

## **Mamoo's Kitchen on THE Overland Podcast**

Thank you for joining us on **THE OVERLAND PODCAST**. For years we have traditionally been a vehicle-based podcast, but we are spreading our wings and expanding into different areas.

- The reason is that there are so many amazing ways to explore our planet and when you do that, no matter what method you use, you are traveling OVER LAND.
- We enjoy walking, hiking, backpacking, and bushcraft or survival techniques, so therefore it is mandatory that we explore the whole world of travelling OVER LAND!

But one thing, no matter what you are doing, or where you are traveling...one thing you always do...you always EAT!

So today on the podcast, we have with us Paul Murray from **Mamoo's Kitchen**. Good evening, Paul. Welcome to the show!

- Now sometimes we have shows that I am very nervous about
- I don't know the people well.
- I am wondering how the conversations will go...
- But Tony, I am very comfortable tonight... I feel very at home with everyone here
- Kind like we are family gathering around the Thanksgiving Table...

### **Louisiana people from the SOUTH...**

- We love supporting small business
- We love supporting those who support us!
- We love good people and we know you are good people!
- We absolutely love good food! You've got it!

**But BEFORE we talk about Mamoo's Kitchen, I want to know more about you...**

### **Louisiana...**

You are in South Louisiana

- I have been to south Louisiana
- It is like a completely different world down there
- People talk different
- They crazy – they hunt alligators and have swamps
- They have shows about these people – SWAMP People – TROY shoot'em Jacob!
- Duck Commander is from down there, not quite as far south...they are like Yankees lol

But there is a difference EVEN in Louisiana with the people...

- In North Louisiana, it is not the same as the south
- Where is the line where people become Cajun?

## **FOOD**

- There is a big difference in the food as well the further south you go...
- People travel to south Louisiana just for the food
- I have ordered and had food shipped from south La quite often.
- There are things you can get down there you can't get anywhere else.
- And I want the REAL thing. I don't want to get my boudin from central AR Wal-Mart.
- Popeyes has pretty good chicken but it is just not the same.
  - Boudian
  - Creole
  - Red Beans and Rice
  - Jambalaya
  - Crawfish Boils
  - Gumbo
  - Etouffee
  - Dirty Rice
  - Po'Boys
- Did you grow up eating this kind of food? While the rest of us were raised on Spam and Macaroni and Cheese....were you dining on these amazing foods?
- What are your favorites?
- Boudin is one of my favorite things in the world! I absolutely love it! I have ordered it from so many different places down there and most of it has been good.
- Tell me...where is the BEST place to get boudin in your opinion?

## **Cooking**

You apparently love to cook

- I also love to cook, but that did not come until later in life when I began to appreciate good food
- When did you discover that you loved to cook and were good at it?

You obviously love to get in the outdoors...

- You have built up a really nice Toyota 4Runner (and a Jeep?)
- You have created an Instagram page called @mamooscampkitchen\_adventures
- You have posted about building a battery box

- Obviously, you love to hunt
- Has this always been a way of life for you?

## **Mamoo's Kitchen**

Share with us, how did Mamoo's Kitchen get the start?

- Where did it all begin?
- Almost 50 years ago, your mom Nelda (AKA Mamoo as she is known by her grandchildren) was a teacher
- Quit her job to be a stay-at-home mom and farmer's wife
- Gained a reputation as a great cook. Her ministry is feeding people.
- Now the food straight from Mamoo's cookbook is living on through you.

You started out as a catering business?

- I looked over your catering menu today
- That is LEGIT amazing...
- Boxed lunches to dinners to fried turkeys
- You do weddings, parties, corporate events...

You also have frozen meals available?

- You took your frozen meals and made them into freeze dried meals?

What was the first thing you made freeze dried?

- What gave you the idea to try this?
- Were you shocked at how good it was?

We met in person at Overland of America in Jay, OK

- You had your booth set up and told us you hadn't done the events much
- This was a new thing for you
- What made you think to get into the Overland Scene?
- You persevered through the sun and heat that week and cooked a lot of food
- Probably the best thing you could have done was to offer samples of your food there for people to try as they walked by.
- One taste and we were hooked.

I was skeptical to be honest

- I have been eating freeze dried meals for years and years
- One thing that most of them have in common...they are not good
- Very bland...need salt

- Texture is a big hurdle they can't seem to cross
- We try new ones all the time because we are always trying to find something that is good
- You don't want to be out in the middle of nowhere, having walked 20 miles that day with a 20 lb pack on your back, sit down to your only hot meal of the day and it taste like grass clippings (and you can ask my wife, that actually happened to us THIS YEAR!)

So, when I tried your samples...

- I was blown away
- I have most likely tried 50 plus different camp meals that are freeze dried
- I carry several with me every time we backpack because we want a hot meal at the end of the day
- There are some out there that are decent
- But yours were different
- The samples we tried were even some that had been sitting on a table a minute or 10.
- They weren't even hot in the bag
- And I was in awe of what I had just put in my mouth

Tony...

- You do not quite have the experience I have with freeze dried meals
- What was your first impression?

The good thing about Freeze Dried Meals

- Shelf life – good for up to 30 years
- All you need is hot water
- Easy to cook and easy to clean up – you can cook them right in the bag
- Easy to pack
- You can always keep them in your rig for “just in case” situations
- Sometimes it gets really warm and you don't want to cook or slave over a hot stove but you still want a warm meal...these are perfect. With a Jet Boil you can boil water in just a little over a minute, pour in the water and then wait a few minutes and it's done.
- Backpacking – I actually repackage my meals. Most meals are 2 servings so I half them and repackage into freezer bags then I have a rehydrater bag that I cook them in. I save weight and space when doing that as the Ziplock freezer bags are more packable.

## **Food**

Let's talk about the meals you have available and what people can expect when they get them to try...

## Freeze Dried Meals

- Mamoo's Breakfast Scramble
- Beefy Enchilada
- Blend of the Bayou
- Cheesy Chicken and Spaghetti
- King Ranch Chicken
- Chicken and Sausage Jambalaya
- Freeze Dried Ice Cream Sandwich

Tony

- Which ones have you tried?
- What is your favorite?

Spice

- Down to D'arBonne Beef and Pork Rub

## **Any new Ideas?**

- Do you have any new recipes that might be in the works?
- If you need any Beta Testers, Tony and I are your guys. We are completely unbiased and have ultra-sensitive pallets.

## **Discounts**

We at THE Overland Podcast are an affiliate so we post our link often...please use that when you order...

We also have a discount code – **overlandpodcast10** to save you 10%

You also are asking people to sign up for a discount code for an email newsletter?

Free shipping over \$75

Will you be busy next week with Thanksgiving?

## **Conclusion**

Website – [www.mamooscampkitchen.com](http://www.mamooscampkitchen.com)

Instagram and Facebook – Mamoo’s Camp Kitchen and you also have the @mamooscampkitchen\_adventures on IG

I greatly appreciate you coming on the podcast

I have thoroughly enjoyed learning more about you, your family, and your business!

I love your products and love how we as the podcast can associate and work with each other.

Thank you!

I want to thank everyone for tuning in and listening to this conversation.

I hope you have gotten as much out of it as I have. We all love food and this is one of our favorite subjects!

I hope you have a wonderful week.

We are signing off here on THE OVERLAND PODCAST.

Look out for number one and don’t step in number 2.

We are out!