

Transcript for The Who's Dat Phat Girl Podcast - With Brooke Hoover
EPISODE #16- Let's Hear it for the Harry

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: Hey everybody. Thank y'all so much for tuning in to the Who's Dat Phat Girl Podcast. And, I'm Brooke and today we have a speciallllll guest. It's my boyfriend Harry. Hawwy as the dogs call him. Say hey.

HARRY: Hey everyone.

BROOKE: Hey everyone, he says.

HARRY: I'm excited to be here.

BROOKE: He is excited to be here. So, just come a little bit closer. [Singing] "Come a little bit closer you're my kind of woman, so big and so strong"

HARRY: (Laughs)

BROOKE: My kind of man. So big and so strong. It's a good song. So, we are talking today about body confidence and also about comfort foods. So, Harry, as many of you guys know who know us and who follow me on Instagram and if you don't know this, Harry is a slender Indian man with a baldhead and he's about, he says 5'8". There's room for discussion on that.

HARRY: (Laughs)

BROOKE: I actually told Harry in front of a lady the other day, "I'm taller than you." And, the lady goes, "That's mean." And, I said, "It's not mean. It's true." It's not like I was using any sort of body size to body or short shame Harry because he's not short and it's true. I'm a little bit taller than Harry. I've got big hair right?

HARRY: Yeah. Yeah. (Chuckles)

BROOKE: And my whole thing is I want to get this right out there right out in the open, you know. When Harry met me, I was much bigger. When I was manifesting you know the love of my life if you will, I was saying to God. I'm talking like oh

pretentious because it does sound pretentious to talk like that and I'm sure many people who are listening to this podcast because I'm sure if you're in the health and wellness realm, that's just how we roll. We're just always trying to do better and feel better and be better. So, I was saying I want a man to know and love and accept me for the size I am right now. And, I found exactly that. Oh - you want to talk?

HARRY: Yeah. You know it's not the size. When I was growing up, I've always been skinny. I weighed like 99 pounds. Until about high school, I was 105 pounds. And, I always fear if I'm ever going to be able to meet a woman. You know?

BROOKE: (Laughs) I'm sorry to laugh, okay?

HARRY: You know? But you know what? I've maintained my weight always.

BROOKE: Oh. I didn't see it going in that direction.

HARRY: I've always had fear that I might grow up to be just like my dad. I mean my dad was 300 pounds.

BROOKE: But, how tall was your dad?

HARRY: 6'2". But, you know what? So far, I've maintained my weight. It's basically my eating habits.

BROOKE: Yeah. How do you maintain your weight? You're not scrawny anymore. I would say you're slender and you're on par according to the surgeon general if you will because I believe anybody can be any shape or size as long as their blood work numbers and everything is healthy. And, you are but how do you maintain your body and your current status? Your blood work.

HARRY: I eat in small portions. And, I try to stay away from-- I used to be a heavy drinker. And, I stopped drinking. And, now I basically eat small portions maybe three times a day. I think that's one of the reasons why I'm still skinny. I maintain my weight and I feel healthy. My blood work always comes out good.

BROOKE: Thank you, God.

HARRY: You know? I'm not on medication of any sort at this age. So, everyone out there, please, just eating I mean you know when you get hungry but still please eat in small portions.

BROOKE: Harry said, "Please"

HARRY: Please.

BROOKE: So, when he says, "Please" that really means

HARRY: Yeah

BROOKE: Damn it.

HARRY: You're going to eat three times a day. You know what? Just eat in small portions? It's good for your health. Maintain. To be a better, healthier person.

BROOKE: Yes. So, that kind of took all sorts of turns and, I did not cut in or interrupt because I'm working on that. So, that was good. So, something I want to ask you, Harry is that you said you were scrawny. So, you said you worried you weren't going to meet a woman and what I was laughing at is not that you said you were scrawny. I was kind of chuckling at the fact that you were like, " I was worried I wasn't going to meet a WOMAN."

HARRY: Yeah.

BROOKE: But, you know clearly you did.

HARRY: Yeah.

BROOKE: You've met plenty of women before me. I don't say it like that. You've met women before me. But, tell us about, we are all learning about my experience during high school and growing up and in college with my size and the changing of my size. Do you have any particular memories from high school or college with your size?

HARRY: Yeah. I was size in the first place.

BROOKE: Yeah.

HARRY: Even in high school.

BROOKE: Classic. Shy skinny kid.

HARRY: Skinny kid. Yeah.

BROOKE: Classic! Loud outspoken chubby girl. Classic. We're so basic.

HARRY: And, most of the guys in my class, they were all like jocks.

BROOKE: Yeah, of course. Jersey Jocks at that.

HARRY: Jersey Jocks.

BROOKE: Oy yoy yoy. My favorite type of person.

HARRY: Most of the women, girls, they were attracted to them.

BROOKE: The guhls? Yeah. Yeah.

HARRY: So, it's okay. I didn't lose too much. I found this woman next to me.
(Laughs)

BROOKE: I'm trying to get you to say girl instead of woman because the way you say girl is--

HARRY: This girl

BROOKE: Guhl. See he says guhl. Like I always say guhl and I force it. He naturally says girl like that guhl.

HARRY: Yeah.

BROOKE: So, something I wanted to also comment on is a lot of times if you hear a little scratching, Annie is making a nest and checking it twice. Gonna find out who's naughty or nice. You often times will see a larger man or a schlubby kind of guy you know type if you will on TV with a hot, sexy woman.

HARRY: Yeah.

BROOKE: So, you'll see like King of Queens, Leah Remini with oh my gosh Kevin James.

HARRY: Kevin James.

BROOKE: Peggy and Al Bundy you know? Kind of schlubby man with a little pot beer belly and sexy wife, Peggy Bundy. Marge and Homer Simpson. But, I don't know, I can't think of anything off hand and people listening, if y'all want to tell me, private message me, slide into the DMs and let me know. Can anybody think of a hot, sexy plus size guhl with a hot sexy man? I can't really think of that. For instance like me. Just like a normal looking kind of guhl. Harry might think I'm beautiful. I think I'm average.

HARRY: She's beautiful.

BROOKE: Thank you sweetie. (Kiss) I love you. I'm talking about Hollywood.

HARRY: Yeah. Okay.

BROOKE: So, Hollywood, I'm just average Jane if you will. Midwest. Shows I'm right for are like Shameless, Ozark, you know? That kind of thing. Could you see me with like Zac Efron? Like would they ever pair us up in a romantic relationship, me and

Zac Efron? I don't know why I picked Zac Efron off the top of my head as like the hot guy. But, no you wouldn't cause they don't do that. They don't do that. You know? But, I say we need to change the shape of Hollywood. Oh! Pun intended.

HARRY: (Laughs)

BROOKE: That was a good one. I didn't plan for that.

HARRY: (Laughs)

BROOKE: We need to change the shape of Hollywood and show all different types of couples together.

HARRY: Right. Right.

BROOKE: All different types and I don't just mean big and small. I mean different ethnicities.

HARRY: I know.

BROOKE: Different genders, everything. So, let's change that. And also about the portion size and you were worried about being your dad's size. I think certain things are genetic. I think certain things are how you handle your environment.

HARRY: Right.

BROOKE: And, I think you kind of worked with both.

HARRY: Yeah.

BROOKE: I think also sadly I never met your parents.

HARRY: Yeah.

BROOKE: Because they're in heaven but I think you inherited more of your mother's genes.

HARRY: Yes, I did.

BROOKE: Mamaji's jeans

HARRY: Yeah. I did. I did.

BROOKE: So, I hope the sound is okay guys. Cause Annie is going to town with that scratching. She clearly is getting a little verklempt about us talking about Hollywood and size because Annie is what they call a throwback Pomeranian and Momma used

to think throwback Pomeranian meant I'm going to throw that Pomeranian back. I don't like her. No it means throwback to back in the day when Pomeranians were a bit stockier in stature. That's my favorite kind of Pom.

HARRY: (Laughs)

BROOKE: Anyways so thank you for talking about body positivity with me. I think that men don't talk about it enough

HARRY: Right

BROOKE: Men just seem to naturally be a little bit more, "Oh I am fine." Because society says men you have to be fine with things. And, women you also have to be fine with things and you gotta look fine till the day you die.

HARRY: Right.

BROOKE: And, I say we gotta shake and change that. Even some of the lingo that we meaning me and you probably tell ourselves just based on societal training. Oh what's that pretentious societal training? It's not...it's not the best way to behave going into the future.

HARRY: Exactly.

BROOKE: But, let's flip it and start talking about some other stuff. We are going to talk about comfort food and food.

HARRY: Wow.

BROOKE: Because that's something else -- Harry says "Wow"

HARRY: My favorite. My favorite.

BROOKE: Your favorite. Food. But, remember, small portions.

HARRY: Small portions.

BROOKE: The big boy. Small portions.

HARRY: yeah.

BROOKE: So, Harry what was your favorite food growing up or like a favorite food memory?

HARRY: My mom making bitter melons.

BROOKE: Bitter melons. Karela right?

HARRY: Karela. And, she used to fry them, a little oil in it and then sauté some onions on the side, separately. And, we would have it.

BROOKE: What was like the seasoning?

HARRY: Seasoning. Different spices, you know: Cumin, coriander, salt and pepper.

BROOKE: Was there any sweetness? Mango, garam masala, anything like that?

HARRY: No.

BROOKE: Cause bitter melon it is BITTER.

HARRY: And, she would also put after she would fry them she would put mango powder.

BROOKE: Mango powder. That sounds good because bitter melon if you've ever cooked it without knowing how to cook it like I have, it's horrible. It's bitter.

HARRY: Yeah. Yeah.

BROOKE: And, it's not a melon. It looks more like a squash.

HARRY: Squash.

BROOKE: Like a squash with a lot of warts. Like a witchy. A witchy zucchini. But, it's also very good for diabetes.

HARRY: Right. Right.

BROOKE: So, what's a food that I cook that you really like?

HARRY: Breakfast burrito.

BROOKE: (Laughs) Breakfast burrito.

HARRY: I love that.

BROOKE: He answered that very distinctly.

HARRY: I love that.

BROOKE: Yes. I usually use a low carb tortilla wrap.

HARRY: Yeah.

BROOKE: Like a keto friendly wrap.

HARRY: And, it's not only for Saturday or Sunday breakfast. It's every day breakfast. I love it.

BROOKE: (Laughs) Oh. Every day breakfast that's right. Or sometimes dinner - well, we don't really eat dinner. We don't eat past three o'clock.

HARRY: Right.

BROOKE: Cause we're senior citizens.

HARRY: (Laughs)

[00:12:04.18]

BROOKE: But, it's good anytime because we add a lot of vegetables up in there.

HARRY: Yeah. You might be a senior citizen but I'm still growing.

BROOKE: Okay.

HARRY: (Laughs)

BROOKE: You're a growing boy and I'm a senior citizen. If I could be like the fifth Golden girl for the rest of my life, I would be happy with that. Get me to like Miami and I'll play Canasta. I hit the mic. Sorry microphone. And, have cheesecake all day. Especially if it's the vegan cream "cheese" cake. Not king cake. Especially if it's the vegan cream "cheese" king cake that I mentioned a couple episodes ago because it's much healthier for you than regular cheesecake cause a lot of that cream cheese will just sit up in your stomach and do crazy things to your GI tract. And by "your" I mean my. TMI

HARRY: Yeah.

BROOKE: But, C'est la vie. You know it all too well. So, Harry what is a favorite food that my mom cooks that you like? I know there's a lot.

HARRY: There's a lot. I love her mom's cooking. Everything she makes, it's the best. But, two of my favorite ones: jambalaya.

BROOKE: Yes.

HARRY: And, gumbo.

BROOKE: Gumbo. Yeah Momma doesn't make gumbo much.

HARRY: Well, she made it once or twice.

BROOKE: Once or twice.

HARRY: Yeah.

BROOKE: Didn't you have gumbo back home in Louisiana?

HARRY: I had gumbo at the LSU campus with Brooke's family.

BROOKE: The Chimes.

HARRY: At Chimes. And, it was gumbo with alligator.

BROOKE: Alligator gumbo.

HARRY: I loved it. That was the best gumbo I've ever had.

BROOKE: Did you feel like you were eating a wild beast?

HARRY: No. It felt like chicken.

BROOKE: So, tastes just like chicken.

HARRY: It was delicious.

BROOKE: Oh gosh. Okay. So, Harry as we know, my momma loves to eat pizzle, pizzle, pizza and bagels as her favorite New York foods. What are some of your favorite kind of New Yorky foods? I'm in the city. I want to eat some food. What do you want to eat? Come a little bit closer for our video friends. What are some of your favorite New York foods?

HARRY: I like the Irish pub food you know?

BROOKE: Yeah.

HARRY: Fish and chips...

BROOKE: Yeah.

HARRY: Sliders.

BROOKE: Sliders? Okay. That's news to me. What about Sheppard's pie? Cause I made you a healthier version of Sheppard's pie once. Remember with ground turkey and mashed cauliflower. You liked that. Sheppard's pie is good.

HARRY: Yeah I liked that but with an ice-cold beer. (Laughs)

BROOKE: Ice cold-- but you had just told everybody that you used to be a heavy drinker and you quit drinking.

HARRY: Oh no.

BROOKE: You cut back. There's a big difference.

HARRY: Occasionally I still have. That's it.

BROOKE: But, you're mindful of it.

HARRY: Yeah.

BROOKE: Same as with eating habits.

HARRY: Yes. Absolutely.

BROOKE: To get to healthy mindfulness and you know (sorry microphone) when you've had your limit and when you've gone overboard.

HARRY: Right.

BROOKE: Word. So, let's see. Are there any other favorite Southern foods that you might have that we didn't talk about? Any favorite Southern foods? We talked about Cajun foods that you like. But, favorite foods-- like I've told you the difference between -- there's a big difference between Cajun food and Southern food.

HARRY: Um....

BROOKE: I'll give you a hint. Sometimes we have to drive far to get the food. Biscuits and gravy.

HARRY: Oh biscuits and gravy. Biscuits and gravy, which I love. I love biscuits and gravy. I mean I've never had it till when was it?

BROOKE: It was...let's see the film festival. The Northeast Georgia Mountain Film Festival in 2019

HARRY: In Atlanta?

BROOKE: Well, it was on the outskirts.

HARRY: Outskirts of Atlanta.

BROOKE: It was near Dillard, Georgia. North Carolina.

HARRY: And, it was delicious. I fell in love with it.

BROOKE: We still have yet to eat chocolate gravy. So, one day I think we'll have to try chocolate gravy. Our friend Arlie was telling us tales about that.

HARRY: Yeah.

BROOKE: So, any other favorite Southern foods that you have? That's about it? I know you love pralines.

HARRY: Praline.

BROOKE: That's a Cajun and Creole food. That's more of a confection than it is a food.

HARRY: I'm not a big sweet person.

BROOKE: But?

HARRY: Little bit of pralines.

BROOKE: You love those. Cause you love pecans.

HARRY: Pecans.

BROOKE: And luckily pralines are made with pecans and pecans is like the one nut that you're not allergic to.

HARRY: That's right.

BROOKE: Other than me cause I'm a big nut. Ah. So, Harry, what are some of your favorite food memories with me? Like things we've done that have involved food.

HARRY: One night we were in bed watching television like at 8:00 and I was craving for some Indian sweets.

BROOKE: Yes.

HARRY: So, I said, "Brooke, we gotta go and get some milk cake."

BROOKE: Milk. Cake.

HARRY: Or burfi.

BROOKE: Burfi. So, describe milk cake.

HARRY: It's basically milk. You gotta keep on stirring it for about two hours long.

BROOKE: OH.

HARRY: And, it's so delicious. It's cut into small pieces.

BROOKE: Is there sugar in it?

HARRY: There's very little sugar.

BROOKE: What's the consistency? Is it like toffee, taffy or Trina or tiramisu? Like what's the consistency?

HARRY: Tiramisu.

BROOKE: So, it's squishy.

HARRY: Yeah. It's squishy.

BROOKE: It's not like a praline?

HARRY: No it's not a praline.

BROOKE: Okay so it's squishy.

HARRY: Yeah. Praline is too sweet compared to milk cake.

BROOKE: Praline is sweeter than milk cake.

HARRY: Yeah. Much sweeter.

BROOKE: You say "too sweet" you love Pralines. Don't you say pralines are too sweet. Don't you diss pralines.

HARRY: (Laughs) I'm not.

BROOKE: Milk cake is good. It's rich.

HARRY: It's rich.

BROOKE: It's creamy.

HARRY: It's creamy.

BROOKE: I swear sugar's in it. Yeah sugar's in it or the milk becomes sugar.

HARRY: No, well I mean they put sugar in it.

BROOKE: They put sugar in it. It sounded like you said another S word.

HARRY: No.

BROOKE: But you said sugar not S-H-I - you know.

HARRY: No.

BROOKE: So, question what is burfi cause you said you were craving milk cake or burfi? What's burfi?

HARRY: Burfi is the same thing.

BROOKE: Oh same thing? (Laughs)

HARRY: Not the same.

BROOKE: Burfi's the same thing as milk cake.

HARRY: I don't know exactly what goes into burfi.

BROOKE: What's the difference?

HARRY: it's much harder than --

BROOKE: Yes, it's more like a praline almost but thicker than a praline.

HARRY: Thicker than a praline.

BROOKE: And, harder.

HARRY: Harder.

BROOKE: And, more caramelized. And, darker, right?

HARRY: yeah.

BROOKE: I can describe your Indian food better than you can. Hello. What else...kulfi is the ice cream? I like pistachio kulfi.

HARRY: Yeah, kulfi is ice cream.

BROOKE: So, we go Little India in Jersey City which is not that far and getting out at 8:00 at night unless we're working or have like a festival or something to go to well we went to festivals and what not before the pandemic and now we are just little hermits, but we got out late for us, 8:00 and we booked it over to Little India.

HARRY: India.

BROOKE: And, I'm like Harry it's dark and there are Christmas lights everywhere.

HARRY: (Laughs)

BROOKE: Cause we had never been out at dark. It was like celebration. And, we just sat at a sidewalk cafe.

HARRY: Right.

BROOKE: A patisserie if you will. An Indian pastry shop.

HARRY: Pastry shop.

BROOKE: I just said it in French which made no sense. And, we just beasted on milk cake and burfi and kulfi and we brought some back for Momma.

HARRY: Right.

BROOKE: And, that was really fun.

HARRY: yes. It was.

BROOKE: And, another fun memory I have back in my hood of Baton Rouge, Louisiana. We were down in Baton Rouge for when my dad had to get his toe cut off for the diabetic incident. Diabetic incident? What else do you call it? A couple years ago. And, Harry, we had taken him several years before to Cafe du Monde in New Orleans and while I like Cafe Du Monde, I like Coffee Call in Baton Rouge much better because it's calmer. It's more like a local-- it's not a hole in the wall by any means, but it's more of a local place whereas Cafe du Monde is wonderful but it's very saturated.

HARRY: Cafe Call.

BROOKE: Coffee Call.

HARRY: Coffee Call. It wasn't tourist attraction.

BROOKE: Not at all. So, I took Harry there. One day we were supposed to meet my dad at the hospital. I mean mind you; all of y'all who have been caregivers for people in the hospital know that it can grate on you.

HARRY: Yeah.

BROOKE: You want to stay there 24-7. You're going nuts and you're just trying to make sure your loved one is feeling better and you're dealing with doctors and nurses and it's just insanity and you kind of need a moment for yourself and one morning, I said, "Harry we have like an hour and fifteen minutes. We have enough time to drive down to Coffee Call go get you some Cafe Au Lait and Beignets--

HARRY: Beignets--

BROOKE: and come back." So, we did and we were all hyped up on sugar and coffee cause we don't really do caffeine or sugar real much. Hey, we're in bed by 8:00. We're a real party. But, that was so much fun being able to take you to my motherland and to be able to do that. To have that moment (kiss) yes of chillness before, before the storm. No. The storm happened and Bob is now better. Bob will be a special guest. Speciallllllll guest one day soon.

HARRY: Soon. Yes.

BROOKE: And, I think one more thing because I like to do things in threes. Another food memory to tie it into my motherland of North Carolina. When we were there for the film festival. And I think it's one of the best mealllllls. I don't like the word "meal" meals, dinners, early dinners if you will. That we ever ate together was at one of my favorite places Momma and I's favorite places that you now love. Mica's.

HARRY: Mica's yeah.

BROOKE: Remember what we had?

HARRY: Catfish.

BROOKE: Catfish and?

HARRY: Uh...

BROOKE: Fish and grits.

HARRY: Fish and grits. Yeah.

BROOKE: And, the first time I ever tried shrimp and grits was actually back in North Carolina as well. One of our great friends, Bob, he was a chef.

HARRY: Right.

BROOKE: And, he was talking about shrimp and grits and we're like eh I don't know about this. He made it, it was awesome. So, over 20 something years later, I get to go back to North Carolina for our film "Shyft" was in the film festival and we won an award. So, shout out. Thank you so much Sukhin. And, we had fish and grits. I had the blackened catfish. And, Harry had was it fried?

HARRY: Fried.

BROOKE: But, not like greasy.

HARRY: No, it wasn't greasy at all.

BROOKE: And, the fish was huge. And, it was wonderful and it wasn't super stringy because I'm not -- full disclosure. I'm not the biggest catfish fan cause it can get stringy and they also had collard greens with it.

HARRY: Right. Exactly.

BROOKE: Actually for our instagram friends, I will have to post a picture of it and be basic.

HARRY: (Laughs)

BROOKE: Cause that, I will remember that. I don't want to cry. Till the day I die. That was a lot of fun. To be able to share-- you know, food is enjoyment and sharing with others and it's just pretty cool that you and I have such a strong attachment but a healthy attachment to food and we just both happen to be from two places that have some wonderful food.

HARRY: Yes

BROOKE: Meaning Northern India and South Louisiana by way of North Carolina and New York / New Jersey. Actually all of those places I mentioned have pretty darn good food. But, I want to thank my boyfriend Harry for so graciously coming on and being in the spotlight.

HARRY: Thank you for having me on your podcast.

BROOKE: You're welcome. And, thank you everybody for listening. And, Harry do you want to say one more thing before we sign off?

HARRY: Thank you for all listening and stay in touch with Brooke's podcast. All the time. Every week for a new episode.

BROOKE: Yes.

HARRY: Thank you so much.

BROOKE: Yes. He said it and if you heard a little "pat, pat, pat" while he's talking, he's kind of patting my arm, patting my shoulder. Clearly Harry doesn't do much voiceover. That's okay. He'll learn. Thank you so much again everybody for listening. Bye.

HARRY: Bye-bye.

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 person event. Please visit Brookehoover.com/fluffybutproductions or email me at contactbrookehoover@gmail.com for more information. And, let's follow each other on instagram - I'm @Br00keH00ver and those 0's are not the letter O but they're ZEROS. Not because I want to be a size 0 but because I guess I'm just so clever with my late 90s Yahoo! self

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