



Podcast Script
Season 1 / Episode 14 -
[Reverse Searing / The Perfect Sear / Tips For First Time Restaurateurs]
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Hello chefs, today we talk reverse searing meat, the perfect sear, tips for first time restaurateurs. I am Mark Grigsby, your chef and guide through this experience, and this.. Is the InCrEDIBLE Discourse.

So a quick update as we usually do before we get into the meat of today's episode. So I mentioned a couple of weeks ago that I started going hard on the youtube shorts and I continued with it since our last conversation. We have had a mix of success, but success nonetheless. I think it's a really great way to put our brand out there, tell a story, get a little humor and promote the show all in a quick minute. So if you guys haven't had a chance to see those, you should really check it out. While you're there like and subscribe to the channel so you never miss a beat.

The website is coming along well. We have seen a huge spike in visitors in the spring, which is great... so for those of you who have already been to the site, thank you very much. I really do appreciate your interest and support. I will admit though, it is difficult to keep up with. I really want the site to be a hub of all things the incredible discourse, so I have been putting in quite a lot of hours to make sure you get a lot of content. The resources page is slowly coming along, but it is coming. I have so many resources already written, but I'm trying to take my time and give you details on a topic, and then create a downloadable type of resource that you can have as a hard copy. Kinda hoping at the end of the summer to compile all of the resources and lessons from the show and write a book that will be available in hard copy and digital.

The newsletter for June comes out this week! This will be the 3rd edition of the newsletter. I'm hoping that all of you that have subscribed to it enjoy it. I try to make it a teaser of what's to come. As we continue to grow and create here at the show, the newsletter will expand and change. So if you haven't been to the website and subscribed to the newsletter.. I have a question for you.. What the hell are you waiting for???

Anyhow, so today we're going to talk about the reverse sear technique.. What it is, how to do it, why you should do it and when is the best application of this technique. If you have never done this before, it is so worth it. I'm going to teach 2 ways to do this depending on what equipment you have available to you. And then we're going to talk about the perfect sear.. I figure if we're going to be talking about searing, may as well get the whole technique included. And then lastly,

I wanna talk to a different audience today. I usually leave my third segment for my pro chefs.. But today I want to speak to restaurateurs.. Specifically rookie restaurateurs. This segment will cover tips for those looking to own a restaurant for the first time.

So.. without further delay.. Let's get our asses in the kitchen.

Alright so the reverse sear.. Let's define what that is in case we have some folks on here who aren't familiar with that term. **Reverse searing** is a two-stage cooking technique used primarily for thick cuts of meat (like ribeye, filet mignon, or pork chops) that prioritizes **even internal doneness** and a **deep, flavorful crust**.

We do this by cooking these thick cuts gently at a really low temperature in an oven or by sous vide until it's right under your intended internal temperature, then we rest it briefly and then sear it in a piping hot pan or grill to get that really deep crust on the outside. Honestly, if you have the time to utilize this technique, it's unbeatable when executed correctly... and either way really, traditionally or reverse. I know not a lot of my home cooks have a sous vide machine just sitting in their closet to use so using the oven is just as good. Some say the sous vide is better, to me it all does the same thing. Now this technique is used to avoid getting that grey band on the outside and ensures that you get a perfect and even internal temperature. It gives you a better crust on the outside because the low heat dries out the surface of the meat giving you that superior browning.. We all remember what that browning is called yes? The maillard reaction.. I know you all listened to that episode and was wondering why I hadn't pulled the vocabulary out yet. In the end you get a little more control using this technique.. Rather than racing against carry over heat, you're using it.

So there are a couple of myths that go along with this technique that I wanna break down before we get started. First is that it's too complicated for home cooks..

Look, the truth is. Is that it's actually easier than searing from raw. There's less stress, more control and more accuracy when you perform this technique. Sure the first time or two can be a little nerve racking because you never done it before.. But isn't that true for everything you do for the first time? It's like learning how to ride a bike or learning how to use a knife for the first time.. It's going to be challenging, but after you've done it a couple of times and seen the results, you'll realize that it's actually easier than learning how to ride a bike.. I mean.. I've never scraped my knee reverse searing a steak, so I'm going to say that if anything.. There's less pain associated with it.

The second myth here is that this technique is only for steak.. This is not true. This technique is great for thick cut pork chops, lamb racks and even chicken.. But it has to be done properly. And if you listened to the last episode about brining, and you have time to knock down multiple techniques.. Brining plus reverse searing a bone-in chicken breast is to die for.

They also say that you lose all of the juices when you reverse sear. And the science behind this proves this to be false. You actually preserve more juices because you're not shocking the meat with high heat from the start.

And the worst of all of these rumors and myths? That you can't get a good crust on your meat.. Dude... one of the whole reasons why we perform this technique is because you get a better crust. During the slow cooking process the surface of the meat dries out making the conditions for a sear more ideal than if you pat dried it when it's raw.

Now of course, nothing is a shoe-in, right? You don't just pop it in the oven and then into the pan.. The technique isn't that easy... There are a few common mistakes that you need to watch out for to get the optimal end product.

First of all things you have to make sure that you don't overcook it during the slow cook process. You need to use a thermometer and take it out about 10 degrees before your final internal temperature target.. So if you're going for a medium rare, 130 degrees or so, you should take your meat out to rest at 120 to 125.

You gotta make sure that you rest the meat for a few minutes before you get it in that screaming hot pan. This allows the juices to settle and reconstitute throughout the meat, preventing juice loss and gives you a firmer surface for a better crust. Make sure you do pat dry the meat after the resting period to make sure that you get the driest surface possible, to make sure that you get the best crust possible.

The pan must be screaming hot.. Like to the smoke point hot and make sure you use a high smoke point oil.. Never butter. You need something that can withstand the pounding of this heat and the meat.. Something like grapeseed, avocado or even beef tallow. Underheating or crowding the pan will cause you to have a horrible product. So be patient, make sure your pan is hot and don't put every piece in the pan. Remember when we did the episode about the scallops and I warned about overcrowding the pan? Same deal here.

So we always give a little history lesson and traditionally our lessons go back like thousands of years.. Believe it or not, this technique is barely 30 years old. Traditional high heat searing has been around for centuries, but reverse searing, as a deliberate, named technique is a relatively modern invention. It gained serious momentum in the early 2000s thanks to chefs and food scientists like J. Kenji Lopez-Alt and the advent of precision tools like sous-vide circulators and digital thermometers.

Did you know that most steakhouse steaks are actually reverse seared in practice, even if they don't call it that? They often slow roast or sous-vide and then finish with a high heat char just before service. The term "reverse sear" likely came from BBQ forums and online culinary communities.. It didn't originally come from out of a kitchen, but actually by passionate home cooks seeking better consistency. The technique gained mainstream visibility on youtube in the 2010s. Today, it's one of the most searched steak-cooking methods on google. Reverse searing

flips the script on traditional searing. Instead of blasting the outside first, which oftentimes overcooks the edges, it starts with gentle internal cooking to preserve moisture and build flavor from the inside out. The final sear is more about texture and aroma and less about doneness. This technique displays control, consistency and intention which favors science over showmanship. It plays perfectly with compound butters and pan sauces because you can build and layer flavors after getting the sear. This technique is extraordinary, believe me. I'm also going to do an episode towards the end of the season solely on sous-vide. That technique is also relatively modern and really gives you a great product when executed properly. It's all about control with these two techniques and control gives you a better product. They require practice yes.. But what doesn't? You know.. Like the bicycle thing.

So let me give you a step by step of this process so that it's clear how to do it.

First you have to choose the right cut.. And by cut I don't mean from where on the animal. I mean the thickness. You need something that's at least 1.5 to 2 inches thick. Pork chops are great. Thick cut lamb chops work well. And of course ribeyes, strip steaks and filets do very well here. Hell, I've done eye of round with this technique.. My parents fuckin love it.

Alright, next you gotta season and air dry. You're going to season generously with kosher salt and pepper or whatever favorite rub you have. Then you're going to place the meat uncovered on a wire rack over a sheet tray. The wire rack is kinda important here for circulation of air. You don't want the meat sitting in its own juices. Let it sit in the fridge for at least an hour or even overnight for better surface drying. Now I know some of you avid listeners of the incredible discourse are going to try and call me out and say "but chef YOU said not to salt the meat so early because it draws out moisture". And this is 100% correct, I did say that. BUT.. That's exactly what I'm trying to do here. It's intentional. When you are performing this technique, the salt draws out the moisture, dissolves the salt and then the meat reabsorbs this liquid kind like a dry brine. As it sits uncovered in the fridge the surface dries out making it perfect for the maillard reaction.

After you've air dried your meat, it's time for the slow cook process. Preheat the oven to between 225 and 275. Roast your meat on the wire rack until the meat hits 10 degrees below your intended target internal temperature. So for rare take it out around 115 degrees, medium rare 120 and medium 130 degrees. You're doing this because the final sear will bring it to the final target internal temperature.

Once you've gotten 10 under you will remove the meat and rest it for about 5-10 minutes depending on how thick the meat is. Remember this allows the juices to settle and is a pivotal step in this process.

While your meat is resting it's time to get that pan on the stove top and get it hot.. Like way hot. Cast iron works very well here, I can put a link in the description for one that will work well with this technique. Now add a small amount of your high heat fat and sear each side of your meat for 45 seconds to 1 minute until a deep brown crust forms.. You could also butter baste your meat at this point as well.

Now when you've finished searing, you need to check the internal temperature again using your digital thermometer, you should be between 130 and 135 for medium rare or 140 for medium. If you've reached this point, you've pulled it off. Now let it rest another 5-10 minutes and then slice.

And there you have it.. You've successfully reverse seared a nice piece of meat.

Try this method, and send me photos of your masterpieces on X or the website. If yours looks amazing I may feature it on the website or the newsletter. And if you're not into taking pictures.. At least send me your thoughts on this technique.. What worked, what didn't and if you need some help you can also let me know through these channels.

So now that we have our minds on what a reverse sear is.. I want to talk to my home cooks about perfecting the sear.. The OG way to sear. And you what that means..

It's time for..

FOOD FOR THOUGHT

Or what I like to call..

PRO TIPS FROM A CHEFS LIPS

So...the perfect sear.. I wanna talk about a few things that will take your searing game to the next level. There truly is nothing like a really good sear on a piece of meat or fish. I actually prefer my fish to be seared over any other technique. So I wanna talk about some key points in the process and break it down so that we can all wrap our heads around what we're doing.

Heat control is probably the first thing that comes to my mind when we talk about searing. You always need a "rip roaring hot" pan. And this means a pan that has reached its smoke point. When you drop your protein into the pan you should hear an instant, aggressive sizzle the moment it hits the pan.. If it doesn't scream, it aint ready.

Dry surfaces always mean a better sear. Moisture is the enemy of crust. If the surface of your protein is wet, it's going to cause your meat to steam rather than sear.. Always dry your meat. Pat dry with paper towels, especially if you didn't dry brine or if your meat has been sitting at room temperature. And if you have time, leave your meat in the fridge uncovered to air dry. This is a really good tip and effective measure when you're searing. So remember, dry meat always.

Always use high smoke point oils.. I'm talking about oils like grapeseed, avocado, canola or even beef tallow. If you're not sure what tallow is, it's the rendered fat of the animal. Beef works exceptionally well for this process. I carve all of my ribeye steaks in all of my restaurants. And there is always a fat cap that you have to trim off. This cap gets very chewy over high heat. We

used to take all of the fat trimmings and put them in a pot on low heat and just let the fat render, then ran it through a cheesecloth and cooled it. It becomes a paste when cooled. You get the meatiest flavor and the best sear with this. Some grocery stores sell this in containers, or maybe your butcher may have some. But if you're in a restaurant and you carve your own steaks.. This is a cost efficient, better tasting way to sear your beef.

Another rule of thumb here is press for contact, but don't smash your meat into the pan. Gentle, even contact equals crust. You just need to barely press the meat into the pan for the first few seconds to ensure full surface contact, Smashing the meat forces the juices out. Respect the crust, don't manhandle it. One of my pet peeves in the kitchen are cooks that like to smash the burgers on the grill or griddle. You literally are watching the juices shoot out of the sides. And then when you bite into this cheeseburger, you're expecting this juicy flavorful bite that runs down your arm and instead you get a hockey puck that damn near chokes you. And you wanna be nice to the person who cooked it, but you know the first thing you say to yourself when you bite into it is "fuck me this is dry." I love my burgers to be bursting with juice and run down my arm. That truly is the real burger experience. You know.. When the meat is so juicy the bread almost gets soggy.. Yeah man. That's my shit.

I think the most important part of the process is the resting part. You have to let your meat rest and let it rest before and after you sear it. You need it to be room temperature before you sear it and you need it to rest about 5-10 minutes after you cook it to let those juices redistribute. If you don't do this you will undoubtedly get a dry and stringy result. And meat is expensive.. Respect that shit.. Do it right. Rest it before and after.

Those are the do's. Here are the don't's.

Don't flip the meat too early. So many cooks get overeager and start touching the meat way before it's time. Let that shit cook and do its job. This is the same for overcrowding the pan, don't do that shit either. If you have to do it in batches, do it in batches. Be patient. Cooking is an artform.. You have to take your time, follow the steps and procedure and do it the right way, otherwise you're just making a mess. And don't forget to season! Salt is your flavor amplifier and crust builder. Don't neglect it.. Even last minute seasoning is better than none.

When working the grill, I want you to remember something.. Grill marks are nice, but they're purely cosmetic. I have never heard anyone say " damn these grill marks taste phenomenal". You need to be chasing the crust. Crust is texture, flavor and aroma.. It's the difference between meh and mind-blowing.

This is one of those things that after you master it, it's kinda hard to go away from. When I used to work the line many moons ago.. My favorite station to work was the pans. The saute station seared all of the fish and meat and was my favorite. It's there where the focus is truly on flavor building.. You gotta know what you're doing and focus.

So.. go sear you some meat or fish and let me know how it turns out. Send me a picture or at least a review of what you thought when you bit into it. Should change your life.. For the better. And remember.. Dry surface and rest. Those are the most important.

So today's last segment is kinda a softy for me... Or maybe it's a hard spot, I don't know. But I do know that there are just too many restaurant owners out there who are clueless on just how a restaurant works.

So.. you wanna open a restaurant huh... Let's drop the fantasy and talk about what it really takes. You close your eyes and picture your restaurant open full swing.. Dining room buzzin, regulars lined up, you get your name in the paper and you're living it up at the bar with your friends showin off how great you are cause you're the owner...

Now open you're fuckin eyes.

All of a sudden you're the plumber, the Hr department, the accountant and guess what.. Your only dishwasher just called out. You've been there for nearly 12 hours already, it's only tuesday and you've been dealing with that horrible article written about your place because someone came in and ordered a beef tartare and then made a show in front of all your diners because it wasn't cooked. Your chef had a fit and stormed out, you don't know how to run the line and your bartenders are arguing with a guest who ordered a dirty martini and complained that it tasted like olives. By the way payroll still hasn't been done for this upcoming friday and you have to figure out if you're going to be able to get paid yourself.

You're in over your head and have no idea how you got yourself into this mess.

Most restaurateurs romanticize ownership and completely underestimate the weight of it and just how much it takes to own a place.

So before the dream becomes a nightmare, let's talk about things that you need to know or plan before you open a restaurant. Opening day isn't your dream.. It's your deadline.

So way way way before you're looking for places to buy or rent, hiring your staff and designing your menu.. My first piece of advice is this...

If you have never worked in a restaurant. You need to.

Because the amount of things that you need to know how to do yourself is enormous. Help isn't cheap so you need to be able to allocate your money in the right places. It costs a lot of money for a plumber to come out and unclog a toilet that you could've done yourself, or an electrician to swap out the plug of your strip warmer at the expo station that's literally 3 screws.

And that's just the minor repair portion that goes with the job.

If you don't know how to cook.. Oh boy, you really have a problem. Restaurant employees are a breed of their own and although they are skilled workers.. They traditionally are not the most dependable. They often come with lots of luggage.. Whether it's a drug problem, a drinking problem, a gambling problem, a women problem.. I have seen it all. There are few straight edge line cooks with no vices at all.. And eventually at some point, you get stuck doing the job.

And if you are listening to this and you work in a restaurant and you show up every single day, you are one of the few, and thank you.

And almost all of these things that you have to deal with you can learn on the job working in a restaurant. Experience goes a really long way in this industry and you can't replace that with youtube or hearsay. Working in a restaurant, learning and understanding the business can be grueling.. But it'll also determine if you're cut out for it. You really have to *love* it... Because the hours are long, the margins are short, the stress is high and there are usually more lows than there are highs.. But the highs.. When they come, are so rewarding because you had to fight for everything you got to get that win. It takes a special kinda of person to have a passion for being a restaurant owner or operator. So go work in a restaurant for a year.. Absorb, work the hours... work all of the jobs, understand what it takes for a restaurant to survive. And if.. If.. if you *love* it after that experience. Go for it.

Restaurants work on systems. We spoke about the 5 systems that the kitchen runs on in the last episode. I wasn't kidding.. You need these to be designed and tested before the restaurant opens. Recipe books, dispatch specs, prep lists, order guides, scheduling systems.. All of it. Opening without these systems ready is like building an airplane while you're flying it. Does that analogy make sense? Neither does opening without systems in place. Prep will always take longer when your systems aren't tight. Systems help you set expectations and forecast what's to come.. Set expectations early.. Consistency is a system.. Not hope.

Don't underestimate labor and prep time. I think this is one of the biggest things new owners forget to appreciate. They forget that great food takes time. There's no such thing as 10 minute ticket times.. Not for good food at least. And if you're not serving good food off rip, you've already signed your own death warrant. Opening week labor costs always exceed projections.. Training takes time. And you can't ignore training and standards. All respected restaurants survive on these things.

You need to be a master negotiator. This is a skill! Quality ingredients don't always mean luxury ones, and there's a balance to it. Quality with cost. You won't be able to afford that prime strip steak if you're selling it for \$20. But there's a give and take there.. Depending on the place, maybe you can afford a slightly lesser quality steak, but be able to raise the price a little higher? Develop real vendor relationships.. Ask for samples, price breaks or bulk deals and don't let your menu become hostage to fluctuating prices. In my experience breaking the case is usually more expensive than buying the case itself and you gotta know these things. How long will it last if you buy the case? What's the shelf life? Can I repurpose or cross utilize this product? Can I freeze it? These are all things you have to know because you're dealing with money and profit.

If you don't know these things you could potentially be throwing away money.. And if you don't know what the term "break the case" means.. You're definitely not ready to open a restaurant.

Build the right team. I can't emphasize this enough. You need a culture to build on. Hire slow and fire fast because culture is truly everything. Your team defines the guest experience more than your food, believe it or not. A bad hire can torpedo morale, consistency and service all in one shot. And there are tons of these people out there. Those who hide behind the words on their resumes, but have no clue what to do. Those who come in are looking just to get paid and couldn't give a shit less what they put on a plate. These people will tear the life of your restaurant apart if you don't choose wisely. You're going to hire bad ones and make that mistake.. We all do. But you have to be able to deal with it and get them out of there as fast as possible. Protect the culture, even if that means tough conversations. As the owner.. Almost every conversation you're going to have is going to be tough so you better get used to it. Remember, your food doesn't run the kitchen.. Your people do. So you need to get the best you can afford, train them well and hold them accountable to your standards. Every single day.

Menu control is mission critical. Avoid the "we do everything" trap. Just because you have the means to do everything doesn't mean you should. Keep it simple. Simple isn't lazy, it's repeatable. You need to do things that everyone can master and do, not just you. I've made the mistake of being the only person who can prep certain items on my menu.. And then one day I can't be there cause my kid is sick, or I go on vacation.. Who's supposed to perform these tasks? You have to make it so that anyone can pick up the book and go. Start small... create tight, well tested, profitable dishes that your team can execute under pressure. Doesn't matter how great your dish looks and tastes, if it has 300 touchpoints on it, you ain't doing it during service and it's coming out the way you did it in the test kitchen. I don't care who you are. Keep it simple and small and rotate it. Keep it fresh.

Be mindful of your overhead. Electric, water, A/C and rent are going to hit you like a ton of bricks so you have to make sure that you're taking that into account. That really cool location on the water? Be careful, it could bleed you dry.. Your lease should support your concept, not strangle it. My advice is to not sign until you have fully run the numbers on your worst case weeks. The weeks that have the most rain or snow, the hottest days of the year when people aren't coming out.. You have to prepare yourself for the worst possible outcome so that it's manageable, with a plan when those times come. And they will come... they always do.

Your POS, inventory software, scheduling tool and costing spreadsheet aren't just admin tasks that you need to do. They help you make accurate decisions that's best for the business. They shouldn't feel like a chore, they should help you set up your days, weeks and months. Not paying attention to these tools causes you to "shoot in the dark".. This method is madness. These things *run* your business. They help you make the best choices. Use them. Learn them. And leverage the data to pivot fast and maintain costs so that your business has a chance to survive. I have noticed, over the last few years especially, that the cost of operating a restaurant is going up and going up faster than it ever has. Labor, product, overhead.. These things never

go down in cost.. They only go up. Being able to counteract that with good decisions will help you stay in the game longer and help you make justified decisions based on real time costs.

Lastly.. Be present. Every. Single. Day. You can't phone in leadership. You can't lead by example, if you ain't there. You can't set standards, make decisions in the moment and correct behaviors and actions if you're not on the floor guiding.. Leading.. Being present. Your team feeds off your discipline, your hustle, your heart and your attention to detail. No one knows exactly what your vision is, if you're not there showing them. Leave nothing to interpretation. Be there. And this doesn't mean there all day every single day and burn your candle at both ends.. It means be there when it matters. During peak service, the prep, the cleaning.. The times when the business needs you there most. You can't recognise that there is a problem.. Tell someone to fix it and then not be there to follow up.. *It became a problem for a reason...* because the people that are there are not following the dream or vision... *Your* dream or vision.

Today's final thought gives us an opportunity for me to tell a little story. I worked for a man who had a big dream.. But not a lot behind it. He owned a property in the farm lands in my hometown and wanted to bring the memories and experiences of yesteryear back to the people of the town. On this property he created a farm experience where you could come purchase and pick fresh produce.. This turned into putting a food trailer on the land.. That eventually turned into him building a full on building with a full kitchen on the inside for a counter service type restaurant. As he tells the story.. Each step that he took in the process was a step farther than what the dream was originally. He never wanted to build a restaurant or own one and had zero experience in the industry, but was talked into and consulted into *someone* else's dream. By the time he hired me, he was well aware that he was way in over his head and didn't know what he was doing, where to go and was clearly exhausted.. After just 3 years. When I arrived.. There were no systems.. No recipe books, no order guides, no pull thaw lists, no prep lists, no BEO forms.. It was like the entire kitchen ran off spur of the moment decisions. The funny thing about the whole thing was that you could taste it in the food that the business was being ran by a bunch of shoemakers. I'll create a short detailing what a shoemaker is, but let's just say it ain't good. Anyhow, it was a chaos.. And the expectation was that everyone run around and try to do everything at once. There was no order, no rhyme or reason... because no one knew what the order was, the reason the rhyme.. They knew that the restaurant business was hard, so they worked hard unnecessarily because no one knew what they had to do and the business failed to grow. Ownership wasn't very transparent about everything either. They took forever to deliver KPI and metrics so that the business could be gauged properly, and everything about how the restaurant was doing financially was all kept under raps.. Like it was a big secret. Money was being blown on stupid shit left right and center that didn't generate revenue.. And all of the events that went well were bailed on after the first or second one because they didn't see any immediate return on the time and money they invested into it. They wanted the large large revenue, but couldn't focus on the little things. They didn't understand their demographic, location, the industry and had large expectations with very little patience. The one recipe they did have right? The recipe for disaster. Chaos. Eventually, after a little over a year that I was there, we got an unexpected visit from the owner saying that he would be closing the doors and

trying to sell the property. He gave up. He ran through the money until there was nothing left and was forced to sell and put the whole staff out of a job.

But all of this could've been avoided. Had he had a real investment in opening a restaurant.. Worked in one and established what it would take to maintain one.. He would've been able to develop a more solid plan and strategy.. Know what he wanted, what it would take to get it and then what it would take to maintain it. Owning a restaurant isn't a small task or dream. It takes a lot of skill, dedication and sacrifice.. And if you're not willing and patient, You've already lost before you've even made it to day one.

There is plenty more that I could go on and on about in this subject. I've owned businesses and restaurants and I have worked in businesses and restaurants, and it's not the same thing. So think long and hard.. Do your research on opening a restaurant.. And do your research in your soul because you have to come to terms with what it takes before you can convince anyone else to follow your dream.

So now that you know the difference between a good sear and a great one, it's time to take that knowledge to the kitchen. Practice your regular sear. Master your reverse sear. And see the difference it makes when technique leads the way.

If you hit any snags or want to show off your results, reach out to us on X (@incrediblediscourse) or drop us a line at theincrediblediscourse.com— we love seeing what you're cooking.

While you're there, don't forget to:

Sign up for the newsletter so you never miss an update, and hit the Resources tab to grab the Ultimate Guide to Searing—it's free and packed with value.

If today's episode lit a fire under you—do me a favor:

Like, follow, and subscribe on whatever platform you're listening on, and leave a 5-star review to help us reach more cooks, chefs, and curious food lovers to the podcast where we tell hard truths, teach real skills, and serve up fire content for the kitchen and beyond.

I appreciate your time as always, I'm Mark Grigsby. And this has been another episode of the incredible discourse. Keep cooking chefs!