

CULTIVATE
FEARLESS
LIVING &
SEIZE YOUR
DREAMS



Tanorria's Table



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Tanorria Askew

Tanorria Askew is an award-winning chef, keynote speaker, podcast host, cookbook author, and racial injustice change-maker.

Her credentials are simple.

She comes from the "Culinary Institute of Her Parents & Grandparents".

There was never a time when her family came together without sharing their hearts, their laughter, and an amazing home-cooked meal. Growing up her family was the center of entertaining and cooking for their community where she witnessed firsthand how food can show love, compassion, unity, and fun.

Tanorria's passion for DEI led her to found Unity Tables. This safe space allows women of different races, cultures, and backgrounds to sit around a dinner table and share their thoughts & hearts as a way to create unity.

An avid home cook turned chef, she launched Tanorria's Table right before a 2016 appearance as a contestant on MasterChef season 7, where she walked away as the fourth best home cook in America and a true "master" of shrimp & grits in the eyes of Gordon Ramsay. While she won over producers, judges, and the country with raw talent and a sassy personality, she credits family traditions and Black foodways for fueling her success. Since her appearance on MasterChef, Tanorria has built a thriving business and loyal client base in the greater Indianapolis and Chicago areas. Her personal chef services at Tanorria's Table are highly sought after for dinner parties, celebrations, and other private events. As an expert culinary instructor, her work also extends to dynamic cooking demonstrations and classes for corporate and social events.



She has had the privilege of speaking to audiences as a keynote speaker, emcee, and panelist about navigating her career transition, anti-racism, and social justice work, and the courage it takes to chase dreams. She also serves as the DEI Chairperson of the board for a non-profit called Slow Food Indy.

In January 2021 she launched a podcast, Black Girls Eating, with co-host Candace Boyd where they celebrate sisterhood, food, and Black culture. Later that year she was honored on the Indianapolis Business Journal's Forty Under 40 List. Her first cookbook, Staples +5: 100 Simple Recipes to Make the Most of Your Pantry, published by Penguin Random House and DK, released in November 2021.

As Featured On...



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Examples of

TANORRIA'S KEYNOTE PRESENTATIONS

EMPOWER YOURSELF TO SEIZE YOUR DREAMS!

DESCRIPTION

Do you have a dream you think is impossible?

In this dynamic keynote, MasterChef Top 4 finalist Tanorria Askew takes participants on a journey out of mere survival existence to fearless living.

Through recognizing their unique gifts & uncovering the fears stopping them from chasing their "MasterChef" size dreams, participants will discover how to boldly seize their dreams.

Her story of evolving from a corporate trainer ignoring her calling to becoming the sassy MasterChef Season 7 fan-favorite will show audiences how to remove obstacles holding them back and empower them to make their aspirations a reality.

OBJECTIVES

At the conclusion of the keynote presentation, the audience will be able to:

- Define the challenges faced in the survival process and the roadblocks that prevent personal success.
- Recognize unique talents & contributions that can be utilized for personal and professional growth.
- Develop strategic skills and attain actionable tools that allow them to start their journey towards nourishing their body & soul.



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Examples of

TANORRIA'S KEYNOTE PRESENTATIONS

EMBRACING YOUR BRILLIANCE

DESCRIPTION

Sixty-four percent of people are hiding something from their employer, and fifty-two percent of BIPOC professionals are hiding something about themselves to avoid being stereotyped.

In this interactive keynote, creative entrepreneur and DEI consultant Tanorria Askew teaches participants how to unapologetically show up as their whole selves and embrace who they are as they navigate their professional journeys.

Tanorria shares the challenges she faced as a Black woman in both the corporate space and in entrepreneurship and how she overcame them to follow her calling to nourish people with delicious food and encourage them to fight for social justice.

The audience will identify similar challenges in their professional journeys and discover how embracing their flaws and building a support system of allies creates safe opportunities to learn from their mistakes and live authentic lives.

OBJECTIVES

At the conclusion of the presentation, the audience will be able to:

- Distinguish their personal brilliance and what makes them perfectly imperfect.
- Determine trigger areas where mistakes can be made so that they can navigate them proactively.
- Develop courage and strategy to invite others to get acquainted with their authentic self and support them in doing the same.



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Staples+5:

100 Simple Recipes to Make the Most of Your Pantry

Tanorria's cooking lineage comes from her parents, grandparents, and ancestors in an unbroken chain of black love.

Together with her family, she participated in years of joyous meal sharing where everything was made from scratch relying on the resources on hand.

No matter if those resources were scarce or abundant the end result was always vibrant and invigorating.

As she heard often almost anything could be made from a well-stocked pantry.

Tanorria has elevated a few of her family recipes and integrated many of her own into this potent recipe book.

Tanorria is so excited to share her most treasured recipes with you



Available to order for your event attendees.

Bulk orders are available by request.

“So much of her personality bursts through the recipes, allowing us to get to know her through her food. She’s got something in there for everyone... I highly recommend this book to anyone who appreciates good flavor and stressfree meals.”

–Chef Resha, YouTuber, recipe developer, and founder of Carnal Dish

in Glamour's "The Best Cookbooks of 2021, According to the Foodies Who Know Best"

**CLICK HERE TO SEE TANORRIA PERFORM A COOKING DEMO
& SHARE HER COOKBOOK**



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Cook fearlessly

Whether Tanorria is helping you host your friends and family or teaching you a new recipe, you will be empowered to nourish your body with food and be fearless in the kitchen.



COOKING DEMONSTRATIONS

Engaging cooking experience for companies, families and friends, both virtually or in-person.

PERSONAL CHEF SERVICES

Host a dinner party without the stress of cooking. Tanorria gives you the opportunity to be present with your guests while she prepares a meal they will never forget.

CONQUERING THE KITCHEN

Ugh, meat loaf again? Learn fun new recipes every month cooking virtually with Tanorria.

[CLICK HERE TO SEE A NEWS SEGMENT WITH TANORRIA](#)



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Testimonials

"We highly recommend Tanorria as a speaker at your next event! Whether it is a small intimate group or a larger event she knows how to bring people together, make people laugh, and express herself eloquently. She brings authenticity and value to everything she does. We cannot praise her enough for not only what she brings to our organization but also to our Indianapolis community."

- **Jesse Flagle & Lauren Riekfer,**
Hive Co-Founders



"Lack of trust in government or authority [due to the response of the COVID19 pandemic]—a common enemy. Shared grievances. That uniting factor gives people a shared identity or a shared purpose. Shared intensity.

I think there are a lot of white people who all of a sudden have an introduction to a lot of white people who are angry with the government. Who are angry with authority...

I really do think this pandemic is the reason so many white people care."

- **Nicole Fischer, Health & Human Strategies**

"You see this beautiful Black woman being creative...at BGE the podcast, we are going to put Black women at the forefront."

- **Candace Boyd**

[CLICK HERE TO SEE TANORRIA INTERVIEWED BY WASHINGTON INFORMER](#)



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