Sophie: I'm Sophie.

April: I'm April and this is SHE'S ALL FAT, the podcast for body positivity, radical self love, and chill vibes only, in this week's minipisode, we'll discuss Thanksgiving the joys and pains of grocery shopping and adventures in cooking. Let's eat.

Sophie: So here we are in the meat of it, last Thanksgiving we gave you an episode all about navigating those comments from your rude aunties, you need to read this freaking intro if you write it like this, at the dinner table.

April: That's just my thought process you can totally customize it.

Sophie: This thanks, we want to get into the nitty gritty about a little bit on our personal histories and whether or not body positivity has changed the ways we approach cooking. What do you have to say?

April: That's it.

Sophie: Yeah. So for me personally, body positivity has definitely changed the way that I approach cooking. First of all, I think a lot of body positivity ... Sometimes it's really helpful to take a break from stuff. I know that that's a couple of steps of things with intuitive eating as well. But I got really lucky because I have a boyfriend who's really good at cooking. And so I just let Victor cook for me the last couple years, and it's only recently that I have tried to approach cooking and making my own food in a way that feels positive, and powerful and just good instead of being like how can I dab enough oil off of this so I can cut a few more calories off of it or whatever.

Sophie: So recently this year I've been trying to cook and I'm not very good at it. And half the things I make on my own taste bad. But I've been very proud of myself for learning how ... Starting to learn how to cook things that I want to eat, and things that make me feel accomplished and self sustaining. And just like things I can whip up without really thinking about, which kind of not thinking about making food was never a thing for me before. It was always very fraught when I thought about making or ordering food. What about you?

April: For me, I grew up in a household where we were always cooking and we were always on a diet together. So it was like, “Okay, this is the thing we're eating this week, all of us because we're all on Atkins”. And it was also because my parents are immigrants, a lot of like we’re eating Liberian food. So either it's like okay diet food for breakfast and lunch whatever that meant and then like a heavy fried stew for dinner, which those aren't my favorite foods, but now that I'm coming out of that and being my own adult, cooking and intuitive eating have gone hand in hand because for me I'm still trying to figure out like what my body wants to eat.

April: I've been so disconnected from that my whole life. So now I'm in the process of figuring out what it wants to eat and then cooking it. So I have the benefit of having a lot of experience of cooking under my belt, because I grew up in a cooking family but I've
never cooked in this specific way, which is cooking for what I needed when I want, versus cooking for what my mom says we're going to eat. So that has been different and that has definitely been a change that has aligned with my political expansion. So with that said, right now we are pulling into a grocery store. I'm driving I drive poorly and I own that, and we're about to cook a meal live on the pod. I'm so excited.

Sophie: Yeah. So if you've heard the term signal or you've heard other noises in the background, it's because this episode of SHE'S ALL FAT, is out and about and you're going with us. So this is going to be like one of those cool episodes where people go interview someone and you hear like their door slamming, all that.[crosstalk 00:04:26]

April: That heavy breathing and wheezing that's me anxiously making a left turn, and here we are.

Sophie: And also me forgetting to put the mic in front of April's mouth while she's talking.

April: It's gonna be very rugged episode, but I'm excited. You'll get to cook with us experience Sophie's cooking anxieties. And you'll get to hear ... Oh God, I missed a spot. Hold on. No, I want this one.

Sophie: There was one right ... Okay.

April: I want this. I want this one. This is the one that I want.

Sophie: Okay.

April: Leave it in.

Sophie: Oh my God. Leave everything in. We gotta leave it all in.

April: All right, so we are about to venture into a sort of high end grocery store together, listen I shop at 99 cents only. Pavilions is high end. They're like in the Von's family. This is nice.

Sophie: This one is ... Who eats here 24/7 and there's always poop on the floor.

April: Yeah, they're guarding the organic asparagus. Anyway, we're at a high end grocery store. And we're going to gather some materials to make a special SHE'S ALL FAT lunch. Stay tuned.

Sophie: The 99 cent store does not mean high end.

April: Its high end. Stay tuned.

Sophie: Okay, first stop. The grocery store is a place with a lot of anxiety for me. So sometimes I like to come over to this thing and see if the soda fountains working and get a diet coke to have while we walk around. Let's see if it's working today. No, it's not working. Okay. The seasoning. Can we get some sandwich meat while we wait here? Wow April almost
was killed a man with her car. He's trying to tell her it's fine, but she really almost hit him really hard.

April: It was so close, but he was so ready to jump over me, he was so agile.

Sophie: Wait, look at this fancy cheap ... Wow maybe it is high end in here.

April: I'm telling you. This is high end stuff, Sophie doesn't know, she's lout of touch.

Sophie: I'm sorry but I think high end is whole foods, or even like the whole foods 365 is high end or Trader Joe's is high end.

April: No this place is nicer than a Trader Joe's it's more expensive.

Sophie: No it's not.

April: It is.

Sophie: There was never poop on the floor at Trader Joe's.

April: That's because they have good customer service.

Sophie: Yeah, that's why it's high end.

April: No I think the offerings are what makes it high end, like we're looking at a big world of cheese right now. They don't have that.

Sophie: I can't find the cheese that I want.

April: Well, this is the high end cheese section. We can just go to dairy.

Sophie: Okay. All right.

April: Shall we?

Sophie: Yeah. Okay, so we're here in the spices. We're looking for coriander, is that correct?

April: And fennel seeds, you need whole funnel seeds?

Sophie: Yeah.

April: Okay.

Sophie: There's cream of tartar, cloves, cinnamon. It goes straight from cinnamon to cloves, to cream of tartar, fennel seeds. Great. We need coriander, it's a good price. How do you know it's a good price?
April: Because this is like this ... This is organic paprika, which would be like $5. Wait, you see the coriander?

Sophie: Ground coriander.

April: There you go. And it's 25% off. This is a harder to find spice and it looks like it's going to be higher quality. So we'll go for it. Okay, now we're going to look for meat. We're meat eaters.

Sophie: Meat eaters, sorry everyone.

April: We're looking for chicken breasts. I don't want to get too lean because that'll be gross.

Sophie: Thin sliced?

April: Thin sliced is good.

Sophie: What's the difference between all of these. Free range?

April: Okay free range is hard.

Sophie: This is why it's all overwhelming, because there's so many options.

April: Okay so free range means like yes, the chicken was treated well, but it won't taste good it's like tough meat basically.

Sophie: Why you want your chicken force fed?

April: I honestly do.

Sophie: Wow.

April: Thin sliced doesn't seem bad and it's already skinless, so that will save us some time. Extra lean just means no fat. So again, it'll be too tough and gross.

Sophie: What about this green ones, the green packaging?

April: These are just overpriced, but they're like thin sliced breast thighs. We got babies up in the cart. So I think we should go with this. This is chicken breast. Boneless, skinless, thin sliced.

Sophie: Okay.

April: You'll have some extra.

Sophie: I was never fed chicken thighs as a child, ever.
April: We only gone to chicken thighs kind of later, but I've seen that juiciness that we used to do a lot of thighs. All right we got the meat-

Sophie: Where are we going next?

April: Produce so let's take a left.

Sophie: Okay, I'm looking for the thing I know how to cook best. Just chips and dip. That some mild salsa, now I'm looking for some corn chips. Do you see corn chips April? Also, looking for sea salt and vinegar potato chips, because I like those. Those are ... What? White corn is fine, perfect, I'll put these in here. And now we go over to the veggies. Right?

April: Let's do it.

Sophie: Veggies. I'm doing what they tell you not to do, which is shopping hungry. Okay, we're in the produce. I often have a hard time knowing what makes produce good.

April: For tomatoes. I'm just looking for nothing looks soggy or openly rotten, it's the only thing. But yeah, we got a little pack of grape tomatoes to add some color to our dish. I think that's it. I think we're good.

Sophie: Do we need anything else?

April: Let's see, I made a list, I checked it all. I checked it twice, I think we're good. We're in the checkout line. I'm looking at some really persuasive headlines that are making me want to make a purchase. Let's see. At last Jen moves on in love with a regular Joe. Jen Garner is falling in love. Wait let's see news. Eating water instead of drinking it heals a broken metabolism.

Sophie: What does that mean?

April: Women's World, you've been ruining my life for years. What does that mean? Kardashians finally canceled, 1.5 billion empire collapses. That's not sure. So I was holding up a tiny tapes. We love these crispy nothing cookies. There's so much jerky. I always fall for chocolate here. I'm always like getting myself peanut M&Ms.

Sophie: I was gonna get myself some peanuts.

April: I always do. Now, I don't because I want to eat this meal that you make. I make a lot of impulse purchases in this area.

April: Okay, sure, oh my God we got a deal.

Sophie: We're back in the car now.
April: We're back in my pierce, we're navigating back to the house, to make a meal for the ages.

Sophie: Very excited.

April: [crosstalk 00:11:10] the Billboard and the distance. Can't believe you're gonna make another one of those. All right.

Sophie: I'm gonna look and see if there's anything else, oh yeah. So do you have any other memories about grocery stores from growing up.

April: Honestly all my memories are just me and my mom at super Walmart at 11:47pm panicked, because she got home from her second job and we have no lactose free milk. So we gotta go get it now. That's like all of my life experiences, but as an adult, I find grocery shopping really soothing. I tend to be at the grocery store like a lot because I like to cook a lot of things that I need like a specific ingredient for, but yeah, growing up it was just chaotic and it was always like we didn't have enough money so it's just like, “what are we getting this week, can't believe it's not butter or actual butter”. So you can say that in the course of my life, I now can buy real butter. That is a blessing.

Sophie: Growth.

April: I consistently buy actual Irish butter.

Sophie: Wow, this is very LA, a black man on a bird scooter just went by holding a frappuccino and stared at April.

April: Of course, they love me, and it's like pay my bills or get off my deck honestly.

Sophie: I hate the grocery store, I find it very stressful, there's too many choices, that's why I like Trader Joe's because there're fewer choices, but it's not great for like when you need to make something specific, but I rarely need to do that because I don't know how to cook. So I'm happy with what Trader Joe's provides me.

April: But you know what, you're trying. Sophie this year has experimented with rice cookers, you've experimented with different cooking apps. You're like being proactive about it.

Sophie: Yeah, I do really like this new app I downloaded called Meal Board. It's very helpful, you can import a recipe from a website into it, or you can type on it or whatever. And then it separates out the ingredients for you. And will tell you like, “Okay, here's all the produce you need to buy”. And then it has another page that you click on. And it's like, “Here's all the instructions”. It's very helpful.

April: Do you ever watch any cooking shows? Or kitchen cooking channels on YouTube?

Sophie: No, I find them boring. I think cooking is boring.
April: Oh, my. But you like eating. You’re just not interested in the process.

Sophie: No, I don’t like it. I think Victor really likes it. But he also like he likes cooking and talking while he’s cooking. Or like listening to music and then like, he feels proud of it. But it may be will get more satisfying for me. It’s just not that satisfying right now. When I’m like, “cool. I just stand here and stare at these onions and they taste bad”.

April: And then it tastes bad. Honestly. Yeah. I feel you it’s hard because we’re coming from very different places. So for me, it was always like a fun family activity.

Sophie: Yeah, my mom did not like cooking either.

April: So if I didn’t have that background, I probably would feel the same way and be like this is just another adult boring thing that I don’t want to do.

Sophie: That’s exactly how I feel.

April: So I feel you, but one day when you cook a meal you’re so proud of, I bet you will have a similar experience, is totally become ... That’s me honking at someone.

Sophie: Did you just beep someone?

April: I just honked at someone. I’m aggressive. No I have the experience of self care or cooking now being part of myself care routine, I like turn on an episode of Emma Chamberlain’s YouTube blog.

Sophie: Who’s that?

April: She’s just a 17 year old that I follow on YouTube because she’s the new hot thing. And I’ll like cook an elaborate Korean meal. I love it. I did a really killer salmon the other day and I put cotija cheese on the asparagus and-

Sophie: That sounds so good.

April: I honestly impressed myself. I was like, “Go off bitch”. I was shocked by myself.

Sophie: That sounds delicious. Honestly.

April: I’ve got to cook it for you. It’s pretty good. But it was spicy. That’s the thing.

Sophie: Every time you’ve cooked for me. It’s been amazing honestly. Every time I’m at your house, you’re like, “Do you want some of this you poor child who doesn’t know how to cook”. I’m like, “Yes, please”.

April: And you always eat everything, even if I know it’s too hot for you, because you start turning red and I really appreciate that.
Sophie: It's always really good. And also, I want to show you how much I appreciate it.

April: That's very sweet. I love cooking.

Sophie: All right, gone in my house here's some of that sounds color.

April: I'm eating a huge apple.

Sophie: Okay, hi Zoria, hi doggie, hi good doggie. Okay, so we're going to attempt to make some zoodle chicken pesto with grape tomatoes, correct?

April: Yes, sounds good.

Sophie: Okay, so should I get out those frozen zoodles?

April: Yeah.

Sophie: Getting out the pesto. And I got out the zoodles. I would normally put on some music for this, but we're recording.

April: Imagine us listening to some tunes. What do you usually listen to?

Sophie: Well Victor listens to jazz or old school rap. So usually we're listening to that. But if I'm by myself, I don't know. I'll put on whatever I'm into at that moment. Sometimes I want to sing along because I get bored while cooking. So I'll put on like a musical. And then I'm in the kitchen like, well, my mother was frightened of a shotgun...

April: What song is that?

Sophie: Annie get your gun.

April: Oh my God.

Sophie: That's why I'm such a wonderful shot-

April: Okay, let's decide how much chicken you want. I'm not gonna eat a lot of this. So this is going to be how much you can kill eat.

Sophie: Well, let's just do it. I don't know.

April: Is this the right side also? This side?

Sophie: That the right side, well, don't we have to cook all of it. Now that we've opened it?

April: I would re freeze it.

Sophie: You freeze it?
April: If I wasn't ever going to use it, but I have to make that decision like right now.

Sophie: Help! I don't know how to make this decisions.

April: Okay, well first let's just pick our knife, I want the most serious knife.

Sophie: That's a scary knife.

April: I want the scariest knife.

Sophie: The most Michael Myers knife.

April: And then I'm going to pick out a piece and see just how much of this. Okay, so I think well, actually we could just cook all the chicken you can use it for like another experiment later?

Sophie: That's really nice.

April: Okay, yeah, let's do that. So we're taking out-

Sophie: Because I still have two frozen chicken breast in there from when Dina had me freeze it, and I don't know what to do with them.

April: I see, okay. So we have like two huge chicken breasts cut unto like falaise, and we are gonna cut them into thin strips, and then fry them up, or like saute them up.

Sophie: Okay, I'm throwing away the gross chicken platter.

April: So, while I do this, will you heat this? Some olive oil, so let's eyeball like a tablespoon and then we might add more.

Sophie: How much is a tablespoon?

April: Let's see, just poor a little, then I'll tell you.

Sophie: How much?

April: Okay swivel it around, let me see. Maybe just a little bit more. I mean that's good for now and then we'll add more if necessary, and then heat it on like medium.

Sophie: Well, my burner's really hot.

April: So like low medium.

Sophie: Yeah. I only know that because that's what Victor said.

April: Nice, just repeating sentences you've heard Victor say.
Sophie: I don’t know what that really means.

April: We’re cooking with gas literally, gas stove’s just the best. My mom taught me electric is trash.

Sophie: Okay. It says in the meeting that you wrote for us. You want us to talk about our biggest challenges when approaching cooking?

April: Okay, perfect. You go first.

Sophie: Okay, everything.

April: Everything. What would ... Just pick one, like when you’re sitting down to cook a dinner, what’s the most daunting part, is or the grocery.

Sophie: It’s honestly the ADD approach to it, which is like, I don’t know how to break it down into simpler and more approachable steps. It just seems very overwhelming to me. So just like okay, how do I choose a recipe? I don’t even know how to look at one and be like, this will be easy. This will not be easy. Like Okay, then I have to figure out which grocery store do I need to go to. That’s why this app that I found is helpful because it helps break everything down for me. But yeah, I think it’s just my lack of skills in breaking things down to manageable chunks, because I don’t know how to do so much of it. Because I go to the grocery store, and then I can get lost for like 10 minutes.

Sophie: Just choosing one ingredient, trying to choose the cheapest or the best, like not knowing how to do that. So it can be hard for me with my ADD and my perfectionist tendencies to be like, just choose this thing. And it doesn’t matter because I don’t like other things. I’m like, "You can skimp on this, but you need to get this part right". And I don’t have a sense of that with cooking at all. What about for you?

April: For me, I would say like around the holidays, that stressful cooking because when I’m at my house, just like figuring out what I want to eat for the week. That to me is fun because I know how to do it. And I usually know what I want, but for holidays. It’s like my mom will be like, “April, you made this meal really well several times this year. So now the big guns all your uncles are coming over cook your favorite dish perfectly”. And that’s like stressful because my mom is a perfect cook. And she always like knocks it out of the pot and people have high expectations coming to our house. So it’s like cooks the thing you usually enjoy cooking, but cook it perfectly.

April: And so I get stressed out that like, what if a little thing I added last time, I don’t remember to add, because I don’t really like follow the recipes that closely. What if I don’t make it exactly perfect. What if something goes wrong, what if I drop something, I’m so klutzy, so around the holidays, if I have to cook something that is my most stressful time, usually I get relegated to like the appetizers because my mother does trust me, I’m like whatever. Okay, can you pick out the seasonings?

Sophie: Okay.
April: I'll guide you through it. Just go over to the season cabinet and tell me what you see.

Sophie: Well, these are all the seasonings that Victor set out for me before he left, that he thought I could use.

April: That's nice.

Sophie: My sister for my birthday last year, Christmas last year. She gave me this really thoughtful gift because I was trying to learn how to cook stuff which was a subscription box called Raw Spice Bar. And it's all ... None of the people or things we're mentioning in this are sponsored, that's by the way, but it's just like they send you small batch spices and so visible like could use these for like cooking stuff like you just add it with whatever, because it's cool spices, so-

April: It's just like a world of spices.

Sophie: Yeah so like this is smoked chicken rub, I don't know if that's the right vibe for now.

April: Probably not. They say what's in it?

Sophie: Hot smoked paprika, cacao powder, cumin, onion, oregano garlic cayenne powder Turmeric fenugreek.

April: Nah, that's good on a chili.

Sophie: Okay here's Malaysian curry, chili powder, chai masala, urfa biber pepper, Apple, pie spices, Mediterranean oregano, rubbed Sage, Indu French dubin.


Sophie: Moroccan Ras elhanout, that's cumin, coriander, ginger, black peppercorns, Rose buds, turmeric, all spice, cloves, cinnamon, cayenne chilies and sumac sesame za'atar and then I also have like paprika. I have onion powder. I have other spices over here that I think Jasmine put away a little bit. I have this, salt free garlic and herbs seasoning blend.

April: Let's skip that, let's do salt, pepper, and then the oregano. That's very good.

Sophie: Okay. Salt, pepper and oregano? Okay, April is putting the chicken in the oil, which is something I'm terrified of doing.

April: Because it will pop you?

Sophie: Yeah.

April: I just don't feel pain anymore. So it's all good.
Sophie: Oh my god. Literally, she spilled the salt. You've got some on your shoulder.

April: That was so scary. So we're going to dive the chicken in. I hope we have enough space, You don't want it to be like on top of each other. So it might not all fit at once, you just chill. You get those nice frying sounds. Looks so art, we're very art. Okay, now, let's season.

Sophie: Okay. Should I ... You touch them all with your chicken hands.

April: Okay, we're just gonna sprinkle every seasoning. We're going very light to start. I'm just forgetting the whole thing is open. Okay, we're going to go with this one, I'm going to go with the garlic herb seasoning blend. This is considered light for me. Just because I'm taking into account that there's chicken on the bottom, going in with the oregano just a little bit.

Sophie: Just a little bit as it dumps out.

April: Let's say I'm African. Like we have heavy hands when it comes on seasoning. Okay, the salt. All right, I'm going to pick a spoon, Okay, I'm going to start moving it around or whatever, while I do this, you tell me what is your preference? A whole cherry tomato or cut him in half first.

Sophie: I don't know.

April: Do you mind having like, a whole new in your mouth?

Sophie: No.

April: Okay. We'll just leave them whole. So for chicken like this. I want to cover it for like a second so it can cook all the way through and we'll keep sauteing today. So I think what we'll do is we'll cook the chicken all the way through. Then we'll take the chicken out. So I need a place to put the cooked chicken. And then that way you can keep some of it. Some of it will go back in the pasta once it's done, so like a Tupperware or something.

Sophie: Oh, this makes me stressed.

April: What is your biggest concern? It'll be gross?

Sophie: I don't know, I think it really hits my perfectionistic stuff and also just like I also have money stress wrapped up in cooking, because since I don't know how to cook I order food a lot. Is this big enough? Is this good? And so I feel guilt about it like if I could figure out how to cook well, then I would save more money and then I'd be better, but also I don't like not knowing how to do something, especially when I'm hungry-

April: You need it now.

Sophie: Because I need it, my blood sugar goes down and then it's over for me.
April: As Sophie ventures to get more paper towels, I'm here to talk shit about her number one her hair cut. Actually the haircut is very cute, follow her Sophie ... What's your Instagram? Soph CK?

Sophie: Because someone who hasn't used her account since 2010 has Sophie CK.

April: If you know Sophie CK tell her to cash us outside.

Sophie: Totally, you should give up your Instagram account if you haven't used long honestly.

April: There should be rules about that.

Sophie: It's really irritating. You have no way to contact them.

April: Just washed them tomatoes ready for us to throw in, when the time comes. Just put those here for now.

Sophie: If we were being fancy I would have gone out and ... Nina and I made pesto one time with Victor's basil and it was really good.

April: From scratch?

Sophie: Yeah.

April: You got pine nuts and everything?

Sophie: Victor made me ... That was one of the first meals he made me, when we were first dating back when I could eat gluten, was like he made three different kinds of pasta and one of them was noque pasta with pesto from basil, that he brought himself.

April: That's so sweet.

Sophie: It was very impressive.

April: Frozen.

Sophie: Yeah we're supposed to saute it or something it says remove from packaging, place in a medium sized skillet, place over medium heat, cover with the lid, cook seven to nine minutes for al dente, season with olive oil, salt and pepper before serving or toss with your favorite pasta sauce. Okay, so how do we know when the chicken's done?

April: Okay, so we've got ourselves a white ass chicken, which means it's on its way to being cooked. I want it to be white at some point.

Sophie: How do you know when to put the pesto in?
April: Pesto will be last to go into the sauce, so we want it to be white to know that it's going to cook through, but then we also want it to be brown, so that it's not ... Okay sorry.

Sophie: Sorry, I just belly bumped April.

April: All right. I'm covering it again for a sec.

Sophie: How do you know how long to cover it?

April: Just because some of the parts were still pink. So it's like raw. We don't want to die.

Sophie: No, I don't want to right now. You know another thing about cooking ... I can do it. Another thing about cooking is that I always resented being made fun of for not being able to cook, because I felt like cooking was something traditionally feminine that I was like, “I don’t have to fucking cook”. Like, why should I have to be the one who knows how to cook? Nobody’s out here asking young men in their 20s if they know how to cook, because none of them fucking do either.

April: No they don’t.

Sophie: And so I think that's part of it. I can be very, like anti authoritarian, and so ... Oh, yes, definitely just from the lid. And so that's another thing. I was just like, “No, I don't need to cook”.

April: What is the main source of that, like that feeling of being judged for not being able to cook? Where does that come from?

Sophie: I think from like the same kind of ... Like at Stanford, everyone, there is like the person who knew how to meal prep as soon as they graduated, and just was like, “Yep, I gotta get up in the morning and run the dish, I'm going to run on my own, and then I wear my north face”. You know what I mean, it was very like, “I'm a consultant and I live in San Francisco and I'm very healthy all week and I blah, blah, blah, blah, blah”. It's just a very thing like that to me and I and so for a while, I was just like, "No, don't do any of that". And I'm just like I said recently getting back into being like, "But I want to cook for me". As opposed to being ... I'm trying to make a cool thing for like I can bring it to work every day as lunch in my Benta Box, even though I'm not Japanese.

April: I know, Benta Boxes are so in right now in your little Pyrex, you're not better than me their meal prep.

Sophie: But it's clearly very different for you and for Victor than it is for me. I also just like my mom was so busy that when she cooked she was always like, “Okay I gotta do this now”. And she makes like a couple very good dishes, but a lot of times for her I just saw her be like, “Oh I'm stressed”. And also sometimes she tried to make me help her in the kitchen, I was just bad at it.
April: My mom was like that too, me and my sister talking the other day. Like I don't know how she pulled it off. She had two jobs during the week she would cook at least two fresh meals and like in the middle of the night cook something amazing and just leave it in the fridge for us, but on the weekends were the like fun family cooking times, but there's definitely times where you just hear like a crash in the kitchen at 1 am because she's making us like Liberian delicacy, and has to get up for work in three hours. So that was always like ... I felt bad for her, but it was always good. No matter how much stress my mother's under, she always cooks amazing.

Sophie: The one food related tradition that we have, is that on Christmas my mom always like we have hot chocolate while we open our stockings, then we have like waffles or pancakes and my mom made, and bacon and stuff that was really fun.

April: Okay, so I'm going to transfer this cooked chicken into the dish, then we're gonna move on to cooking that zucchini. So will you open the package up?

Sophie: Yeah. Smells good.

April: If I had more time I would also put a fresh squeezed lemon in this. I think that might be good. You know what I found? If you warm up a lemon before you squeeze it more juice comes out[crosstalk 00:32:32]

Sophie: Victor told me and if you roll it.

April: Yeah. If you roll it. Be tender to your lemon. That's what I learned. A Greek husband would be perfect.

Sophie: It would be amazing.

April: I would be so happy. All right, go ahead and dump that zucchini pack in.

April: It's near the fire. It's going to get crispy actually if I can get a fork I can seifer. Thank you. Now I can examine how cooked this is. Let's see. Okay, let's cover it till it loosen up a bit. While we cover it should we talk about what we're thankful for?

Sophie: Sure.

April: Okay. As we wait for our zucchini noodles to thaw, let's talk about what we're thankful for this year. I'll go first. Number one. I'm thankful for the official sisters of the pod. We both have great sisters, who hold us up and send us memes and are there for us. It was a rough year all around. I would say I'm thankful for my sisters. I have another sister too, she's busy with her 12 Kids shout out to Cic. Anyway, thankful for my sister. I'm also thankful for Maxine Maters. I felt like she's one of the only people whose kept like the correct energy all year, which I appreciate. It's just been nice looking at her and having somebody who like feels the same level of upset as I do politically, like she just very much mirrors that. So I appreciate her.
April: I’m also thankful for African Beauty Supply Stores. I do not remember writing that. But that’s true. I have had a lot of like joy and just changing my hair a lot this year, just to distract me from the chaos, shout out to the many, many, many African Beauty Supply Stores in my neighborhood, for just helping me keep it fresh. And also just like a place of community, not all of them are black owned, but there's lots of like, beautiful black woman in there who will help each other and will be like, do you think this looks cute pink? Are we sure about pink?

April: I appreciate that. In addition to like my family and also the family that's what I’m thankful for. What about you.

Sophie: I’m also thankful for my sister who helps out with a pod sometimes, which is really, really kind, and she always listens and then text me her feedback. She wanted me to do a hashtag sorry about her, because she felt like I made her sound like the bad seed in her words, but I did not. I just said that she and my mom argued more. Which is true when we were talking about like, you were like, what was punishment like in your house? And I was like, "I wasn't punished, but she was".

April: Sorry Essie, we all know you're really good.

Sophie: Yeah. And then also, I'm thankful for my friends. I know that you say I'm obsessed with my friends every week.

April: Every week we have an outline, and we read our obsessions and Sophie always writes my friends LOL.

Sophie: If I was actually obsessed with that week, every week it would be like the 10 episodes of Gilmore Girls I've watched this week waiting for my boyfriend to come home. Like I don't do anything interesting.

Sophie: I'm obsessed with my friends who helped me celebrate and have a very, very happy birthday this last week. Like I said I was like worried because my mom and sister and boyfriend were going to be here, but they really made it special for me including you April, that was very, very nice and you made me feel very special and loved.

April: I'm so glad.

Sophie: And then also I’m thankful for the professionals that keep me above water. That's my therapist, my site, my pirates instructor, my hairstylist.

April: Own it.

Sophie: Hopefully I'll soon add an acupuncturist, and you whatever else. I have like 20 doctors I go to, so I'm very thankful for them.

April: Hold on. Can you believe this is all the noodles? It's like two noodles.
Sophie: Zoodles and spinach both cooked down to nothing. And honestly it makes me feel like I don't understand cooking or math.

April: I did not expect it to be this few. It's like three tablespoons of zoodles. I want to drain some of the water. Maybe we can make it-

Sophie: It's one serving. I'm also thankful honestly just for living in LA I think it would be way harder for me to find community, and the gluten stuff I have to eat, and other places.

April: You should be able to live the way you need to live so that you're well. It would be hard to do it somewhere else.

Sophie: All of budgie stuff here that I like, and all of the professionals that are here, and all of the ... Just people who are here who are also gluten free and just living in a place where everyone else is also trying to go after it and get it. VOC is a conservative place we are still working on them. But like most of LA is pretty liberal. And that's like, nice to live in a place where most people are sort of okay. I don't want us to be too-

April: No, we don't want to give too much credit. Most people are sort of okay here, as generous.

Sophie: Yeah, and I just really like the vibe of LA and the ... I just like trying to go after creative stuff here. So I guess I'm thankful for living here. I finally feel like I'm making progress towards my creative goals. Yeah, I'm thankful for you.

April: I'm thankful for so, as I am every year that we know each other.

Sophie: That's nice.

April: I feel appreciated noise. Okay what are your tips for the Hannah's who feel like you, and have a lot of stress around cooking, the apps seem really helpful to me.

Sophie: Yeah this Meal Board app is very helpful.

April: What's it called again, so we put it in the show notes.

Sophie: I think Meal Board. Very helpful for me because it separates stuff out for you, honestly I want to try some of the apps where you can order grocery things, because some weeks going to the grocery store, it's too overwhelming for me, and I think I have a lot of guilt about using those, but I know that that logic doesn't really apply. As we talked about before the white knuckling doesn't really apply, if I bully myself about not going to the grocery store. That does not necessarily mean I'll actually go, so I'm going to try that. And also, just like not being ashamed to ask for help.

Sophie: I asked a couple people for help when I was trying to do this. Then I had to tell them like you're not allowed to laugh at me about this, I know usually I'm up for gentle ribbing. But I actually feel very sensitive about this. And so please don't make me feel more
dumb than I already feel about this. And everyone was like, "Sure, I'll help you". And so now I have a couple meals that I can make fairly well. More like, I'm on my way to making like ... I've made chilies several times now.

April: Oh, hell yeah.

Sophie: And the other day Meena helped me make the Vihitas. That was good, except for the ... Again, the tortillas from Trader Joe's are not good.

April: Gross.

Sophie: They're not good. But yeah, just like, start really slow. Don't be afraid to ask for help. And like don't be ... If you're like me, and you're overwhelmed by the fancy cooking things. Don't be afraid to just google like easy recipe.

April: Like 10 minutes, start with that, 10 minutes foods. Crock pot foods are really helpful to just jump in and also time savers.

Sophie: Honestly another thing I started with was just buying some prepared or almost prepared foods from Trader Joe's, that really helped me get into the mindset of I'm going to eat out of my fridge, instead of I'm going to eat leftovers, or I'm going to eat like Gilmore Girls style. It really helped me get into the mindset of I'm gonna eat from what I have, and make something, and then I feel good about it even when I'm just making a picnic style meal, which I eat a lot just like lunch meat, a little thing.

April: I would describe your eating style is all a cart.

Sophie: Yeah, that's my favorite. Just grazing.

April: Just whatever I love to graze. Okay, you so first I'm going to describe what I'm doing. So the zoodles are sauteed. There's three zoodles in this spot, I cannot believe, so I put some cherry tomatoes and added a little more seasoning. Now I'm going to add some of the chicken back, and then the sauce and then I think we're done.

Sophie: Good, the scarf it before we go.

April: Then there's scarf, so what was the question tips for Hannas who are starting to cook? Yeah, I would say honestly start with perfecting one dish, I think the first thing I made that was like the signature, like everybody in the family knows that I make it really well. The spinach and artichoke dip. I got to make you my dip sauce. It's a good dip.

Sophie: I'd love some.

April: Even though we're all lactose intolerant. Yeah, same but honestly worth it. It's a good ass dip, so I think I would find a dish that you like, like you've ordered at restaurants, and you really enjoy eating, and then figure out how to make it, and yeah it's going to take a lot of trial and error, and add your own flair and then one day it will be your
signature dish that you feel proud of. And maybe that will activate you don't want to find other dishes, and maybe this Thanksgiving you can bring your signature dish to the party into a proud of it, but also if you need to bring just a pie you bought at Walmart, I would get a patty sweet potato pie and feel fine with it.

April: Because it is what it is. And we're all starting somewhere. Okay. I think we're ready-

Sophie: Do we had the pesto in?

April: To add pesto and then is this a good amount you can free to like save the zoodles[crosstalk 00:41:55]

Sophie: For sure. It's perfect.

April: So you tell me ... You add the sauce because I don't want to add too much sauce for you?

Sophie: I don't know how much is too much.

April: Okay, we'll go slow. I think it's good.

Sophie: Should I take a pic?

April: Yeah. Wow, beautiful the colors popin. All right, describe this first bite.

Sophie: All right.

April: I hope I did you well but also we cooked together but-

Sophie: You cooked.

April: You recorded. You definitely helped. Good?

Sophie: Really good.

April: Fuck yeah.

Sophie: Wow, really good.

April: That's delicious.

Sophie: Now I can make this now.

April: It's not hard.

Sophie: I can't believe you said a little amount of spice. That is so much spice.
April: Yeah we cook heavy, I don't know what to. tell you.

Sophie: Wow this is delicious April.

April: Oh my God I'm so glad. Honestly the pesto is so good.

Sophie: Pesto was good.

April: All right so, that's it we have prepared a delicious chicken pesto with zoodles and cherry tomatoes, Sophie now knows how to make this yummy ass meal, and we'll post a pic of it on our Instagram, thank you for joining us as we have this adventure.

Sophie: We're off next week for Thanksgiving.

April: What Sophie with zoodles in her mouth was saying was, we're off next week for the holiday. I hope you all have a good holiday, whether it's just you solo or with your loved ones. I hope that our episode from last year about how to navigate those tough conversations is helpful to you. If people try you again this year. I'm sure they will. And I hope you feel prepared to knock them down. Enjoy the holiday, and we we'll be back next Thursday. So that's it for this segment. A little bite, which is the smaller meat of it. Very cute.

April: I saw in our notes that we came up with that last year. We're so smart. I'm really smart. So that's it. We have solved cooking right? Just cooking. You're welcome.

Sophie: And that's our show. Be sure to check out the show notes for links to the stuff we mentioned today, and don't forget to send us your questions via email or voice recording to fyi@shesallfat.com.

April: Please make sure to leave us a review on Apple podcasts, it's super important and making sure people find the show, if you leave us a review on Apple podcast we give you a shout out on the pod next week.

Sophie: SHE'S ALL FAT is created, produced and hosted by us Sophie Carticon and April K Quioh. We are an independent production. If you'd like to support the work we do. You can join our Patreon by visiting patreon.com/shesallfatpod, when you pledge to be a supporter. You'll get all sorts of goodies and extra content.

April: Our music was composed and produced by Carolyn Kenny Parker Rigs, our website was designed by Jesse Fish and our logo as by Britt Scott. This episode was mixed an edited by Maria Waltel. Special thanks to our fairy intern Mother Lynn Barbara and our brand new intern Kierston Berg. Our Facebook, Instagram and Twitter handles are @shesallfatpod. You can find the show on Apple, podcast, Spotify, Stitcher, Google Play, and wherever else you get your podcasts. Bye.

April: I'm walking again. I'm April and this is She's all ... Speech and better man. All right, we got your blooper.