

CHEF LATOYA LARKIN

Tamale Disruptor: Breaking Traditions, Building Empires



ABOUT CHEF

Chef LaToya Larkin is not your average culinary leader—she's a disruptor who blends soul food with strategy, culture with commerce, and passion with purpose. As the founder of Black Girl Tamales, she turned a humble Southern recipe into a gourmet sensation, earning national acclaim and mentorship from James Beard Foundation, G-Unity Business Lab, and the Heinz Black Kitchen Initiative. A former culinary educator and now full-time food mogul, Chef LaToya uses her platform to empower women, challenge culinary norms, and lead innovation in the kitchen and beyond.

Signature Speaking Topics

Unwrapped & Unbothered: "The Art of Disrupting with Flavor"

Tagline: They told me tamales couldn't be soul food. I told them watch me. Disruption isn't loud. It's intentional, it's rooted, and sometimes—it's wrapped in a tamale.

Next-Gen Flavor: "Building the Future Through Food"

Tagline: The future of food is bold, blended, and rooted in culture. I didn't wait for a seat at the table—I built my own and served tamales with a side of legacy.

Disruptive by Design: "Turning Grit into Gourmet"

Tagline: As a chef, culinary strategist, and founder, I believe disruption starts with daring to serve something different.

Bold Bites, Brave Moves: "Women Redefining Leadership in the Kitchen and Beyond"

Tagline: We don't just follow trends—we cook them up from scratch. I'm here to show what happens when leadership tastes like us.

BOOKING INFO

Chef LaToya Larkin

Founder & CEO, Black Girl Tamales®

✉ blackgirltamales@gmail.com

🌐 www.BlackGirlTamales.net

📍 Based in Houston, TX

🌐 FB, IG, TikTok: @BlackGirlTamales