

S2E3: Chef Oya, Part 2

Candace:

Welcome to Black Girls Eating, a conversation about justice, black girl magic, and well-seasoned food. We are Black Girls Eating and welcome to our podcast.

Tanorria:

We are Black Girls Eating and welcome to our podcast.

Candace:

Hey guys, welcome to Black Girls Eating, the podcast. So today we're so excited to share part two of our conversation with Chef Oya. Listen in, so since we're talking about restaurants, what is a comforting food? What is a meal that you make not the Trap, because I know the Trap is comfort for you and what you make from the Trap. Not just Trap chowder, because that is comforting.

Tanorria:

Oh Lord the Trap chowder.

Candace:

Listen, I know somebody that every time Oya even mentions Trap chowder was like, can you go ahead and get it for me, just, can you just go ahead?

Natoya:

I know who you are you talking about, too.

Candace:

You can just order it and just make sure that it makes it to me. I get mad because she'll announce it and I'll be like, do you see my schedule today? Pick another day.

Natoya:

So I got to... the thing is there's a couple ingredients that I use in Trap chowder that are just hard to find, you know what I mean? And not even necessarily hard to find, but especially these days with the supply chain having been choked up for the last year and a half, things are more and more difficult to find.

Things are almost twice as expensive as they were.

Candace:

Yeah. Let's talk about that.

Natoya:

Yeah. I don't even want to talk about that, because then you really going to have to start some therapy sessions.

Candace:

For real. No, it's a thing we're going to discuss about pandemic and your business and how you've even been able to sustain. Let's talk about that.

Tanorria:

You just approach new pricing.

Candace:

Yeah. Let's talk about that.

Tanorria:

And that was really, really hard for you.

Natoya:

It was so hard for me that I got a brand new menu edited and... I still ain't even printed out the menu.

Candace:

Are you serious?

Natoya:

S2E3: Chef Oya, Part 2

I changed. I did the most... I don't even like calling stuff ghetto because then that gives you the... But whatever, I did the most ghetto thing and just put some little pieces of sticky tape over my menu prices, and just changed because-

Candace:

Just hoping you could rip the tape down someday and go back to the original?

Tanorria:

And go back to normal pricing!

Candace:

Right, right, right, yeah.

Tanorria:

But that's real-

Natoya:

Because especially as someone who is so rooted in just being in my community and doing for people's way that I love to do for people for, you know what I'm saying? I hated to go up on my prices because it's like, why? I want this to be accessible, I want folks to know that they can come and get some delicious food and not break the bank.

Candace:

Right, right, right.

Natoya:

But my bank been broke.

Tanorria:

Right.

Candace:

Right. Right, right. Right. And that's the thing, you have to be able to support your family-

Natoya:

Yes.

Candace:

This is not just your hobby. This is not just some crazy thing you do-

Tanorria:

No.

Natoya:

It's my livelihood.

Tanorria:

It's your livelihood.

Candace:

It's your livelihood.

Natoya:

Yeah, for sure.

Candace:

Because you know who doesn't think about raising their prices? Kroger, Target, Whole Foods.

Tanorria:

Not at all. They just do it.

Natoya:

S2E3: Chef Oya, Part 2

And they haven't.

Candace:

They have, but we haven't seen it as much on the front end.

Tanorria:

Right.

Natoya:

Well, and that's what I'm saying, they haven't thought about it.

Candace:

Right.

Natoya:

They just do it.

Candace:

They just do it.

Natoya:

You just show up and be a whole statement.

Tanorria:

[crosstalk 00:03:14] I know this is \$2 more.

Natoya:

A couple weeks before I raised my prices like, look, y'all, this is what's going on, this is what's happening. Because I also know my audience and I knew when I made that statement, there are a couple of customers in particular and I can name to you by the.... I'm not going to say they names. Because I love them and they're super supporters and have been-

Candace:

And we need that.

Natoya:

Since the first time I love them. But I already knew that as soon as they saw this price, this one, she's like, so why y'all got to go up on y'all price?

Candace:

Oh boy.

Natoya:

And I just looked at her like, girl, have you seen the prices in the grocery store go up?

Tanorria:

Have you all been in this panini in the last several months?

Natoya:

Right. Come on, we're in the middle of a whole panny.

Candace:

The fact that you can even get some of the ingredients that you have right now, because several seafood pieces are being recalled for salmonella. I mean, all these different things.

Natoya:

And I have to be very, very cognizant of that and make sure that I stay on top of it. Even moreso that my suppliers and purveyors do, because the suppliers and purveyors won't get the message.

Candace:

Right.

S2E3: Chef Oya, Part 2

Tanorria:

Right.

Natoya:

And they'll sell me some bad shit and won't care, so I got to make sure that every brand, because the brands might switch. I got to make sure I got to do that research and I have to have the thought process behind it. There have been several times over the last couple of weeks that I wasn't even able to get crab legs.

Candace:

Wow.

Natoya:

So the main, most popular dish on my menu, I wasn't even able to get.

Candace:

Yeah. And people forget, we are landlocked.

Tanorria:

Yes.

Candace:

Right and so the importance on having fresh, again... So if I don't raise my prices because I want to get fresh food, if I can't get it to you, I can't get it to you.

Natoya:

I can't get it to you.

Tanorria:

And it speaks volumes that your success has been rooted in food that technically doesn't belong here or doesn't thrive here.

Candace:

Right.

Natoya:

It don't thrive here. But let me tell you how much it don't thrive here, when I opened, when The Trap opened in 2016... no, 2017, I got all of my stuff together and got the keys to The Trap in 2016, but didn't open until January '17. When The Trap opened, there was one other seafood boil-style restaurant, two other seafood boil-style restaurants. The other one started around the same time, which is Exotic On The Run, Nico is owner, I love Nico with all of me, we are super cool. People pit us against each other, because we was both seafood restaurants with the garlic butter and all that stuff, but nothing is Exotic and nothing is The Trap you know what I mean?

Tanorria:

Right.

Natoya:

So it ain't no beef.

Tanorria:

Right.

Natoya:

But then The Boiling was also open downtown. And The Boiling hadn't been opened for, I don't know, a little while, but they did something a little different. They had what we call an industry Viet-Cajun style, so it's the Vietnamese Cajun style of the boil, of throwing it in a bag and putting air in it and then throwing the oil or butter and the seasonings on top of it. And shaking it up, and having it like that.

S2E3: Chef Oya, Part 2

Natoya:

So after I opened up and the market here in Indianapolis saw how popular that The Trap was becoming, then that opened up the market for seafood here in the city. And now you can't roll down any major street without seeing a new seafood restaurant popping up. The Juicy Crab and Ugly Crab and Lovely Crab, and Yummy Crab and Blue Crab and Blue... Silly Crab and all of that. So I... Yeah busting open markets and letting folks know what is popular and starting trends and all that stuff. It's just the same shit Black women always going to do.

Tanorria:

Always do.

Candace:

I was going to say, that's what we do. We set trends like I-

Natoya:

Can't help it.

Candace:

As soon as you said that, I immediately thought about how this trend of long nails and big gold hoop earrings and I'm like, y'all are literally taking-

Tanorria:

But it was so ghetto.

Candace:

1990s aesthetic and the box braids and the blonde. I'm like, y'all are taking 1990s aesthetic, Mary J. Blige, Yo-Yo, Jason's lyric. That was a whole mood.

Natoya:

And Susie at Cathedral is wearing that shit right now.

Tanorria:

On the runways.

Candace:

On the runways.

Tanorria:

On runways.

Candace:

I'm like, y'all literally were like, this is so ghetto and I don't understand... I don't get it, the big.. Girl, what? First of all, I'm much older than all these, I'm like, this is my dream. This is my dream look, it's finally come to be, I'm old enough to rock it and wear like how it needs to be rocked. And y'all taking it.

Tanorria:

That's just like that meme I posted recently that said, no, it's not ghetto, it just hasn't been gentrified yet.

Candace:

Yeah.

Tanorria:

Or appropriated yet.

Candace:

That's facts.

Natoya:

It hasn't been appropriated yet.

Candace:

S2E3: Chef Oya, Part 2

That is facts. So you're right, I remember when you couldn't find a good crab leg in the city, it wasn't seasoned.

Tanorria:

No. The only crab legs you can get was at the Chinese food restaurant and they definitely weren't seasoned.

Candace:

No.

Tanorria:

No.

Natoya:

The Chinese buffet was The Journey.

Candace:

Journey I remember people going crazy over Journey. So it's-

Tanorria:

Y'all remember Forbidden City, though?

Natoya:

Yes. Oh my God.

Candace:

Oh my god.

Tanorria:

That was the best Chinese food in the city.

Natoya:

They had this plum chicken, this chicken with Hoisin sauce and plum sauce on the grill.

Tanorria:

This baked cauliflower that was like eating... It was the only cauliflower dish that really was like a Mac and cheese. Or you know how they said cauliflower rice is like rice? No, it's not, but their baked cauliflower really was like mac and cheese.

Natoya:

It was so fire.

Candace:

Oh Forbidden City.

Natoya:

They fry rice.

Candace:

Yes.

Tanorria:

Yes. My heart was broken when they closed.

Candace:

When they closed yeah.

Tanorria:

They closed because of Journey.

Candace:

Really?

S2E3: Chef Oya, Part 2

Tanorria:

So many people that were working at Forbidden City left and went to Journey.

Natoya:

I did not even know that.

Candace:

I didn't know that.

Natoya:

Girl, listen to this tea. See this 15-year-old tea.

Candace:

Y'all are getting tea today.

Tanorria:

Like literally when I rode by and saw that it became like an old national bank, I was like, it really... It was years later-

Natoya:

Right it's really gone.

Tanorria:

That it became Old Nation-

Natoya:

It really aint coming back. That line in the front really aint coming back.

Tanorria:

It's really not no.

Candace:

I'm hurt.

Tanorria:

Their crab ragout had real crab in them.

Candace:

Yes.

Tanorria:

And they put a bunch of sugar in it.

Candace:

The [inaudible 00:09:55] food.

Tanorria:

Oh my God.

Candace:

The egg foo young.

Tanorria:

Anytime we would have family visit, that's where we went. That's where we went, it was so good.

Natoya:

Yeah I miss that place. Thank you for that memory.

Candace:

Yeah. You just took me back Friday nights with my grandparents.

Tanorria:

S2E3: Chef Oya, Part 2

Yes, yes.

Candace:

They love that place, that was a thing, if we weren't having fish in spaghetti, which is a meal, I'm not going to argue.

Natoya:

Together.

Candace:

It's a meal, it is a meal, it's a staple. I don't understand... there's a reason why they go together okay.

Tanorria:

That is so Midwestern.

Candace:

That's such a Midwestern.

Tanorria:

Because I didn't know about it until I came here and I still think y'all are weird for that. But I'm from Tennessee.

Natoya:

Is it? I get it.

Tanorria:

But at the same time, I appreciate the Oya understands mustard on fish.

Natoya:

Oh facts.

Tanorria:

And that's a Southern thing.

Natoya:

See, but there been some certain places in the South that I went and put mustard on my fish and they looked at me like I was crazy though.

Tanorria:

Really?

Natoya:

Even... I went to New Orleans and asked for some mustard because they didn't bring it out. And I'm just like, I'm from Indiana my nigga, they.

Tanorria:

Right. Bring me the mustard and the hot sauce.

Natoya:

They put mustard on the table.

Tanorria:

Yeah.

Natoya:

Where you go, where you order fried fish, they put mustard and hot sauce on the table.

Tanorria:

I know Tennessee, Georgia, your Arkansas mustard and hot sauce are for your fish.

Candace:

Yeah.

S2E3: Chef Oya, Part 2

Natoya:

Yeah.

Candace:

Yeah. Wow, I didn't realize we felt this way about fish and spaghetti.

Tanorria:

It's not that I don't like it. I honestly, I'm just not used to it.

Natoya:

Didn't have the combination-

Candace:

Together.

Natoya:

Yeah.

Tanorria:

Yeah I mean, I like both, I don't understand the combination, but honestly, other than like a church fish fry, which usually isn't that fantastic.

Candace:

Yeah.

Tanorria:

I haven't really had it to say I like it.

Candace:

I was just... oh, I just thought about a fish fry at my aunt's church. They would have a fish fry, it's right around this time.

Tanorria:

They don't have black church fish fries anymore.

Candace:

Not anymore.

Tanorria:

Those were the good ones.

Natoya:

Yeah.

Candace:

Yeah.

Natoya:

I had [crosstalk 00:11:32].

Candace:

Yeah.

Natoya:

I haven't had a good one in quite some time.

Tanorria:

Oh man. And what was the point in the... was it really-

Candace:

It really a fundraiser.

Tanorria:

S2E3: Chef Oya, Part 2

A fundraiser? Was it really though? But yeah, did we get the building fund ever funded? Did we put a new window?

Natoya:

Has never been funded-

Tanorria:

A new doorknob?

Natoya:

In the history of building funds.

Tanorria:

Can someone answer that in the comment? Why, why, why the building fund?

Candace:

Oh boy.

Tanorria:

Why can't we just say... we late on the rent? Why can't we just say that? But I love that we get to talk about this, this stuff together because the three of us have funny, funny ideas about food and funny ideas about, connection and how we do it all together. So when you connect with people with food, because you do say that's how you love them, what is one dish that you will make them?

Natoya:

... My favorite thing to make is either a pot roast with a really rich... pot roast or oxtails or with that really rich, dark brown gravy in it. Some people have pot roast and I know everything... when we make stuff, people will just make it differently. Even the way that we eat chili, I know it's just between me and you BB, I like chili that is thick and rich and hearty. Because that's how my grandmother, my great-grandmother made it, but you like your chili a little more loose and soupy, Your chili is delicious, I'm not saying it ain't.

Candace:

Thank you, thank you.

Natoya:

And we can talk about the noodle thing in the chili [crosstalk 00:13:15].

Candace:

Oh yes we can.

Natoya:

But I grew up in noodles in my chili.

Tanorria:

Y'all gone kick me out.

Natoya:

I don't care how you feel about it. That's just how I grew up, and it was weird to not put noodles into chili because the very first thing that I knew about chili was noodles in it. That's the only thing that I knew about chili and then once I became older and got introduced to other ways to eat it-

Candace:

Yeah.

Natoya:

And I was like, oh.

Candace:

It's wild, it's wild to see too and it's a regional thing too.

S2E3: Chef Oya, Part 2

Tanorria:

It is a regional thing.

Natoya:

It's 100% Regional. Food is always regional though.

Candace:

Food is always, yeah.

Natoya:

Yeah.

Candace:

It really is. But the chilly thing here... and it's funny how if you go up north in Indi, they are hardcore.

Natoya:

And they be making it and then putting it on rice.

Candace:

On rice.

Tanorria:

I can't, I can't.

Candace:

On rice, on rice but chili with the corn. It blew me away.

Natoya:

Or chili with cornbread.

Candace:

Or chili with a peanut butter sandwich. Have y'all heard that?

Natoya:

Yes.

Candace:

I was like, what?

Tanorria:

I heard it was a school lunch.

Natoya:

That's like gumbo with a grilled cheese sandwich.

Candace:

Gumbo with a grilled cheese.

Tanorria:

Now I aint never heard that.

Candace:

Wow.

Natoya:

Ooh really?

Candace:

Wild.

Tanorria:

Mm-hmm (negative).

S2E3: Chef Oya, Part 2

Natoya:

That is such a-

Tanorria:

I've always heard gumbo or with Mac and cheese or with yams.

Candace:

Mm-hmm (affirmative) that sounds good.

Natoya:

That does sound delicious.

Candace:

No, that sounds good.

Natoya:

But no, the last couple times I was in New Orleans, there have been a couple of different places that have sold good gumbo. And when you go to New Orleans, you got to be careful also where you get gumbo from because you don't want it from one of them big-

Candace:

Yeah everybody think they can make gumbo in New Orleans [crosstalk 00:14:41].

Natoya:

Restaurant, everybody think he can make gumbo, but the best thing is to find one of them hood people that are making it and selling bowls of it out of their house. But I got something from this one girl, girl, I don't know what ancestors that called and guided her spoon and her stock pot that day. But she had a delicious hearty, grilled cheese sandwich that she served with this bowl of gumbo. And I just sat there like, I don't want to stop eating it.

Candace:

Oh my God.

Natoya:

I could not. I just really sat there hugging it.

Candace:

Because it was love in a bowl.

Tanorria:

I love that.

Candace:

I Love that.

Tanorria:

I love that so much.

Candace:

So you would do either pot roast or chili or something like that?

Natoya:

I would do pot roast or some oxtails and I like Jamaican style oxtails so I'll do that. And then I don't know, I'd probably make 'em... probably make them some cookies because cookies, my cookies-

Tanorria:

I still haven't had these cookies.

Natoya:

I'm making some this weekend to be honest. So I'll make sure you get some.

S2E3: Chef Oya, Part 2

Tanorria:

Can I just come to your house and get them? Because you live close.

Natoya:

I will call you and tell you to come the cookies-

Tanorria:

Because I don't know if I can make it to The Trap-

Natoya:

When they made. I'ma call both of y'all.

Tanorria:

Okay thank you. I also need some green sauce.

Candace:

Green seasoning.

Tanorria:

Green seasoning.

Candace:

Yeah.

Tanorria:

The only reason why I haven't gotten it is because I haven't had to the time to come to The Trap and I'm not-

Natoya:

I get it.

Tanorria:

Paying shipping because you live down the street.

Natoya:

Right. And you don't have to.

Tanorria:

Y'all have to understand how-

Natoya:

Text me.

Tanorria:

We operate between each other. We're like, hey [crosstalk 00:16:00]-

Natoya:

We live within a 10 minute radius of each other.

Tanorria:

So we'll just be like, I'm just going to put something in the mailbox on the way, that's how we roll.

Natoya:

That's exactly how it works.

Candace:

Kind of how we roll.

Tanorria:

How it works. Is it how it works, that's how I'm getting my Trap butter for the holidays this year. Because last year I just ordered it for a bunch of people and put it in gift bag.

Candace:

S2E3: Chef Oya, Part 2

Yeah.

Natoya:

Just come come pick it up babe.

Candace:

Beep, beep, beep, you got some? Speaking of green seasoning, you should tell us about your new.

Natoya:

Yeah.

Candace:

Exciting.

Tanorria:

First of all, I want to point out how resourceful and how dynamic black women who are entrepreneurs are.

Candace:

Oh my God yes.

Tanorria:

Because-

Natoya:

We got to be.

Tanorria:

We are all entrepreneurs and we have all put out different services, different products and no one gave us a guidebook.

Candace:

No.

Tanorria:

No one gave us the magic formula to sustain and to scale a business.

Candace:

Yeah.

Tanorria:

We have all figured this out all on our own. And honestly the ability to be able to bounce off of each other is still new.

Natoya:

It is new.

Candace:

It is honestly life changing.

Natoya:

It's been a bomb though for real.

Candace:

Yeah it has to be able to just say, hey, what do you think about this? And I know that you're going to give me honest and open feedback and they're going to say, hey, change this or hey, I really love this.

Natoya:

Right.

Candace:

S2E3: Chef Oya, Part 2

Or when you're like me who has been sitting on creative ideas for 18 months, you have the person behind you say, hey, get off your ass and do this. Why are waiting to do this?

Natoya:

Just do it.

Candace:

Push through and do it.

Tanorria:

Yeah.

Candace:

So it's... Y'all don't-

Natoya:

It's important to have this level of sisterhood and encouragement.

Candace:

Absolutely.

Natoya:

It's incredible I'm so grateful for it as someone who suffers from several different types of mental health challenges and things of that nature, it's so important to have people behind you that don't care about none of that.

Candace:

Right.

Tanorria:

Yup.

Natoya:

And that will still say, I got you, get up.

Tanorria:

Yeah come on.

Candace:

Absolutely.

Natoya:

We need you, y'all remind me that I'm needed-

Candace:

Yeah.

Natoya:

In a way. In certain ways-

Candace:

And that your voice has purpose.

Natoya:

Yep.

Tanorria:

Absolutely, absolutely. Nothing provides peace of mind like a well-stocked pantry. Staples Plus Five, 100 simple recipes to, to make the most of your pantry is my first cookbook and I am so excited to get it in your hands. Learn how to make the most of the things in your pantry that we take for granted get Staples Plus Five at Tanorriastaples.com slash books, order multiple copies and get some swag.

S2E3: Chef Oya, Part 2

Candace:

Is your food bland, tasteless, unseasoned? Well, let me get you B [inaudible 00:18:55] seasoned, season your food well with food, love talk, seasonings. Order online at foodlovetalk.com slash spice linger.

Happy eating friends.

Natoya:

So green seasoning.

Candace:

Yes.

Tanorria:

Yes tell us about your [crosstalk 00:19:10] endeavor.

Natoya:

It's called green secret. Now... I learned about green secret or green seasoning through a friend of mine, she lives in Jamaica, her name is Stephanie. And the very first time I had ever been introduced to it was through her and I was in her kitchen in Jamaica and she was making, I think some steam fish or something. And she took out this jar out of her refrigerator, some green shit and spooned it on into the bowl that she was seasoning the fish with. I was like, what is that? Are you putting chimichurri on your fish?

Natoya:

And she was like, girl, no, this is green seasoning. And she told me it's popular here in the Caribbean or in Trinidad specifically, she's mentioned Trinidad. And it's just a bunch of herbs and aromatics and stuff that's mixed up and it can be spicy or whatever. And you can do what you want to do with it, you put it in steam fish or fried food, you marinate it, you can just put it on as a base of sauces and all that stuff. And I was in... I tasted it and I was just super incredibly enthralled with this product. And so I was like, okay so she said it came from Trinidad, but then I was doing some research and yeah, it's in Trinidad, but they've also got a Haitian version of it. There's also a Ghanaian version of it, there's a Nigerian version of it, there's a North African version of it, an East African version of it. There's... all the islands in the Caribbean they call it something different.

Tanorria:

Yeah there's a Puerto Rican version of it.

Candace:

I was just about to say-

Tanorria:

Yeah that's how I learned about it.

Candace:

It's [Spanish 00:21:06] that's exactly... When you, I said, oh, she's making [Spanish 00:21:09] but then I tasted it, I said, that's [Spanish 00:21:11].

Natoya:

Yeah.

Candace:

That's something else.

Natoya:

And so it is really an amalgamation of herbs and spices that black folks all over the world use.

Tanorria:

I love it.

Natoya:

S2E3: Chef Oya, Part 2

Made from whatever that they... whatever they growing, in their backyards or in their gardens, their farms, whatever they can get in the market to allow them to assist in seasoning and marinating and tenderizing their food and whatever they're doing. And so I got my hands on as many different versions of it as I could and I tried and tried all these different versions and all types of food and all types of stuff over the matter of a couple of months. And I said, man, this is such an incredible thing and I really wanted to be able to share it with folks. So it got into the kitchen in the lab, after I tasted everybody else's and I came up with my own.

Candace:

I love it.

Natoya:

And went through all the things to get it jarred and bottled and all of that stuff. And came up with the name and green seasoning, is it, it is really good and I'm super duper proud of it and super duper thankful to have something else to share with folks to help them in the kitchen. Because people really think that cooking is a difficult thing and I might just-

Candace:

It's not.

Natoya:

Be... We might just be saying that because we're good at it. But it's really not hard, but whatever it is that I can do to help assist folks and not being so intimidated in the kitchen and not having so much trouble, if I can help somebody season or somehow flavor, whatever they doing, that's what I'm going to try to do. I got a couple of other things that I'm working on too so-

Candace:

Yes.

Natoya:

So green secret is the new thing. It can be found at chef Oya dot com and go to the shop or trapbutter.com, either one and you can get that and have it shipped to you but.

Candace:

I love that.

Natoya:

I'm super proud of it, it's really delicious.

Candace:

And I got to taste it first so.

Natoya:

Yeah you were... When I finally came up with my... the actual recipe that I knew that I wanted to use, yeah, that's when I shared it with you.

Candace:

I love it. I love that, I love that. Well, this has been so much fun. So we have one last question, we end our podcast with this question for all of our guests and it's again, it's a thinker because we are pro therapy over here and pro thinking over here.

Tanorria:

Mental health matters.

Candace:

Mental health matters.

Tanorria:

It sure does.

S2E3: Chef Oya, Part 2

Candace:

Yes and we want to know what would you tell little Oya? What would you tell her? What advice would you give her?

Natoya:

I would tell little Natoya to... I don't know. I would just telling her to keep doing what she's doing, because I'm not doing too bad right now.

Tanorria:

I love that.

Natoya:

And I'm grateful for the space that I'm in. There's a couple of things that I could have changed or could have done differently or whatever it is or whatever that, but I am right the fuck where I'm supposed to be.

Tanorria:

Yeah.

Natoya:

And I am so grateful for everything that I am and do and have and all of the support and love that I have surrounding me. I would just keep telling her to do exactly what it is that she want to do.

Candace:

I love that.

Natoya:

And to stay confident and to be strong in her resolve to do whatever it is that she want to do.

Candace:

That's perfect.

Tanorria:

That is beautiful. I admire Oya so much for her confidence. She is a matter of fact about who she is, what she stands for, there is no question about it. She will not even allow you to challenge her and I appreciate that because I spend so much time feeling like I'm shutting the trauma of people telling me that that same mindset is not okay. And Oya is one of the people that makes it very clear, that yeah it is okay.

Natoya:

It grinds my gears when people try to humble black women, it's like, don't you fucking dare.

Tanorria:

Yeah.

Candace:

Yeah.

Natoya:

Don't you dare.

Candace:

Yeah.

Tanorria:

Yeah.

Candace:

And I appreciate it so much just because it's, again, we have the audacity... You have the audacity to just be yourself, like who told you that, that was okay?

S2E3: Chef Oya, Part 2

Natoya:

Right.

Candace:

... So I love that about her and it just... it helps me even with my parenting, when you are the parent of a wild child, as I call it. To let them just stand in their wildness, she's like, just let her be she's going to... It's going to come to her as it comes, but you got to let it be like it is now.

Natoya:

And both of our babies are right here and I'm sure... And there's some going to be some feedback in the back.

Candace:

Oh, already.

Natoya:

With the being too loud at some point.

Candace:

Yeah, so.

Tanorria:

But they are watching their mothers be brilliant. They are growing up, watching their mothers take no shit from anybody, they are watching their mothers work hard and create the life that they want for themselves.

Natoya:

They going to be even dooper than we are.

Candace:

Oh god yeah.

Natoya:

Isn't that crazy?

Candace:

Yeah. I'm like, man, if I had the confidence of that little person at that age?

Natoya:

Every time.

Candace:

You see it in these younger kids, I'm like, man, y'all make me so proud.

Natoya:

And unabridged truth they tell.

Candace:

They just... oh man, they just tell it. And the thing is, when you're a kid, you don't have a filter, because you don't have to have one.

Natoya:

Right.

Candace:

It's almost like you wish you could keep that-

Natoya:

Yeah.

Candace:

S2E3: Chef Oya, Part 2

As an adult because they just call it like they see it. And yeah sometimes they get it wrong, but they're like, hey, well I just thought it was this way.

Natoya:

Right.

Candace:

Yeah. Well this was so much fun.

Natoya:

I am so grateful to have been able to come on. I'm, oh my goodness, oh my goodness, I love y'all so much. Thank you-

Tanorria:

We love you.

Natoya:

For having me.

Candace:

We love you too.

Tanorria:

Thank you so much for being here with us and guys, if you don't feel filled up after this episode, or if you don't feel a sense of peace and calm, then you listened to the wrong podcast.

Candace:

Yeah I don't know what to tell you.

Tanorria:

I don't know what y'all [crosstalk 00:27:29].

Candace:

This is healing [crosstalk 00:27:31] yeah.

Tanorria:

Subscribe to something else.

Candace:

Yeah.

Natoya:

And go buy Staples Plus Five.

Candace:

Absolutely.

Tanorria:

Yes please. Pretty, pretty, please. We will be dropping all of Oya's links to all the things for you to support her, she is always on our holiday must have list and we are approaching holiday season. So sell her out of Trap butter, make the demand just so hard to get okay.

Candace:

Yeah.

Tanorria:

But we will catch y'all on the next episode.

Candace:

All righty, bye you guys.

Natoya:

S2E3: Chef Oya, Part 2

Peace.

Tanorria:

Black Girls eating the podcast is sound engineered and produced by David McKissick. It's recorded at Nexus Impact Center Creative Suite. Follow Black Girls Eating the podcast on Instagram at Black Girls Eating, follow Tannoria at Tannoria's table. Follow Candace at Food Love Talk. Thank you for listening.