

Season 2, Episode 4: Sip, Share & Learn

Tanorria: 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.

Hey, y'all.

Candace: Hey.

Tanorria: Welcome, welcome, welcome. We are so excited and just spirit-filled. Can we say spirit-filled?

Candace: Absolutely spirit-filled.

Tanorria: About this episode today. We have an award-winning wine maker on the podcast today, y'all.

Candace: Yes.

Tanorria: Nicole from Sip & Share. If you have not heard about Sip & Share, where have you been?

Candace: Let me just tell you, Intention ... [crosstalk 00:00:51] and Awakening, okay? Those two at one point in time were my every day rotation.

Tanorria: Every day rotation.

Candace: So, just know ...

Tanorria: Because it's just that good.

Candace: It's just that good. And I mean, it's quality.

Tanorria: Yes.

Candace: And I know that care is put into it.

Tanorria: Yes.

Candace: It's local, and you know we are all about local.

Tanorria: And it is owned by not just a Black person, but a Black woman.

Candace: I can't wait for you all to hear her story.

Tanorria: I mean, it's like the wine-making utopia.

Candace: Yeah, yeah. I mean ...

Tanorria: She checks all of our boxes.

Candace: All the boxes. I mean, Black girl magic, check. Wine maker, check.

Tanorria: Yes. Yes.

Candace: You know what I'm saying? Like ...

Tanorria: And just like one of ... The energy that she radiates off people, like every time she calls me queen sis, I'm, "Yes, ma'am."

Candace: Yes. It makes you ... But it makes you just take stock and step into your awesomeness.

Tanorria: Yes. It is real. It is genuine. She really is honoring you. She's really honoring the ancestors. There's no question.

Candace: Absolutely.

Tanorria: It's not performative.

Candace: No.

Tanorria: It's not a matter of she's just doing this because it's a part of her brand. No, it is who she is.

Candace: And the thing is, I've known her now probably almost 10 years, and she's been like this from day one.

Tanorria: I love it. I love it so much.

Candace: And I love how whenever she greets me, whatever day it is, it's always with wine Wednesday, or ... I love that. It's wine-related, and she just makes me so thankful and grateful that I'm alive sometimes.

Tanorria: Yeah. Well, I'm sipping on some Intention today, and just beware. She poured me a small glass, so hopefully I'll be all right.

Candace: You will be. It's fine. I'm here for you.

Tanorria: Nicole, welcome.

Candace: Welcome to the show.

Tanorria: We are so honored to have you.

Nicole: No, the honor is absolutely all of mine. To be in the presence of both of you at the same time, again, I'm just like a little kid, like [crosstalk 00:02:51]-

Candace: Oh my god, I love it. I love it.

Nicole: You two are my favorite. You made ... oh, I can't remember exactly what you use, because I use chefs or culinary artists. You are my favorite food creative expressionists.

Tanorria: Yes.

Candace: I love that. Adding it to the list.

Tanorria: Right?

Nicole: [crosstalk 00:03:12] But you use a different word that you just used recently, because I be listening to y'all. I be following y'all. But you did use chef, and so I was like, oh, that's a new one. I got to add that to my little, my repertoire.

Tanorria: Yeah.

Candace: Probably culinary genius.

Tanorria: Yes.

Nicole: Yeah, so I got to add those, because I'm like ... because everybody's like I say you might be a culinary entrepreneur. You might be a chef. You just might be getting your groove on cooking some things.

Tanorria: Mm-hmm (affirmative).

Nicole: So you know, you got levels to it.

Tanorria: Yeah, absolutely.

Nicole: I understand there's levels to it. Everybody out here saying they a chef, I'm just saying.

Tanorria: I mean, everyone that can boil an egg is like, "Hey, I'm a chef." No.

Nicole: No.

Candace: Which is why I totally don't call myself a chef.

Nicole: Yeah.

Candace: But ...

Nicole: But that's okay, because you's a spice slanger.

Tanorria: Yes. Spice slanger.

Candace: Thank you.

Nicole: You wear that. You own that. That is who you are, girl. [crosstalk 00:03:57] Because we're wine slangers, so we love that.

Tanorria: Yeah.

Nicole: When people are like, we out in the street, like, "What you do?" "We slang wine."

Candace: We slang wine.

Nicole: Mm-hmm (affirmative). What you need? How much weight you need? You need a bottle? You need a case, you know?

Tanorria: Have you feeling like queen pin out here.

Nicole: Right?

Candace: Yes.

Nicole: It's like we got to get everybody together. But I am honored, honored.

Candace: We're so glad you're here.

Nicole: To be here, to be in the presence, and the energy is amazing, just Black Girls Eating. We need to do that, like with the Black Lady Courtroom, Black Ladies Eating.

Candace: I wish I could have visuals.

Nicole: Right?

Candace: For this. Again, that's just going to have to connect to our Patreon.

Tanorria: Yeah, coming soon on Patreon.

Candace: Coming soon. [crosstalk 00:04:35] Y'all have to have video.

Tanorria: Coming soon.

Nicole: Because see, that was ... that's what like, literally when I saw it, that's what came into my mind.

Candace: I love that.

Tanorria: That is awesome.

Candace: I love that.

Tanorria: That is awesome.

Nicole: [crosstalk 00:04:43] That's going to be your theme song. Right, every time I see y'all in public, I'ma just start clapping, and people are going to be like, "Why are they clapping?"

Candace: [crosstalk 00:04:51] "Why are they clapping? Oh, they're doing that Black thing again."

Nicole: Yes it is.

Candace: "Where they're all dancing together."

Nicole: [crosstalk 00:04:57] Black-ity Black Black Black-

Tanorria: Those Black people.

Nicole: Erry day all day.

Tanorria: Unapologetically.

Nicole: Unapologetically. So yes.

Tanorria: Well, we are going to ask you some questions, and they're just to help guide the conversation, but we want this conversation to flow and be as open an comfortable as possible.

Candace: Yeah.

Tanorria: So we're going to start with, Nicole, when did you fall in love with wine?

Nicole: Oh, so you know, that's that question. Like, I'm a hip hop head, so y'all know that just took me back.

Candace: Oh, yes.

Nicole: So, because I'm from the east coast, so I'm a hip hop head. So I fell in love with wine, okay y'all, at a really, really, really young age, like-

Candace: But that's okay.

Nicole: Like ...

Candace: This is a judge-free zone.

Nicole: Nine-ish.

Candace: That's okay.

Nicole: But, caveat, I lived in Europe.

Candace: Okay.

Tanorria: Yes, okay.

Nicole: Different culture, different country, different rules.

Candace: Mm-hmm (affirmative).

Nicole: So I grew up, I'm very fortunate, I grew up with wine being part of just my every day life.

Candace: I love that.

Tanorria: That is amazing.

Candace: I love that. [crosstalk 00:06:00] Nine was young, so was it something that maybe was cooked with a lot in your home? Did you just have it at dinner time?

Nicole: So we traveled a lot, so my dad is retired military.

Candace: Okay.

Nicole: And so we were ... My dad did three tours of Europe, so we just got to travel everywhere. So it's like you go to Italy, and it's like what are they drinking? And they just give it to everybody at the table. They like, "Yo, you at the table? Here's your glass." They see you're younger, so they give you a smaller amount. Sometimes they may put ginger ale or water it down. But it was just the norm, like, the norm, like okay, here's your pasta. Here's your wine. Then we would go, like, Switzerland, here we go to Paris.

And it's like ... so that was what you did, and I also have a really good affinity for beer, which people think is super weird. But again, I grew up in Germany. Super affinity for great beer.

Tanorria: Okay.

Nicole: It should be warm, y'all. I don't know what y'all doing with this cold beer, but ...

Candace: Really?

Tanorria: Wow.

Nicole: German beer is typically warm, so it wasn't until I got back stateside and I was older, and I was like ... people was like, "You put the beer in the refrigerator." And I'm like ... Why?

Tanorria: Teach me.

Candace: Yeah, so ...

Nicole: And Germans, just it's usually cold. So I grew up cold beer. I mean, I drink cold beer now, but I grew up on warm beer. So if I have people I know are coming, I will put all the beer in the refrigerator.

Tanorria: Sure, sure.

Nicole: But I like ... I'll drink it warm.

Tanorria: Wow.

Candace: Wow.

Nicole: Yeah. I'll drink it warm. So ...

Candace: Okay.

Nicole: I'm different.

Candace: Learned me something today.

Tanorria: Like, her childhood is my ultimate bucket list.

Candace: Right?

Tanorria: Because I always say that I want to eat my way through Europe, and it's not like this Eat Pray Love moment. I can pray and love later. I just want to eat.

Candace: Want to eat, yeah.

Nicole: We're going to eat, drink, and slay.

Candace: I like it. I like it.

Nicole: Eat drink, and slay our way ...

Tanorria: Black Girls Eating World Tour.

Nicole: Let's go.

Candace: 2022, let's do it.

Tanorria: You ready?

Nicole: Where we going?

Candace: Well, when the world opens back up, because I don't know if they'll let us [crosstalk 00:07:55]-

Nicole: Right. Yeah, let's say 2023.

Tanorria: They're not going to let us in. [crosstalk 00:07:59] so 2023.

Nicole: [crosstalk 00:08:00] Everybody, 2023 [inaudible 00:08:01] that gives enough time to get your queenage together.

Tanorria: Yes.

Candace: Yes.

Nicole: Get your queenage. Get your fits.

Candace: Yeah.

Nicole: 'Cause we slaying everywhere we go. And that could be sneakers and t-shirt could be a fit [crosstalk 00:08:13]-

Candace: Absolutely.

Tanorria: Oh, 100 percent.

Nicole: [crosstalk 00:08:14] Because we need to be super ... That's me too. Super comfortable, so I'ma need y'all to come with all y'all Black girl things.

Candace: Yeah, because I need stretchy pants so I can eat.

Tanorria: I mean, absolutely.

Nicole: Thank you.

Tanorria: We have the Black Girls Eating t-shirts already available for you to buy.

Nicole: So y'all need to get them in every color they come out with. Pick it up.

Candace: Yeah.

Nicole: So they're gonna be like, when you're out, people are like, "You wore that shirt yesterday." "No, this is red, and it was blue yesterday, and mind your business."

Candace: She gets me.

Tanorria: The Black Girls Eating uniform, 100 percent.

Nicole: Because we are going to be here, yes, and legging appropriate.

Tanorria: Yes.

Nicole: Or biker shorts if we go in the summer.

Tanorria: Okay.

Candace: Okay. Let's book ... Hey. Y'all heard it here first.

Nicole: And we're going to get the biker shorts that go up. We need high-waisted biker shorts.

Candace: Oh yeah.

Tanorria: We need to lock and load all the things inside, yes.

Candace: Can we ... yeah. [crosstalk 00:08:49] Let's just have a moment for high-waist things right now.

Tanorria: Yes. Let me tell you about ... You put me onto jeans from Torrid, Candace.

Candace: Yeah.

Tanorria: And the ones that I have on now, I keep forgetting to zip them, because they have three buttons. And you know, the three buttons is to hold everything in.

Nicole: Yes, to hold everything in.

Tanorria: So once I'm done buttoning three buttons, I think I'm done.

Nicole: Yeah.

Tanorria: But they really do, they lock and load everything in.

Nicole: They keep it together.

Candace: It's a beautiful thing.

Tanorria: Low-rise jeans, they're trying to make a comeback, and they can just go back.

Candace: They can stay.

Tanorria: To where they came from.

Nicole: Not when you over a certain age.

Tanorria: Absolutely not.

Nicole: Over certain age, just, that looks cute.

Candace: Low-rise jeans ...

Nicole: And we did that.

Candace: Your part being on whatever side it's on, these are things that are set in stone now.

Nicole: Yes.

Tanorria: Yeah.

Candace: Late 30s, early 40s.

Nicole: Yes.

Candace: Like, you're not going to change it.

Nicole: We set the trend. We made it permanent, so you don't need to change it. That's right.

Candace: Now, if only our eyebrows of the '90s, because this whole super, super thick thing, I can't ... mine just don't grow that way due to over-plucking from the '90s.

Nicole: Right, see?

Candace: In 2000.

Tanorria: I also feel like I would just look like a raccoon with eyebrows that thick and lush.

Candace: I can't [crosstalk 00:09:52]-

Nicole: Y'all, they over here talking about eyebrows. I am team thick eyebrows.

Candace: But yours [crosstalk 00:09:57]-

Nicole: I just be trying to make sure they look good on the top.

Candace: They look great.

Tanorria: Yours look right on you.

Candace: Mine don't do what yours do.

Nicole: Born with them.

Tanorria: I'm not good at maintaining them.

Nicole: But I got to do the middle, or I be looking like ...

Candace: Unibrow.

Tanorria: Yeah.

Nicole: I be looking like Frida Kahlo. I mean, I love her, but y'all just know that I'll be ... I just, yeah, I got-

Tanorria: This is not the wine talking, y'all.

Candace: This is not the wine talking. This is just us. This is Black Girls Eating. So, okay, so in Europe and you had wine at a young age, and so do you cook with wine?

Nicole: Y'all, I don't like to cook. I just, I am ...

Candace: The first step is admitting it. That's okay.

Tanorria: So when we have the cookout, Nicole's signing up for the wine.

Nicole: Adult ... no, adult beverages. I learned early.

Tanorria: Oh, okay.

Nicole: I used to be like, "I'm bringing beverages," and then I would show up, and they would be like, "So where's the stuff for the children?" I'm like, "What do you mean?"

Candace: I didn't know there was going to be kids here.

Nicole: Right. I was like, well, I know there are kids, but I'm like, what's we supposed to do? I'm like, "Here's \$40. Somebody go down the street and go get them whatever y'all get the children."

Tanorria: Get some Capri Suns.

Nicole: Because I bought ... I said beverage. So then I had to start changing the family lists and be like adult beverages.

Tanorria: Yes.

Candace: Adult beverages.

Nicole: Like, don't ask me to bring ... I'm prepared, though. I mean, I got juice. But when there are children, like, "No, no, no. See, Auntie's making mimosas."

Candace: This is the mixer, right.

Nicole: This pineapple and this guava and kiwi ...

Tanorria: Yes.

Nicole: This is for my mimosas. This is not ... We not just drinking it.

Candace: I'm so having a mimosa [crosstalk 00:11:21]-

Nicole: Because I'm not a orange juice person.

Candace: Okay, okay.

Nicole: So I make my mimosas with different juice, and just enough for color.

Tanorria: Yeah.

Candace: Yeah.

Nicole: Just enough for color, because I don't understand all that dark color. Like, what are y'all doing?

Candace: That's because they're just topping it off with orange juice.

Nicole: Right, and they're supposed to be juice essence.

Candace: Right. Essence.

Nicole: But people like ... Now, I've gone places. I won't say where, but the last place I went, I was like, "I'ma follow you to the bar." He was like, "What's going on, sis?" I was like, "I just need to see something." I was like, "Okay, look. I'ma show you how I want you to make this. I want you to fill that up, and then I just want you to do a dash." He was like, "What?" And then brought it back to the table, and other people at the other tables were looking. Now, we're not ... mind, this is like, bottomless mimosa spot.

And I was like, this sister's like, "Okay, I'm sorry. I don't mean to be rude or interrupt, but what are you drinking?" I was like, "I'm drinking the mimosa." She was like, "That don't look like ours."

Tanorria: Right.

Nicole: I was like, "You want me to put you on?" She was like, "Yeah." I was like, "This what you do."

Candace: But that's how they get you.

Tanorria: Yeah.

Nicole: We had the whole spot ...

Candace: Lit.

Nicole: Just popping.

Tanorria: Okay, so we need a Sip & Share mimosa recipe to share with our Black Girls Eating listeners.

Candace: Yes.

Nicole: We'll get that to you.

Tanorria: You get that to us. We'll drop a link somewhere.

Candace: Yeah.

Tanorria: So y'all can ...

Candace: That's perfect. Because even if you're not dining out, you can still dine in and have a nice drink at home.

Nicole: Absolutely. Oh, that's a ... See, hold on. Here's a tip. Buy the bottle when y'all go out. If you go out to eat, buy the entire bottle.

Tanorria: See how we're just watching her in awe?

Candace: Yeah, like ...

Tanorria: Teach.

Nicole: Two reasons why. One, unless you ask, like I ask, "How long has the bottle been open?" Your typical what I call kind of average casual restaurant, most people don't know, unless it's marked.

Tanorria: Right.

Nicole: So, seven days is typically how long you want the wine to be open, so they don't know. So I always say, "Bring me the bottle." They open it in front of you. You also get exactly what you ordered. So we went on a trip to Vegas with a group of friends. My friend ordered what he thought was a \$12 glass of some french Chablis, which is a Chardonnay, and he drank it, and he was like, "I'ma get another one." I was like, "Cool." Got the waiter, and the waiter's like, "Well, I'll just bring the bottle out." He's pouring it, and I was like, "Oh, rotate the label again."

He was like, "What?" I was like, "Yo, this is Cupcake."

Tanorria: Stop.

Candace: Are you serious?

Nicole: I was like, "So we need to see the manager now." Now, I wasn't drinking at that particular moment. It was like, four-day trip in Vegas, y'all. That was the day I was going to give my liver a break. But I was like, um ... And so the owner was like, oh, so we got the bottle of what we actually ordered. What he ordered, we got a whole bottle. But buy the bottle. Plus, it's cheaper. So if we go out ...

Tanorria: Right.

Candace: Mm-hmm (affirmative).

Nicole: And you say it's \$10 a glass ...

Tanorria: Yeah.

Nicole: And we're like, "Oh, but the bottle's \$36," y'all, we're going to have two glasses.

Tanorria: Right.

Candace: Right.

Nicole: We're going to have two glasses out. So we just spent what, 20, 40? We spent \$60. We could have bought the bottle, and we would have spent \$36, and we just spent half the money. And you can take it home.

Candace: Right.

Nicole: Take it home. I just had a conversation where my daughter was like, "I was in Florida, and there was bottle service, and I paid \$200-something." No, they paid \$200-something for a bottle of Patron. I was like, "Did you take it with you?" She was like, "We didn't finish it." She was like, "No." I was like, "You can take it out."

Tanorria: Mm-hmm (affirmative).

Nicole: She was like, "No one told us that." They'll never tell y'all that.

Candace: Of course not.

Tanorria: Of course not.

Candace: Because they can sell the drinks from that bottle.

Nicole: They can resell it, or usually, the wait staff gets to take it home. I'm not so mad about that.

Tanorria: Oh, okay.

Nicole: Or the wait staff sometimes gets to try it, if it's something they've never tried and never opened.

Tanorria: Sure.

Nicole: Another good tip is if you go to a place a lot and you buy by the bottle, give your wait staff a sip. Tell them, "Yo, bring an extra cup."

Tanorria: Yeah.

Candace: Really.

Nicole: Give them some, because they may not have tasted it. And I'm telling you, just ... and you know, if they can. Some like, "No, I can't drink." But if they can, that endears. I'm telling you. That's a relationship builder.

Tanorria: Yeah.

Nicole: Because when I go in, there's certain ... like when I go on Friday, what is this up here? What is that, fashion mall?

Candace: Mm-hmm (affirmative).

Tanorria: Mm-hmm (affirmative).

Nicole: My dude know when I come in. He's like, seat me at my table, because I'm like, I'm only sitting in his spot.

Tanorria: Right.

Candace: Yeah.

Nicole: And he comes over, and he was like, he got, "Here's your water," and he's got the bottle.

Tanorria: I love that.

Candace: I love ... Who knew?

Tanorria: I love that.

Nicole: So he knows.

Tanorria: Yeah. And you know what? I feel like all of these gems and all of this knowledge is so not infiltrated through the Black community.

Candace: Right.

Nicole: Not at all.

Tanorria: Like, I want to take her out to eat with me every single time now, just for ordering drinks. I mean, I want to share a meal with you too.

Candace: Yes.

Tanorria: But, like that wisdom.

Candace: I mean, of course I knew order the bottle, right?

Tanorria: Right.

Candace: But I never thought about thinking about the wait staff.

Tanorria: Absolutely.

Candace: And I'm a former server.

Nicole: Yeah. But no one treated you that way.

Candace: No, no. [crosstalk 00:16:07]

Nicole: So that's why it doesn't come to mind.

Candace: Yeah, and especially the whole bottle service thing gets on my nerves anyway, but I feel like ...

Nicole: It's a ...

Candace: I feel like it's a money markup.

Nicole: There you go. I had a different word, but that's a good ... [crosstalk 00:16:20] We're going to go with that.

Candace: You know, I'm like, I can get this \$40 bottle of Patron in the liquor store or at the grocery store.

Nicole: Patron is trash. Patron is trash, y'all.

Tanorria: Patron is trash.

Nicole: [crosstalk 00:16:32] And I'm a tequila drinker expert.

Candace: I don't drink tequila any more. I gave up tequila in undergrad.

Nicole: Oh, see, I'm a whiskey bourbon girl.

Tanorria: I'm a bourbon girl.

Nicole: I'ma give up tequila at the end of 2021.

Candace: Okay, okay.

Nicole: I promise y'all.

Tanorria: And if you don't, no judgment.

Candace: It's okay. It's okay.

Nicole: [crosstalk 00:16:43] Yeah, I'm working on it. I'm working on it. My partner only ...
tequila neat.

Tanorria: Yeah.

Nicole: That's all we get. And-

Tanorria: I don't know if I can handle that.

Nicole: [crosstalk 00:16:52] And tequila goes neat. So that was our pandemic hobby.

Candace: Okay.

Nicole: You know, everybody has a hobby. Total Wine opened down the street from us.

Tanorria: Yep.

Candace: Talk about this.

Nicole: So we were like, I was like, "Oh, I know what I'ma do." So I was like, "We're going to
try all the tequilas that they have for sale."

Candace: That's fun.

Nicole: So that's what we did.

Candace: So your pandemic hobby was going to Total Wine and trying tequila.

Tanorria: Yeah.

Candace: My pandemic hobby was making wine spritzers.

Nicole: Oh, see?

Tanorria: My pandemic hobby was carbs.

Candace: Oh, and carbs.

Nicole: [crosstalk 00:17:27] Yeah.

Tanorria: Sourdough, cookies.

Candace: Croissant toast.

Tanorria: Yes.

Candace: It's bad. It's ...

Tanorria: Yeah.

Nicole: I discovered, so I am lactose-intolerant, so I discovered oat milk ice cream.

Tanorria: Yeah.

Nicole: During the pandemic. And when I tell y'all, it changed my life.

Candace: Listen, dairy-free ice cream has become one of my best friends.

Tanorria: It's getting better.

Nicole: Yeah.

Tanorria: It's getting better.

Candace: When I first tried the So Coconut ...

Tanorria: Yes.

Candace: Yeah, [crosstalk 00:17:56] I can remember when I had my daughter.

Tanorria: The only thing it was good in was a boozy milkshake.

Candace: Yeah.

Nicole: Yeah. That's what I was going to say. If you buy the almond, because I still have some almond in my freezer, and I'm like, "We gotta do something with it," so one of my really good friends, Bianca, she was like, "Sis," so we make a dessert wine.

Tanorria: Yeah.

Nicole: She was like, "I'm gonna put you onto something." She was like, "Dessert wine, vanilla bean ice cream." And she does soda, but I don't do ... I don't drink soda.

Tanorria: Okay.

Nicole: So I was like, oh, I was like, "I just happen to have some vanilla bean."

Candace: That's like a boozy float.

Nicole: Right, "I have the vanilla bean that is almond. I'ma go home and try this."

Tanorria: Yeah.

Nicole: Outstanding. Outstanding.

Candace: Okay, so I like where this is going.

Nicole: Yeah.

Tanorria: Mm-hmm (affirmative).

Candace: So does food shape how you think about your next wine offering?

Nicole: So I'm backwards. I will decide what I want to drink and then get what I want to eat. So most people do it the other way. Most people are like, "I'm going to prepare," or if you're out, "I'm going to get this meal, and then I'm going to get this wine." I always go for today I want to drink, so I don't do the traditional ... and I'm plant-based, mostly, but I'm a pescatarian.

So I will be like, because y'all know I love me some chef [inaudible 00:19:08].

Tanorria: Right?

Nicole: She's just never going to let me be plant-based. I mean, all the way, 100 percent plant-based in this lifetime. And she just put a salad out.

Tanorria: I saw that.

Nicole: I just had to speak to that. I just told my son who's primarily plant-based, and I'm moving him back to pescatarian, and I was like, "She got salad. You want to go next week?" So we're going to get a salad. So I just tell people, like that, I was like what would I eat with that? So I'd probably do this Riesling with the salad. I've done the Awaken with just any of her meals. But sometimes, I'm like, I want a dry red. And I'll just have a dry red, because I don't necessarily eat burgers, but I'll do a plant-based burger, and then I'll just be like, oh, I'll get a Beyond Meat burger, and then I'll grill it.

And then I'm like, oh, I'm gonna have red meat.

Candace: Okay

Tanorria: That smoky umami.

Candace: Yeah.

Nicole: Yeah, because you just need that.

Tanorria: Yeah.

Nicole: Like, peanut butter and jelly is my thing.

Candace: Really?

Nicole: And I will do peanut butter and jelly with our Gratitude, because it's dry red, it's Cab and Merlot blended, and then you got the jelly and you got the sweetness.

Tanorria: I am so doing that. I love PB&J.

Candace: I do too.

Nicole: Have you been to the PB&J spot that's owned by a brother?

Tanorria: No, I've heard about it [crosstalk 00:20:19] I just have not made it there yet.

Candace: Yeah.

Nicole: So he was there too this weekend.

Tanorria: Oh, okay.

Nicole: He was there Friday night and I think early Saturday, or maybe he came later Saturday, but he was there Friday night, and we did a whole ... So I had already talked to him, and he had tasted the wine, but we hadn't, he wasn't open yet. We did a whole impromptu, y'all, we had everybody in the back. So everybody was back working, all the volunteers. We had everybody lined up, we had glasses, we had this PBJ.

Candace: Yes.

Nicole: And we did a whole tasting in the back.

Candace: I love that.

Nicole: And people kept coming in like, "What are y'all doing?" We're like ...

Tanorria: We're just tasting wine.

Nicole: [crosstalk 00:20:52] "PB&J and wine." And so, it was super fun. So that's something we are going to do publicly, because he and I, we talked about it.

Tanorria: I love that.

Nicole: But I'm telling you, it's just that ... And then some people are like, like my son only likes peanut butter. They were like, "It would go well with just the peanut butter."

Tanorria: Mm-hmm (affirmative).

Nicole: So I'm into food. Food brings out wine. It helps change the expression of it. But I'm always going to choose the bottle, because I'm just extra. I'm always going to choose the bottle. And then I'm going to be like ... "What y'all want to eat?" Like, when people are over here doing the food menu, I'm on the drink menu, and they like, "What you want to eat?" "I don't know yet." I'm like, "Y'all go ahead and order. Come

back to me." [crosstalk 00:21:31] Because I'm still over here. But I'll always start with bubbles.

Candace: Okay.

Nicole: Bubbles is my thing. I love bubbles. And there's a difference, y'all. Sparkling wine and champagne are two different things.

Candace: Different things.

Nicole: So quit going to brunch and telling me your brunch has champagne.

Tanorria: Because Prosecco is not champagne.

Candace: Right.

Nicole: Thank you.

Tanorria: It's not.

Nicole: It's not. And if it says ... What is the other one that's ... If it says Cook's on the bottle, I'ma fight you. And there is a restaurant in town that does make a mimosa for \$8 a glass, and it's Cook's. I ain't gonna shout them out, but they do.

Tanorria: You'll find out behind the scenes on Patreon.

Candace: On Patreon, right?

Nicole: But I do ... Because I'm the person, I ask, "What are you making it with?" And I get it, it's not champagne. Because it's about ... your low-end champagne, you can get some [inaudible 00:22:21] in this city for about \$30 a bottle. Go to 21st Amendment, y'all. Just put y'all on. Usually, it's \$30 a bottle. But Prosecco, go to Aldi, Trader Joe.

Candace: Yeah.

Tanorria: Yeah. Costco has great Prosecco.

Candace: Yeah, they do.

Nicole: They do.

Tanorria: Their Prosecco and their guava juice.

Nicole: There you go. See? And that's it.

Tanorria: Or my champagne or my orange juice that, yeah, that I do if we use oranges. Yeah, like I'll ...

Nicole: That's it. And I tell people that, so it's good to do Prosecco. I'm cool with that. If they go and they have Prosecco, I'm like, "We're going to be here all day. Is there a time

limit? Who can I pay to be past the two hour time limit? Because I'ma pay somebody, because we're not moving." And we've done that. We've done the brunch from 2 to 5. Shout out to my daughter and my cousin who flew in from New Jersey, and we drove two hours away to do a bottomless brunch.

Candace: Love that.

Tanorria: Did y'all just get a room out there? I mean, because ...

Nicole: No, because my partner is amazing, and he drove us back.

Candace: Aw.

Nicole: He was like, the foolery has begun.

Candace: Let me take your keys.

Nicole: Yeah. But he was like ... Well, my daughter drove, and then we got there, and he was like, tequila neat, y'all. But then he was like, "I want to try." And I was like, "Pause. Try? This is \$20 a person bottomless. You must drink four."

Candace: Right.

Nicole: It's a four minimum.

Tanorria: Right.

Candace: Four drink minimum.

Nicole: Four drink minimum. You might drink. He was like, "Y'all gonna drink enough of that." We did ... yeah.

Candace: I don't think I can hang. I don't think I can hang. I'll have to pack a picnic blanket.

Nicole: [crosstalk 00:23:46] We prepare.

Tanorria: I can get like two mimosas, and I'm done.

Candace: Yeah, like I'm-

Tanorria: What?

Candace: Yeah.

Nicole: Oh, you have to prepare your body.

Tanorria: Nothing provides peace of mind like a well-stocked pantry. Staples + 5: 100 Simple Recipes 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 + 5 at tanorriastable.com/books. Order multiple copies and get some swag.

Candace: Is your food bland, tasteless, unseasoned? Well, let me get you [inaudible 00:24:24] seasoned. Season your food well with FoodLoveTog seasonings. Order online at foodlovetog.com/spiceslanger. Happy eating, friends.

Nicole: So it's just like people run and do all these things. So we're going to have ... Before you go, we'll have potatoes.

Tanorria: Okay.

Nicole: We'll have a couple shots of pickle juice.

Tanorria: Yep.

Nicole: Because that's going to neutralize the acid from the alcohol.

Tanorria: Yep.

Nicole: We have the potatoes. We have that in our stomach. We'll do some good eggs. We could do an omelet. And then you're ready.

Candace: Huh.

Nicole: You're ready.

Candace: She just gave y'all the brunch ...

Tanorria: Wisdom.

Candace: How-to guide.

Nicole: And hydrate. If you're going to really go get it in, hydrate the week before, like really, really, really get your water in. Because then when you ... And drink water with your ... so you get your mimosa, you get your glass of water. Every mimosa is a glass of water or two.

Tanorria: Y'all ...

Nicole: And you just keep, and so you go ... because of course, you're going to go to the restroom, so that mimosa's handled. Now we get the next one.

Tanorria: So much wisdom.

Nicole: And Uber. Uber, y'all. Just Uber.

Tanorria: Like, I am not a drinker, hardly at all. I like wine. I like mimosas. I like fruity cocktail with bourbon in it.

Candace: Yeah.

Tanorria: That's about it for me. [crosstalk 00:25:37] And I have one, and it takes me the whole meal to finish it, or people are waiting on me to get done with it, even with wine. I have a question, since you're dropping all this knowledge. With wine, I am terrible in that I will open the wine, I will have a glass, and then I will forget about it. Like, I'm too busy. I usually have glass of wine when I'm like, you know what? I had a good day today. I just want to chill out. And then next day's busy, and I forget, and I'll go two, three days, and I'm like, oh yeah, that wine's in the fridge. How long?

Nicole: Seven days. Red or white, it doesn't matter.

Tanorria: Okay.

Nicole: Seven days. Now, if you get a ... there's argon gas you can get a couple different places in the city, and you can ... It has a little thing, like it's a can, aerosol can, like a old-fashioned hairspray.

Tanorria: Mm-hmm (affirmative).

Nicole: You can put that in, and it'll last 14 days. I tell people, I think it's \$3. It's under \$4 for a can.

Tanorria: Yeah. Yeah.

Nicole: Worth the investment. [crosstalk 00:26:33] So it keeps it for two weeks, and it works. The one I use, a young kid at Purdue created it, so I tested it. Y'all, that was the longest 14 days of my life, because I've never had a bottle of wine for 14 days. But I was like, we're gonna take this one for the team, because we're gonna test this, and it really works. It stayed fresh. It was amazing 14 days later.

You don't drink a lot of wine, but if you do drink a lot of wine and you want to try different wines, until you have a lot of collectibles, or just expensive wine, expensive is subjective, but I say \$60 and up. That's what I determine is expensive.

Tanorria: Mm-hmm (affirmative).

Nicole: There is a system called Coravin, and it's basically a needle that goes through the cork, and it goes through real cork. It will do synthetic cork, but it just dulls the needle quicker. And then you can pour a glass, and then the real cork will reseal itself. Synthetic cork, you can put a little candle wax or something over top and close it up.

Tanorria: Sure.

Nicole: And then you can just put it back. So I did that too during the pandemic, because I have a lot of wine that I was like ...

Candace: I'm sure.

Nicole: Let's see. My partner calls it the museum. I call, it's a collection, y'all.

Tanorria: Yes.

Nicole: He's like the wine museum, because we have wine like ... we have wine all through the house, like you could walk through a room, and here's wine. And then it would be like, people are like, "I want it." No, not that one. No, no, no, not that one.

Candace: Yeah.

Nicole: So I redid all my wine during the pandemic, so I put everything I didn't want people to drink out in my wine fridge, and then I put it by year, and then I have one wine fridge that's just all Black wine makers.

Candace: Yes.

Nicole: And then I have one that's just champagne, some sparkling wine, and then everything in my house is like you can drink it. So I just moved everything in the house.

Tanorria: Okay, so good.

Nicole: Like, if you grab it, and you want to open it, I'm cool with it. Let's drink it. Let's go.

Tanorria: Yeah.

Candace: So let's talk about you being a Black wine maker.

Tanorria: Yes.

Candace: How does it feel to be a Black woman wine maker? Like, what has that experience been like for you?

Nicole: It's fun, but it's also crazy. I am .01 percent. I'm in the .01 percent, not even the one percent club. That's how many Black woman wine makers are in this country.

Tanorria: Wow. In the country, y'all.

Nicole: In the country. And so ... it's fun, but I often get, "So you made the wine? No, you made the wine?" I'm like, "Yo, I made the wine."

Tanorria: You know what? That happens to Candace and I when we are getting ready to share a stage. We will just come to an event, just hanging out, chatting, saying hello, taking in the scenes, and we might get overlooked. We might get ignored. We might even get a little attitude. And then all of the sudden, we go on stage, and when we get off stage, it's like, "Oh, hi!" Why weren't we treated with that kind of kindness and admiration before you knew who we were?

Candace: It's hysterical.

Nicole: It is.

Candace: It's hysterical.

Nicole: And it's, unfortunately, too common. And so I've just ... I've learned to just take it in stride. I'm like, we make really good wine. All of our wine is vegan.

Tanorria: Yes.

Nicole: And it stands for itself. So I tell people, "Just drink it, and then come back and holler at me." Because once you have the glass [crosstalk 00:29:46], because you'll be like, oh, and you have whatever it is that your mind has told you, and we do a lot of events. Now, we make wine for folks who have been overlooked and underrepresented by the wine industry, so we unapologetically make wine for Black and Brown people.

Candace: I love it.

Tanorria: Mm-hmm (affirmative).

Nicole: Now, everybody can come to the table, but we at the table, so y'all go on and get them seats over there. But we at the table first.

Candace: Yes.

Nicole: And so I tell people, that is who our wine is made for. We aren't necessarily into harsh dries and red. We haven't gotten there. Many of us haven't gotten there. We didn't grow up with wine. But there's this thing, when you go out, like we talked about, you go out, especially business, if your boss ordered a glass of wine, you shouldn't be getting Henny and Coke. [crosstalk 00:30:28] You should not be getting Henny and Coke, y'all.

Either don't order anything to drink and just stick with water or lemonade, or follow suit, and just be like, okay, I'm gonna order that. Listen to what people are ordering.

Candace: Okay.

Tanorria: Yeah.

Nicole: And so I think for us, a wine list is intimidating for anyone, Black or Brown, Black, Brown, or white. It's like you can look at a list, and you'll be like, it's a lot of stuff. What am I gonna get? So I think learning just some basic stuff like white wine. They usually say white wine, white meat, fish.

Tanorria: Right.

Nicole: Red wine goes with your red meat.

Candace: Right.

Nicole: Red sauces. So I mean, that's a good at least a baseline for people.

Candace: Mm-hmm (affirmative).

Nicole: I'm like, I'ma drink what I want, whatever I eat.

Candace: See, that's me.

Tanorria: Yeah.

Candace: I don't always follow that whole ...

Nicole: I don't.

Candace: Red wine, because I like what I like, and I can remember when I first started drinking wine or what I thought was wine, we start off with the super sweet wines and all that.

Tanorria: Mm-hmm (affirmative).

Nicole: Everybody does.

Candace: And now, a super sweet wine ...

Nicole: It's syrupy.

Candace: It's syrupy, and it's too sugary.

Nicole: Yes. Yes.

Candace: And I can't take it, but give me a Pinot Noir, and I'm like, yes please.

Nicole: Our body chemistry changes.

Tanorria: Yes.

Candace: Yeah, oh yeah.

Tanorria: Absolutely.

Nicole: So what we like, we all know we drink some ... We know we all got to have Boone's Farm.

Candace: Oh yeah, Boone's Farm, oh my [crosstalk 00:31:40]-

Nicole: And many of us came into wine from Boone's Farm.

Tanorria: I have never.

Candace: You have never had Boone's Farm?

Tanorria: Ever had Boone's Farm. I started out drinking amaretto sours, not Boone's Farm.

Candace: Oh, okay. Okay.

Nicole: There we go. That's the other one.

Candace: Same premise.

Nicole: That is. You either do one or the other. You have Boone's Farm or amaretto sour.
[crosstalk 00:31:56] You came into one of those.

Tanorria: I could probably count on my hands how many times I knew I was in the same room with Boone's Farm.

Candace: Wow.

Nicole: But that's the starter. Like, I started cheap in college.

Tanorria: I was drinking with the Caucasian persuasion, so that's probably why.

Candace: Okay. Okay.

Nicole: I did too, and so I drank a lot of beer, and then I was like, "Yo, y'all drinking horrible beer." Like, I don't drink ... I won't even give the names of them, but I don't drink your ...

Candace: Keystone Lite.

Nicole: Yeah, I don't do none of that.

Tanorria: Oh boy.

Nicole: So I was drinking good beer, you know?

Tanorria: Yeah. Yeah.

Candace: Yeah.

Nicole: So I was like, I don't want to hear like, "Are you just bougie?" No, I just don't ... So I'm gonna go over here, and I'm gonna drink this cocktail.

Candace: Yeah.

Tanorria: Mm-hmm (affirmative).

Nicole: And I'm just gonna make me a cocktail, because this is ... I ain't gonna talk about y'all beer, but y'all beer is very water-based.

Tanorria: Yeah.

Candace: Mm-hmm (affirmative).

Nicole: And beer already has water in it, and it's super, super water-based. So I mean, but I like good beer, so I tell people, it's like figure out what you like, and you can like everything. You can like beer, you can like wine, you can like spirits. You can go across the table and drink it all. But I think we have grown up, most households have had brown liquor.

Tanorria: Yeah.

Nicole: And that's what we know.

Tanorria: Yeah.

Nicole: And that's what we drink.

Tanorria: Most Black households, yeah.

Nicole: Our parents didn't drink wine. Wine was just not at the table, so we get into this adulthood. Adulting is so trash, but we get into it, and then we're like, oh, what do I do? So I think just learning that, just learning about wine, and that's something we do. We do a lot of wine tastings, and we do a lot of wine education, because we want us to know. We need to be on the same game as everybody else. We need to know what to do when we go to the grocery store and it's like all this. We need to know if it's 10 percent and under, it's going to be sweet. Grab it and go.

Did they say they like sweet white? 10 percent white, go.

Candace: Okay.

Nicole: It's like super quick, like you don't have to be in there all sweating, and it's like [crosstalk 00:33:43] ...

Candace: It doesn't have to be hard.

Nicole: No, it doesn't have to be. It can be so easy. If it's going to be 13 percent and up and it's red, it's going to be dry. You won't like that. Don't buy it because it's \$4.99 and it's on sale. You will not like it.

Candace: Okay.

Nicole: So it's just simple tips we try to give folks in the community, like this is how you go about wine. Because wine is really fun. It's really fun.

Candace: I can tell. I can tell.

Tanorria: So much education. I just feel so educated, and I didn't even know I was getting that today. I had no idea.

Candace: I think I know what I'm going to title this episode.

Tanorria: Yes. I could feel that coming off you.

Candace: Yeah. I ... yeah. [crosstalk 00:34:19]

Nicole: So yeah, it's just like wine is a passport to so many places too, so like if you drink a wine that's from France ... I went to a tasting, and I had a French Villanelle, and I was like, I don't like Villanelle. Villanelle is just not my thing.

Candace: Really?

Nicole: I turned around, and I turned around at the wine tasting, people I know, distributors I'm familiar with, and he was like, "Give me your glass." I was like, "Okay." He poured something, and he said, "Try that." And I was like, "Okay." I was like, "Oh, this is amazing. This is delicious." He was like, "That's Villanelle." I was like, "No, I just said." He said, "I heard you." But this Villanelle is from Australia.

Candace: That makes a difference, the different countries. Regions. Regions.

Nicole: [crosstalk 00:34:59] The region.

Candace: Yes.

Tanorria: Absolutely.

Nicole: So I love Villanelle that's from other places other than France.

Candace: Okay.

Tanorria: Wow.

Nicole: Now, I haven't gone through all the French Villanelle, y'all, before y'all start saying, but I knew what I like.

Candace: That's helpful.

Nicole: Yeah.

Candace: Because I can remember starting out thinking that I hated reds.

Nicole: Yes.

Candace: But I like South African reds.

Nicole: That's my region.

Candace: And that's kind of where I start. I'm like, okay, I know that I like this now.

Nicole: Right.

Candace: So that's kind of where I got my start in with reds. I'm like ...

Nicole: Pinotage. Pinotage.

Candace: Yeah, like I love that. I love that you've given us this education about wine.

Tanorria: Listen, Black people. Like, this episode has just told ... It's given us a seat at the table.

Candace: Yeah.

Nicole: Yes.

Tanorria: It has helped us create our own table.

Nicole: Not the seat, right, our own table.

Tanorria: You have created the table.

Candace: Yeah, your own table.

Tanorria: And you are inviting ...

Nicole: No, the community has.

Tanorria: Okay.

Nicole: I will say I have not. [crosstalk 00:35:54] The community has created the table, and I'm just bringing the wine. I'm bringing the adult beverages.

Candace: I love that. I love that so much.

Nicole: I'm pulling up, because when people say they're self-made, I'm community-made.

Candace: Yes.

Tanorria: Yeah. Yeah.

Nicole: I'm community-made. So everybody in the community has made Sip & Share wine. So like I said, when we pull up, people invite us, you invite us here, we pull up, we got the beverages. What y'all want? What we doing? What y'all eating?

Tanorria: Black people, Black people.

Candace: I love it.

Tanorria: Wine is for us.

Candace: Wine is for us.

Nicole: Wine is for us.

Tanorria: It is absolutely for us.

Candace: It is for us.

Nicole: And we should stop feeling like it isn't.

Tanorria: Yes.

Candace: And we deserve luxury.

Tanorria: Yeah.

Nicole: Yeah, that's what it is. [crosstalk 00:36:29]

Candace: That's like a theme. That's been a theme circling -

Nicole: It has been. Mm-hmm (affirmative).

Candace: Indy and creatives for the last couple of months.

Tanorria: Mm-hmm (affirmative).

Candace: And I think it's important to know that indulgence is okay.

Nicole: Yes. Yes.

Candace: And to especially have a wine that's crafted with you in mind.

Nicole: Mm-hmm (affirmative).

Candace: It's no different than you with your relaxer or with your hair products, with your clothing.

Nicole: That's right.

Tanorria: Getting your nails done.

Candace: Getting your nails done.

Tanorria: Yes.

Candace: All of these things, having them crafted for you lets you take a little bit of more ownership too.

Tanorria: Yes.

Nicole: Yep.

Candace: And I love it. I love to see it, because I can remember the first time that I had an event, and I knew who I was going to contact.

Tanorria: Mm-hmm (affirmative).

Candace: I knew, I said, "I want Nicole."

Tanorria: Yep.

Nicole: Thank you.

Candace: And she made that experience so amazing, and she allowed us to share wines, and she gave again the education that we're getting here on the podcast.

Tanorria: So good.

Candace: She did that in person.

Tanorria: I love it. I love it.

Candace: So, thank you.

Nicole: No, we thank you, because that's what we're here for. We're here, again, to spread education, to share really good wine.

Candace: Y'all got a free wine education [inaudible 00:37:33].

Nicole: And just good energy with people, because I mean, come on.

Tanorria: [crosstalk 00:37:36] Everyone should be signing up for that.

Candace: Seriously.

Nicole: We're going to have some really good ones coming for 2022, so ...

Tanorria: Okay.

Candace: Yes. Sign me up.

Nicole: They have to follow us around, and I'ma just drop this last little gem on y'all, because what we have coming in Fall of 2021 is the Sip Bus.

Tanorria: Yes.

Candace: Yay.

Nicole: It's a mobile wine lounge. Not a bar, because we grown. A lounge.

Tanorria: To our sound engineer, can we do a podcast recording on the Sip Bus, please?

Candace: Please. Please.

Nicole: Yes. You need to come out.

Tanorria: Doesn't that sound fantastic?

Candace: I love it.

Nicole: Yes, and it's going to be super fun, so hopefully we'll have it out for just a little spin around at the end of the month, and then it'll really, really come out in full force ... I'ma say this, because I'ma push everybody on it, for Blacktoberfest.

Tanorria: Okay.

Nicole: So it should be ready ready for Blacktoberfest.

Candace: My body is ready.

Tanorria: Fantastic.

Nicole: So it's just this fun thing. Again, we deserve.

Tanorria: We deserve.

Candace: We deserve.

Nicole: We deserve everything.

Tanorria: We deserve. It is our birthright.

Candace: It is our birthright.

Nicole: It is. And we need to start claiming it, so the Sip Bus, y'all just keep following us.
[crosstalk 00:38:39]

Candace: Start with wine.

Tanorria: Start with wine.

Candace: And cheese.

Nicole: Start with wine and cheese and amazing food.

Tanorria: Yeah.

Candace: I just want to follow behind the wine bus with crostini. Here, drink that. Take a bite.

Nicole: Right. You have to [crosstalk 00:38:51] ...

Candace: I have snacks.

Nicole: You have to get on there and do a whole ... See, we could do ...

Tanorria: There's so much we could do. [crosstalk 00:39:01] Just follow Black Girls Eating. Follow Sip & Share to know when all of the things, because something's happening.

Candace: Something's happening.

Tanorria: Something is brewing.

Nicole: Yes. We are going to make it happen.

Tanorria: We have one last question for you.

Candace: Yeah.

Tanorria: What would you tell little Black girl Nicole today?

Nicole: Oh, it's gonna be all right.

Tanorria: Oh, I love that.

Nicole: Yeah.

Tanorria: I love that. I feel like everyone needs to hear that from time to time.

Candace: Yeah.

Nicole: Yeah.

Candace: Yeah. [crosstalk 00:39:35] I love that. It's gonna be all right.

Nicole: Can I just add, can we have a moment of silence for Brother Michael who has transitioned now, and just a tremendous loss just for the Black community, like ...

Tanorria: A creative genius.

Nicole: That brother was [inaudible 00:39:49].

Candace: His death has been sitting with me for days.

Nicole: I saw your post.

Candace: I just ... It's like it's engulfed me.

Nicole: Yeah.

Candace: And I think that goes back into the line of wanting Black people to just have them their whole selves.

Tanorria: Yes.

Nicole: Yes.

Candace: And to just be here.

Nicole: Yes, freedom to be who you are.

Candace: 54 is young.

Nicole: It's super young.

Candace: And to just have his light dimmed, I mean ... And it just brought back all these feelings of DMX, and then Aaliyah's album is back streaming.

Tanorria: Yes.

Candace: It's just like ... I'm like, we've had all these different things happen to us millennials. It's like, someone help us. We need help.

Tanorria: I mean, if you think about the panini, we have had so much loss, but even prior to 2020, there has been so much Black talent, Black excellence that we have lost, and I feel like their legacy is not reflected on enough.

Candace: Right.

Nicole: Not at all.

Tanorria: By the world as a whole. And so much loss happens so often that it almost makes us forget sometimes.

Candace: Yeah.

Tanorria: Like you said, all of these other things came brewing up for you, and it's like, okay, what are we doing to maintain those legacies, to continue those legacies?

Candace: But what we have, African American women who create wine.

Tanorria: A whole table for us.

Candace: A whole table, and education, and opportunity, and so I love that.

Nicole: I love y'all. [crosstalk 00:41:16]

Tanorria: Cheers.

Candace: Cheers.

Nicole: Cheers.

Tanorria: To Nicole's legacy.

Candace: Yes, cheers. I love it.

Nicole: We are a legacy in the making.

Tanorria: Absolutely. Thank you for joining us. This was such a treat.

Candace: Yeah.

Tanorria: I feel so ... [crosstalk 00:41:31] I feel rich. I feel rich.

Candace: Yeah. Like I feel like I need to have on my silk bathrobe while we're recording.

Tanorria: The next time we need to. We need to just come in luxury. Yeah, we need to just ...

Candace: My furry heel slippers.

Tanorria: Yes, just dripping in all the luxury.

Candace: Yeah, my diamonds and pearls.

Nicole: We gonna do that next time.

Tanorria: Yes.

Nicole: We're gonna do that. We're gonna have just a luxury ... We're gonna figure that out.

Candace: I love it.

Tanorria: Guys, sell Nicole out. Like, book her. [crosstalk 00:41:56] Put her in such demand that she's mad at us. We're okay with it. We'll take it.

Candace: Yeah.

Tanorria: All right? We will put all of her information on where you can buy her wine and her social, so you can follow and go to the events that she's going to, and just love on this creative genius.

Candace: Yeah.

Tanorria: Thanks for being with us.

Candace: Yeah, thank you.

Nicole: Thank you, queens, I appreciate you all.

Tanorria: She calls be queen again. Queen, I love it. I love it.

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