

Sound Bites with Dan Crane

What do rock stars eat on the road?

Since the dawn of time, musicians have been travelers—wandering minstrels. And despite Willie Nelson’s insatiable desire to get back on it, when it comes to decent food, “The Road” can be brutal. So how do our modern day rock stars survive when they’re out on tour? *Sound Bites* is here to find out.

Each week on *Sound Bites*, our intrepid host Dan Crane (a younger, less caustic Anthony Bourdain meets a thinner Dave Attell) will travel with a different touring band as together they scrounge for standout sustenance amongst America’s greasy diners, ubiquitous fast-food chains and gurgling truck stop buffets.

Each episode will be a perfectly balanced, potentially debauched medley of food, travel and music—an aural, culinary, American odyssey as we seek out the perfect pre-gig, or late-night post-show meals. Band members (and their groupies) will act as discerning food critics, sometimes leading us to their favorite local underground haunts.

We’ll also include live footage of the band’s shows, rehearsals, or spontaneous van/bus/hotel jams. Whenever possible, we’ll get the band to perform original songs about the food we’ve encountered—covering the good, the bad, and the just-shy-of-edible.

The action will take place in the restaurants, hotels, and music venues along the way, as well as on the tour bus/van and backstage. Each culinary location provides the opportunity to meet interesting local restaurant proprietors and discover their recipes, stories, and some history of the local fare.

We’ll witness band battles: Vegetarians versus meat-lovers! Foodies versus grease mongers! Beer versus wine! Boxers versus briefs! The show could travel city by city, regionally (Mid-west, South, Pacific Northwest) and eventually, internationally. Imagine roving around with a band as they encounter utterly foreign food in Japan.

Musician, journalist, cook, author, and world-renowned air guitarist Dan Crane will host the show. As a journalist, Crane has interviewed musicians as diverse as: Mariah Carey, The Veronicas, Carrie Underwood, The Flaming Lips, the Shins, Scissor Sisters, Postal Service, Yeah Yeah Yeahs, and Iron and Wine.

A ten-year veteran of Indie-rock bands Calamine, Les Sans Culottes and Nous Non Plus, a one-time pastry chef under Todd English, and a devoted foodie, Crane will add just the right amount of humor, wit and insider knowledge to make *Sound Bites* rock.

Full Presentation viewable here: <http://www.dancrane.com/Site/Show.html>

Youtube (100,000+ hits) <http://www.youtube.com/watch?v=2MFHwq8DZb8>

Funnyordie (3,500+ hits): <http://www.funnyordie.com/videos/61077f0434/sound-bites-episode-1-with-flight-of-the-conchords-from-dan-crane>

SoundBites: Sample Episodes/Bands/Segments:

An initial list of bands that Crane has connections with and would target (particularly for online episodes) includes: MGMT, Dr Dog, My Morning Jacket, Bird and the Bee, Grayboy Allstars, Pete Yorn, Sia, Metric, Stellastar, Illinois, Hello Stranger.

Additional sample episode ideas:

- Seeking the finest fish tacos on the California coast with New Zealand’s Grammy winning, Emmy nominated folk-comedy duo, **Flight of the Conchords**.



- Sampling *micheladas* and spicy chopped beef sandwiches at Austin’s best BBQ haunts with local Indie-rock heroes, **Spoon**. “For barbecue, we usually go to Ruby’s, which is about five minutes from my house where my recording studio is. When we were recording our new album, we would eat there about three times a week.” –Spoon’s drummer Jim Eno in *Stuff Magazine*.
- In search of the finest “stinky cheese” in San Francisco with Dave Grohl—the **Foo Fighters’** fromage connoisseur. From the band’s rider:
 - One (1) deli tray of various cheeses (Cheese, unlike humans, does not sweat.)-DAVE LOVES STINKY CHEESE- please refrigerate until requested.
- In search of truly spicy food in the Southwest with **The Red Hot Chili Peppers**.
- A tequila making/tasting tour with Mr. Cabo Wabo—**Sammy Hagar**.
- A fresh fish tour of the Pacific Northwest with **Franz Ferdinand**—whose lead singer, Alex Kapranos, had a food column in the UK Guardian and wrote a book about his culinary experiences on the road.
- A southern soul food soiree with **Sharon Jones and the Dap Kings**.
- And of course, a shopping trip for all the peculiar foods, drinks and other bizarre items on a stadium band’s rider (Van Halen once had their contract specify that there must be a large bowl of M&M’s in their dressing room—*all brown ones removed*—or the show would be cancelled).

About Our Host

“Bill Murray trapped in the body of Sid Vicious...”

-- *The New York Times*

“Seriously, give this guy his own sitcom or something.”

-- *Ain't it Cool News*

“Dan Crane (nom d’air Björn Türoque) does for the air-guitar world what George Plimpton’s gonzo-journalism Paper Lion did for football.”

--*TimeOut New York*

Widely referred to as “The Ryan Seacrest of air guitar,” Dan Crane is a journalist, author, musician, cook, and retired competitive air-guitarist. He is the author of “To Air is Human: One Man’s Quest to Become the World’s Greatest Air Guitarist” (Riverhead Books, 2006, optioned to Dreamworks), and the co-star of the award-winning documentary, *Air Guitar Nation*.

After a brief post-college stint as a pastry chef under Boston’s Todd English, and a few years producing educational software, Crane went on to pursue a life of journalism and rock. As a journalist, Crane has written about travel, celebrities, food, music and culture for outlets such as the *New York Times*, *Elle*, *Slate*, *Los Angeles Times*, *Esquire*, *Blender*, *Paper*, *Nylon* and *Real Simple*. Crane’s recent profiles have included Mariah Carey, Lindsay Lohan, Carrie Underwood, Diablo Cody, Jack and Kelly Osbourne, skateboarder Rob Dyrdek, and Mila Kunis.

For *Elle* magazine’s 2009 music issue, Crane traveled around Los Angeles with Australian twin pop female duo The Veronicas in search of delicious food—a sort of “magazine version” of the Sound Bites concept.

He played for several years with the indie band Calamine (writers of the theme to the cult hit *Sealab 2021*), and rocked for seven years with New York’s infamous Les Sans Culottes. His current band, Nous Non Plus, spent several weeks in the CMJ college top-ten charts, and their music has been featured on *Gossip Girl* and *Entourage*. He has toured the US, Canada, the UK, France and Slovenia.

Crane is also a composer and has written and produced music for several films and television programs, including *The Cool School* (2008), *Air Guitar Nation* (2007), *November* (2004), and *Hollywood Home Movies* (2004).

Television appearances include *Late Night with Conan O’Brien*, the *Tonight Show with Jay Leno*, *Last Call with Carson Daly*, *VH1’s “Free Radio”* and “100 Best Hard Rock Songs,” *MTV’s “Next,”* *CNN*, and *Fox and Friends*. He also gives an air guitar lesson on the *Bill and Ted’s Excellent Adventure Twentieth Anniversary Special Edition DVD*.

The idea for Sound Bites was spawned after Crane traveled the US on a forty-eight foot tour bus in the summer of 2007 with US Air Guitar. This summer he was once again the *Master of Airemonies* for sold-out competitions from New York to Los Angeles.

Crane lives in Los Angeles with his air guitar and #1 air groupie.

Screenshots from blogs that picked up the Sound Bites pilot:

LAT Home | Print Edition | All Sections Jobs | Cars.com | Real Estate | More Classifieds

Los Angeles Times | **Blogs**

You are here: LAT Home > Blogs > Daily Dish

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Crosswords/Sudoku
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Blogs
Columnists
Print Edition
Readers Rep
Corrections
All Sections

Buy, Sell & More

Jobs
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DAILY DISH

THE INSIDE SCOOP ON FOOD IN LOS ANGELES

« ['Ratatouille' comes out: A lecture for friends of Remy at UCLA](#) | [Main](#) | [A fragrant election experience](#) »

Sampler Platter: Fish tacos with Flight of the Conchords, Kogi rumble, poundcake, Easter candy

Lots of local food news for Wednesday ...

SoundBites: Episode 1 - Flight...

★★★★★



0:00 / 5:01

- Dan Crane eats **fish tacos** with **Bret and Jemaine** of *Flight of the Conchords*. **SoundBites**
- **Atwater Village Newbie** calls out Kogi: "Our Twitter follower Jory invited the famous Korean BBQ taco truck to Atwater Village and got this in reply: Nobody knows where that is."
- **Twin gay waiters** who sued their gay bosses at **Vermont Restaurant** in Los Feliz for sexual discrimination win their suit but get only \$1,000 in damages. **Daily Breeze**
- Did you know today is **National Poundcake Day**? Well, it is! **Foodimentary**
- **Eat LA** checks out **Café de Leche** in rapidly gentrifying Highland Park.
- In anticipation of **Easter**, **CandyBlog** reviews seasonal Easter treats.

-- Elina Shatkin

01:35 PM, Mar 4 2009 in [Elina Shatkin](#), [News Roundup](#), [Sampler Platter](#) | [Permalink](#)

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Links Menu

- [Bacon Today](#)
- [Book of Rai](#)
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 A soul searching comedy.
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 A FILM BY DAN CRANE



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Flight of the Conchords Eat Fish Tacos in Los Feliz

SoundBites: Episode 1 - Flight of the ...
 ★ ★ ★ ★ ★



0:00 / 5:01

[LAist loves](#) New Zealand/Silverlake's funny folk duo, Flight of The Conchords.
 LAist loves Los Feliz' Best Fish Tacos in Ensenada -- a recent [Recession Obsession](#).
 Flight of The Conchords loves BFTIE.
 Therefore, FoTC loves LAist.

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Videos / SoundBites: Episode 1 - Flight of ... (05:01)

SoundBites: Episode 1 - Flight of the Conc...
★★★★★

YouTube

Dan Crane joins Flight of the Conchords in search of the perfect fish taco... SoundBites Episode 1 (Pilot episode)

Top related videos

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Brett & Jermaine + Fish Tacos ~ Los Feliz



[L.A.ist](#) clues us into this video combining fish tacos, flight of the concordes, and Los Feliz. New Zealand fun!

Some Related Stuff:

- [Taco Madness 2009 - Round 1 Voting - Tacos Baja Eisenheda vs. Tacos El Korita](#)
- [India Vs. Argentina Labor Day BBQ - Los Feliz](#)
- [Make Tacos Al Pastor at Home - Recipes](#)
- [Taco Madness 2009 - The Finals - Yuca's vs. Tacos Por Favor](#)
- [Taco Madness Round 1 Voting - #3 Kogi BBQ vs #6 Tacos El Zorro](#)