

Season 2, Episode 1: Two Midwest Foodies

Candace:

Welcome to Black Girls Eating, a conversation about justice, black girl magic and well seasoned food.

Candace & Tanorria:

We are Black Girls Eating and welcome to our podcast.

Candace:

Hey, hey, hey. Welcome to season two season of Black Girls Eating.

Tanorria:

Season two! I'm so excited to be with you.

Candace:

I'm so excited.

Tanorria:

Random thought.

Candace:

Yeah.

Tanorria:

We should name each season a different spice blend, like a seasoning blend because we are the unseasoned food crusaders. Seasoned food crusaders. That was fantastic, but I think season two should be sweet and savory.

Candace:

I love it.

Tanorria:

Because this season, it's going to be sweet, but there's going to be some things, some moments that we want to savor as well.

Candace:

Absolutely.

Candace:

And we should not include spicy because we are always spicy.

Candace:

We're always spicy.

Candace:

So, we don't to worry about that.

Candace:

We don't need to worry.

Tanorria:

Sweet and savory is where we are right now.

Candace:

I'm here for that. So, we had season one. It was absolutely amazing.

Candace:

It was great.

Candace:

Thank you all for listening. We are truly just blessed and honored that you guys think we're cool enough to listen to.

Tanorria:

Did you have this silly, goofy smile on your face every time you listen to an episode? Because I did.

Candace:

I did and it's so funny because there were things that I listened to and I'm like, "I don't remember that," and I would just bust out laughing, like how I got in trouble about when I told the podcast that I make my dad's blend without salt.

Tanorria:

And everyone's like, "Where's mine?"

Candace:

Yeah and the fact that he didn't know. So he's like, "You've been lying to me about my seasoning." It was a thing-

Tanorria:

But you been eating it, dad.

Candace:

But you been eating it, daddy. You haven't missed a beat, but yeah. It's been so much fun.

Tanorria:

It has been a great time.

Candace:

I'm so glad to be back in the chair with you. Yeah.

Tanorria:

I'm excited too.

Candace:

And today's episode is going to be magical, magical, magical.

Tanorria:

We wanted these guests on season one and schedules were wacky and we knew top priority for season two.

Candace:

Yeah.

Tanorria:

Top priority.

Candace:

Top. Absolutely. Absolutely good. So ladies and gentlemen, and all the like, we have two Midwest foodies here on our podcast today. We're so excited to welcome them. Welcome you guys.

Tanorria:

Welcome Brittany. Welcome David. [crosstalk 00:02:26].

Brittany King:

Hi. Thank you. Thanks for having us.

Candace:

So excited. So, Two Midwest Foodies is the brainchild of Brittany King and David Wallace. They were both raised in the Midwest. They are a Chicago based food brand and they share food from the Midwest, their kitchen and beyond. They're committed to shopping small, buying black and sharing, basically supporting about black people. Let me just tell y'all I love y'all for that. The unapologeticness of you saying, "We are going to center black people at our brand," y'all don't even know how happy that makes me. So, thank you for that and thank you for being on our show.

Brittany King:

Yes. [crosstalk 00:03:07] Thank you.

Candace:

Thank you.

Tanorria:

I will say because they are so focused on our culture, it is easy to use them as a guidepost for where I want to eat.

Candace:

Absolutely.

Tanorria:

I go straight to their Instagram, where have they been eating? They posted about this place. Let me jog my memory and see where they went and not just in Indiana.

Candace:

Right.

Tanorria:

They are Two Midwest Foodies.

Candace:

Yeah.

Tanorria:

So even when traveling it's like, "Wait, where did they go? Oh, was that here or was that somewhere else? I need to put that on my somewhere else list."

Candace:

Absolutely and that makes me so happy to know where it's safe for us to go.

Tanorria:

Yes.

Candace:

Because we are still in clean country. [crosstalk 00:03:46] I love it.

Tanorria:

That is fantastic.

Candace:

I love it. [crosstalk 00:03:55] So thank y'all. Thank y'all. Thank y'all for being here and just sharing with us and letting us highlight you all and yeah.

Tanorria:

So, we're going to jump into some good stuff. We've got some questions for you. Question number one, either one of you can answer this or you can leave room for both of you to answer. Tell me, when did you fall in love with food?

David Wallace:

You can go.

Brittany King:

I'm going to go first.

David Wallace:

Yes.

Brittany King:

Okay. So, twofold. When I was a kid, I loved the experience around food in my grandma's kitchen. I loved seeing how foods and pots and pans and plates all came into this moment of community with people that I loved. And I think [crosstalk 00:04:35] so yeah. So I loved that part of food, like what food did, the experience of food, and I think when I graduated college because I could not cook in college, there was this love that came from not having any money and wanting Chipotle, wanting this dish that I could not afford and so, I started looking at copycat recipes, like how can I make a Chipotle Bowl? How can I make whatever from wherever restaurant that I like? And just experimenting in the kitchen on my own. And that gave me a different appreciation and love for cooking food myself and actually being able to cook food myself by myself because I don't like anybody in my kitchen-

Candace:

Come on, talk about it. [crosstalk 00:05:19]

Brittany King:

And so I mean, it's just grown ever since then and you guys, I mean see us on Two Midwest Foodies, we cook things. We obviously go and eat places too, but it's truly come into a love of cooking for me.

Tanorria:

One of my favorite things that you guys do is test TikTok recipes and I mean, there's a stigma around TikTok recipes and the stigma's accurate, that they're not properly cooked, usually not properly seasoned. And when you guys cook them, every single time it's like, "Nah boo, this ain't it," and then they just turn on and add bacon.

Candace:

Yeah because-

Brittany King:

And we use your bacon cooking tip in the oven.

Tanorria:

So fantastic.

Brittany King:

It's perfect.

Candace:

It's tried and true.

Candace:

It really is. [crosstalk 00:06:00].

Tanorria:

It blows my mind when people don't know to cook bacon like that. I'm like, "Wait a minute. You've just been killing yourself in the skillet?"

Candace:

Right.

Brittany King:

And your house smells like that for days.

Tanorria:

Right.

Tanorria:

And you usually can't reserve your bacon-

Tanorria:

I was just about to say and then you can't keep the bacon-

Tanorria:

Yes. Come on now.

Candace:

Do you know I grew up with a can of bacon grease? That's just a staple.

Tanorria:

I recently did a big no-no with my bacon fat jar.

Candace:

What'd you do?

Tanorria:

So I have like a Ball mason jar that I keep my bacon and I put it in too hot and it cracked the jar. So, I have to start over from scratch.

Candace:

Oh no.

Tanorria:

Fortunately, it wasn't glass everywhere. So, no one was hurt in this accident, [crosstalk 00:06:40] but I have to start over with my bacon fat collection.

Candace:

That takes so long.

Candace:

I know.

Candace:

You just have to make bacon for weeks and yeah.

Tanorria:

Traumatized over here. Yeah.

Candace:

Yeah.

Brittany King:

Wow.

Candace:

Okay Dave, so you're up. Give me your answer.

David Wallace:

Yeah. A lot of my love for cooking, well it really goes back to my grandfather. He was a professional chef.

Candace:

Wow.

David Wallace:

So growing up, I always spent time in the kitchen with him, just washing him cook, him showing me how to cut vegetables the right way, slicing my hand, learning the hard way and just really being a little baby apprentice in his kitchen. So, just all the things that he showed me are really just my connection to cooking and eating in general and that's where all those memories for me come from. And he cooked from when I was a little baby all the way until I got older and even now he's over 80 and he'll sit in the kitchen. He can't navigate the kitchen the way that he used to, but he's just in the kitchen cooking and sharpening and telling people when to stir the vegetables, when to turn something down. It's really powerful and it's in my connection to food right there.

Tanorria:

That right there, life goals.

Candace:

That is.

Tanorria:

I want to be the old lady in the kitchen telling people what to do when I can't cook no more.

Candace:

Yeah. Like, "Season it this way." [crosstalk 00:07:56] No baby, mm-mm (negative). You got to have the burnt arm and all that stuff-

Tanorria:

Yes. I love that so much.

Candace:

Like how grandmothers can just stick their hand in the grease to test it if it's hot. That's a whole life goal for me.

Tanorria:

Right now. Burn marks. Burn marks and babe was like, "What did you do?" I'm like, "You ate it."

Candace:

Right.

Tanorria:

It's fine.

Candace:

You're fine.

Tanorria:

But did you die? That's my answer. But did you die? [crosstalk 00:08:19] I made sacrifice for you. That's what this is on my arm. I love that so much.

Candace:

That's so awesome. I love that you have a culinary genius in your family and so, that just solidifies it. That's in our blood and that's in our DNA and I love that. So, okay. If Dave, you have some classical culinary training under your belt and Brittany came from not being able to cook. Who does the most cooking at home?

Brittany King:

It's definitely me.

David Wallace:

It's definitely Brittany.

Candace:

That's what I thought. [crosstalk 00:08:58].

Brittany King:

Yeah. I think I like to exp... I have a lot of patience. I think that. That's what everyone tells me. Not necessarily in life, but in the kitchen, I have a ton of patience and so I'm willing to get it wrong and try it again, whereas David's like, "Give me a bowl of rice and some soy sauce."

David Wallace:

Yeah. I want to get into the kitchen and get out sooner rather than later.

Candace:

Well, that's the perfect segue to my question about St. Louis style Chinese food because David, I hear that you are originally from St. Louis. So, I want to hear about this different style. A lot of people don't know the different style, but they have their own unique culture of Chinese food in St. Louis, right?

David Wallace:

Yep. That is correct. Yeah and It's just actually really cool because it's unique because people from St. Louis go to other cities and do not like ordering Chinese food from other cities.

Candace:

That's every person that I know from St. Louis. They hate Chinese food here and-

Tanorria:

I've never heard that.

David Wallace:

I've tried Chinese food all over the country. I've tried it in Atlanta. I've tried it in Chicago. I've tried it in, just all over the country, and I can just never sit down and eat it anywhere. Don't quote me on this, but I think the reason that our Chinese food is so different and unique is because it's a blend of Vietnamese style cooking and Chinese style cooking. So our Chinese food, as you call it, takes those two different flavors and blends them together. And one of the key ingredients is Browning sauce. And it just adds a whole different layer onto traditional fried rices or other sauces that you make and it's just, it's a whole different experience.

Tanorria:

Yeah. Browning sauce is like a different type of umami compared to soy sauce, right?

David Wallace:

Yeah. I believe so. Yep.

Brittany King:

Yeah and we've tried to recreate it in our kitchen and just cannot get it right.

David Wallace:

Yeah. It's hard to make. I've seen people make and I've had good copycat recipes, but it's nothing that I've ever perfected. And there's just nothing better than going home, landing in St. Louis and immediately go into a Chinese restaurant. So, you have a box of rice to accompany your first few hours in the trip. As soon as we get into St. Louis, that's one of the first things we do.

Candace:

I love that. [crosstalk 00:11:09]

David Wallace:

Oh yeah and St. Paul sandwiches are still unmatched too.

Tanorria:

Okay. So, hold on. Excuse me while I book a flight to St. Louis, okay?

Candace:

Right? [crosstalk 00:11:16]

Brittany King:

It's all you. What is it? It's like bread-

David Wallace:

Yeah.

Brittany King:

What is it?

David Wallace:

Well, so a St. Paul sandwich is really, I don't know if you guys ever had egg foo young. You can get it in most Chinese restaurants.

Candace:

So, that's what I was just about to say. The chicken egg foo young is completely different. I've never had it anywhere else like that.

Tanorria:

Wow.

David Wallace:

You can get it in Indiana actually, in Uptown. You can-



Brittany King:

You can't get a St. Paul sandwich-

David Wallace:

You can't get a St. Paul sandwich.

Candace:

Yeah, it's not like that, no.

Tanorria:

Okay. Tell me about this sandwich business.

David Wallace:

So, the egg. The St. Paul sandwich is essentially taking the egg foo yung padding and putting it on bread. You can add lettuce, tomato, onion, mayonnaise-

Brittany King:

Sometimes the Browning sauce.

David Wallace:

Sometimes the Browning sauce is on there and you just eat it like a sandwich, but it's actually an egg foo yung patty. And it's almost like eating a breakfast. [crosstalk 00:12:04] It's good leftovers.

Candace:

It's like a a classy McGriddle.

Brittany King:

Yes. [crosstalk 00:12:10] Very much.

Candace:

Yeah because I've had chicken egg foo yung from St. Louis. And like you said, you've never been able to recreate it. I've never. I love egg foo yung. It's one of my favorite Chinese dishes and I've had it here. There's a few Chinese restaurants here that I order it from, but I had it in St. Louis and I was like, "Oh my." I mean, it's nothing, yeah. It's insane. It's so good. [crosstalk 00:12:34].

Brittany King:

People don't believe us.

Candace:

I totally believe you. Yeah.

Tanorria:

Because I've been to St. Louis plenty, but I've never thought, "Let me get some Chinese food." Right? [crosstalk 00:12:46] So when you guys are in Indy, did you ever get Chinese food here?

David Wallace:

We've tried-

Candace:

Look at her face.

Tanorria:

I was going to say, "Look at Brittany's face." I wish y'all could see this.

David Wallace:

Really we're trying to scratch my itch. I have a taste and that taste unfortunately can never be met in any city that's not St. Louis. So, we've tried plenty of restaurants in Indianapolis. We've tried a few in Chicago, but nothing hits like home.

Candace:

Okay.

Tanorria:

Speaking of Indianapolis and Chicago, we met you when you were based in Indianapolis and actually around the time we started Black Girls Eating and tried to get you guys on for season one, you had just relocated. So I am curious, tell us about your experience with food in Indianapolis compared to Chicago.

David Wallace:

Yeah. I think we-

Brittany King:

Go ahead.

David Wallace:

Yeah. I think we kind of talked about this. I mean, I think the experience of just going and getting food in Indianapolis versus Chicago, it is somewhat different. It is drastically different. In Chicago, there are dozens of restaurants that are good in what they do and you can't just walk in and get good food. You have to plan ahead, schedule one, two, three weeks out to get into a restaurant to try this dish that you've heard of. Whereas in Indianapolis, if I want to go somewhere, I can go in and get it almost the same day or schedule something for the next day. And that's been the trouble, probably one of the harder transitional parts of our experience going from a smaller market to a larger market. There are so many people that are trying to get good food. It's different.

Brittany King:

One thing I do appreciate about Chicago, I mean I know it's a large city, but there are restaurants that do one thing and they do it well and they just stick to that. Whereas I think Indy a little bit tries to dip in too many pots-

Tanorria:

Yes.

Brittany King:

... just a little bit. And so I appreciate, like we went to a place last weekend that they only had burgers on the menu, but they were literally the best burgers we've had in the city. That's all they did, but they were very, very good. And so it's just like, I have that appreciation for the smaller menus, but really good at those five things on that menu.

David Wallace:

Yeah and Chicago, they have deep dish pizza everywhere and that's-

Brittany King:

But you're not going to find a random burger restaurant trying to do deep dish pizza and I feel like there was-

Candace:

That's a great point.

Brittany King:

Yeah. There's quite a bit of that in Indy where its like, "We're going to do this now." And it's like, "Why?"

Candace:

Yes.

Brittany King:

Yeah.

Tanorria:

Which that is fascinating because typically when you think Chicago or just larger city in general, you think there's so many more restaurants, so you could just get whatever you want at any time, but that's not the case as you're saying is because there's a higher demand as well. And so, that's interesting because I would've just imagined because there's deep dish pizza on every corner, you can get it whenever you want. But if you want good deep dish pizza, you have to be selective and that takes time.

Candace:

Yeah.

Tanorria:

Ain't that a gym right there.

Candace:

That's a gem.

Candace:

You got to be selective.

Candace:

You got to be selective.

Tanorria:

And it's going to take time.

Candace:

And it's going to take time.

Candace:

Because quality over quantity-

Brittany King:

It's worth the wait. [crosstalk 00:15:56]

David Wallace:

And then one other antidote that we've run into is just donut shops.

Brittany King:

Oh my God.

David Wallace:

There really aren't a lot of them here.

Brittany King:

Spoiled in Indy with the donuts.

David Wallace:

Yeah and I think many other people maybe in smaller Midwest cities are spoiled with the donuts because here in Chicago, there are probably only one or two big donut shops here and they're like franchised to their chains, but you really don't find those small mom and pop donut shops in the way that you'd find in an Indianapolis or St. Louis or another Midwest town, whether you're in Columbus,

Cincinnati. They just don't exist here in the way they used to. And you'll find a lot of restaurants that do donuts, but you won't find a donut shop and I thought that was a different, and I think we've been working through it.

Candace:

That's interesting because my person and I get into it about donuts all the time.

Tanorria:

And I saw that you were just at the [crosstalk 00:16:44].

Candace:

The best.

Candace:

The best.

Candace:

The best.

Candace:

Recently.

Candace:

And that's all I'm going to say. I mean, I may have ordered a half dozen and I may have eaten-

Candace:

Half that half dozen-

Tanorria:

Half that half dozen by myself.

Candace:

No shade. None.

Candace:

Because here's the thing, when they come out hot, you just got to go in for it. There's just no-

Tanorria:

The last time I went, they weren't hot and I was like, "These are good, but I need great."

Tanorria:

Yeah. Okay. So, I do feel like you guys were a good resource for donuts when you were here and I know that something that you guys always go for when you come back is getting donuts. So, Candace and I will not judge you if you don't agree with us, but we would like to know your favorite donut place in Indianapolis.

Brittany King:

Our answers might be different. I mean, I just feel like if you just want a good yeast donut, Long's is like-

Tanorria:

She passes. She passes because [crosstalk 00:17:40] anticipating that answer. Woo.

Brittany King:

I've had it my entire life. My dad would drive by before school. Yeah, but we started trying, what is it? Landlocked? Right before we moved and honestly under weird flavors, but underrated donuts, they're really good. They're really, really good. And they don't sell out, which is nice.

Candace:

Yeah. [crosstalk 00:18:04] Landlocked. Okay. I'm going to have to try that one out.

Candace:

See? Again guys, this is why we had them on the podcast because they give amazing donations and I can trust what they're going to say. I know what they're going to say is Bible and I'm here for that. So-

Brittany King:

They're good. I promise.

Candace:

That's awesome.

Tanorria:

Okay. Dave, what about you? Favorite place?

David Wallace:

Yeah. The first time I visited Indianapolis, I hopped off a Greyhound bus and Brittany took me to the first place that she told you about and that was Long's donuts. It's just a classic. They probably have one of the best donuts in Indianapolis. In terms of donuts from newer shops, I really did like the donuts from Indy Dough. Amanda-

Brittany King:

Oh yeah.

Candace:

Oh yeah.

David Wallace:

Amanda Todd. Yeah. Her donuts were really good too.

Brittany King:

She does brioche donut that's unmatched.

Candace:

Yeah.

Tanorria:

Do you know I have still not had a brioche donut? Because every time I go get one, they're sold out in all of the places I consider. [crosstalk 00:18:52]

Brittany King:

Landlocked. Landlocked will have some.

Candace:

Okay. So, I have a donut trifecta. For me, it's the classic glaze yeast, right?

Tanorria:

That's my fav.

Candace:

And then the brioche, But then the cronut. If you can get me a cronut-

Tanorria:

Oh yeah.

David Wallace:

Oh yeah.

Tanorria:

Listen, but they've lost their... They're fantastic, but people don't make them much anymore because they lost their luster.

Candace:

Yeah. So, Jacks makes a some, but they make them in, like it looks like a little croissant and it's really cute. Yeah. I mean, that's the closest, but that's also because I'm addicted to croissant bread. So-

Tanorria:

You are.

Brittany King:

Stan's. I don't love to pub them, but Stan's here makes a good cronut.

David Wallace:

Yeah-

Brittany King:

It's really good. [crosstalk 00:19:33] some type of cream cheese, something. It's great. I don't know why it's stuffed, but I'll take it.

Tanorria:

I like stuffed things with the right stuffing.

Candace:

Yeah, me too.

Brittany King:

Yeah. It's good. It's surprisingly good.

Tanorria:

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Candace:

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Candace:

So [crosstalk 00:20:29] you absolutely love, what is your classic go to dish that's going to 100% boost your spirit?

Brittany King:

Well, yours is easy. You go first. [crosstalk 00:20:37]

David Wallace:

Oh, that boosts my spirits thing would be getting Chinese food from St. Louis and I love good Chinese food, but that's just probably I'm always going to lean into Chinese food or other Asian food scenes, but then it's Thai food, sushi. I just lean towards Asian dishes. [crosstalk 00:20:59].

Brittany King:

I love a good plate of hot wings.

Candace:

Girl, you are a woman after my own. [crosstalk 00:21:04] It's like they get it. He's there over there talking about ramen for Dave, which is me and they talk about chicken wings and that's Candace. I mean, yes.

Candace:

Literally that's us, like yes.

Candace:

That's me. [crosstalk 00:21:14] So, we need to talk about Chicago Wings because this whole mild sauce situation, it stresses and vexes my spirit.

Brittany King:

It's a lot.

Candace:

It's a lot. [crosstalk 00:21:30] People are going to stone me for this, but my philosophy about a chicken wing is that a chicken wing should be good without sauce, period.

Tanorria:

It needs some good flavor, yeah.

Candace:

If I'm dipping it in sauce, it's because I like to dip, not because I need it for the chicken wing. Do you understand what I'm saying?

Brittany King:

Yes.

Candace:

And I just feel like mild sauce is put up there with like a mambo sauce. It's like a holy grail and I'm like, but how's the wing? How's the wing? Is the wing good?

Brittany King:

How's the crunch?

Candace:

How's the crunch? How's the seasoning?

Candace:

Is it crunchy, but also [crosstalk 00:21:57] succulent. Yes.

Candace:

I have all, yeah, these are my rules.

Brittany King:

Yes. We always get sauce on the side for that reason because otherwise how do you know if it's a good wing?

Candace:

Exactly.

David Wallace:

And to that-

Candace:

Go ahead.

David Wallace:

And to that point, this is about getting sauce on the side. I feel the exact same way about barbecue. Usually your meat should be good by itself and it shouldn't be covered in sauce.

Candace:

Yes. [crosstalk 00:22:23] David, I think we just became besties. I think we just became besties because when I go to a restaurant and they put my sauce on whatever I have, first of all, you don't know my meat or whatever to sauce ratio. How do you know what I wanted? You don't know-

Candace:

And how do you know I'm going to like your sauce?

Candace:

How do you know I'm going to like your sauce? There's a certain restaurant that has made barbecue here for decades.

Tanorria:

Certain restaurant.

Candace:

And every time I go, I order my tip dinner with double mac, sauce on the side.

Brittany King:

Exactly. Yes.

Candace:

I love their tips, but I do not like their barbecue sauce [crosstalk 00:23:04] and every time I order, the man gets so mad at me. He's like, "You don't want my sauce?" No, sir. I don't. [crosstalk 00:23:11].

Brittany King:

Thank you.

Candace:

Sauce on the side. Thank you because if the tip is good or the wing is good or the rib is good, it's going to be fine without the sauce. The sauce is just a compliment to your-

Brittany King:

Addition, right.

David Wallace:

You like wet barbecue though.

Brittany King:



I love a wet anything to be honest. [crosstalk 00:23:30].

Tanorria:

Yes.

Brittany King:

I love sauce. I do.

Tanorria:

I love. The reason why I want my sauce on the side is because I want all of the sauce options to try them all. So, I don't want you to put my sauce on it because I want to figure out what sauce I want.

Brittany King:

And then drench it? That's what you're doing.

Candace:

Yeah.

Candace:

Okay. Yes.

Brittany King:

I guess or mix if I need to, add some heat if I need to. Yeah.

Tanorria:

Yes. So when you say tips, double mac, sauce on the side, I'm fine with no sauce and then I'll go home and use my own.

Candace:

Yeah or get my daddy's. Absolutely.

Candace:

Yeah. I have no. Yeah. And again, I love that res... I've been eating there for, and I will continue to eat there, but one time they messed up and put the sauce on and by the time I realized, I was already home.

David Wallace:

Oh.

Brittany King:

After waiting the line because I know you waited in line. [crosstalk 00:24:14]

Candace:

What you talking about? Heartbreak hotel.

tanorria:

Yeah. Yep.

Candace:

It was terrible. Okay. So yeah, and I have a lot of friends from Chicago and family that lives there. And so I know they're going to tease me about this episode just because mild sauce is up there. It's like a holy grail and it's different in every restaurant.

Brittany King:

It is.

David Wallace:

It is.

Brittany King:

It is. Yeah. Really the hole in the wall places no one's ever heard of have been the best to me. I think everyone knows about Harold's, but we went to a place called BRO-N-LAWS, I think. They had really good mild sauce and there was somewhere else.

David Wallace:

Sometimes the sauce would be thicker or a little runnier. I've tended to enjoy the runnier mild sauces personally.

Brittany King:

Me too. Yeah.

Candace:

Yeah. I can see that. So, do you dip your fries in the mild sauce too?

David Wallace:

Yeah.

Candace:

Okay.

David Wallace:

I don't mind the fries being covered in the sauce though. It's something about the wing being covered in the mild sauce, that I prefer, that I don't prefer.

Candace:

Okay. This is good to know. I'm glad I have found my people. I have found my food tribe.

Tanorria:

Okay. So we've talked about St. Louis. We've talked about Chicago. We've talked about Indy. You guys are Two Midwest Foodies. So, are there any other cities in the Midwest that you guys have just fallen in love with a restaurant or a specific cuisine?

Brittany King:

Oh my God. Columbus.

David Wallace:

Oh, Columbus-

Brittany King:

Columbus, Ohio. Honestly, people, this is why we started [inaudible 00:25:54]. People try to act like the Midwest doesn't offer anything and that is false. But Columbus, it is like a food city. Yes, Ohio State is there, Ohio State University. But it is a food city. We went to, it's black owned, called Hen Quarter. Such good brunch, like perfect cocktails-

David Wallace:

Best brunch we've ever had.

Brittany King:

... perfect pastries, perfect chicken. It was all so good. It's so good.

Candace:

They have really good German food there too.

David Wallace:

They did. [crosstalk 00:26:27]

Tanorria:

Their German delis.

Candace:

Yeah.

Brittany King:

I have to look it up. What was it? Schmidt's?

Candace:

Yes. I've been there.

David Wallace:

Amazing. We got the platter and you get all this meat and the sauerkraut. It's just so good. [crosstalk 00:26:43]

Candace:

Can we just give praise for sauerkraut for a minute?

Candace:

It's so good.

Candace:

It's so good.

Tanorria:

My favorite sandwich is the Ruben and it's because of the sauerkraut.

Candace:

So good.

Brittany King:

Sauerkraut.

David Wallace:

Yeah.

Candace:

So good.

David Wallace:

That's something that I fall in love with later in life. Dipped sauerkraut, you can't go wrong with.

Brittany King:

Yeah. You don't know what you're missing when you get not grocery store [inaudible 00:27:02].

Candace:

Yes.

Candace:

I grew up eating homemade sauerkraut from my grandparents and my mom and so, we'd have sauerkraut, smoked sausage and potatoes.

Tanorria:

Yes. That sounds so good.

Candace:

And it's the savory, tangy. It's like perfect. I'm going to have to make that. I'll probably be the only one in my house that eats it, but-

Tanorria:

I will come over.

Candace:

Okay.

Tanorria:

And I will eat it and bring a container to take some home, okay?

Candace:

And some cornbread.

Candace:

I'll make the cornbread. That will be my contribution.

Candace:

There we go. See?

Candace:

Yes.

Candace:

There we go. We just had a foodie date right here. Y'all heard it here first.

Candace:

All over it.

Brittany King:

[inaudible 00:27:41] experience. [crosstalk 00:27:41]

Candace:

See? The experience.

Candace:

It is.

Candace:

I love that.

Candace:

It is.

Candace:

It's all about the experience.

Tanorria:

The whole concept that people eat to live and not live to eat, I genuinely just don't get it because food is an experience and if you were just eating to live, you are totally missing out.

Candace:

Totally missing out.

Candace:

Totally missing out.

Candace:

And not really, truly understanding that okay, yeah. Of course you've got this diet culture and you need to eat healthy. You need to do all this, but I'm like, "All of this is going to fade away. So while I'm here, let me enjoy myself."

Tanorria:

And we all know that diet culture is rooted in white supremacy anyway.

Candace:

Absolutely.

Brittany King:

Right. We follow a black nutritionist that is really good at, I think she calls it deconstruct-

Tanorria:

Decolonize your plate.

Brittany King:

Yes, decolonize your plate. Yes.

Candace:

Yes.

Brittany King:

Yes and it's great because she's like, "Why are you eating Jollof cauliflower rice?" [crosstalk 00:28:30].

Candace:

Who thought of that?

Brittany King:

Quit it.

Tanorria:

She's like, "Go ahead. Eat your plantains."

Candace:

Yeah.

Candace:

Yes and we all know as being black people and black creators, joy is 100% resistance. It's the fact that you would even-

Tanorria:

It's necessary.

Candace:

... strive to enjoy your food and to preserve the culture around our food because let's be honest, we're four black creatives here and black food culture is its own thing and pay homage because we haven't even talked about High on the Hog yet. So-

Tanorria:

We need a whole episode for that.

Candace:

That's a whole episode in itself, but just understand that everything you know about food came from black people. Period.

Brittany King:

100%. [crosstalk 00:29:14]

Candace:

100% and if you don't want to believe me, I guarantee you, go look in not your history book, but do some... Go to the library.

Candace:

Yeah. Do your own deep.

Candace:

Do some real research because there's a reason why oxtails now are ridiculously priced.

Brittany King:

Expensive.

Tanorria:

Expensive. I just said the other day, "Costco, can we come on with oxtails?" Because you can't get them at Costco and I just feel like they might be a little bit more affordable.

Candace:

Right.

Tanorria:

Just a couple pennies less.

Candace:

Right.

Brittany King:

Exactly.

Candace:

It's insane.

David Wallace:

Those sound so good right now. [crosstalk 00:29:47] A good oxtail would be amazing.

Tanorria:

For our listeners, we typically batch our episodes on Sundays because that tends to work best for Candace and I's schedule and I'm always thinking about Sunday dinner when we're recording. And so oxtails, some cornbread, some okra.

Candace:

Or just a good bowl of green beans or string beans or pole beans, as I grew up eating them. Oh gosh, with that bacon fat.

Tanorria:

Oh yes Lord.

Candace:

Some pork skin. Maybe a little hog maw. Okay. See? It's just food. [crosstalk 00:30:29] I just had a whole moment [crosstalk 00:30:31] thinking about being seven years old and having to pick the green beans and having to wait all day. You got to smell them all night because of course, we're recording on a Sunday. So, Sunday dinner was cooked Saturday night and that's a thing. So, I love that.

Tanorria:

The moment you said green beans, I thought about my grandmother instantly because she would always use the Italian cut, the flat green beans and I remember moving from Tennessee to here and those were hard to find. We're like, "What is wrong with you people?"

Brittany King:

What is this place?

Candace:

If I see pole beans in a store now, I buy the whole whatever I can get because you can't find them here.

Candace:

No.

Candace:

Yeah.

Candace:

No.

Candace:

Is that something that you guys have noticed, is that coming from Indy, going to Chicago, do you feel like you have access to more in terms of fresh food and fresh vegetables? Or do you feel is there not a big difference?

Brittany King:

I feel the opposite.

David Wallace:

Yeah. I feel like it's really hit or miss. I think we had to go on a hunt for collard.

Brittany King:

Collard. That pissed me off.

David Wallace:

Yeah.

Candace:

A hunt?

Brittany King:

A hunt for collard greens and I mean, I don't know how many listeners are familiar with Chicago. We were in Logan Square at first, which it was historically Hispanic, but rather gentrified and white now, but no collard greens, no smoked turkey, no GoBacon. It was a struggle.

David Wallace:

Yeah and we moved a bit farther south from where we were before and getting it hasn't been nearly as-

Brittany King:

It's a little more diverse now. More diverse food options now, but also corn. I mean, I ate fried corn growing up, but just [crosstalk 00:32:06] corn in general, it's not the same. It's just not the same.

Candace:

There is nothing like Indiana grown corn.

Brittany King:

Nothing like it.

Candace:

Nothing like it.

Brittany King:

So, I miss that a lot.

Tanorria:

Yeah. So, we have one more question for you guys and we would like to hear two separate answers because this is a very important question. And so, I'm going to start with you, Brittany. Brittany, if you were to... Well actually I'm going to rephrase that question. Brittany, what would you tell your younger self, little black girl Brittany, today?

Brittany King:

Man. Oh man. I think to just do it anyway. Whatever the thing is, just do it anyway because-

Tanorria:

I like that.

Brittany King:

... people are going to have an opinion. People are not going to like it. Some people will love it. Just do it anyway, whether you're scared, excited, unsure. Just I've found that and this maybe is a little bit of privilege, but even if it doesn't always work out, what's supposed to happen is supposed... All things are working for my good is what I believe. And so, just do it. Just do it anyway. Just try anyway. Being afraid or scared, it's a waste of time because someone else is doing it with less experience and less support. So, you might as well just try and do it.

Candace:

I love that.

Tanorria:

That is great.

Candace:



That's perfect. I love that.

Candace:

That is great.

Candace:

Okay. So David, I will ask you the same question. What would you tell little black boy David? What would you tell him? What would you say?

David Wallace:

I will say, okay. That's a good question. I feel like that's a therapy question. I would-

Candace:

Absolutely.

David Wallace:

Mental health matters now.

Candace:

Because we support mental health over here.

Tanorria:

We go deep here at Black Girls Eating.

David Wallace:

Yeah. I would tell my younger self just be confident in yourself. Don't doubt yourself and your abilities to do things. With everything that you have access to, there's no reason why you shouldn't be able to fulfill your wildest dreams. Your parents, my parents, my grandparents, my great grandparents went through all sorts of adversities. Everything that I'm doing is just improving on what they've built for me and I'm just trying to make things better for my kids and my kid's kids. My confidence issues are just one aspect of my entire life. I can do it even if I don't believe in myself.

Tanorria:

That's good. [crosstalk 00:34:33] I like that. I feel very strongly lately about protecting legacy. I recognize and it took me to make some major accomplishments just this year to recognize that I am building a legacy. It may not be Beyonce's legacy, but I am still building a legacy. And so, the whole concept of just protecting the legacy has been a big deal to me lately.

Candace:

Yeah and I love I of the part of knowing that you have something to offer and being confident in that because again, as a little black girl, you don't always get told, "You can do this."

Tanorria:

Absolutely.

Candace:

They'll tell you, "Oh, you are so sassy." I hear that about my daughter all the time-

Candace:

I hate that word.

Candace:

She's so sassy.

Candace:

I literally cringe when I hear someone say that.

Candace:

I hate it. I hate it because I'm like, "Yeah and she is smart and she is kind and she's strong-

Candace:

And she's bold and she's brilliant.

Candace:

Yeah.

Candace:

Yes.

Candace:

I mean, it makes a difference. And so I love that you would tell that to yourself because essentially if you all have children, you're going to tell that to them. You are confident, you can do this. That's huge and I love Brittany, you said do it anyway. That was one of mine, but do it anyway because again, they're going to talk about you no matter what and not that their opinion matters, but just go ahead and do it because again, if I'm supposed to be there, I'll get there. Yeah. I love that. This was so great.

David Wallace:

Yeah. Thank you for having us.

Candace:

Absolutely. So, we want to give you guys a little bit of time to tell everybody where they can find you.

Candace:

Yes, please.

Candace:

And if you have anything else you want to share with our listeners.

Brittany King:

Yes. We are online at Two Midwest Foodies. It's our Instagram. That's our Facebook page.

David Wallace:

Twitter-

Brittany King:

Twitter. I think Twitter, it's the number two-

David Wallace:

Yeah.

Brittany King:

Midwest Foodies, but everything else it's two spelled out, T-W-O Midwest Foodies. TwoMidwestFoodies.com for the TikTok shenanigans that we try to do sometimes. I think that's everything. All of the guides that we've written, like where to eat black in Indy. Well, it's mostly BIPOC owned places that we like to shop for holidays. All of that's at TwoMidwestFoodies.com and anything new that we do would also be at TwoMidwestFoodies.com.

Candace:

Awesome.

Tanorria:

Excellent and guys, we will link all of their info, website and all of their socials on the show notes for you guys.

Candace:

Yeah. So, thank you guys for being here and just being so great and sharing and again, thank you for being champions of black people and black culture. We really appreciate it.

Brittany King:

Yeah. Thank you all. [crosstalk 00:37:13] Thanks for having us.

Candace:

Thank you.

Tanorria:

We'll call you when we're in Chicago.

Candace:

Yeah. [crosstalk 00:37:18]

Brittany King:

Tell you all the good spots.

Candace:

Absolutely. Okay guys. Well, that is episode one of season two featuring the Two Midwest Foodies.

Tanorria:

We are back.

Candace:

We are back and we are ready to roar.

Candace:

Yes.

Candace:

Thanks again for listening. We'll catch you next time. Bye-bye.

Candace:

Black Girls Eating, the podcast, is sound engineered and produced by David McKissick. It's recorded at Nexus Impact Center's Creative Suite. Follow Black Girls Eating, the podcast, on Instagram at Black Girls Eating. Follow Tanorria at Tanorria's Table. Follow Candace at FoodLoveTog. Thank you for listening.