Clark: When we had that group in from South Korea, the chef there, he was very ... I mean, he massaged-
- Tony Biggs: Massaged the meat. Right.
- Diana Clark: ... the pepper into the meat. That was a huge portion of the time that he took to make sure that that pepper really adhered to it.
- Tony Biggs: And really, this is finished off with a demi-glaze, a sauce. Okay?

Bryan Schaaf: But even that demi is pepper-centric. Yeah.

Tony Biggs: It's peppery. Right.

Diana Clark: Pepper based.

Tony Biggs: And finished with Calvados. Okay? That's an apple brandy from Normandy. Yeah, if you want spice, you want that heat, that is a really good dish to bring back, too. And again, I've seen it done a couple of different ways with different styles and mushrooms and different categories of mushrooms and all that. But the black peppercorns are the key to-

Diana Clark: That's the ingredient.

Bryan Schaaf: Yeah.

Tony Biggs: Yeah.

[crosstalk 00:13:53]

Bryan Schaaf: Yeah. That's interesting. And both of these, I guess tradition is always mentioned in the vein of culinary things. Traditionally, these are tenderloin, but I mean, strip gets ... Actually, that's exactly what I had at the Tropical Acres was a steak au poivre using strip.

Tony Biggs: And we're in the time now where secondary cuts of meat are being used for these old-time classics, which is acceptable because of the prices of food. Right? Now that we're going through these days.

Diana Clark: Everything, yeah.

Tony Biggs: So if somebody's going to use, let's say, a ball tip, break it down and just pound it out slowly, lightly, and do that, and Jaccard it.

Diana Clark: That would be a great application for it.

Tony Biggs: That is a great application, right?

Diana Clark: Yeah.

Tony Biggs: I mean, fantastic. So it gives you some idea, chefs out there listening to this podcast.

Bryan Schaaf: What if you do a cool out with the fat cap left on?

Tony Biggs: A cool out, yeah.

Bryan Schaaf: And then you're pressing the pepper, not into the meat as much. You're pressing it into that fat cap.

Diana Clark: Get it all on there. Ooh.

Bryan Schaaf: It would be delightful.

Tony Biggs: I love that.

Bryan Schaaf: I'd eat that twice.

Tony Biggs: We could come up with so many ideas

Diana Clark: You could do a smoked pepper.

Bryan Schaaf: Oh, my gosh, smoked pepper?

Tony Biggs: Yeah, the smoked pepper.

Bryan Schaaf: They smoke anything these days. Okay, so the steak au poivre, this comes with a word of caution. I say that because I was there. So a couple of years ago, Chef Michael Joliet, who's been on the podcast many times, he and I were in Columbus, Ohio, doing a cooking segment right on the news channel as a lot of people do. He was doing steak au poivre, and standing next to him was one of the anchors. Right? As you see these cooking segments. And she was very tiny, so she actually stood on a box behind the counter, so it leveled out their height.

Diana Clark: That is hilarious.

Bryan Schaaf: And the moment that his meat that had the pepper crusted on it, the moment that it hit that scorching pan, it smoked, and that pepper smoke went straight to the anchor's face. Right? And up her nostrils, and she dropped off her box on live television. Basically, it was like getting pepper sprayed.

Tony Biggs: Wow!

Bryan Schaaf: Now, it all worked out. The cameraman actually kept a nice, tight focus on the meat in the pan, so you just heard some rumbling in the background. And actually, the gal who did the weather stepped up and actually finished the segment with Chef Michael.

Diana Clark: Wow! Way to step up, team.

Tony Biggs: Yes, wow!

Diana Clark: Very fast-acting.

Bryan Schaaf: Yeah, so make sure you have proper ventilation while you're doing this.

Tony Biggs: Or don't get too close. Right?

Bryan Schaaf: Incredible, yeah.

Tony Biggs: Right.

Diana Clark: Yes. That's happened to us recently at home. You go to see your steak that has a lot of pepper on it, and it's like, "Oh, gosh, I'm getting choked up."

Bryan Schaaf: Oh, yeah. I go into a sneezing fit.

Diana Clark: Yes!

Tony Biggs: You know what I mean? Oh, my gosh, where's the tissue? Yeah.

Bryan Schaaf: It's amazing. All right. You know what? We started out with two that they're less to do with the specific cut and more to do with the preparation. We're going to turn it and go to two cuts that are meat-centric. Right? These are very specific cuts. Diana, if you wouldn't mind, the first one we're going to jump into, the seven-bone chuck steak. There's a lot going on there.

Diana Clark: Yeah. And it's basically all how they used to break down a side of beef. So before, they used to take off that brisket, and they would cut straight down to the table. And when you do that, you're actually cutting into the clod, so that's why we avoid doing that. But when you would do that before, you would create this square-cut chuck. And within that square-cut chuck, then you could go on the rib end and cut towards the neck or towards where the head of the animal would be, and that's where your seven-bone stakes would come from. You'd cut them back that way.

And you could come on the other end where you cut that brisket off, and that's where your arm roast would come from. I always say, if you guys look at old pictures, the arm roast almost looks like a dinosaur head. I swear if you go look at it, you'll totally see it. And it's very easy. So we had to identify these for 4H meat judging. So teaching kids, you got to look for these specific parts, so that's the dinosaur head. The seven-bone, the blade bone is in there, and it looks like the number seven, so that's where that came from, seven-bone steak.

Bryan Schaaf: Yeah. And you don't see those around as much anymore because you've got a lot of different muscles in there. Right?

Diana Clark: Yeah. I mean, by making those, we were forgetting about the flat iron. I mean, we were cutting into that. We were cutting in, I mean, the short ribs. We weren't pulling off chuck short ribs. The chuck flap, the chuck roll, everything was just going into that steak. Then we realized, well, if we just separate this out

... Now, looking at pork, so if you look at a pork, a Boston butt, a bone-in Boston butt, if you cut that back into your blade steaks, that is essentially your seven-bone steak. It's going to be that same section. So if you want to see what it would look like in a miniature version, you could do that. Just go get a blade steak and look at it. And then you could try to guess what all the cuts are within the pork blade roast.

Bryan Schaaf: Yeah. So I remember a couple of years ago we mentioned this. This was a dish that was done just as a limited time up at The Plum. Because there are so many muscles on there, instead of doing like a traditional grilling or searing on a flat top, they actually sous vide it-

Diana Clark: Very smart.

Bryan Schaaf: ... and then finished it to give it some color to give it some caramelization on the outside. But I remember there was a diagram that we put up side by side with this, identifying each of those muscles because they all do. It's very evident. You can see they are going different directions, so you're going to get some toughness unless you-

Diana Clark: Yeah, sous vide is the best option. If you think about it, it's from the chuck, so you're going to have a lot of collagen in there. A lot of cuts that usually we braize anyways to help break it down and make it more tender, or we seam out because there's those really heavy pieces of connective tissue. So you got to make sure you break all that down in order to really have a good eating experience. Otherwise, you're going to be chewing quite often.

Bryan Schaaf: Yeah, yeah. Tony, you got any experience back in the day with these?

Tony Biggs: You know what? I know what you're saying about the pork. I've seen that before in the grocery stores. I think I probably bought that steak probably back in the 70s with my mother and just picked it out of the case. And I had no idea what it was. It just looked good. So I think we should bring that back, and we should try that again at the center.

Diana Clark: So that's the hardest part. We've got side of beef in, so we're very fortunate that we can do that. But just from getting it from an actual packer is challenging. I mean, even when we ... for The Plum, we were fortunate enough that one of our partners was able to work with [Bull Yance 00:20:26], which is where we get our sides from. Bull Yance actually called me and asked me what they were talking about. So walking through of how to break it down and what to do there just took a few finesse in making those steps come to action, but we did get it done. But it was definitely a struggle. So just to let you know, that's why it's not really readily available because you're getting rid of the flat iron. You're getting rid of the clod heart. You're getting rid of the chuck roll, which already have all of these homes, so it's harder to make that happen.

Bryan Schaaf: Yeah. Economically, it probably doesn't make sense for packers either because if you fab that out, those pieces are worth more individually as opposed to a-

[crosstalk 00:21:07]

Diana Clark: Yes. How much are you really willing to pay for it is what the final question comes down to. And that's why the Packers really don't do it because no one wants to pay that much for it.

Bryan Schaaf: Yeah, yeah. You know, what I do love about that whole setup is when you have something that's sous vide, and then you're hitting it on a high heat source to give it that color, you're getting the best of both worlds. You're getting that braised inside and that crusty steak outside.

Diana Clark: All right. I got-

Bryan Schaaf: We need more of that in the world.

Diana Clark: I got to ask you as a chef, Tony. So I love sous vide from the convenience. I love it from the tenderness, but I am not good at getting that crust after sous vide. I don't think it's the same. You know what I mean? I don't think it's the same crust as it hits the grill. I want to put an egg wash on it or mayo to try to create that reaction. But do you have tips on that one?

Tony Biggs: I hear you there. I feel like there's a place for sous vide in our culinary world, and I have friends that are doing it. I got a friend that makes a million steak bites for Starbucks and Dunkin Donuts. But when I cook a steak, I am going to ... what we do. What I like to do is I like to put a little bit of olive oil. Brush it on there on a sous vide. Let's say the steak with sous vide. Brush a little bit of olive oil. Get your grill or pan searing hot, and you just let it go. Let it sear on both sides. Let it get a nice brown crust, and I think that would work. Have you tried that? Have you tried that?

Diana Clark: I have not, so I'm going to. I'll have to give that a go.

Tony Biggs: Yeah, we can, we can cook up a steak for lunch, and we'll invite Bryan over too.

Diana Clark: Hey, that sounds good.

Tony Biggs: I think just brushing a little bit of-

Bryan Schaaf: It's funny how this always works out. Huh?

Tony Biggs: I think if you just put that on a ... it depends how hot your cooking stove is, your grill and your pan is, I think, because you know us. We get things really 500 degrees.

Diana Clark: Hot, yeah.

Tony Biggs: Piping hot.

Diana Clark: Piping hot. You're sweating in the back.

Tony Biggs: We're sweating in the back. Yeah.

Bryan Schaaf: It's good to have a hood system that's fully functioning in this.

Tony Biggs: Well, it's not good in an apartment. Let me tell you that right now.

Bryan Schaaf: Going from one cut from, I guess, the front and the four quarter of the beef animal, we're going to go to the backside where there's actually similar in terms of what it is, but obviously, a different anatomical region on the carcass is the pin bone steak.

Diana Clark: That's basically a bone-in sirloin that you're cutting. And that's really not found because that bone is usually taken off pretty fast. And yeah, the sirloin really tastes better without the bone, personally, because you have all those other extra muscles on there like the mouse muscle, the coulotte. And so, by doing a bone-in sirloin, we're going back to cutting it, that coulotte, with the grain. And so you're ruining that coulotte experience. You're keeping all of that connective tissue that we like to seam out when we're making our one-thirds/two-thirds top butt. So that's why that's definitely faded off, and it's hard to find for sure, even from a packaging standpoint.

You see some of your local, small places. I think of ... So like my father-in-law, he brings his cattle to a small packing plant, gets them processed and sent back. And sometimes, there's a lot of these cuts that they still do because they never learned how to do it any differently. They don't do a seven-bone steak, and they don't do the pin bone steak, primarily because it usually pops the vacuum package bag. And so they're really hard to package, so it's not worth it for them. They end up wasting a lot of bags. So boning it out, package it, freezes well, good to go. That's kind of the-

Bryan Schaaf: Yeah. There's a lot of cuts going on there. I remember I first heard about it from our buddy, Justin Brunson from River Bear Meats in Denver had said ... because he was asking about it in a meat lab here, and Chris Cosentino in San Francisco has got a restaurant called Cockscomb. At least before the pandemic, he had this pin bone steak on his menu, and it was a hassle to get. I know that his meat company, his distributor, I think ... once you even figure out how to cut it, it's still a pain to make it happen. What I like to think of as the pin bone steak is that if you grow up watching cartoons, you see that classic cartoon steak with the nub in the middle of it.

Diana Clark: One way you could do that ... The pin bone is usually the one that has a ... it's out to the side, the big round steak that has the bone in the middle. So it's literally like a center cut round steak, which would be, again, like your ham, center cut ham slice, so same thing. That would have the bone in the middle and all the meat around it. If you really want to do that, that'd probably be the easiest one to bring back because you can definitely order a steamship round, and then you just need to get ... Cut with a big knife, your BFK. Bring that one out there, your big fantastic knife. And then take a hand saw and cut through that bone, and then you'd create it. I mean, we've definitely done that and back with a steamship round before, so that would be the easiest one to bring back.

Bryan Schaaf: It would look really cool, and-

Tony Biggs: We've done that. Yeah.

Bryan Schaaf: Right?

Diana Clark: Yeah.

Tony Biggs: That is amazing. Right? It's like Freddy Flintstone. Right?

Diana Clark: Yeah, and talk about feeding a crowd. I mean, you all just gather around and sit and eat.

Tony Biggs: Now that's something I would sous vide. I would definitely sous vide this cut because I found it to be very tough. So that would be a really good ... well, try to find a bag big enough for it. Right? We could get a jacuzzi, though.

Bryan Schaaf: Right? It's the round too, so it's economical. Right? And especially at this time when everybody's looking for different things. Like, dude, here-

Diana Clark: Talk about a show, too, yeah.

Bryan Schaaf: ... here you go. Right? If you are listening and you do this, please send us a picture. Please reach out and show us what you're doing.

Diana Clark: Yeah, do-

[crosstalk 00:27:10]

Bryan Schaaf: It's so cool.

Diana Clark: Yes. Yeah.

Bryan Schaaf: Right? And that stake has medicinal purposes because that's also the stake that if anybody ever had a black eye, that's what you always see.

Tony Biggs: That's right.

Bryan Schaaf: Yeah.

Tony Biggs: Yes! The Three Stooges, right?

Bryan Schaaf: That's the little kid from Meet the Robinsons who got hit with a baseball. He says, "Mr. Steak, you're my only friend." All right. Turn the page back to ... I mean, gosh, this is one of the oldest dishes ever. This was referenced if you go back to season two at the very end of it. We have an interview with our pal, George Motz. And actually, he's on my hat right now, by the way. I've got my George Motz lid on today. Where he was talking about the history of the Hamburg steak and how that turned into what has become a portable Hamburg steak, which is a hamburger as we would know it today. But the Hamburg steak also was rooted in this other dish called Salisbury steak. Tony, you know the Salisbury steak.

Tony Biggs: Well, I think Di will appreciate this because I think this guy, he's an American physician named James Henry Salisbury. In the 1800s, okay, he recognized ... and I think this was during the Civil War ... that soldiers needed protein to remain healthy, and even more than fruits and vegetables. Okay? Can you believe that?

Bryan Schaaf: Amen. Amen.

Diana Clark: I mean, that's what should happen. It's so true.

Tony Biggs: So after World War I ended, Salisbury wrote a book, and it described his relationship between diet and health. You're talking way back then he focused specifically on animal proteins rich in B vitamins. Di has preached this. Right?

Diana Clark: Yes!

Tony Biggs: And he was the first to explain the health benefits of animal fats for metabolic health.

Diana Clark: Thank you.

Tony Biggs: Di, you've been preaching this.

Diana Clark: Yes!

Tony Biggs: This was in 1800. Okay?

Diana Clark: It's healthy! It's healthy! Beef is a healthy food.

Tony Biggs: Okay. So Salisbury's findings set off the first fad of diets in American history. He suggested eating a Salisbury steak three times a day. This is for Bryan, three times a day-

Bryan Schaaf: Man of my heart.

Tony Biggs: ... along with hot water to cleanse the digestive system. Okay? The physician was one of the first to promote low-carb diet for weight loss.

Diana Clark: Hey, that's me.

Tony Biggs: Okay, so this was new to me too, reading up on this. It was really interesting.

Bryan Schaaf: That's amazing.

Tony Biggs: Salisbury steak fit into this perfectly. Okay? What is a Salisbury steak? So it's slightly more seasoned than a hamburger steak. A Salisbury steak is made of ground beef along with add-ins like breadcrumbs, Worcester sauce, ketchup, beef broth, beef stock. These tasty ground beef patties are cooked on medium-high heat and served with brown gravy and a few side dishes, a simple historical meal that can be done and put on a table in 30 minutes. Okay, and if you note and remember the ... what is it? The TV dinners, right?

Diana Clark: Yes, yes, yes.

Tony Biggs: Who was that company that did TV dinners in the 60s?

Bryan Schaaf: Oh, everybody. Swanson.

Tony Biggs: Swanson! With the little apple sauce and all that and the apple pie, and they had the-

Diana Clark: Salisbury steak.

Tony Biggs: ... Salisbury steak in there. Right?

Bryan Schaaf: Of course.

Tony Biggs: It was just great.

Diana Clark: I bet you it's a great to-go item. It reheats well, pretty easy, right?

Tony Biggs: Yes! Yes! And it's protein, which Dr. Salisbury was promoting back then.

Diana Clark: See?

Tony Biggs: Visionary-

Diana Clark: The power of protein.

Tony Biggs: A visionary.

Bryan Schaaf: Right. I always think of it as one of the those classics, and hopefully, this rings true in our pal, Joe Urban's, ears from Greenville County Schools. Right? It's one of those classic school cafeteria dishes because, I mean, it's consistent. It's ground meat, so we're not cooking steaks here.

Diana Clark: And you could put some leftovers in there.

Bryan Schaaf: Yeah.

Tony Biggs: I did it many times for the food bank. That was one of our entrees, Salisbury steak. Yeah, absolutely.

Diana Clark: When I went to Australia, that was something that was normally found, especially ... So you'd stop at gas stations, which are totally different just along that interstate, because you think about between cities, there's really not much, so it's a big gas station. You sit down and eat lunch, but it had a burger. But the burger had vegetables and stuff in there as well, because it was, "Let's just take stuff, put it in." And it was like a little meatloaf, but burger. Yeah, I don't know how to explain it, but it was a combination of this. It was really good.

Bryan Schaaf: It's beautiful.

Diana Clark: I've thought about it a lot.

Bryan Schaaf: It's beautiful. Salisbury steak, you can make that out of anything. Right? Any raw product, go to town because you're grinding it.

Tony Biggs: Exactly right. You're grinding it. Just season it well. I mean, it's just an over-seasoned hamburger. Right? I mean, I don't want to put it down because it's been an American staple in Swanson TV dinners for years. I remember eating it with my grandmother on a small tray watching-

Bryan Schaaf: Oh, yeah. It's nostalgia on a plate.

Tony Biggs: Lawrence Welk.

Bryan Schaaf: Yeah, yeah. Actually, that is one ... Lawrence Welk, huh?

Tony Biggs: Yeah, that's old. Right? You know who Lawrence Welk is?

Diana Clark: No.

Bryan Schaaf: Oh, I do. I picture Chef Tony in his waist-

Tony Biggs: Well, that really showed my age. This is bad, really.

Bryan Schaaf: Little Tony in a waistcoat with a dickie-

Tony Biggs: Yeah, oh yeah.

Bryan Schaaf: ... watching Lawrence Welk.

Tony Biggs: Let's get Lawrence Welk up there with a 12-piece orchestra. Hey, where's the TV dinner?

Bryan Schaaf: That is actually one recipe that Gavin Pinto, who runs our test kitchen here, he made a recent recipe. And again, the Salisbury steak, like the Steak Diane as well, if you get the sauce right, holy cow, is that incredible. And I've used his recipe. The Salisbury steak is as good as that sauce you're going to make. Right? Otherwise, it's ground beef.

Diana Clark: Exactly.

Bryan Schaaf: It's unbelievable. Highly, highly, highly recommend pushing this out. I guarantee you, I mean, it's the ultimate comfort food. Right?

Diana Clark: Yes.

Bryan Schaaf: Well, I like comfort food. All right. Chef Tony, you ready for this one?

Tony Biggs: Okay, go ahead.

Bryan Schaaf: Beef Wellington.

Tony Biggs: Oh, beef Wellington. This is one of my favorite classics to talk about. As a matter of fact, a couple of years ago at Food Service Leaders, yeah, we did a beef shank Wellington.

Diana Clark: Oh, yes. Yeah, yeah.

Tony Biggs: You remember this?

Diana Clark: Oh, that was delicious. Yeah, that was 2020. I remember. You were in Florida.

Tony Biggs: Another sous vide item.

Diana Clark: Oh, it's fantastic.

Tony Biggs: We took a beef shank sous vide. What is it? Three pounds? The normal beef shank, about three to four pounds, maybe five?

Diana Clark: Of meat, yeah. Yeah, yeah.

Tony Biggs: Yeah, of meat, right? So it can feed about eight people.

Diana Clark: Oh, easily.

Tony Biggs: So bone-in, we sous vide, and then we braised it a little bit more, added a little bit of wine, of course, and mirepoix, carrots, onion, celery, herbs, all that kind of stuff. And then we chilled it, and we wrapped it in duxelles, which is ground mushrooms. Chefs, you know this. I don't have to tell you this. Shallots, mushrooms, Madeira wine, drain very good of the liquid, encase this with puff pastry. And we served that for 200 people, each table. You remember this?

Diana Clark: Yes, because I was the carver at the table. This is the neatest part. So this big shank comes down on a box, so it just got its own little stage at the table. And then one of us stood up behind it, and all we had to do was take tongs. I say, carver. I didn't need a knife. You just take tongs, and pull it apart, and put it on someone's plate. And you just pass the plates around. It was so neat.

Tony Biggs: It was magical!

Diana Clark: It was, and it was so good.

Tony Biggs: And so that is like a version we're talking about, like taking something, a secondary cut, not tenderloin. That's the original cut of beef. But taking something like ... We've done a strip loin. We've done short rib. Okay? I see a lot of short rib now for beef Wellington because of the labor and the cost. And we have a value-added product short rib that's on the market that chefs are purchasing, and we are showing them how to do it. And it's half the price, more than half the price.

Diana Clark: And honestly, I think it eats better than the tenderloin.

Tony Biggs: It does. It does.

Diana Clark: No offense to the beef Wellington. I get what it is, but man, just the juiciness, the flavor in it is fantastic.

Tony Biggs: Right. But where did it come from? Okay. Because let's face it. It's a steak covered with pâté de foie gras. Okay? Did I say that right?

Bryan Schaaf: Yeah.

Tony Biggs: Then wrapped in pastry and baked. Right? Well, who came up with this? I mean, this is old-school, Bryan. So this comes from a man named Arthur Wellesley. Wellesley is famous for defeating Napoleon in the Battle of Waterloo. Right? And he was dubbed the first Duke of Wellington. Okay? So one of the dishes he

liked ... He loved food, and he didn't want their culinary team ... He was very conscious of the culinary team. I like that back then. Right? And he felt their culinary talent would be wasted, so he wanted them to come up with a dish with mushrooms and wine and pâté, and this was a decadent delight. Every dinner he hosted was on there. And if you look at the shape of the Wellington, it looked like a boot. And so-

Diana Clark: Oh, yeah. I can see that.

Tony Biggs: If you do the whole tenderloin, right? Yeah, so it kind of looks like a boot. But it dates back to the 1700s, so yeah, we've been doing this five, six different ways, six different cuts. It's been amazing. But the beef shank has been really kind of ... That serves eight people.

Diana Clark: That was fantastic.

Tony Biggs: And you get the bone. You put a hatchet in that thing and take a photo of it. We're big in the social media right now, the whole world. You know what? Go on my Instagram. Go check this out. You're going to love it.

Bryan Schaaf: Beautiful.

Diana Clark: It was pretty awesome. I do have to say, I think, though, Wellsey from Wellington did it well.

Tony Biggs: He did it well.

Diana Clark: Right? I just had to throw that in there. I'm sorry.

Bryan Schaaf: Wasn't Arthur Wellsey in Harry Potter? Or am I-

Tony Biggs: He could be.

Bryan Schaaf: I may be missing this or-

Tony Biggs: He could be. He could be.

Bryan Schaaf: That's interesting. Okay. So when I have beef Wellington, I always try and eat things separate. Right? I deconstruct it on my plate, taste this, taste this, taste this, then taste it all together. Mushroom duxelles, magical. Tony, how do you make your duxelles?

Tony Biggs: Well, I tell you, this has been ... I've worked on this duxelles for a long time, and I found the following. So you can take any kind of mushrooms. I like the white button mushrooms that you can get in a grocery store. And I just put them in a food processor, and then I cook them down with butter, shallots, black pepper. If I have Madeira, I'll use Madeira. That's a classical recipe, but I will use brandy

if I have to. And I will flambe that. And I honestly love Lowry seasoning salt. Let's plug Lowry's because this is actually the first time I ever made duxelles was at my dad's restaurant in Buffalo, New York. We used Lowry seasoning salt, which has MSG and all this kind of stuff. But all of a sudden, it has this flavor to it that is just amazing.

So you cook this. You don't reduce it. You're cooking it with the liquid. You're adding butter to it. So make sure you have a ... and I add a little bit of beef stock to these mushrooms. Cook it down. Cook it down for about 20, 30 minutes. Don't cook it till it's dry. And then you're going to put this into ... Here's the key to duxelles: making sure it is dry because when you wrap it in the puff pastry, you don't want all this liquid, this water coming out and getting the pastry all soggy. So the key is to drain the mushrooms very, very well. And I learned. I know a lot of people don't know what a China cap is, but it's a piece of kitchen equipment. It looks like a China cap, right, with a handle.

Diana Clark: Oh, yeah. I know exactly what he's talking about.

Tony Biggs: I put that in, and then I put a wooden spoon down the center of the China cap, which is going to allow everything to drain very nicely. But I saved the liquid from my sauce because that's a mushroom sauce now to go with my beef Wellington, so I don't throw that away. I stick that in the refrigerator. I let that drain overnight. I let that duxelles just completely drain. When it comes out the next day, it's really dry. You can put some gloves on. Crush it between your hands to make sure there's no liquid in it. And then you can take that beautiful stock that has been drained overnight, and you can make your sauce for the Wellington with that. Right?

Diana Clark: Aha. That's cool.

Tony Biggs: Then you have a perfect duxelles. Now, where does the goose liver come in? You can take a pate, a goose liver pate that's already been made. You can buy it online. And we whip that into the duxelles.

Diana Clark: Oh.

Tony Biggs: And I put a couple of eggs in mine to really bind it, the baking process. So eggs, the duxelles, the foie gras, I whip that into the mushroom duxelles, and that's ready. And so, beautiful, right? And mine's dry. It's dry. There's no liquid coming out. And the puff pastry ... you can have a beef Wellington sometimes that's all soggy and watery. So the key there is to make sure that mushroom duxelles is very dry and has enough flavor with the pate de foie gras.

Bryan Schaaf: Excellent. One thing, since we've already mentioned him this episode one time, Gavin Pinto, who runs our test kitchen, did a ... it was a bite of beef Wellington. He actually made the crisp out of mushroom duxelles.

Tony Biggs: Nice.

Bryan Schaaf: So through a dehydrator, the whole process topped with meat and other delightful goodness. Right? But he actually made a little crisp out of mushroom duxelles, and that was ... Man, I'll tell you what. Lays potato chips guys, get on this, please.

Diana Clark: Think about it.

Bryan Schaaf: We got to mass produce these things because-

Diana Clark: Hey, they always do that challenge. New flavor, right? Tell us your flavor.

Bryan Schaaf: I think there's an opportunity here. Right?

Diana Clark: Right. I think so.

Bryan Schaaf: All right, two more we want to work through here. This one, I think, is going to be fairly quick. Kansas City, right? We've talked at length over the last three years about different regions like to grab different types of food. Right? There's a New York strip. There's a Kansas City strip. There's all these different things. What is it called? The Oklahoma tri-tip, right, which is a coulotte, depending on where you're at. Kansas City fried steak. Kansas City, y'all are being greedy now. Right? We gave you the strip steak west of the Mississippi. Kansas city fried steak, Tony, what are we talking about?

Tony Biggs: Well, let's break it down. This goes back to country fried steak. Come on. Right?

Diana Clark: Yeah.

Tony Biggs: It goes back to a country-fried steak. Right? And that even goes back further when you're talking about a scallopini. Right? So a scallopini is Italian. French is in [skelet 00:41:54]. Right? Which is a thin piece of meat that's been pounded out. If you've heard of veal scallopini, that's very tender, very pink. That is absolutely delicious. It melts in your mouth.

So what I learned from having some time growing up with my grandma, who's from Georgia, and I learned the country fried steak from her. I watched her. She would take round or some tougher cut of beef, and she would make sure she pounded it out. It was properly seasoned, Jaccarded. Back then, it wasn't Jaccarded. She just made grooves in the steak where the flower would get into it, then the seasoning would get into it. I'd watch her do this. Right? And then, all of a sudden, you're a chef, and you're bringing these things back from back-

[crosstalk 00:42:48] in the 60s. Right? So watching her do it, she'd just flower it with lots of black pepper, salt, and a flour dredge of egg and all that, and buttermilk, and she would deep fry that. Right? I mean, until it was just crispy,

golden brown, and she never threw the fat away. And that's probably one of the recipes, part of the recipe. All those little flower bits that have been left behind in the frying process have been taken and made into a country gravy, which is cream, black pepper. Now chefs have put garlic in it, and they've turned it up a notch into different things. But that's the basic country fried steak as we call it.

- Bryan Schaaf: Yeah, so scallopini country fried steak, Kansas City fried steak. You name it. What it is, is basically a thin, pounded out breaded, fried-
- Tony Biggs: It could be ground too, like ground and reformed. I've seen that before where it's ground.
- Diana Clark: Yeah, like a cutlet.
- Tony Biggs: You know, coarsely ground, kept together, and then made into a patty, and then deep-fried. You can deep fry it. Most chefs have fryers, and you're going through a lot. You're not in a cast iron pan or anything like that, but you're going through 50, 60 a day.
- Diana Clark: You got to have something bigger.
- Tony Biggs: You got to have something bigger to fry in.
- Bryan Schaaf: Yeah. You know who makes a really good ... I believe there's this veal scallopini. In New York City, there's a place called Spark Steakhouse, which, if you follow mafia history, that's where Big Paulie and Tommy Bilotti got whacked.
- Tony Biggs: Big Paulie!
- Bryan Schaaf: Right? In 1986 as they were going into Spark Steakhouse ... But Spark Steakhouse does a phenomenal veal scallopini. Also, I hear the beef there is quite good too.
- Diana Clark: I'm guessing.
- Bryan Schaaf: Just saying, just saying. One last thing, Tony. I know this one is near and dear to your heart, the steamship round.
- Tony Biggs: Oh, of course, the steamship. Ah, this brings me back to my Hyatt-
- Diana Clark: Yes!
- Tony Biggs: [crosstalk 00:44:41] age. Right? I've had a lot of things with this steamship round. The average steamship, the average Certified Angus Beef steamship ways of about 60 pounds, but they can go up to 80. Okay? 80 pounds, depending. Back in the late 80s, early 90s, it was \$1.70 a pound. Okay? And this is one of those wow cuts-

Diana Clark: Yes.

Tony Biggs: ... that has gone off the radar for a long time. I don't understand why. But every Sunday brunch, we would roll out two steamship rounds. I could feed 200. Depending on the size, I could feed 200 people on it. Okay? It's the hindquarter with the bone and the handle, we call it. And can you imagine a chef with the white hat and looking really nice, and he's carving that roast beef? And you get all the cuts. You get the round, the top round. You've got the eye round. You get the rump. You've got everything on it. Right? And you can get right down to the bottom of that steamship round.

Now, the best part to me is the bone because when I bring that bone home to Oscar, I wouldn't see him for a week. He would literally take that bone out. He knew it was Sunday. He knew it was. Dogs are amazing. Right? They know when they go in to the doctor, and they know when you're going to bring them food. They just know it. They have this intuition. I wouldn't see this dog for ... That bone is huge. Right?

Bryan Schaaf: Oh, yeah.

Tony Biggs: You can explain it well. Right?

Diana Clark: Oh, yeah. I mean, you guys have seen it. It's a giant bone that's sticking out the end, and that's where your marrow bones ... if you're thinking of your canoe bones, that's one of those bones right there.

Tony Biggs: My first week here at Certified Angus Beef, they said, "Okay, Chef Tony, you got the job. Let's see what you're made of. We want you to do your food here." So me, I cooked. I put a steamship round in a brine. I corned it.

Diana Clark: Corned it.

Tony Biggs: You missed this.

Diana Clark: I know. I did.

Tony Biggs: Corned beef steamship, right?

Diana Clark: I was a few months late on that one.

Tony Biggs: I had never done this before. I just said, "I'm going to do it." Right? Put it into a beautiful brine, and it came out pretty good. I mean-

Bryan Schaaf: It was real good.

Tony Biggs: ... it was pretty good, I mean, for a first time.

Diana Clark: I've heard stories.

Tony Biggs: 30 days in a brine. 30 days in a brine. Anyway, so that was good. You can stud it with garlic. You have to have an oven big enough to cook this baby too because you're talking 60, 70, 80 pounds.

Diana Clark: Might want to check that before you purchase.

Tony Biggs: Yeah, you really want to do that. Right? You don't want to put it in your daughter's oven in Nashville. It doesn't even fit the chicken, a big chicken. Right?

Diana Clark: Yeah, exactly.

Tony Biggs: So you'd be in a mess. Right? So you need to have the oven low and slow. How long have we talked about low and slow? Season it properly. You can put garlic into it, studded garlic and rosemary into it to make it really tender and nice and juicy. And then I just let it go for 150 degrees overnight for 12 hours and come back the next day.

Diana Clark: I think we should do another one.

Bryan Schaaf: Right?

Tony Biggs: I want to see it more on hotels because that is where you're going to make money on your buffets. I don't see it anymore. Nobody's going out doing it again.

Diana Clark: You get the rare, the well done, everything all in one.

Tony Biggs: Exactly. Right. Let's touch on that one. Yes. So you get rare, medium rare, well done. You've got somebody who wants well done, here you go. And right in the bottom there, it's well done.

Diana Clark: Exactly.

Tony Biggs: It's perfect. It's really amazing, and it's very economical. And you can do a lot with the leftovers. "Oh, Chef Tony, what am I going to do with leftovers?" "Oh, well, you can't make a nice stew?" And fruit, you can take that. You can feed your family for probably a couple of days on the leftovers from that. It's just amazing.

Diana Clark: Yeah.

Bryan Schaaf: That's incredible. I'm for it. Okay, what if we take it one step further? Right? Corn it again. Let's introduce a smoker. Let's make pastrami steamship round next time.

Tony Biggs: Wow!

Diana Clark: Ours are rotisserie. That's why we need to get a different-

Tony Biggs: You know what? Yeah. That thing would

[crosstalk 00:48:49] Okay. So let's bring that one up because one Christmas ... Did I tell you this story?

Diana Clark: I remember this story. Yeah.

Tony Biggs: So we have a rotisserie oven at the Hyatt Savannah.

Diana Clark: This is good.

Tony Biggs: Okay, this is a good one. The first Christmas I'm there, "Yeah, sous chef go home. You don't need to be in here. You've worked hard. Be with your family." Right? And this is the first time I've worked with a rotisserie oven. You're talking big eight to 10 shelf rotisserie oven, and the steamships are it. But if you put the steamship in the wrong way, like the sheet pan overlapping, well, that triggers a domino effect with all the layers that are in there. And I lost all the steamships. All the steamships were on the bottom.

Now it's a 350-degree oven, 30 minutes before the brunch, which is 1,000 covers. Okay? Remember when? Chefs, you know what I'm talking about. Right? I had Mrs. Pearl, who did our cafeteria food. I think she was still 75 then. And she's holding my feet while I'm in the oven, wrapped with a Hyatt Regency table cloth, grabbing these steamships out. Bam, nobody even knew the difference. Right? Home run. Brunch was beautiful, 1,000 folks.

Diana Clark: That is awesome.

Bryan Schaaf: You fished them out.

Tony Biggs: Fished them out.

Diana Clark: Just picture his feet just dangling there.

Tony Biggs: Yeah, dangling. Yeah. You can see my face, or yeah.

Bryan Schaaf: If you'd fallen in, they would've had Chef Tony steamship round.

Tony Biggs: We would've named it something different. Right?

Bryan Schaaf: On that note, we are going to put a bow on this. We'll finish it with some peppercorns, and it'll be delicious. If this is your first time listening to the Meat Speak Podcast, powered by the Certified Angus Beef brand, know that you can

find us across all of your major podcasting platforms, Apple, Google Play, Spotify, specifically the little purple icon on your phone. If you have an apple phone, that's the Apple Podcast. Right?

You can leave a star ranking. We would really appreciate it. Leave us a review. That all helps our overall ability. You can also, apparently, according to Paige, you can also leave reviews on Spotify. So Neil Young may not be on Spotify, but the podcast is, so-

Tony Biggs: Is Joni Mitchell?

Bryan Schaaf: Right? You know what? To each his own, but I like meat. That said, for Chef Tony Biggs, meat, scientist Diana Clark, everybody here at the Certified Angus Beef Brand in the, what, north of Amish country, south of Cleveland, Northeast Ohio. Thanks for listening. We'll catch you next time.