

**Transcript for The Who's Dat Phat Girl Podcast - With Brooke Hoover**  
**EPISODE 11 - Special Guest Momma Tells Tales with Brooke about Food**

Hey y'all, I'm Brooke Hoover. A Louisiana native, actor, writer and comedian. I've lost 100 pounds through diet and exercise or shall I say "lifestyle changes". My twenty year and counting health journey has taught me that just like taking a diet pill for weight loss, body positivity doesn't magically happen overnight. I'm working on re-gaining my self esteem and re-kindling my love affair with Cajun and Southern comfort food in a healthier way all the while juggling eating as clean as I can, re-establishing myself in the entertainment industry which, as we know, is historically fat phobic all the while showing my inner phat girl some love - that's phat with a PH - pretty hot and tempting. Let me tell y'all a tale or two...

BROOKE: Okay y'all thank you so much for tuning in to Who's Dat Phat Girl podcast. And, when our listeners (voice cracks) demand something-- oh my voice just cracked like a pubescent boy. When our listeners demand something, we deliver it. So one of our listeners who is also a fabulous makeup artist she requested that Momma come on the podcast. So, lo and behold, we are sacrificing sound quality today because I've opened up my closet, all my padded bras are in full display, that's great sound insulation. And, we have Momma sitting right here: Anne Olivier Hoover. She's petting Annie the Pomeranian right now. And, we are going to tell some tales about food. So, Momma you wanna tell everybody "hi" you've got a fan base.

MOMMA ANNE: Good morning everyone!

BROOKE: Heeeeey. So, today we're going to talk about some of our favorite food memories and how we view food and things like that because Who's Dat Phat Girl's all about having a healthy relationship with food and Louisiana and costumes and one day Momma, we will tell tales about costumes. Not today because Momma's got a very short attention span. So, we only have about 15 minutes. Here we go, y'all. So, Momma can you tell me-- actually how about I'm going to ask you some questions and I'll give my answer first so you can ruminate about your answer or you can listen to me if you want to and then I'll ask you the same question. So, my question is, what is one of your favorite food memories growing up? And, I think one of my favorite food memories is actually you rented this place out for us over on Tigerbend ah makes me want to cry. Momma just looked up at me and she's giving me her full attention. I'm special. So, I'm the only child. I better be special.

So, remember Creative Cakes--

MOMMA ANNE: Yes, yes.

BROOKE: On Tigerbend? And, ironically y'all, if y'all listened to the Table episode a few episodes back, that was ironically just catty corner from where I went a few years later to try to lose all the weight. But, anyways Creative Cakes for my birthday

party. And, it was this place where you make cakes and other creative things obviously. And, something they did was they gave us Pringles and we dipped it in strawberry white chocolate and we made like chocolate covered potato chips and now they're selling them at Trader Joe's. I mean not that exact concoction- they were much better at Creative Cakes back in like 1987 but that's one of my favorite food memories. I remember Momma really worked hard to get this place for us. And, then several years later I wanted to make these Better Homes & Gardens Roly Poly Santas and you need like a red food coloring paste. Not just red food coloring and Momma was like (Momma's voice), "I know who would have it. Creative Cakes would have it." So, I went to Creative Cakes and got it. And, as we know, that's not really how Momma's voice sounds. Now, we're going to listen to Momma's voice. So, Momma what's one of your favorite kind of childhood food memories when you were growing up back home in Louisiana?

MOMMA ANNE: Not saying that my voice is not better than the one that she imitates trying to be like me.

BROOKE: (Laughs)

MOMMA ANNE: But, that imitation just makes my hair want to frizz worse than what it is.

BROOKE: (Laughs) Oh, Momma.

MOMMA ANNE: One of my best memories is Momma. My momma would take my brother Jerome, me and my little sister Cecile. Jerome and I were like 15 months apart and Cile and I were maybe like three years apart. And, that's when we lived in New Orleans on Franklin Avenue. And, there was a real popular man. I think...it was the Roman...Roman I can't quite remember the whole title of him. But, he was in a horse drawn buggy. And, he would park his little buggy weekly I think it was at Saint Roch church which was probably about a three block walk from our home on Franklin Avenue. And, I don't quite remember how often we would go. But, I remember it was very, very special every time we went. It was in the summer time. It was--

BROOKE: HOT!

MOMMA ANNE: Pretty hot. Yes and from what I remember as a five year old, it was kind of a pretty long walk. And, Momma was strolling Cile so therefore she couldn't carry me so I had to walk.

BROOKE: (Laughs)

MOMMA ANNE: Along with Jerome. And, this waffle man made the neatest best waffles. Nothing really fancy. Kind of crisp. A regular type of waffle. A pretty colored brownish tone.

BROOKE: (Laughs)

MOMMA ANNE: And, he put lots and lots of powdered sugar. Some people might call it confectioner's sugar.

BROOKE: (Laughs)

MOMMA ANNE: Sprinkled it on top. And, that was so good. We'd walk all the way home eating our waffle and making waffled confectioner's sugar mustaches. So freaking good. And, he also sold taffy. T A F F Y. Not to be confused with toffee which was about maybe three feet long and oh gosh less than a tenth of an inch thick.

BROOKE: (Laughs)

MOMMA ANNE: And maybe five inches wide.

BROOKE: (Laughs) Okay.

MOMMA ANNE: It was so good. Many different flavors.

BROOKE: What was your favorite flavor of this toffee and very specific dimensions?

MOMMA ANNE: I don't quite remember but I think grape sticks out.

BROOKE: And, now Mom because this is all audio so people aren't quite seeing what's going on, there was a sound of you kind of making (grunts) a noise. I'm just letting people know you were picking Archer up.

MOMMA ANNE: Oh. I'm sorry I was picking up Archer. He wanted to come sit on my lap.

BROOKE: He wanted to sit on Momma's lap.

MOMMA ANNE: He's small but he's 15 pounds of muscle.

BROOKE: Yeah. He's small but he's very stout. (in Archer's voice which is a British accent) I'm a sturdy Pomeranian. Oh we've got Archer on the podcast today too. So, he was in a horse drawn buggy and he made these waffles. That sounds awesome. I think I should note that now Saint Roch or um...Roch Street. What is it called Roch? Remember we went there with Lyndsey. Lyndsey Young?

MOMMA ANNE: Mm hm. Mm hm.

BROOKE: And, she won't mind that I say her full name. I think she's like the one person that will not mind that I say her full name on a podcast. We went there with

Lyndsey Young several years ago and now it's like the bougie like little place. So, like Momma and Maw Maw and Poppee, Nanny Cile, Uncle David, Uncle Jerome--

MOMMA ANNE: No! David wasn't born then.

BROOKE: Oh. David wasn't born then. Excuse me. But, y'all all grew up in what is now one of the kind of very bougie areas of New Orleans--

MOMMA ANNE: To tell you the truth, it was kind of bougie then but--

BROOKE: Oh.

MOMMA ANNE: Um...we didn't know what that word was. I really still don't know what that word is.

BROOKE: Yeah. Me either.

MOMMA ANNE: But, it was kind of fancy then.

BROOKE: Well, Momma, what is a food back home that you miss the most? I know hands down, I miss doberge cake the most and I miss the ability to get seafood, really good quality seafood at a really good price the most. What do you miss? (to Annie the dog in sweeter dog talk voice) Hey Annie.

MOMMA ANNE: What I miss the most is catfish po-boy and not the bread like a hot dog bun, I want the real crispy French bread. Don't give me a little hot dog bun or it will get thrown in your face.

MOMMA ANNE: Like the one night when I was pregnant and I asked Brooke's daddy Bob about 10:00 at night. I said, "Bob, please go get me a fish po-boy." And, he came back about an hour later God bless him with a fish po-boy on a damn hot dog bun.

BROOKE: (Laughs)

MOMMA ANNE: Needless to say. Guess where that hot dog bun ended up? And, another thing I really miss are sno-balls.

BROOKE: Yea. Sno-balls are great. So, I think up here people call them like snow cones but they're not quite the same. Because, back home, they shave the ice so finely it's like an ice cream--

MOMMA ANNE: Oh. Very, very fine.

BROOKE: And, it's not like an Italian ice. Like they're extra juicy back home.

MOMMA ANNE: Especially chocolate flavored with condensed cream.

BROOKE: Yes. And, I like orange. Or grape. I mean I do sugar free because you know that's how I roll. But, they have a lot of sugar free options. And, our friend Allison, Art by Allie, she has some wonderfur - wonderfur - wonderful sno-ball decor and t-shirts and things like that. I will be sharing her link up in the bio of my instagram page and all in my comments and stuff because she does some fabulous--

MOMMA ANNE: Yes, she does.

BROOKE: New Orleans art work and the sno-balls got me thinking. So, Momma, what is a favorite recipe that Maw Maw Lony, your momma made back in the day?

MOMMA ANNE: Oh gosh. One of my favorites and Brooke's gonna go "yuck"

BROOKE: Mm...

MOMMA ANNE: Momma didn't cook it that often but I loved her chicken spaghetti.

BROOKE: Oh yeah. I'm not a fan.

MOMMA ANNE: It was to die for. It's something that she didn't make that often. But, it was one of my favorite things. Of course it's a granted, red beans and rice.

BROOKE: Yeah.

MOMMA ANNE: Were her favorite - oh gosh.

BROOKE: Yeah. There's nothing like 'em.

MOMMA ANNE: We had beans and rice at least once a week.

BROOKE: We have beans and rice in the fridge - well we have beans in the fridge right now.

MOMMA ANNE: Yeah, we do.

BROOKE: Which is how we do.

MOMMA ANNE: We don't really eat rice anymore. I miss rice.

BROOKE: (Laughs)

MOMMA ANNE: I don't eat it anymore.

BROOKE: Well, you don't want to try it with cauliflower rice?

MOMMA ANNE: No, thank you.

BROOKE: No, thank you.

MOMMA ANNE: No, thank you.

BROOKE: No, the chicken spaghetti it's just like for me, shredded chicken should not go with spaghetti. I'll eat chicken parm. I don't even really eat pasta though.

MOMMA ANNE: Maw Maw's wasn't shredded.

BROOKE: No? Okay.

MOMMA ANNE: It was pieced--

BROOKE: I don't remember it. I loved Maw Maw's gumbo.

MOMMA ANNE: You weren't born then, Brooke.

BROOKE: Oh, sorry. I wasn't born then. I did not exist. I miss her gumbo and I miss-- we talk about mirliton a lot. Mirliton is kind of like an eggplant. A baby eggplant. She would make that really good. So, Momma, what is your favorite food to cook. Like I have two favorite things that you cook. I love your vegetable soup.

MOMMA ANNE: Uh huh.

BROOKE: And, I love your roast. And, this is funny 'cause Momma doesn't even eat red meat and I only eat red meat like when I'm craving it around my period. Sorry if that's TMI but here we go. So, Momma gets the roast and she shoves that garlic up in there like the garlic pods--

MOMMA ANNE: Yeah.

BROOKE: Sorry the garlic cloves. And, when I was little I used to go like on an adventure hunt.

And, go pick all the garlic cloves out and eat them because I just loved them so much. So, what's your favorite food that you cook, Momma?

MOMMA ANNE: Well, basically any kind of bean but my favorite are white beans.

BROOKE: White beans.

MOMMA ANNE: Yes. White beans. With bell peppers, onions, especially different colored bell peppers. It makes it look so pretty.

BROOKE: Yeah. It does make it look pretty. Now, do you add meat to those white beans anymore--

MOMMA ANNE: No.

BROOKE: No. See that's something that's changed.

MOMMA ANNE: Momma does not eat meat.

BROOKE: Momma doesn't eat meat.

MOMMA ANNE: Momma hasn't eaten meat in years. Not because of a health diet or whatever. I just don't care for meat.

BROOKE: No. I know but you used to add ham bone. For New Years or something we would use the ham bone--

MOMMA ANNE: Yes. We would use a honey baked ham bone--

BROOKE: But, nowadays we don't do ham. And, also there was once a bad emergency when we used a ham bone and--

MOMMA ANNE: Right.

BROOKE: Yeah.

MOMMA ANNE: One of the dogs ended up in the hospital.

BROOKE: Yeah. My dad gave Precious, a ten pound Pomeranian a ham bone. So, needless to say we spent Christmas crying and in the emergency room. But, Precious was fine.

MOMMA ANNE: But, with the right seasonings you really do not need meat to season.

BROOKE: Yeah. That's right.

With the right seasonings: bell peppers, onions, the trinity going in there, you don't need meat. So, Momma, New York, New Jersey is not all that bad. They do have some good food up here. So, what er-- what are some of your favorite foods up here that you like to eat?

MOMMA ANNE: Pumpnickel bagel with about a six inch slab of olive pimento cream cheese.

BROOKE: Oh. Did y'all hear that? So, six inch slab. She's talking a lot about different measurements today. So, Momma and I, Momma will usually drive me to my COVID tests before work and her reward is 99% of the time is a bagel, it must be a pumpernickel as she says pumpernickel bagel with olive cream cheese. Six inch slab or--

MOMMA ANNE: And, I'm exaggerating on the cream cheese.

BROOKE: Yeah. More like a three inch slab.

MOMMA ANNE: Yeah.

BROOKE: And, the other 1% she likes to have pizza.

MOMMA ANNE: Yes. That's what I was about to say. Not-- it doesn't have to be the fancy pizza.

BROOKE: Definitely NOT the fancy pizza.

MOMMA ANNE: Just the little \$2 a piece or the \$1.50-

BROOKE: It's dollar a slice. Like Ray's.

MOMMA ANNE: Dollar a slice. Just plain cheese.

BROOKE: Just plain cheese.

MOMMA ANNE: It's the best at a little corner dump.

BROOKE: A corner dump as Momma calls it. And, something else that I was surprised that Momma likes that I love-- well you can get it back home but it's obviously much better and more plentiful up here is Thai food. You like Thai food.

MOMMA ANNE: I love drunken noodles.

BROOKE: She loves her drunken noodles, guys.

MOMMA ANNE: But, to tell you the truth. I have not had drunken noodles in over two years.

BROOKE: No?

MOMMA ANNE: No.

BROOKE: Well, you better go get drunk.



MOMMA ANNE: I'm a funny type eater. I crave things.

BROOKE: Yeah.

MOMMA ANNE: To the point where craving them and eating them to where I get sick of it--

BROOKE: Like hummus. You got sick of hummus.

MOMMA ANNE: Yes. I will not eat hummus again.

BROOKE: Ooooooh-kay.

MOMMA ANNE: Cause I went on a kick with hummus for about six months to where that's all I wanted to eat. But, I'm bad about doing that so I take a break from things.

BROOKE: She takes a break from things. So, we've kind of talked about it a little bit. But, how have your eating habits changed since you've moved from Louisiana and then North Carolina to up here? Or maybe to living with me because you see me-- I'm not neurotic with the way I eat--

MOMMA ANNE: No. Not at all.

BROOKE: I'm regimented.

MOMMA ANNE: We've always been pretty healthy eaters.

BROOKE: Yeah.

MOMMA ANNE: But--

BROOKE: We like to binge. Our thing is we do binge because we never keep sweets in the house.

MOMMA ANNE: No. If there's chocolate in the house--

BROOKE: It's gone.

MOMMA ANNE: Forget about it. It's gone in one day because that way it's not there for at least another six months. So, why not eat it in one day and get it out of the house, right?

BROOKE: Okay.

MOMMA ANNE: One thing, we've always never ate past like 4:00, 5:00.

BROOKE: Yeah. We don't like to eat late.

MOMMA ANNE: We don't like to eat late.

BROOKE: If I leat. If I leat. If I eat past 7:00 pm like forget about it.

MOMMA ANNE: Yeah. We don't like to eat late.

BROOKE: That's a good habit you have instilled in me.

MOMMA ANNE: Yes, exactly.

BROOKE: Yeah.

MOMMA ANNE: We don't like to eat late.

BROOKE: And, one thing that has changed since we've moved up here because they have a lot of them up here, we like to be basic and we go to Panera frequently. So, that's fun.

MOMMA ANNE: We love Panera.

BROOKE: We love Panera 'cause you can get soup, salad. Yeah.

MOMMA ANNE: Yeah. I love their salads. Especially in the summer time. What's that one that I like?

BROOKE: I think you like the strawberry poppy seed because you're very funny about every other thing, all the other salads.

MOMMA ANNE: I'm a very, very picky eater--

BROOKE: Don't give her Gorgonzola cheese, y'all--

MOMMA ANNE: No.

BROOKE: She will flip. Not flip but--

MOMMA ANNE: I will throw up. It stinks so bad.

BROOKE: (Laughs)

MOMMA ANNE: Okay?

BROOKE: Yeah. It does stink.

MOMMA ANNE: But, I'm a very picky eater but yet I'm a very simple plain eater.

BROOKE: Kind of like circling back, the waffles.

MOMMA ANNE: Exactly. Sure.

BROOKE: So, I feel like we're at a good stopping point but I just want to ask, Momma, do you have any final thoughts or do you have anything you want to tell the people who are listening to or reading the transcripts of this podcast, the Who's Dat Phat Girl listeners?

MOMMA ANNE: I don't think so because I might cry.

BROOKE: She might cry. Well, Momma it's okay to cry. That's the beauty of a podcast. Nobody sees you.

MOMMA ANNE: But, they hear me.

BROOKE: Just say it, Mom.

MOMMA ANNE: No. Thank you. Thanks for having me on, Brooke. I appreciate it.

BROOKE: Aw, see like I'm a bad interviewer cause I can't get it out of her. I guess this is why clearly we need to put Diane Sawyer up in here or George Stephanopoulos or--

MOMMA ANNE: No. They couldn't even get it out of me.

BROOKE: Pretend I'm David Muir. Just say it. You're hugging Archer. Your emotional support dog's right there. Just say it. People...people tune in to podcasts for like honesty. So, just say what you want to say.

MOMMA ANNE: No. I don't want to say anything. Thank you. Thanks for having me.

BROOKE: (Laughs) Okay. Well, y'all, like Momma does an illusion of the night like Santa Claus, she will leave you hanging, leave you wanting more, leave you wanting her love. I'm so glad she came on today telling some tales about food. Don't worry. She'll be back on. We'll talk about costumes. We'll talk about dogs. We'll talk about New Jersey. We'll talk about a lot of things. Y'all have a good ones and go call your Mommas or your mother figures and talk with them about your favorite foods.

Thanks so much for listening, y'all. It is my hope to inspire, uplift and entertain you with this Who's Dat Phat Girl podcast. So, if you're HUNGRY for more, you can book me to speak or perform my solo show that inspired this podcast Phat Girl Costumes written by yours truly and directed by my best bud Brian Lady at your virtual or in

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