



HOW TO COOK A 5 STAR MEAL

FROM THE CONVENIENCE OF YOUR HOTEL ROOM



Thank you to @HackingDave and the @DerbyCon Team!





Micah K Brown

- Twitter: @MicahKBrown
- GitHub: <https://github.com/micahkbrown>
 - DLP Demystified (2018 talk)
 - Star Wars: How an ineffective Data Governance Program Destroyed the Galactic Empire (2019 talk)
- Vice President of Greater Cincinnati ISSA Chapter
- CISSP
- Served 45 pounds of free Pulled Pork to @DerbyCon 2019!
- Real Corp 2018 goal: "Learn to Cook Brisket Like a Texan."
- Real Corp 2019 goal: "Continue to Cook Brisket Like a Texan."
- Love a good old fashioned and a hickory smoked pizza!

*Thoughts and view are my own and do not reflect that of my employer.

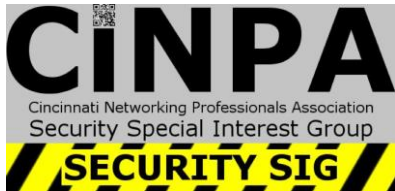
Greater Cincinnati IT Security groups



<http://www.cincy-issa.org/>



<https://sites.google.com/view/cincysmba>



<https://www.meetup.com/TechLife-Cincinnati/events/>



<https://www.infosecincy.org/>

WHY COOK IN YOUR HOTEL ROOM

- Cooking is fun!
- You can make exactly what you want.
- Sometimes when I travel I want some down time (training, workshops, personal).
- **BECAUSE WE ARE HACKERS!**

HOW DID I FIND MYSELF PRESENTING AT DERBYCON?





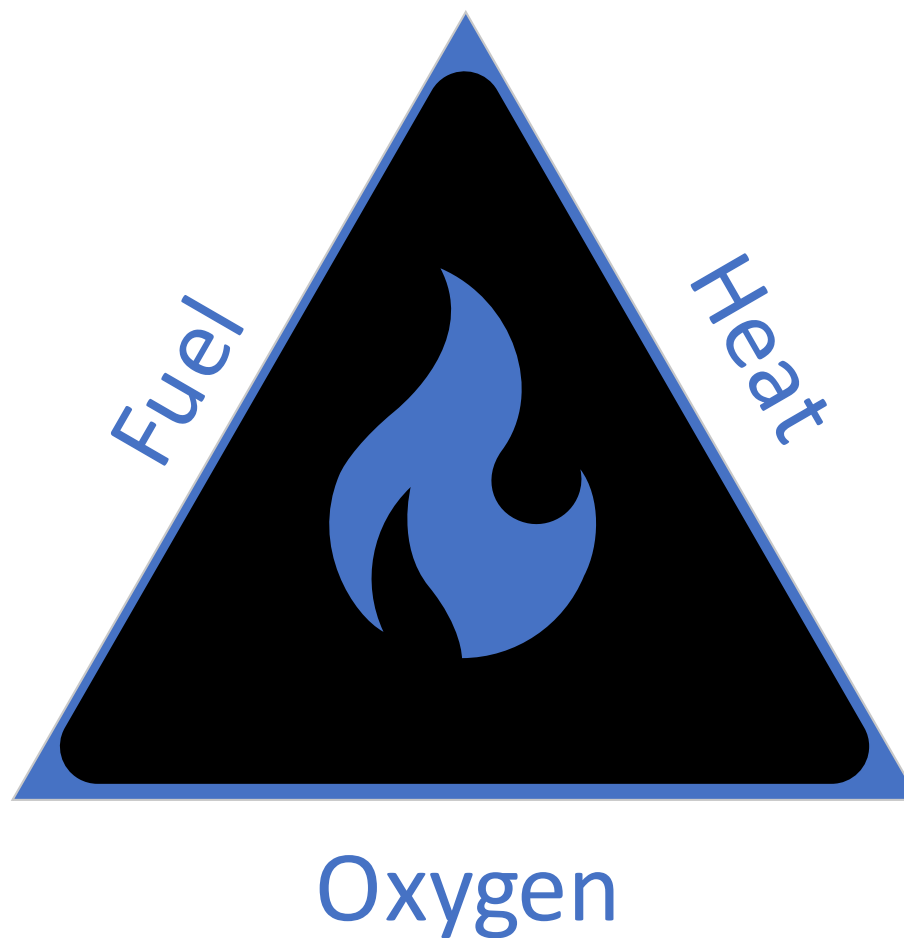
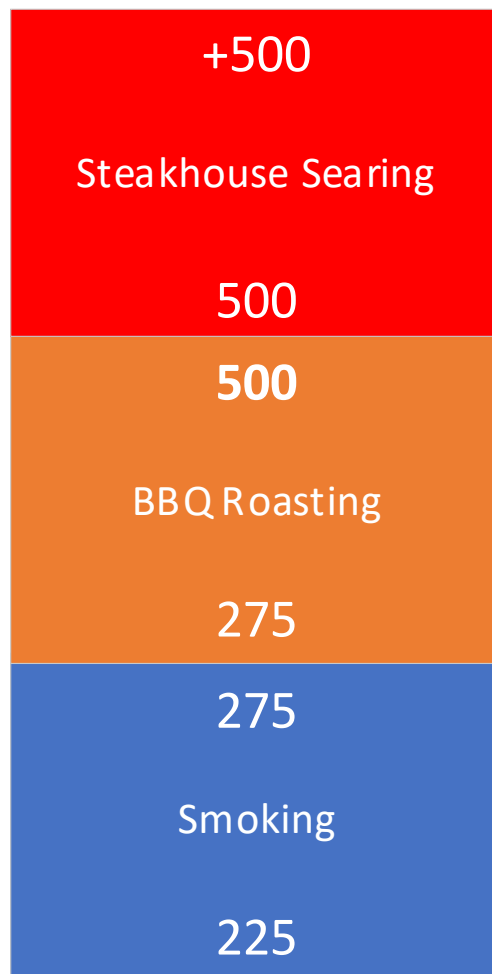
LET'S BUILD A SMOKER



SAFETY FIRST, @HACKINGDAVE INSISTS

- Never leave your smoker un-intended while smoking.
- Always have tool(s) to put out a fire in easy reach.
- Wash your hands before and after touching proteins.
- Clean and protect your surfaces.
- Gloves are your friend.
- Buying advanced temperature probes has really helped me level up.
- Have Fun!

SMOKING BASICS



BUILDING A SINGLE USE COLD SMOKER

- Hot smoker are designed to cook food while imparting delicious smoke flavor!
- Cold smokers are built to impart smoke flavor but are not designed to cook food. (perfect for meats, cheeses, etc)
- Parts ~ \$10
 - 2x metal tin of the same size (\$2 and up)
 - 2 – 4 metal clips (\$1)
 - Cooking grate that fits in your tin (\$3)
 - Risers to raise the cooking grate (if needed)
 - Aluminum foil (\$1)
 - A handful of wood pellets (\$10 per box)
 - Lighter (\$1)

BUILDING THE SMOKER 1:3

- Pure hickory wood pellets



- Wrap 2 – 3 shot glass full of wood pellets into a “wood pellet” cigar between the width of a quarter and golden dollar coin. It is critical to use as little foil as possible (allow more air flow in).



- When ready rip off the top and place natural wood starter on top. Place in single use smoker and light. (allow 15 / 30 minutes for pellets to light before putting food in.)
- Puncture the “wood pellet” cigar in multiple locations all around to allow maximum amount of airflow. Don’t be afraid to open up further in case you need more air!

BUILDING THE SMOKER 2:3

- One inch hole on top back to allow smoke to escape.



■ SMOKE!!!

- Use metal binder clips to affix top and bottom.

- Lift smoker off surface by 4 – 6 inches to protect surface.

- One inch hole on front right to allow air into feed pellets

BUILDING THE SMOKER 3:3

- Sausages!



- Hamburgers!

- “Wood Pellet” cigar

- Simple Cooking grate

USING THE SMOKER TIPS

- Proper air flow both via the bottom flap and top flap will help you control the fire. Feel to increase airflow by opening holes or turning the bottom hole into the wind.
- Allow the food to sit in the smoker 30 – 60 minutes before placing on grill for final cook.





COOKING IN YOUR HOTEL ROOM

GETTING STARTED

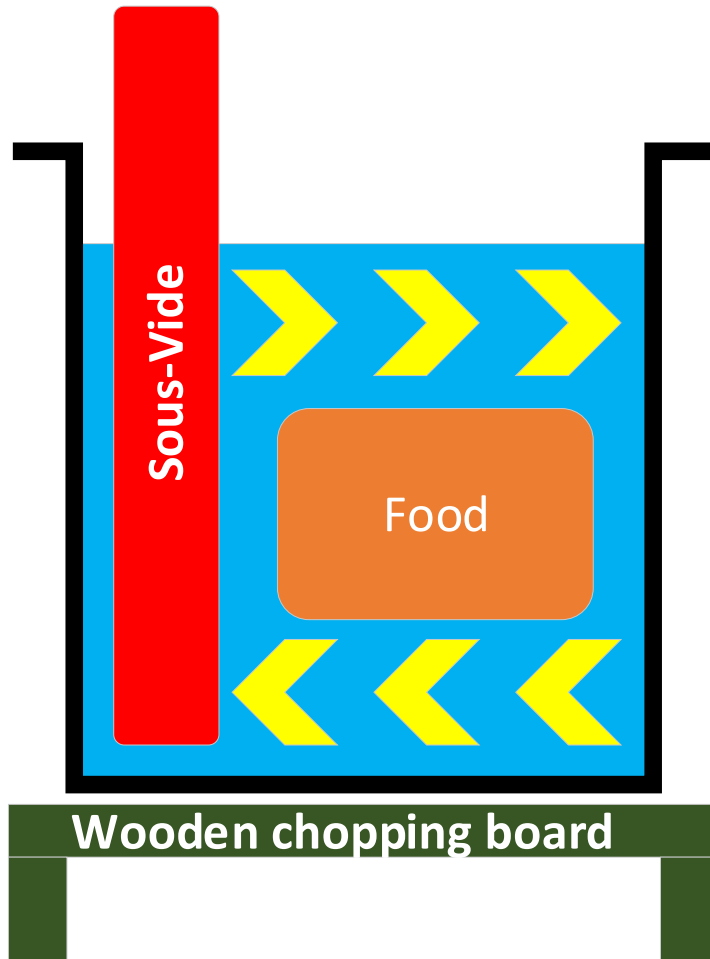


2019 DERBYCON MEAT-UP: THE EVENT

- 45 Pounds of Pulled Pork
- 2 Steak dinner
- 1 Chicken dinner
- Served over 130 lunches to friends (new and old)
- Total costs under \$150
- Thanks to Matt, Barry, Dave, Yan, and Alan for the help and support!



SOUS-VIDE OVERVIEW



- Roughly translated from French ‘under vacuum’
- A cooking technique in which food is placed in a plastic pouch or a glass jar and cooked in a water bath at a precise and consistent temperature.
- This temperature is much lower than usually used for cooking.
- The intent is to cook the item evenly, ensuring that the inside is properly cooked without overcooking the outside, and to retain moisture.
- It is very hard to overcook meats and other types of protein.
- Makes it very easy to cook in bulk but will take more time.
- Some meats require additional steps to put a nice sear (brisket, ribs, steaks, chicken).

SOUS-VIDE BUILD VS BUY

- <https://github.com/drewhavard/rasp-sous-vide>
- <https://www.instructables.com/id/Raspberry-Pi-Sous-Vide/>



2019 DERBYCON MEAT-UP: THE COOK



145 F

- Pulled Pork
- Chicken

122 F

- Steak
- SMASHED Potato
- Baked Beans

SOUS-VIDE CHICKEN



- Select a chicken and season to taste
 - I like a traditional 'sweet' rub that contains salt, peppers, sugar, cinnamon, paprika, garlic, onion mix and a whiskey soaked cherry.
- Place in bag and seal
 - I prefer a vacuum sealed bag but you can use a good single zipper storage bag
- Bring water up to 140F – 176F
 - Cooking temp varies by size and if fresh vs frozen
- Once water to temp, **LET THE MEAT DROP**
 - I prefer 149F with non-frozen chicken 1 inch that cooks 1h
- Once done, I like to give it a good sear
 - Hot pan
 - Propane torch
 - Wrap chicken in aluminum foil and use the hot iron

SOUS-VIDE STEAK



- **Select a steak and season to taste**
 - I like a simple salt and pepper mix and one rosemary needle.
- **Place in bag and seal**
 - I prefer a vacuum sealed bag but you can use a good single zipper storage bag
- **Bring water up to 122F – 154F**
 - Cooking temp varies by size and if fresh vs frozen
- **Once water to temp, LET THE MEAT DROP**
 - I prefer a good medium rare at 129F with non-frozen steak 1 inch that cooks 1h
- **Once done, I like to give it a good sear**
 - Hot pan
 - Propane torch
 - Wrap steak in aluminum foil and use the hot iron

'LYNCHBURG' TENNESSEE STYLE PULLED PORK



- I smoked four pork butts on electric smoker (allow 90 minutes per pound @225F) [I am still learning on my Kamado Smoker]
 - I like to make a soy sauce and molasses glaze that helps the rub stick.
 - Target internal temp at 198
- Pulled the pork and then put the resultant pulled pork in a vacuum sealed bag and froze the meat.
- 24 hours before this talk I brought the water up to 126F – 149F
 - Personally I like 140F
- Once water to temp, **LET THE MEAT DROP**
 - Due to this being frozen and a larger cook I allowed 20 hours for reheating.



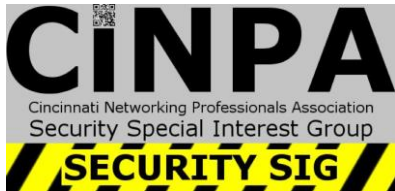
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