

Bryan Schaaf: Back on the Meat Speak podcast powered by the Certified Angus Beef brand Bryan Schaaf in studio. It's been a while joining me alongside Chef Tony Biggs. How you doing?

Tony Biggs: Hey, I'm doing really good. You guys doing good?

Diana Clark: Excellent.

Bryan Schaaf: Excellent. And in between us, of course, the meat scientist, Diana Clark. How's everything?

Diana Clark: Doing fantastic.

Bryan Schaaf: Excellent, excellent, excellent. Before we tear into what we want to talk today, chef you've been sailing the high seas.

Tony Biggs: I've been sailing, I've been... Okay I won't sing...

Bryan Schaaf: Is that Rod Stewart.

Tony Biggs: Yeah, it was Rod Stewart.

Bryan Schaaf: I just want to know are you more Captain Stubing or Gopher on the cruise ships?

Tony Biggs: Not the captain, but I did like the uniform. I really liked those, but everybody wore them, so you couldn't tell who the captain was and who wasn't.

Bryan Schaaf: So it's...

Tony Biggs: Captain, Captain come on. Oh, everybody turn around.

Bryan Schaaf: It's how they used to protect royalty, right? They dress up everybody like the king.

Tony Biggs: Right.

Bryan Schaaf: You never know who, right?

Tony Biggs: You never know who, exactly.

Bryan Schaaf: Who knew this was on cruise ships, but good trip? Norwegian cruise line?

Tony Biggs: It was amazing. I mean, we partnered with a great brand in Norwegian cruise lines. I was on there for about four days. It was my first cruise. We did a really cool wine dinner with Chateau Lafite Rothschild. Oh my gosh. Everybody went crazy. And of course we presented four or five of our specialty recipes with

Certified Angus Beef brand. So packed house. We did a spice rub for a demonstration and a Tenderloin Poke in the atrium of the cruise ship, which was about 150 people. And I think we're going to be doing... I think we were asked to do another couple. So this isn't the last. Yeah, so we're kind of excited about doing the cruise, but I'm glad to be back on land.

Diana Clark: Yeah.

Tony Biggs: And so here we are.

Bryan Schaaf: Excellent, excellent. I wish Beef Poke... needs to be more of a thing, I think.

Tony Biggs: It does. Because it really kind of... when you're cutting like a Tenderloin, it kind of looks like the tuna, you know? And then...

Diana Clark: Oh, yeah.

Tony Biggs: And then when you add all the soy and all the flavorings and all that, it kind of resembles and...

Diana Clark: Pretty good.

Tony Biggs: Yeah. It's pretty special.

Bryan Schaaf: And we need to make this happen. Sam Choy or Powell in Hawaii, if you're listening. Can you make this happen, brother? Right. We need more Beef Poke in the world. That said, chef Tony, one of the things that I love about you and the things that fascinate you in your career, is you kind of run the gamut, right? You were cruising with Norwegian cruise lines through the Caribbean, by the way, you have no tan lines I see. You're going to have to explain that later.

Tony Biggs: I was working Bryan, some of us have to work here, right?

Bryan Schaaf: Fine, fine. But that said, you can also turn on a dime and do a lot of old time, open fire cooking methods that have been around since like the caveman era right? And that's what we want to talk about today. Going back in time to honestly, an age before there were ovens before there was, all of this technology, the way people used to cook in these things that have been termed earth ovens. We're talking about underground cooking right? And so chef you've had a little bit of experience with using mother earth as a cooking vessel, correct?

Tony Biggs: Yes. And believe it or not, it all started with my upbringing in New England because I'm from the Massachusetts area on the coast, and what are they most famous for? They're most famous for a lobster bake.

Diana Clark: Lobster.

Bryan Schaaf: Lobster.

Tony Biggs: Right!

Bryan Schaaf: Wait a minute. Is this like a clam bake? Because...

Tony Biggs: It's a clam bake.

Bryan Schaaf: We had clam bake's in college that were nothing like this.

Tony Biggs: No. I mean, and it really starts with a shovel. You have a shovel, your favorite shovel, and you need a place where you can dig a big hole, preferably on your land. You don't want to be digging fidos hole, right? Yeah. And then you need several things that are going to inspire. The fire and you're very creative and you're unbelievable clam bake. And so it kind of starts with the shovel, digging a big pit and we'll get to the beef part in a minute because they do some different things, but you dig a big pit. Like the Mexicans do and actually, the Barbacoa kind of started in the Caribbean.

Diana Clark: Okay.

Tony Biggs: If you think about it as digging a big pit, lining the pit with the same size rocks that you're going to cook with, okay. And then building a fire that is not with a lot of flames.

Diana Clark: Okay.

Tony Biggs: So you want those gray embers.

Diana Clark: Okay.

Tony Biggs: Building before you add any kind of meat or anything on the coals, right. What we used to do then is take, and the Mexicans do this and the Caribbean do them. They take the agave leaves, which you make tequila with, right. And I've seen it several different ways. You can wrap all your meat in the leaves. So banana leaves or the agave leaves, which is a tequila.

Diana Clark: Agave of course means love.

Tony Biggs: Love. Right? Exactly. And of course Barbacoa means barbecue.

Bryan Schaaf: Really?

Tony Biggs: Okay. So if you think about barbecue...

Diana Clark: For the love of barbecue.

- Tony Biggs: Right. And then you're going to make sure that you're going to take and use these maybe more tougher cuts of meat.
- Diana Clark: Yeah.
- Tony Biggs: We've done Chuck roll. Many times you could do brisket. You could do ribs. You're not going to put a Porterhouse or a Tenderloin in there because let's face it. It'll be done in five minutes, right. These take several hours, maybe 10 to 12 hours of really slow cooking, right.
- Diana Clark: Okay.
- Tony Biggs: The marinade is very, very important and there's tons of marinades you can use for this like orange juice and different chilies from South America and Cuba and Mexico. And then oregano is really popular in Barbacoa. You want that thing to cook. You want that Chuck roll that we've done before just to cook very, very low and slow, maybe nine to 10 hours, right. So let's get back to the fire. So we've built this... so far we've dug our pit, we have the same size rocks, and now we've wrapped our marinated meats together. You can do this in foil too okay.
- Diana Clark: Okay.
- Tony Biggs: I mean, and you can also do this in a crock pot. Well, all right, with all the seasoning, but it's not the authentic style because we're talking about pit barbecue, right?
- Bryan Schaaf: You know, Tony, you mentioned that topic, what you wrap it with and I'm an amateur at just about everything, right. But you can use aluminum foil, which I've seen mentioned, but you also lose something as well. Can you talk about the things that you wrap with? You'd mentioned the...
- Tony Biggs: Banana leaves.
- Diana Clark: Banana leaves.
- Bryan Schaaf: Yeah. Banana, like [crosstalk]
- Tony Biggs: And agave leaves. [crosstalk].
- Diana Clark: Do those break down while you cook... Does that add flavor or anything?
- Tony Biggs: It adds flavor. And it's the authenticity of the Barbacoa, which is really become an art form in the Caribbean nation and in Latin America and the agave leaves are free in those areas.
- Diana Clark: That's true, yeah.

Tony Biggs: You're not paying for it.

Diana Clark: Yeah.

Tony Biggs: And that's the best way. And you're getting those juices from the agave leaves. Maybe it's the tequila that's kind of...

Diana Clark: That might be part of it.

Tony Biggs: Kind of melting down in the meat and that's why everybody kind of walking around funny after eating the Barbacoa, right? Well there is a... it's almost like a regional terroir, right? Depending on where you do it. Up here in Ohio, I've read that depending on where you dig this pit will get notes of mint, which obviously mint grows very, very prevalently here in Ohio. You get, I don't know if it's a flavor, but dandelion. Like the thing which dandelion and burdock of course is, it's a drink, but it is funny where you choose to do this regionally. If you choose to not just go the aluminum foil route, which is like the safe, at least more cleanliness route.

Diana Clark: I mean, you can wash the leaves. It's fine. Yeah. The cooking process is, that's your kill step, so yeah.

Tony Biggs: Right.

Bryan Schaaf: Yeah.

Tony Biggs: Yeah. What I would caution with everybody, you want to make sure this fire is always burning, like the embers.

Diana Clark: Yeah. That's what I was going to ask. So how do you keep it going?

Tony Biggs: Yeah. So, you want some... definitely want some wood that you've been soaking overnight.

Diana Clark: Okay.

Tony Biggs: Some smaller pieces along with the larger pieces that kind of have been soaking overnight as well. You want to stay away from that contamination zone.

Diana Clark: Yeah.

Tony Biggs: And keep it over 140 degrees and you don't know... so you don't know when everything is covered. Let's say you put a damp cloth over now, the meat, and then I've seen it with like, just a piece of tin. You could go to coals. And have a piece of tin cut out and then you bury the whole thing and the rest of the sand, okay.

Diana Clark: Okay.

Tony Biggs: Now you've got this smoldering hot embers on the rocks. It's coming through to the meat, which is in foil or the agave leaves or the banana leaves and you just let it cook. Now you're not supposed to peek.

Diana Clark: Yes.

Tony Biggs: But gosh, I'm a peeker, you know what I mean? I'm a peeker, I don't know, I want to, got to see it. And if I don't see it smoking and still creating that fire underneath, that cooking method, I get a little nervous.

Diana Clark: Yeah, it's just how do you know?

Tony Biggs: Especially if you're going to cook for like a bunch of people.

Diana Clark: Yeah.

Tony Biggs: You don't want to look like...

Diana Clark: Meats under cooked, like what do you do?

Tony Biggs: Right. Or the potatoes, like in a low country boil or the corn or the lobster or a Chuck roll, right?

Diana Clark: Yeah.

Tony Biggs: Yeah.

Bryan Schaaf: Yeah.

Tony Biggs: So it's an art.

Bryan Schaaf: Yeah.

Tony Biggs: It's an art form.

Bryan Schaaf: Well that's always my question in the back of my mind, as I'm going through this, let's say you do too good of a job burying it and you cut off all oxygen.

Diana Clark: Right.

Tony Biggs: Right.

Bryan Schaaf: And I mean, I would imagine there has to be some oxygen down there to keep that smolder. And I mean, having done it, is there a feel for that you just get over time?

Tony Biggs: Well, I kind of learned to before I put the sand on and bury it completely, I put a hole in the little metal tin there, like you can put your finger in there and kind of lift it up. That is like an air pocket too. So you're having the air come through there.

Diana Clark: Got it.

Tony Biggs: And you can see little puffs of smoke coming up. So you know you're good, right.

Diana Clark: Okay.

Tony Biggs: And then cover it back up and then, oh yeah, okay. Still going here. I'm not going to, I peeked the way I need to, without having to remove the foil, the tin, the dirt again.

Diana Clark: Yeah.

Tony Biggs: A lot of people just... I've seen people put dirt, and then your food's getting all messy.

Diana Clark: Yeah, you're getting... Yeah.

Tony Biggs: I like to cover it with a nice cloth and then like a metal tin over it or something like that, and then bury it with the rest of the sand.

Diana Clark: Okay.

Tony Biggs: So but keep a little hole there on the corner of the metal where you can kind of dig it up and look. Kind of peek in there.

Diana Clark: Look in.

Tony Biggs: Lift it up and then lift it down without having to remove everything, the agave leaves and all that. Now, if it goes out you kind of maneuver some smaller pieces in there that are already embers and try to keep it going like that.

Bryan Schaaf: Yeah.

Diana Clark: Dang.

Tony Biggs: Yeah.

Bryan Schaaf: That's great.

Tony Biggs: It's an art. It's very an art.

Bryan Schaaf: Diana, if you could talk about the fact that... I would imagine that, you're starting with meat, which obviously has moisture in it. You add those leaves, those organic compounds that are also made up of mostly water. At the end of the day, this is a steam, right?

Diana Clark: That's what it was, yeah.

Bryan Schaaf: That's the cooking process going on here.

Diana Clark: Really it's going to be, cooking in its own juice. That's why Tony said like put it in a crock pot, because you're almost you're brazing. Essentially that's what you're ending up doing. You're containing that moisture in it so it's going to be cooking in its own juices.

Bryan Schaaf: Well, honestly, it's almost braising. It's almost like a confit as well isn't it with all that fat that's inside of the...

Diana Clark: Yeah, it's going to be cooking with and depending on what cut you're using for sure. Yeah.

Bryan Schaaf: Yeah. Well what happens to a piece of meat during the steam? Because when I think of like meats that are steamed to finish pastrami's, obviously the one that jumps out at me. What is going on there? How does that work when you're interacting with a moisture, a warm moist air?

Diana Clark: It's that the heat is still breaking it down in the same aspect that you would any other cooking process, just the way that steam is transferring throughout. And it's going to be more of an even cooking, I should say. Just based on how you wouldn't have that... you'd have a little bit of a direct heat source from the hot coals itself, but you're steaming it. So it's even going to be the meat cooking from the inside out kind of steam process.

Bryan Schaaf: It's kind of cooking itself.

Diana Clark: Yeah, yeah. I'm very intrigued to do this. Always camping, would always have a mountain man breakfast is what we'd call it. And you would utilize the campfire from the night before and you'd make this meal in the middle of the night after you'd kind of done your thing. Put it in there, put the coals all around it. In the morning you'd wake up, you'd have a nice cast iron pot, you open it up and it's ready to go. So that's kind of what I'm thinking of right now. Like how can... I've never tried this before with meat and I really want to do it.

Tony Biggs: I think we should do it in the backyard here.

Diana Clark: Yeah.

Tony Biggs: Certified Angus Beef. We've been talking about this.



Diana Clark: All right I would. That'd be fun. We've got that little grass patch. It's kind of random.

Tony Biggs: I'm going to talk to management, make sure that we don't dig up the rose bushes or something like that.

Diana Clark: I mean, the landscape is pretty beautiful, right?

Bryan Schaaf: Well, yeah. Maybe we should rethink this and go dig over on the... but there's a hotel next door. Like, Hey guys, don't mind us we're...

Diana Clark: We're behind the warehouse.

Bryan Schaaf: Hampton Inn we apologize. We'll fill this hole back in when we're done. So there's actually a video. It's funny you talk about that. I just us caught it today and I actually, I died a little inside. It's called cooking Ribeyes in jars. Have you seen this?

Diana Clark: No, I don't think I want to.

Bryan Schaaf: So, it's a guy who actually takes Ribeye steaks, folds them up, puts them in like a ball jar, throws in some aromatics, some thyme, some garlic, I think he's got some cherry tomatoes in there, things like that. And then puts him in a... seals them up, puts him in a pan and then brings the pan up with water and puts it over heat. So to me that's the kind of the same idea, right? You're still cooking with that ambient internal heat that you're getting out of this, right? Now, I died a little inside because he's using Ribeye.

Diana Clark: Right.

Bryan Schaaf: [Inaudible] like dude, dude.

Diana Clark: Come on, come on.

Bryan Schaaf: The Ribeye deserves a better fate than that.

Diana Clark: Right.

Bryan Schaaf: But it struck me as, this is an interesting way to think about allowing food to cook itself.

Diana Clark: Yes. See, that's what I wonder is it, do you feel like it's missing that maillard, that browning at all in the process, or?

Tony Biggs: I do. And I think you're also missing, like going back to the barbacoa, I think you're you're actually smoking as well.

Diana Clark: Because you're getting okay, I could see that. Yeah, yeah.

Tony Biggs: Can you see that? Because of the nice woods and then you've got the agave leaves or the banana leaves and that is permeating, that smoke is permeating into the meat and the leaves. So you're getting a little bit of smoke in there too. Now in the glass jar. Are you getting that smoke? I'm not sure.

Diana Clark: Yeah. I feel like, no.

Tony Biggs: I don't feel like it is, right.

Diana Clark: Yeah.

Tony Biggs: And it just something in a glass jar, do you want to drink it? I mean, drink the...

Diana Clark: Right?

Tony Biggs: Right, I'm sure it's, yeah. I think, and you know now social media people will try anything right now.

Diana Clark: Just for a video.

Tony Biggs: We've seen it all, right?

Bryan Schaaf: Yeah.

Tony Biggs: We've seen it all, right?

Bryan Schaaf: Yeah.

Diana Clark: Just because you can, doesn't mean you should.

Bryan Schaaf: That's right. It's disheartening, its disheartening. So, this process, because again, I have the power of Google, right? It's been going on for 30,000 years. Started in mainland Europe at the end of the ice age. Right. Actually when you start to look at the history, it's when people started to intentionally grow crops for food in regions as opposed to just harvesting whatever was wild and growing out there was about the time that this came and this was the original barbacoa, right? So in its originality, barbacoa meant, I mean it means barbecue, but traditionally that barbecue meant underground cooking.

Tony Biggs: Right.

Bryan Schaaf: Done in all cultures, right? Chef you've been around the world, obviously this is something, when you think about like those hog roasts on the beach in Hawaii.

Diana Clark: Yeah.

Bryan Schaaf: I mean you look down in the south Pacific in places like Guam and the Philippines, this is everywhere, right.

Tony Biggs: We used to do this in Jordan. So lamb in the sand. Have you ever heard of it?

Diana Clark: Oh.

Tony Biggs: Lamb in the sand.

Diana Clark: We have some goats.

Tony Biggs: Goat lamb and goat.

Bryan Schaaf: In a moat.

Tony Biggs: We did, let's say a Barbacoa style lamb in the sand for her Majesty's birthday party. And so what we did to make it really simple was we dug a big pit.

Diana Clark: Okay.

Tony Biggs: We had kind of like this, a steel, not a steel drum, but we could, we could lower the steel into the pit where we could then build our fire.

Diana Clark: Okay.

Tony Biggs: Okay. We had rocks in there too, but this was kind of a steel, like I want to say like a... it looks like a 50 gallon drum.

Diana Clark: Okay.

Tony Biggs: But it's got layers to it. So you could put your wood on one layer and then you could actually put a grill kind of... the grill looks like your grill at home from Weber grill, right at the top of it. So that would go on the next and then your meats or whatever, your lamb and then et cetera, et cetera. If you want to put something on that with another grill and then you cover the whole thing up. Now that's a cleaner way, I felt to do the whole barbacoa style.

Diana Clark: Without a doubt.

Tony Biggs: Without a doubt it was amazing. And then you covered it with sand again, lamb in the sand, and it just cooks really nicely and it's clean and those embers are continuing to cook through the whole process.

Diana Clark: Okay. That sounds pretty good, actually.

Bryan Schaaf: Yeah. That's fascinating. You know, if you go down to the restaurants in Mexico that actually have pits built into the back of the restaurant, like that's what they

do. This is how they cook. They don't have to dig the holes. They have multiple pits already dug and they're putting everything in there from like organ meat to, vegetables, to...

Tony Biggs: Beef cheeks.

Bryan Schaaf: Yeah.

Tony Biggs: Everything, right. Amazing right?

Bryan Schaaf: Yeah. It's such an incredible process and it really is a trust factor here. I mean, you're not cooking to temperature, right. You're cooking to, I mean, you're braising it, right, you want it to shred.

Diana Clark: And if it's going to shred, it's going to hit temp. Like that's, you're going to know you're in the safe zone.

Tony Biggs: We were at the CIA, worlds of flavor, a couple years ago before the COVID and there was a little girl, I guess she was about, I don't know, four foot seven. I'm not sure, I'm not good with this, and she was teaching a class about pit cooking.

Diana Clark: No way.

Tony Biggs: And we're all out there going, what, you know? And she cooked a whole meal in the pit.

Diana Clark: Oh, that's cool.

Tony Biggs: And I can't remember her name. It was so cool. And she hit a home run. She knocked it out of the park, her explanation, her education on it.

Diana Clark: That's really cool.

Tony Biggs: And she cooked potatoes and cabbage and corn and of course Chuck roll. And so...

Diana Clark: Oh yes.

Tony Biggs: You know, it was marinated orange juice and oregano and some chilies and it was really magical. And that was one of the lunches.

Diana Clark: Dang that sounds good.

Bryan Schaaf: That's cool. All right, let's talk about the process of, chef you already explained it a little bit, but this doesn't, to me, this is one of the more intimidating methods of cooking. Because again, you're...

Diana Clark: There's a lot.

Bryan Schaaf: You're digging. But we're not talking about a huge hole here. I mean, obviously if you're going to cook something huge, but it doesn't have to be a... we're not hiding Jimmy Hoffa here, right. I mean, if...

Tony Biggs: No, no, I'm glad you mentioned him, but I thought that was in Savannah, but anyway, I heard multiple things, Giant stadium.

Diana Clark: Oh God.

Bryan Schaaf: Yeah, but you know, you dig your hole and again, it just has to be a couple feet by a couple feet, right?

Tony Biggs: Right, right. And you know, you don't have to put a whole Chuck roll, you can break it down into pieces.

Diana Clark: Yeah.

Tony Biggs: So that will minimize the cooking time.

Diana Clark: Yep.

Tony Biggs: And you know, I think it'll give you a better product too, as well. That'll shred really nicely if you're going to make a Barbacoa taco or something like that.

Bryan Schaaf: Yeah.

Tony Biggs: But yes, it doesn't have to be big. It could be a four by four foot. Just make sure you have the of rocks and all that and make sure your fire is embers, it's not flames. That is critical. You're not building a bonfire.

Diana Clark: I feel like that's like the hardest step. And like, just trying to get that right coal. Yeah.

Bryan Schaaf: Trusting the smolder, actually saw somebody, they chose the size of the hole they were going to dig because they went to Home Depot and bought a patio paver. And they were like, all right, this is how big. And that was their... well they dug their hole, slide the paver in there's your base. Instead of needing like flat rocks to balance, there you go. Just dig it to fit what you've got.

Tony Biggs: Exactly.

Bryan Schaaf: Yeah.

Tony Biggs: Yep. And then you could put a grate over that.

Bryan Schaaf: Yeah.

Tony Biggs: You know, typical grate, just a grate, put your meat on top of that. You could go to a... I've seen them in our downtown Cleveland, Mexican store. They have agave leaves and banana leaves.

Diana Clark: Oh really? I was going to ask where at.

Tony Biggs: You can buy them.

Diana Clark: Okay.

Tony Biggs: If you want to do it that route and do it really authentic, have some fun.

Diana Clark: I think that'd be cool.

Tony Biggs: Friends over or again, as Brian said, you could do it in foil. Yeah.

Bryan Schaaf: Yeah. Let's try it.

Tony Biggs: Let's do it.

Bryan Schaaf: You know, and so there's a part of my brain that says this was in its early of stages. This was actually like an animal trap that they just dug a hole in hope that like a deer would wander into it and whoops it falls down and then you cook it in the ground, right. I'm not a you know, I'm not a historian, but I'm willing to bet. [crosstalk].

Tony Biggs: And it evolved, it's evolved.

Diana Clark: Well, since it's down there, I don't feel like lifting it up, let's just throw something hot on it.

Bryan Schaaf: That's right. When life gives you lemons you know... It is, you guys have already touched on a little bit, but in terms of what you cook truly like cook something that can withstand a low and slow. I watched, it was like an outdoor survivalist and this lady was cooking sausages underground, right. And she literally pulled the sausage out, she didn't have a meat thermometer or anything because it's survivalist. And she just takes a big bite of the sausage, clearly undercooked. It was like needs a few more minutes and threw it back in like maybe not the best application for underground cooking.

Diana Clark: The texture on that had to be awful.

Tony Biggs: Well, like I said, it would be blasphemy to put a Tenderloin...

Diana Clark: Right.

Tony Biggs: Or a Ribeye...

Diana Clark: I agree.

Tony Biggs: Or strip steak, you want to put like these tougher cuts of meat, right.

Diana Clark: One's that you want to shred.

Tony Biggs: Right, shred.

Diana Clark: Yes.

Tony Biggs: Like I could see a brisket going in there.

Diana Clark: Yeah.

Tony Biggs: It takes a long time to cook. You're getting the smoke anyway. The Chuck roll is ideal

Diana Clark: Chuck roll's fantastic.

Tony Biggs: And that's what we use when we do this. And of course back ribs, right.

Diana Clark: Oh yeah.

Tony Biggs: Back ribs would be amazing, right.

Diana Clark: Yeah, for sure.

Tony Biggs: Needs low and slow to tenderize and those are big cuts of meat, right?

Diana Clark: Yeah.

Tony Biggs: I guess if you wanted to put a steamship round in there, Bryan, we could do it. It would take a while I think. But it probably would be interesting.

Bryan Schaaf: Oh my gosh, you could do that [crosstalk] but you could have the...

Diana Clark: Leave the shank hanging out.

Tony Biggs: Yeah, yeah.

Bryan Schaaf: The tip sticking out of the ground.

Tony Biggs: Now that! Yes!

Diana Clark: With the flag stuck in like the [inaudible]

Bryan Schaaf: Shank in the ground, you could put one of those little, you know, the little Turkey thing that pops when the turkeys done.

Tony Biggs: I love it.

Bryan Schaaf: Just on the end of the beef shank.

Tony Biggs: Oh, I love it, what a great idea. That would be good. We could look down the shank, you know, see it's, you know?

Diana Clark: Oh, that would be awesome.

Tony Biggs: That's cool. Great idea.

Bryan Schaaf: Yeah and you know, and here's the thing it's spring everywhere. So even up here in the great white north.

Diana Clark: And the ground's soft.

Bryan Schaaf: We can dig, right. It's wet, right. Which also, I guess that's another thing. If your hole that you dig is wet, you probably need to dry it out, right?

Diana Clark: Yeah, that's a good question.

Bryan Schaaf: Or that you make sure that the fire, that you're building in there burns long enough that you dry that thing out.

Tony Biggs: Well, that's why it's really important to build your base. It's either rocks or like you said, pavers along the side of it. So you have a dry area.

Diana Clark: Okay.

Tony Biggs: You know, you want that dry area. And a lot of folks use the rocks, you know, the different size rocks.

Diana Clark: Yeah.

Tony Biggs: You know, or evenly sized. And that's how they build their pit. I mean, I think just throwing the wood down there, I think, is not going to really...

Diana Clark: The fire would go out.

Tony Biggs: Yeah, the fire would definitely go out.

Diana Clark: Yeah.



Bryan Schaaf: Chef one last question. I'm going to expose my amateur nature when I say this, but what about dirt on the meat? Is that not a concern?

Tony Biggs: Well, again, you don't really put the dirt on the meat. You're covering the whole process, but in between that you might have a layer. It could be like a sheet, okay. Over your lastly or you have a piece of metal that goes over that. And then a sheet that goes over that, and then you definitely put your sand on there to just cover the whole thing. So it cooks, you don't put the sand directly on the meat or, you know, you put a couple of layers between the meat and covering. Yeah.

Diana Clark: Huh?

Tony Biggs: Don't do that. Don't put the sand on there.

Bryan Schaaf: If you think it's tough picking sand out, when you go to the beach.

Diana Clark: Oh gosh.

Tony Biggs: I mean, can you imagine like your first...

Diana Clark: Little gritty taste, like kitty litter.

Tony Biggs: Can you imagine your first clam bake, right? I mean, and you've got sand right there. Yeah. I would stay away from that.

Bryan Schaaf: Excellent.

Diana Clark: Think of little Rascals. Now this is what I really call a sand witch.

Bryan Schaaf: Okay. That said, if this is your first time tuning into the meat speak podcast, we invite you to go back and download, subscribe to all of the episodes. I don't know how many we're at here, but we're approaching the tail end of season three. And what you'll find is a nice mishmash of different personalities. Actually, if you go back a week prior, we talked to our buddy Zach Wolf from Louisville, Kentucky with the OLE restaurant group. Before that we had Jeremy UMansky and Jess Pryles. But we also tear heavily into meat science and the cooking process. So if these are things that are scratching, your proverbial itch, and you dig it, please, please, please go onto Apple, Google Play, Spotify, leave us a star ranking, leave us a review. It ensures that we're going to stick around longer, right. Because we got to... we like to justify our existence with numbers, which is very difficult.

Tony Biggs: We do, right? Yes.

Bryan Schaaf: Yeah. So please head on over there, slide into our DMS if there is something that you want us to cover. That said we are, as I said, in the tail end of season three and all three of us are, I believe, our schedules are starting to pick up.

Diana Clark: Yes.

Bryan Schaaf: Which is probably a good time to start to think about what's going to come in season four when it launches at the end of September. Chef, how long did it take you to get your sea legs back from, from the boat?

Tony Biggs: Oh, let's see. Wow. You know, not long it was really nice. It was tranquil. I, you know, left the door open so I could hear the ocean waves. I could feel the breeze. I could witness the sunrise. It was nice.

Diana Clark: That's nice.

Tony Biggs: It was relaxing too.

Bryan Schaaf: Excellent. Excellent. On that note for everybody listening to the Meat Speak podcast powered by the Certified Angus Beef brand for Chef Tony Biggs meat scientist, Diana Clark, I'm Brian Shaaf. Thanks for listening.