

AT Banter Podcast Episode 335 - Chris Peltz and Blind Grilli...

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SPEAKERS

Chris Peltz, Rob Mineault, Ryan Fleury

R Rob Mineault 00:39
Hey and welcome to another episode of AT Banter.

R Ryan Fleury 00:44
Banter banter

R Rob Mineault 00:48
Changing it up today.

R Ryan Fleury 00:50
Slowing it down.

R Rob Mineault 00:51
Hey, this is of course the podcast where we talk with advocates and members of the disability community to educate and inspire better conversation about disability. Hey, my name is Rob Mineault, and joining me today, Mr. Ryan Fleury.

R Ryan Fleury 01:07
Hello everyone.

R Rob Mineault 01:08
Mr. Mike 2

R Ryan Fleury 01:11
See, I wasn't gonna bring that up this week. I was gonna let you off this week.

R Rob Mineault 01:14
No, no, we're safe this week, because it's just those other ones that are the problem. It's those other two that always get their noses out of joint. So, how you doing?

R Ryan Fleury 01:29
I'm good. How are you?

R Rob Mineault 01:31
Good. So of course, for our regular listeners no Steve Barclay or Lis Malone this week.

R Ryan Fleury 01:37
No, I think she is probably laying on a bearskin rug in front of a fireplace, being pampered by her boyfriend in Tahoe, but I'm sure we can, you know, I we got to get this boyfriend on the show, because I don't think he exists.

R Rob Mineault 01:48
And that's a good idea, actually. Do you know anything about him?

R Ryan Fleury 01:54
Not a thing. She's probably keeping it that way forever.

R Rob Mineault 01:59
She knows us. She's done a podcast with us long enough. She's not introducing us to her loved ones.

R Ryan Fleury 02:03
I wonder if we can find them.

R Rob Mineault 02:08
Well, listen, since it's just me and you and why don't we get this party started?

R Ryan Fleury 02:14
Let's do it.

R Rob Mineault 02:15
So why don't you tell the fine folks at home just what the heck we're doing today?

R Ryan Fleury 02:21
Sure. So today we're talking with a person who was recommended to us by a friend of the show John Grimes from the Ambiguously Blind podcast. This gentleman calls himself the world's most interesting griller. He has a YouTube channel and a podcast all about grilling. I'd like to welcome to the show this week, Chris Peltz. Welcome, Chris.

C Chris Peltz 02:45
Thank you. I appreciate that very much and excited to be here.

R Ryan Fleury 02:49
So glad you could join us and teach us how to cook.

R Rob Mineault 02:55
That is true. Grilling is hard. So before we dive into the whole food part of it, because that is definitely excited to be talking to you in that sense, for sure. Why don't you give us a little bit of background of of just who you are. And we'll go from there. Well,

C Chris Peltz 03:19
My name is Chris Peltz. I'm in Springfield, Missouri. And I have RP. And so for the past 15 years, I've had no usable vision. I'm 48 years old now. Started lose my sight when I was 10. And my

dad gave me about a year to kind of mope around and not do too much except for feel sorry for myself. And then about a year to the day of my diagnosis. He came and grabbed the the mattress on the bed at four o'clock in the morning and picked it up rolled me onto the floor was hurt because I was on the top bunk. But But now he but yeah, he rolled me out of bed and said it's time to get up and get going and I'm gonna have to work twice as hard when I get out of his house. I might as well start now. And they've been pushing me ever since. I am a Gospel Preacher. I preach with local church here in Springfield have been preaching for 20 years. Just over in fact about 20 - 24 years. Time flies. And so that's that's my full time job, an evangelist for the Southside Church of Christ here in Springfield, Missouri. But around 2016 I started a YouTube channel called Blind Grilling and just wanted to share experiences with my family with my my kids cooking with them and and just kind of, you know, have that memory saved for you know, recipes These are things that they could look back on and we can laugh about and enjoy. And, and then it really grew and exploded into something I really never imagined it would explode into.

R

Rob Mineault 05:13

Well, it is interesting that you chose cooking specifically to sort of talk about, you know, we talk about, we talk with a lot of podcasters. And a lot of people in the community and something like cooking rarely comes up as something that somebody is focused on talking about. Yet it's such an important part of everyday life, you know, those, those independent daily living skills are something that are so crucial, but quite often get overlooked. So I'm just curious, when, when you sort of made the choice to to start the YouTube channel and start the podcast? Why was it specifically that you focused in on something like cooking and grilling?

C

Chris Peltz 06:02

Well, food is something that I love, first of all, and I, you know, I just really enjoyed cooking with my kids. It was something that I just really loved doing. And I wanted to, you know, just kind of record that. I mean, I did a lot of things with my kids, and it tried to get them exposed to a lot of different things growing up things that I was exposed to, things that I knew would help them be well rounded and good people, citizens. But we have to cook or we have to eat anyway. And so, you know, cooking was one of those things that as life seemed to get in the way of so many things, we always made it a point to get around the table, and eat meals together and talk about our day, talk about school talk about, you know, just whatever's been going on in our life, and it was always centered around food in that respect. So it just seemed kind of a natural choice to, to pick that because even though the kids had different interests, they all still like to cook. And so it was still something that we could do together. Even though they were doing their different things in other areas.

R

Rob Mineault 07:24

So how old is is the the podcast and and the YouTube channel and which came first? Or did they kind of spin out of each other and start at the same time?

C

Chris Peltz 07:33

Yeah, they did not start at the same time. So the podcasts definitely came later. So YouTube was first and that was, you know, 2016. And, you know, I had one girl who loved to be behind the camera and the other girl that really wanted to be in front of the camera. My son would make an appearance every once in a while. But, you know, the YouTube channel really started first and foremost doing that together. And as that happened, there was a police officer here in Springfield, that was shot in the head and he survived, but he lost an eye he suffered brain damage and various things and, and from there, I thought, you know, I would love to give back to military first responders and, and those who've suffered vision loss from from one reason to another. And so we started forming Blind Grilling into a nonprofit. And then from there, we, you know, we started traveling, providing accessible grilling packages to veterans, various first responders and others. John Grimes, you mentioned earlier he actually received one of our packages that we put together and, and then finally, we ended up you know, giving one of the packages to that very same officer who had been shot and you know, it just it was really just kind of a cool moment moment for us. Unfortunate, you know, that it came to that but we were able to provide a grilling package to Officer Pearson. And then of course COVID happens and a lot of things were shutting down a lot of things you know, we just didn't want to travel and do the things that we wanted to do food industry we had shut down. I had done a lot of catering and so I started doing the podcasting because the girls got older they were less interested in the video and helping out. They were going to college they were going to move out and so I was kind of left you know, at my own mercy and podcasts seem to be a much better fit. And so we've we've maintained the YouTube channel and uploading. Occasionally my wife helps out with the videos sometimes, but the podcast came about in 2020. And yeah, it just kind of took off from there. And especially last year, we really stepped it up last year and really have been pouring a lot of things into the podcast towards the end of last year till now.

R

Rob Mineault 10:26

So talk to me a little bit about sort of the format of the podcast and just, you know, how they're how they're structured, and what you kind of talked about, in the body of the show.

C

Chris Peltz 10:37

We try to drop two episodes a week. And Monday's episodes usually are mostly and mainly centered around cooking around, you know, we try to have a recipe or talk about certain grills or accessories, techniques, tips and tricks, you know, especially for those who are blind or visually impaired. And then Fridays have kind of taken on different shapes and forms. I have a lot of hobbies, I do a lot of things I've experimented and various things, you know, from woodworking to other aspects of life and, and so we did a woodworking episodes for, you know, several months, on Friday the episodes. I've done my story on a Wednesday, but but now we're really focused back in on the on the food for both the Monday and Friday episodes. And so we we try to have a guest who is visually impaired, who, you know, likes to cook likes to grill and, you know, not necessarily grilling, but at least you know, this in the kitchen. And in talking about accessibility, what they use to help them techniques they've learned, and try to share a recipe,

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Rob Mineault 12:00

In your experience, are a lot of people in the community and stuff sort of surprised that blind

in your experience, are a lot of people in the community and stuff sort of surprised that doing grilling is a thing?

C

Chris Peltz 12:07

Yeah, absolutely. There are a lot of people that are surprised, but I think they're, they would be even more surprised, if you to learn how many emails and and now texts and phone calls, because, you know, usually those folks who contact me. I end up getting in touch with through phone and text and, and build relationships with and how many people that are out there that are grilling that are, you know, that love to, you know, fire up a smoker to fire up a grill and cook outside. There's a bunch, there's just so many that are doing it. And I guess the one thing is they all felt like they were alone, you know? And so I'm trying to build and bring that community together, you know, as best I can. But you know, just trying to get the word out. I'm not very good at at self promotion necessarily. And so that's been kind of a rough go, but it's building we're getting there.

R

Rob Mineault 13:21

So, you know, in terms of grilling, are there different tools that are accessible that you can use for grilling? Or is a lot of it just kind of like experience and tips and tricks and learning how to sort of work with the grill? Where are we at with accessible grilling?

C

Chris Peltz 13:40

So it's come a long way. It's interesting because it's non conventional, I guess would be the best way to put it. As far as the accessibility aspect is concerned, there are specific accessibility items such as a talking thermometer. And then there's accessibility when it comes to some apps and that you can connect meat probes and pit probes to so you can monitor temperatures, but a lot of things that, that I found to be the most helpful and most beneficial, have have been more unconventional methods that have to do. For example, putting a cotton glove on a hand and then what they call a nitrile glove, right which would be a nitrile glove is something similar to latex gloves, but it's it's not something anyone would be allergic to. There's no powder on it and put that over a cotton liner glove which makes it waterproof and it's a food safe glove. And the cotton liner gives you enough insulation while it's not a heat resistant glove. It buys you enough time that you can reach in with that nitrile glove over it and you can grab me, you can flip meat. You can touch some hot items in a hot grill without burning yourself. And, you know, I don't know when the last time I used a pair of tongs is. Tongs was like what my worst enemy. I mean, you start chasing hot dogs and brots. And I mean, you're, you know, it's like guys that are fighting with chopsticks, trying to grab some. It's just a nightmare for me. And so I got rid of, I got rid of the tongs and I use gloves. And I just reach in and I feel everything. And it that that works great for me. So it's an unconventional method. But it's actually one that I learned from barbecue sighted barbecues who are in restaurants, because when they've got those huge smokers, and they're grabbing pork butts and briskets and racks of ribs, that's what they've used, they put on those cotton liner glove and a nitrile glove over it. And they're just reaching in the smoker and grabbing the meat. And, you know, that, to me is one of the best ways to do it.

R

Rob Mineault 16:11

So really, it doesn't sound like there, there is actually a ton of assistive technology related to grills that are out there. It sounds like a lot of these are very homegrown sort of solutions that people have just sort of learned over the years.

C

Chris Peltz 16:26

I think so, for the most part in the problem that you run into with the technology, the accessibility technology, is the fact that it's all wi-fi or web based. And so you become dependent. And listen, when it works. It's awesome, right? I mean, you've got devices, you know, like I control my charcoal grill, with this little fan device called a flame boss, that you know is, you know, a company that has gone above and beyond to provide, you know, accessible app and units for the blind and visually impaired, even though that's not their focus, but they've they've incorporated, you know that into their focus. And, you know, but it again, it requires an inaccessible device, like a phone with Voiceover or the "A" lady, you know, Amazon device, you know, with a skill that you can tell it, you know, or ask it what you know, tell me what my temperature is, or change the set temp, and it'll control the fan. So there is some tools that are out there. But for the most part, you know, there are always workarounds, there's always a way to get it done first and foremost. But there are definitely some things that are out there. Such as apps, there are companies that are working on these pellet grills that are making their apps accessible, you know, not all of them, you got to be really careful with that, but, but there are tools that are out there for folks that want to grill that make it where it's not only accessible, but you can do it completely independent of anyone else.

R

Ryan Fleury 18:19

I would think that's where you would want somebody who's just being introduced to grilling or barbecue for the first time to possibly start, you know, being able to monitor your temperature of the barbecue, being able to check the temperature of your meat to make sure it's cooked. You know, those can be pretty important.

C

Chris Peltz 18:35

Absolutely. And, and, you know, forget about the whole, whether you're sighted or blind aspect of this, you know, everyone who has started off cooking for you know, and then learned how to do exactly what you just said, check your temperature of your meat, they have upped their game in barbecue and grilling and and just cooking in general, when when you actually learn the temperature aspect of food. Then all of a sudden, not only are you consistent in your cooks, but you're nailing it every time. I mean, you're not under cooking, you're not over cooking, you're just getting it right. And so that's just an aspect of cooking that, you know, I encourage everyone to get to at some point and not rely as much upon timing, you know? Because you can talk to somebody about timing on baking in an oven that set at 450 degrees. Well my oven is going to look different than yours. And you know, it may take 20 minutes in my oven whereas it takes 25 or 15 and someone else's and so if you start you say you know as a dead set rule right 20 minutes at 450 It doesn't always work, right. But if you're talking about a pork butt and you say, listen, you want pulled pork, you bring that internal temp up to 200, and, you

know, 200 degrees, and you're good, you can pull it off at 200 degrees every time, regardless of what you're cooking it on. And it's, you're going to have meat that's ready to shred for pork, I mean, it's that temperature of the meat and a food just changes the game altogether. And so if you start there to begin with, you know, the learning curve is a lot less.

R

Ryan Fleury 20:39

So it almost sounds like we need to relearn the way we do things, because we've all grown up, you know, checking, whatever, 45 minutes at 350, or whatever the temperature, the timing is, right, we've all been taught timings.

C

Chris Peltz 20:52

And there's a place for it at certain times. Sometimes, with those thermometers, you put a thermometer in a piece of meat, and you use the same grill, and you write the same tip every time. And and you start paying attention, there's going to be some correlation. Meat acts differently, especially larger cuts, like brisket and pulled pork, but, you know, they because of texture, or because of density and fat content, there may be some variations. But for the most part, you can learn pretty quick, on your grill, you can get to where you use timing. But you know, when you start off doing that, you know, you'll be like, man, it worked last time, why didn't it work? Because there's a lot of inconsistencies there. And so you can you can work through it. But yeah, if you can start off with the temperature, you can you can have much, many more pleasant experiences for sure.

R

Ryan Fleury 22:01

So are there like, I'm sure we'll get to this at some point. But is there like a resource guide on cooking temperatures for meat that you point people to?

C

Chris Peltz 22:15

Um, so you know, and I know, they're out there, right? I mean, there's, of course down here in the US, we've got the USDA, and they've got you know, their recommended temperature. So poultry, chicken and turkey, you know, for white meat, you want 165 for dark meat, you want 175 internal temps. And for for pork, they'll say 145. Well, you know, for a pork loin yeah, it's maybe 145. But, you know, if you're wanting to do pulled pork, then that's where it kind of fall apart that most people have put out. Because they don't, you know, they just want to get it to the point where the bacteria that might have existed is dead. And so when it comes to the difference between fall off the bone, baby back ribs and bite through ribs, there's a temperature difference there. And that's not going to, I haven't found a chart that really explores that, but that'd be something that I should do a podcast.

R

Ryan Fleury 23:24

You should. And also I think that's where timing would come in, right? Because if you know you want to do your pulled pork, and it has to be, you know, 200 is that for two hours, three hours

want to do your pulled pork, and it has to be, you know, 200 is that for two hours, three hours, five hours, right? Because you're gonna probably slow cook it to get the meat as tender as you can.

C Chris Peltz 23:39

Yeah. And that scene, that's gonna vary a lot too, because you have some guys that pride themselves on serving a dish that they said they have smoked for 20 hours. And then you've got someone like me who comes along and I can do it a lot faster, not, you know, and have the same results. I can do it in eight hours because my heats a little bit hotter. I cook a little bit faster. And, and so the timing thing is, you know, there's some variations that are going to happen in there. Again, when you get larger cuts of meat, you know, because the fat content is going to be different. How that renders down is going to be different, right? You know, how you trim it is going to make a difference. And so timing is not always the best way especially on large cuts of meat. But when it comes to you know those large cuts, having a probe in the meat and bringing it to a certain temp that that's going to give you the best results.

R Ryan Fleury 24:49

Sorry, Rob. I'm just trying to push him towards a cooking channel on YouTube.

C Chris Peltz 24:58

Oh man, yeah, so Blind Grilling, YouTube. We got some YouTube shorts, trying to showcase some grills and we've done. Some fish cooks here recently, um, hopefully in the next week or two, I'm going to record a video cooking a banana bread. And so I'm hoping to get that video done recorded and uploaded, you know, do a smoked banana bread, because that's amazing. And, and so that's one of my goals here pretty soon.

R Ryan Fleury 25:35

Well, you'll be getting my address and an email sent to you tomorrow.

R Rob Mineault 25:40

Well let me just step back for a minute, though. So where did where did you develop this love for for grilling? Was this something that, you know, you learned as you were growing up through your sort of vision loss? Or is it something that you develop later? Where did you land with all of this and where did you learn a lot of this?

C Chris Peltz 26:01

So I, I did a lot of cooking growing up. You know, we lived on a farm, and we ran 2500 acres with you 500 head of cattle and then 500 acres of corn and soybean depending on the year. So, you know, my parents were, you know, they, they worked, they ran the farm. I had an older

you know, my parents were, you know, they, they worked, they ran the farm. I had an older brother and him and I did a lot of cooking, you know, on the farm. So, I did a lot of grilling, right? We hunted we fished and you know, we were cooking and grilling, you know, wild game. And so I always loved doing that. But and this we'll get into kind of what grill I use because I was pretty much steak burgers, broads chicken hotdogs kind of grilling, pretty much. That was all that I really did, for the longest time. Well, my brother came and visited one day. And I was cooking some steaks and I had this old metal grill that I had charcoal in and it had gotten hot and I'm feeling around, you know, and my fingertips are burnt because you're feeling around hot metal grill. And my brother did the one thing that is the no no, when you're at someone else's house: you never touch another man's grill. Well, he just felt so terrible. Watch me burned myself, he finally just took over and finished off the steaks. Well, two weeks later, he showed up at my house with a ceramic grill called a Big Green Egg. And, you know, he's like, hey, man, check this out. So we got unloaded, we put it in the back patio. And I'm feeling around, you know, and he's told me about the egg. I thought it was pretty neat, but I didn't really know much about it. Well, he said go in, you know, get get the food prepped, and then we'll come back out and we'll go through, you know how to use it. So I went in, I got the food prep, and I came back out and he said, alright, fill around the grill again, and make sure you know where things are. So I'm feeling around, I know where the handle is. I said, Alright, let's light it. And on my end, keep in mind, my hands have been all over this grill already. And he said it's already sitting at 350 degrees. And I was just blown away. Because this thick, one inch ceramic grill shaped like an egg is sitting at 350 degrees. And my hands are all over it. And I'm not burning myself. And it changed my world. And that, you know, that was 20 years ago. And you know from there. You know, I started learning how to do more and more. You know when it came to the pulled pork and ribs and other cuts of meat and vegetables and you know how you could cook with cast iron in the grill and doing pies and breads and pizza and all these other things. And I got to the point where I told my wife I challenged her I told her if you can cook something inside, I can do it outside. And I thought it was just kind of a fun little little challenge and so far. I've been able to do it.

R

Ryan Fleury 29:16

And have you made a birthday cake on the grill yet?

C

Chris Peltz 29:18

Yeah, we make cakes all the time. pies, cakes, breads, pizzas. Yeah, you name it, we do it.

R

Rob Mineault 29:30

So I'm just curious to know about some of the reaction that you get from the blindness community in general. Because I think that for a lot of people, they may feel like grilling is just something that's that's lost them either they didn't they that's not something that they learned growing up through their own vision loss or they lost vision later in life and they just think that that's something that they can't do anymore. Do you do you sort of talk to people in the community like that who are genuinely surprised? And what kind of were is kind of entry point do you suggest for those people, to sort of introduce them to this kind of new world?

C

Chris Peltz 30:07

Yeah, that I get that all the time from people and that's where, you know, when, when the the YouTube channel really started taking off and and we started putting together these grilling packages I was getting contacted by people who found the channel. And they're like, man, I've been looking for something like this. I want to do this, but I didn't think I could I didn't know how. And you know, John Grimes was one of those. His brother had told him about our channel had found it because he was a Big Green Egg user. And, you know, he told John about it. And John contacted me, he's like, how are you doing this? This is great. And several others, you know, and I talked to people weekly, that, that have that same idea, right, that either they've been watching the channel and they're getting into it, or you know, they've been grilling for a long time, but they're learning some new things. And I've learned some things. People have contacted me and said, hey, you know, you were saying this, but you got to try this. So that's happened occasionally as well. But the reaction has been pretty good. You know, and there's a lot of folks who are out there that have purchased grills, and use them sparingly. And then all of a sudden they find the channel and they contact me and they're like, we've never grilled this much we're doing so much more with some of the instruction, and it's been so much easier with some of the tips that you've shared. So that's really been encouraging and exciting and why I'm still doing the podcast and trying to throw up some videos.

R

Rob Mineault 32:03

Yeah, well. And I think that that's the that's the wonderful thing about both the podcasting platform and even YouTube, for the for that matter - you can have these little niche channels like this is reconnecting people, or connecting people with something that they thought they could never do.

C

Chris Peltz 32:21

Yeah, absolutely. I want to provide independence to those who have suffered vision loss. Because if they can become independent and productive in their own home, they do something for themselves, that that morphs into, then doing something for their family, and all of a sudden, they're doing something for their neighbors, and all of a sudden, now just they're, you know, instrumental in other things in their community as a whole, because they're building their own confidence, you know, as they do things independently. And that's what I love seeing and I've seen that take shape. And, you know, these individuals who have become so productive in so many other ways, and it comes back to, you know, they, when they gain that independence and realized I can do this, if I'm willing to try, I can do this. I will say this though, I get a lot of response from people who are not blind, that are learning and starting to grill as well. And a lot of people think, you know, with the tagline, "if you're looking, you ain't cooking", and they look at that and they don't even realize I'm blind at first, and then you know, they'll make a comment, hey, why are you using gloves? Why don't why don't you use tongs? And I'm like, what, because I'm blind, I can't use tongs. And they'll be shocked, you know? And then they, you know, they'll respond is like, man, I've been learning so much about these things from your channel. But at the same time, just as it's not for everyone, you know, and I say that not to discourage anyone who's blind or visually impaired. But listen, I know some sighted folks, they have no business being around the grill. They just can't, you know, they can't cook, right? I mean, I got a sister in law, she can't cook, you know, fully sighted, she's a great person. She's

got a great job. She does great things, but she cannot cook. So that's not a blind or visually impaired or sighted issue all the time. Sometimes it's just some people just just don't have a knack for it.

R

Rob Mineault 34:45

So on the podcast, because I got to talk about the two podcasts a week schedule because you know, we do a weekly podcast and you know, we're pulling our hair out. How do you find that? How do you find that balance in releasing twice a week?

C

Chris Peltz 35:00

It isn't always easy. For sure, you know, sometimes coming up with something, but usually I talk about a cook that we just did. And because I'm firing up the grill, you know, every couple of days, I've always got a cook I can talk about, you know, sometimes it might seem a little repetitive. I try not to do that. But, you know, you, that's where we bring in some accessibility items. You know, we talked about the difference between lump charcoal and briquettes, we talked about you know, pellets for pellet cookers, and you know why people don't like gas grills, you know, even though they have their place in and I'm actually getting ready to start a short series on choosing your next grill. And so I've been working on, you know, putting those podcasts together, and hopefully, they'll be dropping, you know, here pretty soon. And so, you can search for Blind Grilling Experience, which is the name of the podcast, and hopefully, you know, we'll there'll be a series of podcasts that talks about, you know, questions you need to ask before purchasing your grill, you know, and then what to look for, in certain grills, what grills to stay away, from, what grills are going to be accessible, what grills are not going to be accessible for the blind or visually impaired and, and kind of go from there.

R

Rob Mineault 36:31

I was gonna I was gonna ask, like, that must be a common question that you get asked from people who are who are sort of new to the whole process is, well, you know, where do I start? And I guess that choosing the grill is probably one of the the first things that you know, somebody has to look at.

C

Chris Peltz 36:49

It is, but you'd be surprised at some of the things you need to figure out before you even get to that point because, and just kind of give it away I guess, but first of all what can you have where you live, right? Some people are renters, whether it's an apartment or a rental house or something like that, and so there may be certain restrictions that you have there. Do you have electricity run because there are some grills that require electricity. Some accessibility items that may be out there that require electricity and so do you have that. What kind of cooking do you want to do? Is it just going to be burgers hotdogs, steaks, chicken chicken wings? Or do you want to get into ribs and pulled pork and brisket low and slow? You know do you want to get into you know the baking outside you know what what do you want to cook and once you get that figured out? Then you then you can move to what kind of fuel source. Do you want pellets?

Do you want charcoal? Do you want gas? Do you want you know a stick burner you know an offset smoker for those really long low and slow you know, heavy smoke flavor. And, you know You of course there's always the budget. There's always how many people you're going to be cooking for but there's a lot of things you need to figure out. You know, before you can really decide which grill is going to be best for you.

R

Rob Mineault 38:29

Wow, I'm still in my sorry, my mind still blown that you make banana bread and grill.

R

Ryan Fleury 38:35

Birthday cake. How do you do a cake on a grill?

C

Chris Peltz 38:37

Apple pie is awesome on the grill as well. What's really cool about the smokers, let's say apple pie, for example. Let's say you're going to do a pork butt. And the way we do our pork butt is I will I've got this spicy Apple seasoning that I'll use and I'll soak the the pork butt in apple juice overnight. And you know, got this apple rub that we put on it. And when we put it on a smoker we'll use apple wood, right to add a little bit you know, just keep that consistency. Well then, of course, you know you put an apple pie in once you pull that pork off, then you cook your apple pie and you got your apple wood in there. And it's just infusing in apple smoke, you know to the apple pie. You can do the same thing with peach pie or peach cobbler and use peach wood with it. You know cherries, cherry wood is a real common so you can do a cherry pie and you cherry wood. And so it's really cool because you can bring these different ways types of smoke with the banana bread because we put pecans on it we use pecan wood, right and so we try to bring all of that together and you It really works well.

R

Ryan Fleury 40:02

I'm waiting for the line of seasonings and sauces by Blind Grilling. Here in Canada, you know, we got Bullseye and we got you know, your national brands, which all suck. I've been on the hunt for a good barbecue sauce for like 25 years. I just haven't found one. So I usually don't. It's salt and pepper. So, yeah, there you go, new idea - Blind Grill and seasoning and sauces.

C

Chris Peltz 40:29

There you go. Yeah, yeah, we had one company that had partnered with us who made us a rub. And we call it the Blindsided rub. And it was awesome, because it actually had espresso in it. And it was amazing. But it was a single run kind of deal, and don't don't have any more. But yeah, I would love to, I'd love to do that. But I know a lot of people that make rubs. Yeah, I have a lot of friends in that industry. And and it's, there's there's just such a saturated market, it's it's kind of hard to get into. Takes a lot of money.

R Ryan Fleury 41:11
Yeah. Well, Rob, we need to do a road trip.

R Rob Mineault 41:15
Yeah, clearly.

C Chris Peltz 41:16
Absolutely. Come down, man, we will make sure that you find out just how good miserable can feel.

R Rob Mineault 41:30
That's right. So, talk a little bit about the podcast and the guests. Do you always sort of have a guest on each episode? Or is it sort of a you know, every once in a while, and what kind of guests do you have on?

C Chris Peltz 41:49
So the guest or every once in a while, I do a lot of the the episodes by myself, they're not very long, I would say between 20 to 35 minutes. Occasionally, if we have a guest, we might run a little longer 40/45. But for the most part, I would say between 20 and 35 minutes or so. You know, we've usually those who are grillers, I have on the podcast. So John Grimes has been on, a guy named Vince, who's here in this area, who was recipient of one of the one of the packages is on the podcast occasionally. There is I had a lady by the name of Carrie, Carry On Accessibility is her YouTube channel. But she was on just last week or a couple of weeks back, talking about accessible things. She doesn't cook, but we I wanted to talk about food delivery apps. She's big into the whole technology, touchscreen, and trying to, you know, do testing and things like that. So, I wanted to talk to her about appliances, but not only in then, you know, the food delivery apps such as the, from restaurants, but then also from grocery stores and the delivery apps that you can order and what is accessible, what is not accessible, and kind of get her take on that. So yeah, we've had, we've had some chefs on and you know that so we try to keep that focus for the most part, but generally, though, it it is. We try to keep it food related, but I do most of it by myself.

R Rob Mineault 43:38
So what kind of response have you gotten from the podcast? And has it surprised you?

C Chris Peltz 43:45
It is a surprise every time I get an email, right? And I get emails, you know, almost every day.

It is a surprise every time I get an email, right? And I get emails, you know, almost every day from somebody listens to the podcast. It you know, it's just, I'm humbled. I'm blown away. Some of the questions they ask, sometimes just to comment, you know, that they can relate. Yeah, that's, you know, great point or, yeah, this is the grill I'm using, things like that. So it's really been awesome. The response and it's been from all over, from not only in the US, but you know, other countries, you know, Canada and the UK. So it's I've gotten questions from everywhere, which has been great. I'm extremely humbled to say it is it is a lot of fun. And I'm actually I'm talking to a guest who is an outdoor writer and hunter from Canada, and he's he he's just gotten back from a South Africa hunt. And then he went to did a turkey hunt down in South Dakota. But while he's on his adventures, he eats some just crazy, crazy food. You know, I think he did a spiked caterpillar in South Africa. And so, you know, I heard that, he but he does a lot of recipes, a wild game and things and I love talking to him about those recipes and the cooks that he does. He doesn't have a visual impairment, but, you know, there's still a lot that can be said and learned from the cooks that he does and and you know, and everyone loves to hear about crazy, crazy food. I mean, I don't know what, what's, what's the craziest thing you guys have ever eaten? For me? Probably a kangaroo burger. Kangaroo. Yeah.

R

Rob Mineault 45:50

Broccoli. Not much. Not much of an adventure seeker in general. And especially not food. Man, a kangaroo burger. Where did you get that?

R

Ryan Fleury 46:04

Oh, one of the restaurants.

R

Rob Mineault 46:05

Really?

R

Ryan Fleury 46:06

Yeah. Or one of our cruises. It was somewhere.

R

Rob Mineault 46:09

I hear alligator is very interesting.

C

Chris Peltz 46:11

It is. It's great. I love it. In fact, we just had a store here that was selling whole alligators for the grill. And yeah, we fry alligator tail all the time.

R

Rob Mineault 46:27

Yeah. Yeah. that intrigues me for some reason. I don't know why. Well, it's like tables are turned, I'm eating you.

R

Ryan Fleury 46:38

Well, that's another interesting conversation that Chris and I were having before the show started, Rob is, you know, I don't think we have very many, like barbecue legit barbecue places here in Canada, especially here in the Lower Mainland. I think it's more of a big US thing. But you're out way more than I am. Do you know of any barbecue place?

R

Rob Mineault 47:01

No, no, it's very true. We don't we don't. And I don't think it's as big of a culture up here as it is down there. Which is, which is a shame.

C

Chris Peltz 47:11

And that's I mean, there's there's regional styles. When it comes to barbecue. from Texas to Kansas City to Memphis to Georgia. They've all got their their differences. You know, Carolina sauce, as opposed to, you know, like a vinegar or, you know, North Carolina or South Carolina, whether it's vinegar, mustard, Kansas City, tomato base, Memphis, dry rub, Alabama, white sauce. I mean, you know, there's these regions that all have different things going for them. And, so even if you've been in, depending on where you've been in the US, you know, you still might not well have had the whole experience.

R

Ryan Fleury 47:58

Man. Sure, there's a whole curriculum to be taught on barbecue.

R

Rob Mineault 48:04

Yeah, yeah, yeah. It's true. So let me let me ask you this, Chris, do you find that, that doing the show, and having different guests on or even like talking about some of the different cooks that you've done - do you find that it's a real learning experience for yourself?

C

Chris Peltz 48:21

It is, I do find that because, you know, when I'm wanting to do a cook for - well, for example, I had a guy named Vance on a while back. And we talked about the two different ways that we made our own bacon, right, we did a seven day brining of pork belly and made her own bacon. And we did it two completely separate ways. The only thing we had in common was the fact that it took seven days, and that we both use pork belly, other than that, there was absolutely

nothing that was similar in in our methods, and in our brining of, of making this bacon. And so it was it, you know, just little things like that, you know, was a great learning experience for me. And in some other techniques and things that people use that you know, that they share when they come on is, is interesting cuts of meat. You know, John is a big fan, John Grimes is a big fan of flank steaks. And I, you know, I may have eaten flank steak twice in my life, you know, and you know, and they're eating it, you know, two or three times a month so you know, it's it's always interesting, you know, the things that people eat and and cook and you know, it I definitely learn for sure.

R

Ryan Fleury 49:49

You had me at bacon. You can make your own bacon. We need to we need to talk.

C

Chris Peltz 49:56

Yeah, yeah, yeah.

R

Rob Mineault 50:00

So have you ever thought about like, so spinning the show off and maybe talking about cooking in general or is really grilling that's your wheelhouse?

C

Chris Peltz 50:12

No, we talk about grilling. I mean, we talk about cooking in general, you know, I've talked about Sous Vide cooking, I've got a Sous Vide cooker that I use, and we've talked about that air frying, you know, using the air fryer, you know, other techniques that are good just in the kitchen in general. You know, cooking bacon, whether it's in a skillet or in the oven, you know, and ways to do that. So we definitely talk about cooking as a whole. I find myself more often talking about the grilling aspect of things. But again, when I said earlier, you know, I told my wife, if you can cook it inside, I can cook it outside. Well, you can reverse that, for the most part, if you do it outside, you can cook it inside the others, there's a lot of similarities because it's it's a matter of temperature, right, your heat source and your food and the temperature you're getting into. And so there's a lot of things that can transfer from one place to the other from outside the inside and vice versa. And I did a lot of quick tip Tuesday's on the YouTube channel several years ago and those you know, those hold true. And a lot of those are in the kitchen based rather than at the grill while there's some at the grill. There's several that are in the kitchen. Definitely we try to incorporate it all into the podcast.

R

Rob Mineault 51:43

Well speaking of the podcast, if they do want to check out the podcast or the YouTube channel, where can they find you?

- C** Chris Peltz 51:52
So the podcast is Blind Grilling Experience. And we are on Spotify, iHeartRadio, Google Podcast, Apple Podcasts, just it's on everything. So just search for Blind Grilling Experience and you should be able to find the podcast. You could ask your smart device to play Blind Grilling Experience. YouTube is Youtube.com/blindgrilling. And you can find this you know there with all our videos and things that we post as well.
- R** Rob Mineault 52:30
Awesome. Well listen, we want to thank you so much for taking the time out to come talk to us. I for one am starving. And I'm excited. I'm actually going to subscribe and see if I can up my grilling game. I'm excited to start learning.
- C** Chris Peltz 52:47
Awesome. I appreciate it.
- R** Ryan Fleury 52:49
Yeah, there's more to life than burgers and hot dogs
- R** Rob Mineault 52:52
So good. And it's getting to be barbecue season. I am so ready.
- R** Ryan Fleury 52:58
We've got it up and ready to go.
- C** Chris Peltz 53:00
Appreciate you guys having me. I really do.
- R** Rob Mineault 53:02
All right. Well, best of luck with with the with the podcast and keep up the good work, sir.
- C** Chris Peltz 53:06
Yeah, thank you so much. You guys take it easy. Thanks.

R Rob Mineault 53:10
So Ryan? When are you going to cook a birthday cake? Do you have a barbecue?

R Ryan Fleury 53:20
We do. Yeah. Yeah. Yeah.

R Rob Mineault 53:22
And how often do you grill?

R Ryan Fleury 53:23
Never.

R Rob Mineault 53:24
Okay see. There you go.

R Ryan Fleury 53:25
I haven't grilled since I've lost my sight. So yes, 30 years.

R Rob Mineault 53:31
Well, you are a perfect subscriber then to the podcast.

R Ryan Fleury 53:35
I know. I was looking at my YouTube channel today. I'm gonna take a look at the podcast and even if there's stuff I can do inside. You know, trying banana bread in a cast iron frying pan. Wow. There's lots of things to try.

R Rob Mineault 53:52
Yeah, well, I expect we expect to have an AT Banter barbecue sauce. Maybe we'll do that for the anniversary show. Let's have a barbecue over your place.

R

Ryan Fleury 54:04

Steve's the cook. He's got the Sous Vide and he's got I don't know if he's got a smoker, but probably does. He's the chef.

R

Rob Mineault 54:13

Yeah, that's a good point. Yeah, that's intimidating, right? Like, I can kind of use my grill to cook hamburgers, and well, that's it.

R

Ryan Fleury 54:23

Like Chris was talking about, you know, depending on where you live, what type of grill. You know, there's, there's the gas. There's the the pellet, there's blah, blah, blah, gas. And then you know, what do you want to cook on it? And then just, you know, the temperature of it. Like there's there's more to it than just throwing some beef patties on your grill and wait until they're charred.

R

Rob Mineault 54:44

Totally, but I think that that's that's the part that's intimidating because grilling and cooking is intimidating enough. But when you add sort of the blindness component to it, I think a lot of people just think that that's just something that they they can do. They learn a certain set of skills and they stop. And so that's why I think the real value of the podcast is, you know, he's out there showing people that know that you make some minor adaptations and that's what really shocked me about this is that he's talking about really all he's done is like a certain you know, those those pair of gloves and a talking meat thermometer. And that's pretty much it, everything else is just learned following recipes and doing little tips and tricks. But a lot of it doesn't necessarily has that visual component to it, it doesn't even factor into it. It's just this is how you cook this this is when you you know what you need to do and when you need to do it. And this is what the temperature needs to be and voila. So I think that that's so cool because I'm sure that for a lot of people it's the they're able to sort of connect with grilling when they couldn't before. Very cool.

R

Ryan Fleury 56:01

It is indeed you know, I mean I attempted to do reach out to him again and see where I can get you a meat probe or talking meat thermometer. And you know just buy some cheap cuts of steak or whatever some cheap cuts of meat you know so I'm not wait where you're wasting a lot of money in case things go bad. But and try it right okay, the steaks gotta be at whatever 250 degrees that's that's try this. Yeah, you know, I'm not afraid to return to the grill and grab some.

R

Rob Mineault 56:33

It sounds like he needs the right one like that egg grill sound amazing. Like you know it can be

a 350 and you can be touching the outside of it not even realize it's on. That's pretty damn cool. Yeah, it has so it's all just a matter of the right equipment and you know, just having that right knowledge. But man this is the show has made me real hungry. Like I have pasta for dinner tonight. Spaghetti just is not going to cut it tonight. Well, speaking of that, we need to get out of here so we can both go eat so hey, Ryan? Yeah, Rob? Where can people find us?

R

Ryan Fleury 57:24

Out in the backyard grilling? But also at www.atbanter.com

R

Rob Mineault 57:30

They can also drop us an email if they so desire at cowbell@atbanter.com And hey, if you email us, Ryan, we'll send you his favorite grilling recipe

R

Ryan Fleury 57:52

That is currently under development.

R

Rob Mineault 57:54

Yeah, there you go.

R

Ryan Fleury 57:56

You can recommend a barbecue sauce. Let me know cowbell@atbanter.com. Yeah, there you go. Because I hate barbecue sauce. I haven't found one I like.

R

Rob Mineault 58:05

Oh really? You know what I like? Is that one -- see this is where .. No, that's a rub. See? I don't know what the difference between a rub and a barbecue sauce. the

R

Ryan Fleury 58:17

Rubs are dry. Typically dry spices. Like that's what goes on all my beef. Oh, or Linda makes her own too. But a sauce would be like you know, Kraft barbecue sauce It comes in a bottle like ketchup. Right?

R

Rob Mineault 58:35

Right I guess I'm thinking of a marinade. I like what meat can you marinate? What's the

Right, I guess I'm thinking of a marinade. Like what meat can you marinate. What's the difference between sauce and marinade?

R

Ryan Fleury 58:42

A little thinner.

R

Rob Mineault 58:43

Yeah, but yeah, I know that you have to put them on at different times. Like there's a whole science to barbecuing.

R

Ryan Fleury 58:48

There is, yeah. Anyways, I'm just making myself more hungry now.

R

Rob Mineault 58:52

There you go. Well they can also find us on all the social media stuff like Instagram, and Twitter and Facebook and Mastodon. Man, I felt really weird doing that. I don't think in seven years I've done the socials.

R

Ryan Fleury 59:13

First time for everything.

R

Rob Mineault 59:16

Alright, well, with that. I think that's going to do it for this week. Big thanks to Chris of course for joining us and we will see everybody next week.