

17 FOOD TRENDS

WEB EXTRAS

WRITERS PENNY SANFILIPPO AND JONNY ALTOBELL – THE UGLY SISTERS

“TAILS” OF A MEAT CUTTER

This begins like many “family business” stories: son goes to work in the family store at eight-years-old, not unusual in the 1960s. Mostly cleaning up, but always observing, seeing himself doing his father’s work. Dad wanted *better* for him, but his granddad had the largest business of its kind in New York City. This was Alan Lazar’s childhood – in a Kosher meat market. The Kosher is important to this story of “New Meat Trends” because everything old is new again.

Lazar graduated college and considered law – instead he wound up buying his grandfather’s business and succeeding. To those of us who know and love him, the law’s loss is our gain. Charming, funny, and gregarious, Lazar personifies the reason PR people classify butchers as the second most popular people after hairdressers. Jonny and I met him when we attended Johnson and Wales University – he was our Chef/Instructor for Meat Cutting. We never lost touch. Lazar has forgotten more about the topic than we could ever learn collectively.

When the 2017 food trend “New Cuts of Meat” surfaced, there was only one source: Alan Lazar. Turns out the Kosher markets were WAAAYY ahead of their

time. The shoulder cuts (which are Kosher) were sold in many forms to satisfy the need for variety as what is commonly “Steak” is from the rear of the animal (and NOT Kosher). Like all other commodities, scarcity allows a higher price. So the relatively tiny shoulder tender becomes exclusive – and when renamed, is even more exclusive. How exotic is Oyster Steak? However, in this day of pre-cut, pre-packaged meats, they are difficult to find except in a butcher shop with a trained meat cutter such as Smitty’s in Fort Lauderdale. [Go](#)



PENNY SANFILIPPO and **JONNY ALTOBELL** (a.k.a. the Ugly Sisters) have owned Ala Carte Catering in Fort Lauderdale for more than 20 years. They recently retired from running their Downtown restaurant, the 11th Street Annex, and are looking forward to sharing all things food (restaurants too) with the readers of *Go Riverwalk*.