

Transcript for The Who's Dat Phat Girl Podcast - With Brooke Hoover Episode 2 - Biscuits

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...

So, one thing I want to talk about and one of my favorite things to say is, "Let's not get it twisted." I did not coin that term. I don't claim to own it at all. I just really like it. There's this fine line of eating healthy and also not being neurotic about what you're eating. I have been very, very, very neurotic about what I'm eating and sometimes yes it was for weight loss. "Oh, I can't gain any weight." But, most of the time it's because certain foods make me really not feel so great, especially if I eat them continually. However, being from the South, there are a lot of comfort foods that I cannot shake. I can just not shake 'em. And, regardless of where you're from - I know plenty of people up here where I am right now in New York well I'm in New Jersey but I think it's more of a New York thing - they love their knishes for example. Those are not very healthy. Actually I don't think they're healthy at all. I mean it's just like potatoes in bread. My mom actually really loves them. But, the comfort food, there's something that even if you're trying to always be 110% healthy, you've also got to be healthy to your soul and know the foods that you will allow yourself in moderation. And, oh my God, I feel like such a sell out even saying that. Oy y'all. I just said, "Oy, y'all." Whoa. You can definitely tell I'm a Louisiana girl living in the tri-State New York, New Jersey, Connecticut area.

So, I call these foods, these [Brooke does a Southern accent] these Southern comfort foods "occasional foods". Yes, meaning you can eat them occasionally but I make a whole occasion about them. It's okay to talk about them. I actually really have fun talking about food that is comfort food. That's why and how this podcast started: So I could have a better grasp on healthier food and not so healthy food but still feeling healthy about the not so healthy food. So, let's dive into biscuits shall we?

Biscuits is. Biscuits is? No. Biscuits are a great example of one of my occasion foods. Because, I could tell you the last time I had a biscuit. Because it was a whole event. It was a whole occasion. In fact, it was when my mom, [my boyfriend] Harry and I drove to Cracker Barrel about an hour and twenty minutes away and we had a biscuit. Well not "a" biscuit. I had like two. And, they're just wonderful. Here's my thing with biscuits. I don't think they should be like your go-to breakfast food. Eating white flour in the morning is not a good healthy meal. It just sets your blood sugar off. For me it gives you- by "you" I mean me brain fog. I mean cereal, for the

most part; most cereals shouldn't be your go-to breakfast, either. But, I just had this soul connection to biscuits and I didn't realize how big my connection was to them until I moved to New York and it was very hard for me to find a good biscuit.

So, back in the day, my first biscuit ever was actually made by Momma. And, my momma, she's a great cook but she also loves to do a lot of things super, super easy. So, she would just get Bisquick mix and mix it with I think it was either skim milk - knowing Momma she always did skim never whole milk [in Momma's voice] "Because that is coming from the fat of the utters, baby." Or something like that. And, she would mix the Bisquick and drop 'em. Drop 'em like they're hot. They're not hot yet. They're raw. On like a cookie sheet and just bake 'em. And, they looked like this big ole planets I don't know like a half planet or a gigantic scab or actually you know what? They looked like a scone. Kind of. But, they were great. I mean...because they're home and she put Country Crock or other margarine on them. I just said [Southern accent] margarine. Margarine on them. And, I remember them being wonderful.

My dad also liked to make biscuits but he did them a little differently. His biscuit making was more complicated or according to Momma [in Momma's voice] "More fancy" because [in Momma's voice] "he's from North Louisiana, baby and they're just a little more Yankee and fancy up there." Yes, to South Louisiana people, North Louisiana is "Yankee land." So, my dad would just get the same kind of Bisquick you know in the box with the skim milk or water and he would roll them out though using a rolling pin and we had these glass glasses. Glass cups? Glasses. And, he would use them to kind of like cut out the biscuit dough. And, I remember both being great. I actually prefer the drop biscuits. Maybe it was because of the love my mom put into them. And, not saying my dad didn't put love into his biscuits but they just felt like more of an event.

And, so we would do that every so often. Maybe once a month or once every two weeks for like Sunday morning biscuit day. And, it was in the morning. But, when we went to North Carolina, we used to go there every summer and we became best friends - they're still our dear friends today with our neighbors. We went to their house for dinner and they had homemade biscuits. The momma, Tammy, she made these biscuits from scratch. Not from Bisquick. Not from Bisquick, y'all! And they were like crispy on the outside and fluffy on the inside and they were perfect and I had about four or five about them, I'm not kidding you. Those biscuits that Tammy made were wonderful. Tammy, I hope you still make them to this day. If you're listening!

And, then also when I moved up here, I could not find a good biscuit. I could not find a good biscuit. And, then I started thinking, "Wait a second. Cracker Barrel makes really good biscuits." And, I love that white sawmill gravy. And, now in Louisiana, we don't do white gravy. We do brown gravy. So, the whole white sawmill gravy was something when I moved to North Carolina - well not moved. But, when we went to North Carolina every summer as well. And, I just connected with some of my really

good friends. My best friend in particular up here, Danny, about Cracker Barrel biscuits. And, so he said, "Boo, there's a Cracker Barrel not far from where I work." So, it became a whole thing, an occasion if you will. We have done it maybe like once a year where we go and have the Cracker Barrel biscuits and gravy. And, I got my boyfriend Harry hooked on them, too. Now, Harry is from Northern India. They do not do biscuits and gravy there. But, y'all, this guy, he can put down some biscuits and sawmill gravy. In fact, we'll do a whole episode about Harry and his love of Southern food.

Sometimes Harry will call me or text me from set and he'll say, "Honey, they have biscuits and gravy today." And, y'all, it is not the same as southern biscuits and gravy. But, I appreciate that they try. The biscuits are out in sternos for way too long and biscuits are not something that's meant to be in sternos. And, the gravy...the gravy's not bad but the oil has kind of separated from it and they put all these rosemary sprigs in there and it's kind of to hide the fact that the biscuits taste like hockey pucks but it's still good if you're really, really craving biscuits and gravy and don't want to drive all the way to Cracker Barrel.

Another time I bonded with some of my Yankee friends as my momma would say or clearly, as I would say, sorry friends. That's obnoxious. When I moved up here is that some of my friends and I really love Red Lobster's cheddar garlic biscuits. So, some of my favorite guhls and I have bonded over those. I've actually oddly enough never bought the pack. You can bake the pack at home. But, again, if it's an occasion thing, just go to Red Lobster. Now, I should note that Red Lobster and Cracker Barrel are not sponsoring this podcast at all. At this point, nobody's sponsoring this podcast. So, I just - that was just a little ADD moment. I had to say that.

There's also all the fast food places that have biscuits. Let's go through those. Kentucky Fried Chicken. I think they're way too floury. McDonald's. I think their biscuits are way too hit or miss. They could be wonderful and fluffy on the inside or they can just be way too hard. One of my favorites is Popeye's. And, yes that could be because it reminds me of back home. They're trying Uber hard to be [New Orleans accent] New Orleans and they are succeeding. It could also be because I associate Popeye's with one of our French exchange students Pierre. He came to visit us - well we met him once and then he came and stayed with us again and both times, we had taken him to Popeye's and the second year that he came to visit us, we roll up to Popeye's drive thru and Pierre jumps up from the back seat and goes [French accent] "I remember this taste." So, yes, I will always remember the taste of Popeye's, Pierre.

Popeye's biscuits are wonderful because it's like they're like Tammy's. They're crispy on the outside and fluffy pillowy soft. Ugh that sounds perverted. But, they are pillowy soft on the inside. Almost like they're fried in lard and angels have given them a lot of love. But, I also have something to say about Popeye's. Okay. So, one time in American History sophomore year of high school, we had to do this project about different decades. And, one group of guhls was given the 30's. So, they

brought in Popeye's biscuits. I don't know what that had to do with the 1930's. I wasn't really paying attention. But, we were given the 1970's and we brought in Watergate Salad. So, the gurls who brought in the biscuits from Popeye's, they got an A+ on their project. We with our homemade Watergate Salad, we got like a C-. So, I think the moral of that story is to always, always, always bring the biscuits.

And, then one more biscuit tale I have to tell y'all is about an experience in Jersey City. I wanted to take Harry out for his birthday and I was looking for the best biscuits and gravy place in Jersey City which is laughable because there's like one place and it's called Sam am and they're actually a very cutesy kind of well not kind of - super bougie breakfasty place. Very well known. And, there's a 45 minute wait and it's super crowded when we get in there and we finally get a seat and I see biscuits and gravy on the menu. I'm all excited and it says biscuit with gravy and an egg over easy. And, I ask the server, I say, "Can we please maybe substitute the egg for like turkey sausage or something? I'm not a big egg person." Now, I do eat omelets, y'all. One of my best pals Jen back in the day said, "Brooke, you're going to have to start eating eggs at some point, girl." So, I do omelets. But, with a lot of vegetables and stuff to distract me that they are eggs. And, the server she was like [Pretentious voice], "No. No. You just cannot substitute that. You just can not substitute that."

I don't do eggs on biscuits, y'all. I'm like a purist. So, I say, "Well can you maybe do the egg over well?" Because Harry doesn't like runny eggs and she was like [pretentious voice] "Okay whatever." She was like very huffy about it. And, the biscuit and gravy was good but I don't remember it being memorable from Sam am. Sorry guys. I do remember it being \$14 and me saying [shocked voice], "That's highway robbery!" And I've turned into my mom and/or my dad.

But, that biscuit it just wasn't as good as Tammy's. Or it wasn't as good as Momma's. And, it definitely wasn't as good as Popeye's for that matter. I guess what I'm saying y'all is if you want a biscuit. Just have a biscuit. But, the rest of the day and the rest of the days surrounding biscuit day, make sure you're eating extra vegetables and extra good stuff. And, especially don't beat yourself up for eating a biscuit. Okay? Like don't kill yourself with like five hours of cardio. It's not gonna fix it with a biscuit, all right?

I don't even know what that means: It's not gonna fix it with a biscuit. Give yourself a break unless you go to a bougie place like we did and you pay \$14 for a biscuit and gravy that you can't even remember if it tasted good.

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/fluffybuttproductions or email me at contactbrookehoover@gmail.com for more information. And, let's follow each other

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