

Mark Murphey_mixdown

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SPEAKERS

Emily Milbourn, Mark Murphey, Gavin Kelly, Teddy

Gavin Kelly

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Teddy

Hey everybody, welcome to the podcast. This is Teddy Allen. I'm joined by Dr. Mark Murphy Murph How you doing

Mark Murphey

I'm great today How are you talking

Teddy

Marsh from around Odessa. Hey grew up want to six boys and I think booking girls. Somehow you escaped West Texas and a&m and you're an Aggie. Go do not mind Aggies legs crawled across Europe on their bellies back long before I was born and we might be speaking German so I'm not a big Aggie Jeff God glad you're here. And then also, Emily is millboard and right she could be your veterinarian one day she certainly got to Missouri to vesco. And if you're a big cow, this is going to be one of your future doctors. Thank you for john assembling. Thanks for having me. And what was your major pre vet? pre vet and how many classes Did you have a Dr. Murphy. You read a bunch

Emily Milbourn

the research project

Teddy

and she still managed to get accepted to the University of Missouri. Merced one of our best t courses. Academic Program chaired Agricultural Sciences mainly he's a star at tailgates when we call him our mvg which is most valuable griller which we're going to get Emily and Dr. Murphy to share some expertise with us today. This should come out before Memorial Day a lot of people be grilling, and a lot of people will be messing up perfectly good cuts of meat. So tell us what's the biggest mistake that rookie Memorial Day grillers make

Mark Murphey

two mistakes they're gonna make one is when they build a fire they build way too much fire from here. No, they overcook it, they burn it, they use they use a lot of fluid or gasoline to build a fire which I'm kind of anti that I use a chimney to build a fire. And then the other thing is they buy a poor cut to make the cheap cut to me that's too tough.

Teddy

And when you will get to the meat but when you say they build a chimney,

Mark Murphey

tell me what that means. chimney is it looks like almost like a big old time coffee can with holes in it. You put your charcoal in it, you put a some type of paper the cheating light or some firestarters underneath it, and you light it and it draws the heat through the charcoal and lots it and that way you don't have all flavors flavors from a fuel.

Teddy

Okay, because if you see me walking toward a grill with a can of ladder fluid, yes, just report you'll just go Oh,

Mark Murphey

I just turned the other way.

Teddy

That's my go to the convenience store and get a Twinkie. Exactly. Emily is how did you learn to grill? Well,

Emily Milbourn

my dad, always grill grown up. I took Dr. Murphy's art and science of barbecue class my freshman year and learn more of the science side of it and why you do what you do. We're out here at the main one of my main science laboratory. If

Teddy

you ever walk in here and like on Gordon's desk, there's a skull of some kind of bovine over here a pig is that a pig? That was right that was either it was a pig or really a horse that need our cow that need to go to the dentist. So it's a different kind of operation out here. We're cutting meat in another room. Were grilling outside if I want to take the barbecue class and he said it was the art,

Emily Milbourn

art and science of barbecue so

Teddy

you're just no fly by night thing if you want to do it right. How could I take that class when's the next time we

Mark Murphey

offer it every spring? 20 students per class and it's it's a first come first serve deal. It's by signature only you contact me. I reserve a spot this year's class half the students are Ag and forestry students. The other half come from ever college in the university.

Teddy

What a great class Emily what made this up I know you can't forget this class. So what kind of stuff? Lucky go in the first day the ground up hamburger made the microfiber?

Emily Milbourn

No I think for our first day, he sat us down and told us about all the different spice mixes he likes and the different kinds of flavors you can get through barbecue. If you like a Carolina if you like a text this, if you like kind of an alabama mississippi style and St. Louis Of course. So just the different regions and what barbecue means in different places.

Teddy

Okay, and then y'all got more hands on as it went along.

Mark Murphey

One thing in left off that's really critical is food safety. You're gonna lose a lot of friends if you give them food poisoning. So food safety is always critical keeping your Maple not putting vegetables or cook product or raw product was. So always review food safety, you'll be uninvited to the next grilling if you would give everybody food poisoning.

Teddy

Before y'all even get into cook, and may you tell him Okay, here spot here's how to dress it up. Here's how to keep it say we run crawl before we walk in my hobby run. Now, you said that Marie Antoinette would have been around a lot longer if instead of saying let them make cakes, you would have said

Mark Murphey

let them eat steak

Teddy

that I agree with you. That's one of the more I can't believe an a&m grad came up with that. That's wonderful.

Mark Murphey

They're just all kinds of brilliance here. You just need to realize it is out here on South Campus where it's happening Exactly. Today is state day, right? Today is state day.

Teddy

So today what kind of steaks are grilling that we're

Mark Murphey

grilling a choice Angus ribeye, which is among the top end steaks ribeye to me is the king of steaks. When we talk about quality when we go to celebrate, we're buying a ribeye and there's reason tastes tenderness all comes together in the rib.

Teddy

Now if I want to learn how to cook better and I can't take your class again if I want to take a class email yum.

Mark Murphey

And in the spring ryfi at lots egg.edu our

Teddy

PHP why law tech.edu or just stood at the meat place at law tech they'll get you Murph to

Mark Murphey

Dr. Gas deactivate. They said it was here.

Teddy

Okay speaking Dr. Eric wood and Dr. Gary cannon are coming out later today to test the stakes right

Mark Murphey

they're going to judge that every week we have a competition of of a different kind whether it's briskets or a hamburger the basketball assistant coaches Basketball Coaches came out in judge our hamburger contest so beautiful every week we have a contest and we critique the students on what they do.

Teddy

Okay, and it today. Yes. Is this the final? This is the final big. What? We're cooking robots today. Emily, do you have a favorite steak you want to eat?

Emily Milbourn

revise just you're good all around. We got

Teddy

a lot of natural sound. That's good. Don't slow down out here. Also have camp it's busy.

Emily Milbourn

Yeah. Good. Revise. You're good anytime in the day and time of the year steak. I also like a New York Strip, which is just the same muscle as the ribeye, but farther along towards the back end of the the animal. That's the science. Yeah. It's the way we're what it? Yes. So I'm in New York strip is basically a boneless t bone. Okay. So I just, I like those as well. They're a little bit cheaper.

Teddy

There's a hot luck shirt. Shirt we got everybody's involved with it's like the Statue of Liberty. It is. Just bring all you all. There's something for you. at South Campus, the grip is more expensive, correct? Right.

Mark Murphey

It's one it's probably the second most expensive steak out there. Other than to some real gourmet cuts, the fillet kind of jumps in there and, and it filet, it's usually about 25 to 50% higher. And if you have a good quality fillet, it's really good steak. Lower on fat, but it's a muscle that does no work at all in the body. So the tenderness level that just taps out on it. It's the tender

Teddy

it is and it was my go to place every now and then eat a steak out. That's what I get. Because that's the easiest one that that to not mess up. But I want to get a ribeye, right. But the last few times I've been expensive steak places, you know, you save up, save into that, and then they'll be all tomorrow, but he can't eat right? Why is that? Are they cooking them wrong? Now that I get a bad cut of me or my heart?

Mark Murphey

There's two different kinds of fat. There's the fat on the outside and the big chunk that you may see inside of ribeye sometime. And a lot of times we call that waist fat. Because unless you lactate fat and your doctor is not watching, you know Yeah. Or if he's watching you trim it off and throw it away. The other is marbling and marbling does two factors in it adds flavor. That's why we call it the taste fat and then it adds tenderness. We have some philosophies that it helps disrupt muscle fibers in the connective tissue makes it more tender. So the marbling It's not gonna be the problem it's the bigger chunks of fat.

Teddy

Alright, so again did I did I get a bad cut of meat or did they just not cook it

Mark Murphey

well how did that have done?

Teddy

Did they cook it? Well medium well well medium and then it was too chewy and so I went back what

Mark Murphey

is the what is the next statement? I told you I'm you

Teddy

know that if you go past me were you running late so

Mark Murphey

what does say there's no greater sin. Oh, we're

Teddy

cooking

Mark Murphey

right? The same greater than putting ketchup on?

Teddy

Oh my god cooking Okay,

Mark Murphey

so when we overcooked mate, it tends to get dried out it can't

Teddy

get we want to cook it to a perfect medium rare, perfect medium rare and Emily shaking her head knowing like, Okay, then I'll think else is wrong period. Straight we've talked about if we're talking about some bonus cuts.

The sirloin

Mark Murphey

sirloin is what what we call a poor man's steak when I was a kid growing up and 22,000 acres a dad certain when you got tired of cactus, you know, you might get to eat a steak and that steak can either be Bologna or sirloin sirloin is the next step past the strip and the T bones and and I call it a poor man's steak. It's more reasonably priced. It's probably less than 50% of the ribeye can have some tenderness issues, but it has a lot of beefy flavor. And, and I know a lot of people that grew up working for a living, they lacked that sirloin. But he does have that. And in restaurant, they tend to cut it thicker, so it can make cook more proper.

Teddy

Okay, it's a little leaner. Let me what he mentioned, man guy before we started this podcast, for lack of a better term, the flank steak or skirt steak. So what do we do with that?

Emily Milbourn

So the point in the skirt steaks are both internal on the animal, it's not something that you've cut really into the carcass to get to start steak is attached to the diaphragm. And the flight stick is also an interior in the plane. And you are good. They're not as thick. They usually don't have as much marbling, but they're good for people who can't afford a ribeye. They're great for stuff like fajitas or tacos. And they marinate well.

Teddy

Okay, thank you, Gordon, my wife, she might have been making some money for us.

Mark Murphey

Before I caught with mine,

Teddy

get a butcher knife and get me out. We'll wrap this up. If you want to learn how to grow, you can't get out here. You don't really know what what you support the coffee can't count. Once you call that a chimney, a chimney. You don't have to do that go

Mark Murphey

online. Mm hmm.

Teddy

Our email mark at RPI he was@logitech.edu. Also you can go to if you google on the logitech.at Google top five. Mark Murphy you will see his top 10 states are pieces of meat that you give us and again you're you're willing to share. The thing about people who really know how to cook is they're willing to slot computer people they're actually willing to help you learn how to do stuff.

Mark Murphey

And if you look at the beef organization, Lucien Kamins National Baseball organization, even the pork, pork producers, they have National Court producer Council. They all have some great recipes to look at. And, you know, some days you just have to try on a thermometer. Right? Pay attention to your fire hot and fast doesn't work on most cuts, slow it down and put the rat pay attention to your doneness and

Emily Milbourn

continues cooking after you pull it off the grill. So when in doubt, pull it off a little early.

Mark Murphey

Black. I cooked some prime rib for group this week. Oh, I pulled him at 127 degrees. And that way that time in an hour when we eat it, we're still medium rare. We're not over the

Teddy

we appreciate y'all taking time for novices to learn at the seat of the masters. What do you plan to do you have any Memorial Day cooking plans?

Mark Murphey

We're going every year in Oklahoma Memorial Day. We have a big barbecue and crawfish. Look at brisket sausage, drums and Crawford.

Teddy

What about gentlemen we know yet

Emily Milbourn

I live on the lake so we'll probably grill either at home or out on the boat and then go spend the day on the lake.

Teddy

That's in hot springs. Yes sir. Good. Good for y'all. And Emily's gonna stay with us till the end of June. I've got to Missouri around July. We wish you the best of luck look if this is gonna be too much for you just get some Bologna some round steak and get some good white bread some Bologna right? You can do that Bologna Yeah, how much how often did you eat fried Bologna grown up? weeks when did you cut it to where it lay down or nasty cut the edges so when you get to Bay look up pretty good. Some not Emily graduate,

Mark Murphey

which is mustard and she is the queen of grilling with pineapple.

Teddy

Really? Yeah, she is pineapple density that's we won't go into that now that's pretty advanced. We're proud of you and we thank you Marvin anytime. All right, have fun grill and holler at Murphy if you need an MBR Ph. D. y logtag.edu.

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Gavin Kelly

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