

Bryan Schaaf: Back on the Meat Speak podcast, powered by the certified Angus Beef Ram. Brian Schaaf here in the inner sector of the world. Headquarters of premium beef certified Angus beef. Joining me alongside at our hydraulic electric table. Chef Tony bakes meet scientist, Diana Clark. How are you guys doing?

Tony Biggs: Good. How are you playing?

Bryan Schaaf: I'm so happy. I'm so happy, right? Because we are going to talk about this. So years and years and years ago, right? I had a neighbor who is kind of a meathead right in Ashland, Ohio, which is where I live. Right. And he said, "Okay, question for you. Why is there no such thing as bacon from cows"? Right? This would've been like 2010. Right? Of course. Now we know they're regular cows.

Tony Biggs: There's definitely bacon from cows.

Bryan Schaaf: Anatomically cattle and swine, very, very close. Right. We've talked the same muscles really exist. Although on pigs, generally they're much more tiny and adorable, right?

Diana Clark: Yes. But they're very, very similar bacon, anatomically comes from a very specific region on the beef carcass that we want to pay homage to because it's not just there for bacon.

Tony Biggs: Yes. A lot more going on there. We're talking about the short plates, right?

Bryan Schaaf: Fantastic.

Diana Clark: It's kind of the often ignored part of the carcass I guess when people are looking at the ones they've always heard of. It's the Charlie Watts of the beef. Carcass right. It's always there. It's always Charlie Watts.

Tony Biggs: Never miss a beef rolling.

Diana Clark: Rolling stones drummer.

Tony Biggs: He was, catalyst. He's amazing.

Bryan Schaaf: Right? He was. Yeah. Right. So now that said, you may be like, what? Trust me, when we tear into this and you find out what comes from the short plate, you're going to be like, oh, I get edit Diana.

Diana Clark: Yes.

Tony Biggs: Tell us about the short plate.

Diana Clark: So the short plate itself is that's that beef belly, that beef Naval. You think about though, the entire plate primal. I mean that houses your plate, short ribs. Okay. Those are fantastic. You think about barbecue. You think about Korean style, short ribs. That's typically where those would come from. You also have your skirt steaks. Your inside and outside skirt also come from the plate, which a lot of people forget. I, and even when I was thinking about, oh, well, what are we going to talk about with this plate? Like, "Oh yeah, the skirt stakes. I mean, those are, are phenomenal." And so there's also, you have your lifter meat, which that's another kind of under understudy. I mean, a lot of people don't really think about lifter meat, but especially now it's really something to turn to. As you can utilize it for fajitas, if you marinate it, pound it out a little bit, definitely a great application there.

We have some, our value added products that already utilize that cut. But it is just a fantastic piece and you can get fatty or ground beef too. Because a lot of times it's sold as our 50 fifties trim, meaning 50 fat, 50 lean. So people would take it, process it with another lean source to get more of your 80, 20, 70, 30 type blend. So that's, honestly that's used a lot today in ground beef for sure. Who doesn't want essentially you're getting beef belly in your ground beef. Yeah.

Bryan Schaaf: Right. It's amazing. Right. So basically you are getting braise items, plate, short ribs, which are amazing barbecue items, right.

Diana Clark: Yes.

Bryan Schaaf: Those big, long bone short ribs, you've got your skirt steak inside and outside.

Diana Clark: Right.

Bryan Schaaf: Which outside skirt in some regions of the country is probably more expensive than tenderloin because it's in such high demand.

Diana Clark: Oh it is.

Bryan Schaaf: But also and correct me if I'm wrong, the hanger's in there too, isn't it? Because that's kind of an extension of the skirt, right.

Diana Clark: That's always a yes. This is why it's hard because the outside skirts where they come together, because that's the diaphragm muscle where they come together and meet in your cavity. That is that hanger steak. So it has that connected tissue down the middle. I technically, it is part of the plate, although it's kind of just like inside the animal. That might be like a miscellaneous category if they had one. But I think they do technically assign it to the plate.

Bryan Schaaf: Gotcha. Hanger's kind of a funny steak because a lot of times it's cut as one steak, but it's really two, right? I mean it's where the two sides come together.

- Diana Clark: Yeah.
- Bryan Schaaf: There's a seem.
- Diana Clark: You have to seem it apart to utilize it. And so that a lot of times it's harder to find because it's one cut on, on a Carcass but if you really are in dire need of it, I mean you turn to your outside skirt. That's definitely probably the best one to substitute it for.
- Bryan Schaaf: Excellent. All right. Let's talk a bit more about this and we've we've mentioned the belly or the Naval at different times on the podcast. It actually surprised me in sort of my research for this, the belly always has brisket, esque characteristics to it.
- Diana Clark: Yes.
- Bryan Schaaf: Which, anatomically it sits right next to it. Actually I learned in the UK, in UK butchering standards, it's actually considered part of the brisket.
- Diana Clark: I could see that. I mean, there is part of that brisket flat is on the belly based off of where you cut in and how you cut it. So typically you break down your animal, splitting between the fifth and sixth rib on, on the Carcass. So you separate your brisket from, your plate down there. So you get some of that brisket flat on your plate portion. However, a lot of our Packers will actually come in and pull down the brisket, to have it be on the brisket side and then split too. That's why you get the variation of thickness at the end of that flat, which is kind of neat, but it also can be left on. It kind is dependent on what their needs are and what they're filling and all that. So
- Bryan Schaaf: Interesting. Chef Tony, the belly, right. Historically, I actually learned this from our Powell, Jeremy Romanski, the original, the original pastrami was actually made from Fowl. Right. But beef pastrami, which is obviously kind of the en Vogue pastrami for about the last hundred years, generally came from the plate. Right?
- Tony Biggs: It did. Yeah. I mean, and , you're seeing a lot of variations of the belly now. Not only the beef bacon, you kind of mentioned in the beginning. Right. Which we had done many times before shmacon came out and that's a tribute to Howard Bender from Devonco foods who kind of like took a long time. I have to give him credit. He stuck with this and stuck with it and stuck with it. He kept on sending samples to all of us every month. This was for years was to too salty. It was too smokey. It didn't have this, it didn't have this, it didn't have the chew, blah, blah, blah. But then he nailed it.
- Diana Clark: He did.
- Tony Biggs: He nailed it.

Diana Clark: He's got it now.

Tony Biggs: So from an artesian point of view, right now, we have a lot of chefs that want to do something different.

The shmacon is on the market. So you can find this in like grocery stores in your region.

Diana Clark: Yep.

Tony Biggs: Not sure which ones, but I know I've seen it around, Ohio.

Diana Clark: Yeah.

Tony Biggs: I'm sure some of our distributors carry it now. The Cisco houses, US foods, not sure who, who carries it from that standpoint. But it's something that is just amazing. So, not only is it just booming in the middle east.

Diana Clark: Yes.

Tony Biggs: So you can imagine.

Diana Clark: Yep.

Tony Biggs: There's no really pork and that's like one of their dietary, they don't really eat a lot of pork, but they eat beef. The beef bacon is perfect in that market but you can do so much with it from an artesian standpoint. So yeah, from an Asian standpoint, these chefs are used to using the pork belly to the fresh side.

Diana Clark: Yeah.

Tony Biggs: Yeah. So what we've done, we've used a beef belly. So being a classically trained chef in our team and all our team, we just take variations from what we've seen other recipes and use beef in them. We can come up with a Shanghai braised beef, which is the naval that's been cooked just like a pork Naval, right. With, with soy sauce and ginger and scallion boiled or braised very, very slow, then we kind press it.

Diana Clark: Yeah.

Tony Biggs: So it kind of looks like that beef that pork, that one bite that you're looking for, the pork belly, the crispy pork belly. Then because you've tenderized it by boiling or slow cooking, raising, this is just amazing. You can cut really nice bites out of this and you use that for Hor d'oeuvre's or come on, guys, get creative here.

Diana Clark: Yeah.

Tony Biggs: That's pretty epic. We've done that before. Korean style where you're shaving it, very, very thin lengthwise. And you're just putting in that on a very, very hot grill Korean grill with your sauces. Amazing.

Diana Clark: Yeah.

Tony Biggs: Like quick grill, right?

Bryan Schaaf: Yeah.

Tony Biggs: Takes 30 seconds, 20 seconds. You set that with garlic and goji Jane or whatever. That's just kind of amazing. So there's many different applications and the skirts steak is one of my favorite outside skirts things.

Diana Clark: Right.

Tony Biggs: Pastrami like Jeremy does up in Cleveland is amazing.

Diana Clark: Yeah.

Tony Biggs: It's so amazing that Thomas Keller and Daniel Belu eat up there. So let's plug Jeremy A. Little bit here and yeah. Pretty, that's big. Deal's a pretty big deal. I mean, they don't come through these neck of woods very often.

Diana Clark: No, stopping in Cleveland. They made a stop for a reason.

Bryan Schaaf: Right.

Tony Biggs: Exactly.

Bryan Schaaf: They called ahead. How about, you talk about those tasty bites, right. When I think of pork belly or something like that, they're bite size, but it's so packed with that flavor, that flavor, right. We've talked about on this podcast, many times that's fat, right. That fat, brisket fat, it's a very similar type of fat in the Naval as well because of its anatomical location. That's a really super tasty fat, right?

Diana Clark: Yeah. Brisket fat itself, that's that's what more unsaturated fat and remember we talked about that oleic acid and the beauty, you have it too, that oleic acid in the fat, the more marbling that the animal has, the more oleic acid is going to be found throughout the entire Carcass. So given that certified Angus beef is modest or higher, so average choice or higher, we have more marbling in the Carcass regardless. So no matter where you're getting that cup from, you're going to have more of that oleic acid in there. Which, is more desirable to the human palette. So basically saying you eat it once you start drooling and you want more of it. That's the simplistic terms. Yes.

- Bryan Schaaf: I can fully understand from that. My gosh. So one of my favorite applications with that beef naval was actually when it was treated like a pork belly, but I mean, the top was scored in everything, the fat on there that crispy fat, you can just snap it off. It's such perfect little bites. We talk sometimes about these cuts that are difficult to get the plates out, or I'm sorry, the belly, the short plate portion that's there, right? There are major Packers producing this.
- Diana Clark: Yeah. Without a doubt that is available. A lot of times too. You, you think about international markets like that. That would be definitely a big international market as well. Seasonality wise, you might see it less available when ground beef is really highly consumed or highly sought after, which it's always on high demand. But think about how I said before that's utilized for 50, 50 trim. So you just kind of see some fluctuation there, but we do have many Packers putting this in a box and shipping it. So it's definitely an item that you can get/
- Bryan Schaaf: Excellent. Can you order a whole plate?
- Diana Clark: No. Because they break down, like they're going to take off those skirt stakes right away. That's the one cut that even on or before they rib the Carcass, they actually will pull down that inside skirt. So it's kind of hanging there all together. So it's just ready to peel off. It's heavily utilized heavily sought after. So the whole plate would be hard, but honestly, once you peel those skirt stakes off and the short ribs are gone. So the short ribs are only the first three ribs. So six, seven and eight. You still have ribs nine through 12 that are sitting there, but there's this pretty much a lot of on them there's not too much lean, but that still is something that is sold internationally. You think about that being cut thin like Tony was saying, putting into some hot liquid braising of some, some sort could definitely be utilized in that application.
- Bryan Schaaf: Excellent. Let's talk about them as barbecue. Use those plate, short ribs. Those are the big guys.
- Diana Clark: Yes. Those are the long bones. The definitely that impressive bite without a doubt, from a flavor standpoint, from an appearance standpoint, it looks pretty cool.
- Bryan Schaaf: And they're huge. When I had heard that a rib, right? It's certain barbecue joints in Texas. That's like \$50 for a rib. But then you see it and it's like, oh, this is like a rib that can feed multiple people.
- Diana Clark: And you think about the fat content in there. I mean, there's a lot of fat. It's just because it's heavily marbled. So you really, you get full fairly quick and on top of that, you're smoking it. So in my opinion personally, you smoke, you really condense that flavor because you're driving out the moisture. So you really don't need to eat as much. If anyone else has ever gotten a belly egg after they've eaten a lot of smoke beef.

Bryan Schaaf: Never.

Diana Clark: Yeah. It's not a I'm sick belly egg, but like, oh my gosh, I'm so full. Like I think there's a 20 pound brick in my stomach.

Tony Biggs: Right. I got big belly so we don't feel that.

Bryan Schaaf: See we've trained for this.

Diana Clark: See.

But it's usually that all that meat that's been smoked it's just filling your stomach now. It's being able to kind of expand a little bit down there, but it's very satiating so you could get a whole rib and it could feed a few people or it could feed one person too. I don't want to offend anyone else.

Bryan Schaaf: I'll decide how many people this can fee.

Tony Biggs: That is a great social media picture too. When you take, when those ribs are cooked properly and you put that in between a bun and you pull that bone out, that is like...

Diana Clark: It's like a samurai sword coming.

Tony Biggs: Wow.

Diana Clark: Right.

Tony Biggs: That is the wow moment.

Diana Clark: I agree with that.

Tony Biggs: So the chefs you can, it's the wow affects.

Diana Clark: I agree with that one. I really do.

Bryan Schaaf: It's so good. You know? When you see those come off the smoker, because there's so much collagen things that need to break down and that lows it joggles. It's just like, it just happiness on a bone.

Diana Clark: I mean, the minute you said, see it come off a smoker in my brain. I have a slow motion video of someone grabbing it and you just slowly see it moving back and forth, back and forth.

Bryan Schaaf: Thele It's beautiful. It's beautiful. Oh, all right. One last thing I want to touch on you. You've already mentioned it once. Obviously we've talked about the outside skirt.

Diana Clark: Outstanding.

Bryan Schaaf: Outside skirt. I was in Miami. Outstanding. Everybody's got an outside skirt out of Miami, right. Inside skirt though. It's still it's there. It needs a little help though, right?

Diana Clark: Yeah. We always outside skirt, outstanding, inside skirt, in a marinade. I say that because it does perform better in it. However, I mean our chefs have cooked them side by side to grill. It's still good. It doesn't really salt and pepper sliced it's still good. It has a little bit more chew in it. When you think about what it's doing, it's holding up that big heavy Rubeen. So it has a lot more collagen that meat connective tissue that needs to be broken down. But even without that marinate, it still can perform it. It's got a ton of flavor. There's still a lot of marbling in that cut. I feel like it's always everyone inside skirt. I'm like, it's still great. Like if, if that's what we're complaining about, really I'd take it any day, but it's it could benefit from using it in a marinade for sure.

Bryan Schaaf: Excellent. So our pal, Dr. Phil Bass, in episode, one of the season said, "Don't underestimate heat as a great tenderizer."

Diana Clark: Yes.

Bryan Schaaf: These are cuts. You would take these a little farther.

Diana Clark: Yeah and it's easy to take them farther because they're thin. So usually they're, they're cooked more. I mean, it's hard to hit that. It's hard to get a thermometer in there. Let's let's really be serious on that one, but it is easy to take them farther and they definitely perform better going to a medium almost pushing medium well, I hate saying that on air.

Bryan Schaaf: But heat breaks down that stuff, right?

Diana Clark: Yeah.

Bryan Schaaf: It needs it.

Diana Clark: Yes. That and so you actually get more nutrition out of a cut that's cooked to your medium rare. It's kind of cool to see.

Bryan Schaaf: Interesting.

Diana Clark: I know I just watched a seminar about this on American meat science association. It's where all the cool kids hang out. Wow. Do I sound like a nerd, But they showed how the rare it is has less nutrient value than your medium rare. Then when you go to, well it drops down. So it's kind of funny.

Bryan Schaaf: Interesting.

Diana Clark: It's that interesting sweet spot or savory spot I should say right in between.

Tony Biggs: Right. Well it reminds me, if you go all the way back to episode one from three years ago, we talked about, there's a school of thought that says that meat and cooking meat specifically is the reason that human brains have developed as they have, because by cooking it by applying heat to meat, you're unlocking those additional nutrients. So what you're saying is cave men back in the day, probably like their steaks medium to med well.

Diana Clark: Yeah.

Bryan Schaaf: Makes sense.

Diana Clark: From a food safety standpoint, they should have probably done it well done. Let's be real.

Bryan Schaaf: On trying to eat their Reston steaks.

Diana Clark: It's just in dirt covering. That was their seasoning just dirt. Probably.

Bryan Schaaf: It's earthy, earthy. All right. Oh, you know what, one last thing just because you touched on already lifter meat, right?

Diana Clark: Yes.

Bryan Schaaf: We have good friends down in Texas. Right. They make like fajita strips, right? They're called John souls.

Diana Clark: Yeah.

Bryan Schaaf: They're fantastic. They're using lifter meat for that, right?

Diana Clark: Yes. And it's great. I, the coolest part from a science standpoint, it is really neat how they have the ability to do this because they put it in a Marin need. But it's to the point where it's not too aggressive, because you have to think about, I'm going to package it. It's going to sit, going to sit in refrigerator freezer for how long. So we want to make sure that marinade isn't turning it into mush, but just that right level. And just adding that tenderness to it and they can do a neutral marinade. So it has tenderness, but you add the flavor or if you want to get some seasoned profiles, you can do that as well. But I just love the versatility of that. I mean you basically, you get a cut in that. It's tender. I mean, but it a lot lower cost and now I can put my own flavor to it and here we go. It's fantastic.

Bryan Schaaf: Yeah. And full credit. It's called fajita meat on their menu. They don't call it lift or meat. Probably not a

Diana Clark: Good, no that's probably not a good idea.

Bryan Schaaf: Probably not a good term.

Diana Clark: That's probably. Yeah. Unless you're like trying to feed body builders.

Bryan Schaaf: Well, I think you could have your table waiter explaining, well it's called lifter meat because it lifts all the organs. Right. And then the customer leaves the restaurant.

Diana Clark: Okay and we're done.

Bryan Schaaf: Maybe leave, maybe leave that.

Tony Biggs: Oh, I had the best lifter me tonight. It's incredible.

Bryan Schaaf: On that note. We are going to let these guys get back to their, to their home. You guys have some stuff going on over at the culinary center. It's nice. Things are back busy again. It's glorious.

You guys are working. I'm going to Miami and eating. Oh, we're all. We're all right. That said, if this is your first time listening to the Meat Speak podcast, know that you can find us across all of your major podcasting platforms, Google play apple Spotify specifically go to the Apple icon. That's a little purple nub on your apple phone. If you have one, leave us a star ranking, leave us a review. You can also leave us a review now on Spotify, which Spotify is. So in the news right now with the whole Joe Rogan yo yo thing. Listen, I don't touch that. We're here for meat.

Diana Clark: Yes.

Bryan Schaaf: So regardless of what you think of Spotify, go find us on there. Leave us a review, right? Not because it's necessary for our egos. Believe me in my ego's plenty healthy, but it does help with our overall visibility of this podcast. And this podcast obviously owned by certified Angus beef, which is owned by farmers and ranchers in every single state in the union. It's a nonprofit. How about that?

Diana Clark: That is pretty awesome.

Bryan Schaaf: So, if you want to help farmers leave us a star ranking enter review. As always, if you've taken this information and done something with it on your menu, in your meat shop, send us a picture, slide into our DMS on, on the Instagram it's Meat_Speak. Until next time, Chef Tony Biggs, meats scientist and Diana Clark guys, we'll see you later.