

Dish: Episode 15, 7 September 2022

Emeli Sandé, garlicky mushroom tagliatelle and a hungry T-Rex

DIALOGUE
Nick Grimshaw Hello, I'm Nick Grimshaw...
Angela Hartnett And I'm Angela Hartnett.
Nick Grimshaw ...and welcome to DISH, from Waitrose, the podcast that encompasses all the things we enjoy. Eating, drinking and chatting.
Angela Hartnett And every week we invite someone famous, a lovely face, round for a meal.
Nick Grimshaw A Michelin star meal, which you can recreate yourself. Just pop on over to Waitrose.com/dishrecipes .
Angela Hartnett Right let's get cracking. You're my Sous Chef today.
Nick Grimshaw Yes chef. You always make me call you chef, even on texts. I hate kitchen roll.
Angela Grimshaw I love kitchen roll.
Nick Grimshaw Oh I hate it.
Angela Hartnett But what do you do when you spill stuff and wipe stuff up?
Nick Grimshaw I like using it, I don't like it out.
Angela Hartnett Yeah, no no, oh god... <i>(over talk)</i>
Nick Grimshaw Er it looks ugly don't it?
Angela Hartnett No but your house is gonna be one of those houses that you don't even have the washing up liquid out and the, like the brush to clean stuff.
Nick Grimshaw Oh no no.
Angela Hartnett I bet it's all in a little pot under the sink isn't it?
Nick Grimshaw I don't like nothing on any sides.

Angela Hartnett But then you're constantly in and out of cupboards.
Nick Grimshaw Yeah.
Angela Hartnett It's like my friends, they have the toaster in the cupboard, so you have to get that out to make the toast. The coffee machine... It's like what-what a palaver in the morning.
Nick Grimshaw We have the coffee machine out. The microwave's in a cupboard.
Angela Hartnett Well that's 'cos you're hiding the fact you've got a microwave!
Nick Grimshaw I know but the microwave should be out 'cos it's about 8 stone. So every time you get it out you're like, ooh get the microwave out!
Angela Hartnett To heat up that curry when you've had a hangover.
Nick Grimshaw Yeah!
Angela Hartnett The microwave!
Nick Grimshaw Microwave rice or something.
Angela Hartnett Yeah exactly.
Nick Grimshaw Um now I always knew it would happen but I think today it's happened. I think...
Angela Hartnett What's that?
Nick Grimshaw ...Angela Hartnett's lost it because in front of me...
Angela Hartnett Ah ha ha ha!
Nick Grimshaw ...I can see honeycomb, Marmite and pasta. Are you alright?
Angela Hartnett I'm very impressed that you recognised the honeycomb.
Nick Grimshaw What's going on?
Angela Hartnett Well that's for our guest's dessert and I've just added a little twist to it.

Nick Grimshaw Okay, and what are you making as our, as our main?

Angela Hartnett And your main is a lovely, pasta dish. So we've got some roasted mushrooms here. A bit of garlic that I'm grating in. So nice and garlicky 'cos I think they like lots of garlic. You like lots of garlic...

Nick Grimshaw I love loads of garlic.

Angela Hartnett ...and then I've got a few dried mushrooms as well. So that's gonna add a little stock to it.

Nick Grimshaw Wow!

Angela Hartnett It's easy peasy.

Producer If somebody isn't a garlic fan, what would you put in instead?

Nick Grimshaw Oh grow up, I'd say.

(laughter)

Angela Hartnett What's that?

Nick Grimshaw Don't like garlic, get a grip.

Angela Hartnett Go somewhere else.

Nick Grimshaw How much of a faff is it making pasta? Not for you the chef, but I mean for me.

Angela Hartnett What for me Nick? 'I'm gonna go home and make this Grimshaw', but yeah, have you failed to do it yet?

Nick Grimshaw Er yeah-yeah, I have, I've made that bean thing, with the lemon zest in it.

Angela Hartnett Yeah, but you tell me this but I've seen no evidence.

Nick Grimshaw Well...

Angela Hartnett It's just, it's just verbal texts...

Nick Grimshaw It's true.

Angela Hartnett ...that say, by the way I've made it but the picture is rubbish.

Nick Grimshaw Well Angela always gives me grief on Instagram, 'cos I put the start of the meal but then never the finished one.

Angela Hartnett Yeah.

Nick Grimshaw I have wanted to be a bit more chef-y since we've been doing this podcast. Normally I wouldn't cook a fish with a head in at home.

Angela Hartnett Did you cook it with the head?

Nick Grimshaw Cooked it with the head.

Angela Hartnett Well done.

Nick Grimshaw So I had to send Angela pictures of the fish. No I – first of all I said, hi I've two whole Sea Bass, how do I do it? Oh no they're Sea Bream.

(laughter)

And then Angela said, send me a picture. So I sent a picture of the fish.

Angela Hartnett Yeah, there's no like, hi how are you, in these texts! We're like very functional!

Nick Grimshaw I sent, I sent a picture of the fish. I did check Angela's book but it was only a crudo (raw)

Angela Hartnett Yes sorry.

Nick Grimshaw ...and I did want to cook it because...

Angela Hartnett Yeah.

Nick Grimshaw ...because I thought, I don't want to kill anyone.

Angela Hartnett Yeah.

Nick Grimshaw But Angela wrote back, no punctuation, and this is why I love it. Stuff with sliced lemon, crushed garlic and herbs. Bake on parchment paper. Season inside and out. Glaze with olive oil. 180 for 10 to 15 minutes, then you should be able to stick a thin knife through the thick part. Also slash the skin.

(laughter)

Send!

Our guest today is no stranger to performing in front of thousands and thousands of people. So she should have no problem chatting and eating in front of our 13 strong crew.

(Angela Hartnett – laughing)

She's got Brit Awards, number 1 albums, number 1 singles. She's even got an MBE like you Angela.

Angela Hartnett Ah lovely lovely, feeling left out. I am a little bit yeah.

Nick Grimshaw And most importantly, she has a thing for Angel Delight.

Angela Hartnett Oh interesting.

Nick Grimshaw It's Emeli Sandé everybody! (*applause*) Hi Emeli Sandé, welcome.

Emeli Sandé Thank you.

Angela Hartnett How are you?

Emeli Sandé Thanks for having me.

Nick Grimshaw Thanks for coming round.

Emeli Sandé This is for you guys.

Angela Hartnett Wow!

Nick Grimshaw Wow!

Emeli Sandé This could be a good er, after dinner...

Nick Grimshaw Oh wow.

Angela Hartnett So shall we, shall we open it after we've eaten?

Emeli Sandé Oh okay, yeah.

Nick Grimshaw Well yeah, shall we do that? (*over talk*)

Emeli Sandé Yeah!

Nick Grimshaw We've never... Sometimes guests come and bring summat, but we've never had a wrapped gift.

Emeli Sandé Oh okay, well!
Angela Hartnett You're straight to our No. 1 guest.
Nick Grimshaw No.1 guest.
Emeli Sandé Oh fantastic!
Nick Grimshaw We're easily bribed.
Angela Hartnett Yes.
Nick Grimshaw Shall we have a sit?
Angela Hartnett Yep.
Emeli Sandé Yeah.
Nick Grimshaw I think we've got to talk about the MBE first.
Angela Hartnett Why is that?
Nick Grimshaw I always take the mick out of Angela and tell everyone that she makes me call her, Angela Hartnett, MBE, OBE... <i>(laughter)</i> Shh, it's very serious, but you, Emeli, you're Emeli Sandé MBE as well.
Emeli Sandé Yeah, it was quite a surprise. Um, I was in L.A. at the time, I was with my Mum...
Angela Hartnett Yeah.
Emeli Sandé ...and then I got the call saying that, you know you've been given the award.
Nick Grimshaw Honoured.
Emeli Sandé Yes honoured and it was amazing. We had a great day at the palace!
Angela Hartnett Who gave you your award?
Emeli Sandé Prince Charles.
Angela Hartnett Fab.

Nick Grimshaw Who did you get?
Angela Hartnett The Queen, actually.
Nick Grimshaw Ah! Hurray!
Angela Hartnett Listen, the only reason is, I'm a lot older than you!
Nick Grimshaw Prince Charles wasn't born actually.
Angela Hartnett Yeah! <i>(laughter)</i>
Nick Grimshaw Who did you take with you Angela when you went to get yours?
Angela Hartnett I took my mum, my brother and my sister.
Emeli Sandé Mm.
Nick Grimshaw Ah.
Angela Hartnett Yeah, so, yeah you take your family.
Emeli Sandé Yeah, mum, dad and my sister, yeah.
Nick Grimshaw I bet mums like, lose it.
Emeli Sandé Yeah!
Angela Hartnett Oh yeah.
Emeli Sandé Yeah, the hats.
Angela Hartnett No actually my mum was er... She's always like, I love all my children the same, they're all amazing, and you know she's never sort of, if I say something she'll always go, do those recipes work? Don't you dare swear on tv. <i>(laughter)</i> And then suddenly with this thing she got photos and literally sent them out to anyone and everyone she knew. <i>(laughter)</i> I said mum, what! She said, you know I'm very proud Angela, very proud.
Emeli Sandé Yeah!
Angela Hartnett I was like, oh my god!
Nick Grimshaw What, did she send out pictures of you at the palace?

Angela Hartnett Yes, to like all our relatives. Like suddenly, it's like mum, you've never done anything like this in your life. I was like mortified.

Nick Grimshaw It's gotta be done, but you have many an accolade. You know we were just saying in the introduction, awards and Brit Awards and No. 1 albums, MBE. Is there one thing that you sort of consider to be like your greatest achievement?

Emeli Sandé The debut album going to No 1, that was a big one, 'cos it was so unexpected. I'd just come into the industry. So I think to kind of enter like that, is something I'll never forget.

Angela Hartnett Yeah.

Emeli Sandé Yeah.

Nick Grimshaw And what year was that? Was that like...

Emeli Sandé 2012.

Nick Grimshaw 2012.

Emeli Sandé Yeah, it was good year, yeah.

Nick Grimshaw It was a good year and when I was doing like my Emeli Sandé research earlier, it felt like that-that time, was just like so full of like promise and like I don't know...

Emeli Sandé Yeah.

Angela Hartnett Yeah.

Nick Grimshaw ...you felt like anything could happen then in 2012.

Emeli Sandé Yeah. And you know with the Olympics here as well...

Angela Hartnett Yeah.

Emeli Sandé ...there was hope in the city and it really felt like we were just on our way up.

Angela Hartnett How did that come about?

Emeli Sandé Um, I just got a call to kind of come to their secret bunker, where they were planning it all. So that was about 6 months before the actual event.

Angela Hartnett Right okay, yeah.

Emeli Sandé And er, yeah Danny Boyle was there and we had this big model of you know the big, opening ceremony, and they asked me to sing Abide with Me. So it was a great honour, just seeing how it's all being put together and hundreds of people involved and he was so passionate at every stage of it. So it's just lovely to see a vision come to life...

Angela Hartnett Yeah.

Emeli Sandé ... and represent my country and sing such a beautiful song, and it was at such a beautiful, like quiet moment. It was very nerve-wracking.

Angela Hartnett I bet.

Emeli Sandé I've never been that nervous before or again! (*laughter*) Yeah!

Nick Grimshaw Exactly.

Emeli Sandé Thank goodness. Um, but then I got – you know I sang my song and then I got to go back into the crowd, sit with my mum, dad, my sister and the fireworks were there and it just felt like, wow!

Angela Hartnett Yeah, I don't think anyone's replicated what we did for the opening and closing ceremony.

Emeli Sandé Yeah.

Angela Hartnett I honestly...

Emeli Sandé It was awesome.

Angela Hartnett ...I think it was brilliant.

Emeli Sandé Yeah.

Angela Hartnett And London was like that. I remember getting the train home and stuff, and you know there'd be athletes that had won medals sitting on the tube...

Emeli Sandé Yeah!

Angela Hartnett ...and you'd just be like chatting away to them.
Emeli Sandé Yeah!
Angela Hartnett It was such a great feeling though.
Emeli Sandé Yeah.
Angela Hartnett I want the Olympics again.
Emeli Sandé/Nick Grimshaw Yeah. (<i>over talk</i>)
Angela Hartnett You know London...
Emeli Sandé Brings out the best of us, you know.
Angela Hartnett Yeah it really did. But you've just gone from strength to strength.
Emeli Sandé Yeah, I mean it was quite a whirlwind.
Angela Hartnett Yeah.
Emeli Sandé You know I'd come from Scotland and I'd just been writing for people for a couple of years and then I met Naughty Boy, so we started writing together, and then we were kind of the underdogs. No one really thought we were going to do much and then for that to really explode and that album to take off, it felt like a dream.
Nick Grimshaw How was the move to London, as someone who is not from London, 'cos I remember when I moved from Manchester, I found it quite hard. How did you find those early days in London?
Emeli Sandé Just exciting. I think 'cos I've grown up in a small town all my life, I just couldn't wait to get bigger and bigger and bigger and London just gave me everything I wanted and I only knew a couple of people but because I was so focused on the music, I think that kept me, you know not feeling too lonely or isolated, 'cos It can be an intimidating city.
Nick Grimshaw Mm.
Emeli Sandé I loved getting on the tubes, seeing different people...
Nick Grimshaw Yeah.

Emeli Sandé ...different styles...
Angela Hartnett Yeah.
Emeli Sandé ...different colours of people. I just thought it was amazing.
Nick Grimshaw Yeah, I remember getting on the tube like when I first moved to London and being like, wow!
Emeli Sandé/Angela Hartnett Yeah! Yeah!
Nick Grimshaw And everyone was so miserable all around.
Emeli Sandé/Angela Hartnett Yeah! Yeah!
Angela Hartnett And they still are. <i>(laughter)</i> Nothing's changed.
Nick Grimshaw They're still novel, I think, if you're not from London.
Emeli Sandé/Angela Hartnett Yeah.
Nick Grimshaw You're like what, it's underground, what! <i>(laughter)</i> Like, I'm still like that.
Emeli Sandé/Angela Hartnett Yeah!
Nick Grimshaw Still like that, but then you Angela, didn't you cook at the Olympics actually?
Angela Hartnett Yes, yeah we did all the um corporate hospitality. So we had like 10 different whatever it was Coca-Cola, Lloyds. All the big sponsors basically.
Emeli Sandé Yeah.
Angela Hartnett But we were always getting into loads of trouble at the Olympics. You know doing things we shouldn't have been doing.
Nick Grimshaw Like what?
Angela Hartnett All the food would actually go out to Essex before it came in here, 'cos it all had to be checked.
Emeli Sandé Oh yes.

Angela Hartnett It was all by certain people, so the suppliers.
Nick Grimshaw Oh what so there weren't like, performance enhancing drugs and that?
Angela Hartnett No, not like that! (<i>laughter</i>) Like one day we were just, we needed naan breads and poppadums and for some reason we didn't have them. So I sent someone to Brick Lane to get them and I made them come through the gates with all this food!
Nick Grimshaw What's in your bag?
Angela Hartnett Yeah, what's in the bag!
Nick Grimshaw 500 naan breads.
Angela Hartnett Yeah exactly!
Nick Grimshaw But you did the opening and the closing.
Emeli Sandé Yeah.
Nick Grimshaw We need your agent!
Angela Hartnett Yeah!
Nick Grimshaw Opening and closing! (<i>laughter</i>)
Emeli Sandé Yeah, and I think it was actually... I don't think either of them were aware, first that I got the call for the opening and then a couple of weeks later for the closing and I got to sing my version of Read all About it.
Nick Grimshaw Mm hm.
Angela Hartnett Yeah.
Emeli Sandé So um, yeah it was great!
Nick Grimshaw It was great, pretty good!
Emeli Sandé Yeah!
Nick Grimshaw Pretty good gig.
(<i>sound of fizz being poured</i>)

Nick Grimshaw So we're gonna have a little bevy. We're going for Champagne because we've heard it's your favourite.

Emeli Sandé Oh it is yeah.

Nick Grimshaw That's a proper pop star drink.

Emeli Sandé Yeah!

Nick Grimshaw Do you know when you see pop stars who are like, oh no I just wanna be (*over talk – unclear*)...

Emeli Sandé Yeah yeah!

Nick Grimshaw I like that Emeli's like, no Champagne only. (*laughter*) I like it.

Emeli Sandé Well I googled what has the least calories and it was Champagne.

Nick Grimshaw/Angela Hartnett Oh really?

Emeli Sandé So at first it was a dietary choice!

Nick Grimshaw It's a health choice.

Emeli Sandé Yeah exactly!

Angela Hartnett I always thought it was vodka and diet...

Emeli Sandé Yeah that's why I thought but I think Champagne just comes in a little less

Angela Hartnett Does it?

Nick Grimshaw Well models drink it.

Emeli Sandé Yeah, so...

Angela Hartnett Oh, there you go then.

Emeli Sandé Yeah, it's just logic!

Angela Hartnett Yeah.

Nick Grimshaw It's just logic! Away you go Emeli.
Emeli Sandé Er, thank you very much.
Nick Grimshaw I don't know if that is a Champagne flute but we're very um...
Angela Hartnett We're keeping it real.
Nick Grimshaw We're keeping it real round here.
Angela Hartnett Thank you.
Nick Grimshaw So we've gone for a Rosé one, from Waitrose, naturally, er which is gonna go with the mushroom pasta. Which Angela is gonna er...
Angela Hartnett Make.
Nick Grimshaw ...make in a, make in a moment yeah. So you love Champagne, that's your go to drink?
Emeli Sandé It is but I am trying to you know, step back.
Angela Hartnett Not drink.
Emeli Sandé Yes! Detox. I think it's, you know you do feel healthier and happier and...
Angela Hartnett /Nick Grimshaw Yeah.
Emeli Sandé ...clearer and...
Nick Grimshaw Yeah.
Emeli Sandé ...but it's so lovely and bubbly!
Nick Grimshaw It is so bubbly.
Emeli Sandé Yeah!
Nick Grimshaw And also I feel like when, if you are gonna be, you know have a drink but eat chocolate...
Emeli Sandé Yeah.
Nick Grimshaw ...at least with Champagne like it's a treat.

Emeli Sandé Yeah, exactly, go for it.
Nick Grimshaw It's not like you're boshing cans of cider in the park!
Emeli Sandé Yeah!
Nick Grimshaw You know right! Cheers, cheers Emeli, cheers Angela.
Emeli Sandé Cheers.
Angela Hartnett Lovely to meet you!!
Emeli Sandé Oh you too.
Nick Grimshaw Mm, that's fab!
Emeli Sandé Yeah!
Nick Grimshaw Oh yeah!
Emeli Sandé Any time!
Nick Grimshaw Yeah, we'll have a bottle each. 'Cos when I moved to London, my mum and dad were saying like, don't come up here with these London ways. Do your family think you've changed at all, like that fact you're like, oh is there any Champagne around!
Emeli Sandé Yeah, probably now I think about it yeah! I can remember the phone call I gave them to say I'm gonna move down to London...
Nick Grimshaw Mm hm.
Emeli Sandé ...because I was studying medicine at the time, so it was a bit of...
Angela Hartnett Because you were up in Scotland weren't you?
Emeli Sandé Yeah I was in Glasgow.
Angela Hartnett Yeah right.
Emeli Sandé So like okay, how are going to afford that! I was like, I'll find a way, but yeah I think they probably have seen me change but they're-they're

quite nice. They're always like, come up to Scotland whenever you want you know. You can rest and stop. 'Cos they think London is just a bit too hectic...

Nick Grimshaw Yeah.

Emeli Sandé ...and busy, it never stops, but that's why I love it. You know I live in East London so it's just constantly. There's always like a 4am brawl or!

Angela Hartnett Normally Nick.

Emeli Sandé Yeah!

Nick Grimshaw Where's my Champagne, where's my Champagne. Emeli Sandé's said it's healthy! (*laughter*)

Emeli Sandé Yeah!

Angela Hartnett So, er but so you gave up medical school. How many years were you into it when you then said, actually I'm gonna start singing and writing and music?

Emeli Sandé Um, I was 4 years into it.

Angela Hartnett Ah!

Nick Grimshaw Wow!

Emeli Sandé Yeah-yeah, and it was er...

Nick Grimshaw That's really in there.

Emeli Sandé Yeah yeah!

Angela Hartnett And do you ever get the doctor inklings. You know, backstage someone cuts their finger – leave it I'm a medic! Come here! (*laughter*)

Emeli Sandé I'm so useless! I mean I literally just remember some of like biochemistry and that's about it!

Angela Hartnett That's blood, that's blood. That's all I know yeah.

(*sound of gas being lit*)

Angela Hartnett I'm gonna take some pasta.

Nick Grimshaw Okay.
Angela Hartnett Excuse me a moment.
Nick Grimshaw Please. Do you want a hand with that?
Angela Hartnett Erm I'm alright lovely, thank you.
Nick Grimshaw Now Angela has made this pasta from scratch.
Emeli Sandé Okay wow.
Nick Grimshaw Do you ever do that at home? Do you ever cook at home Emeli?
Emeli Sandé Sometimes. I like quickness, so it never really gets that great, but my sister is an amazing cook. So I let her kind of... The kitchen is her realm...
Nick Grimshaw Right.
Emeli Sandé ...and I just dip in and out when she is ready to feed the troops.
Nick Grimshaw Yeah. More the eating than the cooking.
Emeli Sandé Yeah exactly, yeah exactly.
Nick Grimshaw I'm more down your way than Angela's.
Emeli Sandé Yeah! Yeah.
Nick Grimshaw 'Cos I always want to make pasta from scratch but I just think it may be a bit of a faff.
Emeli Sandé Yeah.
Nick Grimshaw But Angela says it's alright but she's a chef!
Emeli Sandé Ooh yeah, wow, that's amazing!
Nick Grimshaw So, she's like yeah it's fine! But again
Emeli Sandé Yeah.

Nick Grimshaw She's a Michelin star chef, so.
Emeli Sandé Yeah, yeah.
Nick Grimshaw But you're a pasta fan, right?
Emeli Sandé Yeah, sadly.
Nick Grimshaw Yeah.
Emeli Sandé Yeah. Trying to give it up but I just love it.
Nick Grimshaw You can't give up pasta.
Emeli Sandé I know.
Nick Grimshaw I'd rather do like boot camp than give up pasta.
Emeli Sandé Yeah, it's so nice, so comforting.
Nick Grimshaw Yeah.
Emeli Sandé Yeah, I love it too.
Nick Grimshaw Would you say that people who are listening to this Angela should try and make their own pasta?
Angela Hartnett I think it's easy and I think it's like, it's just, and also it's cheap. If you really screw it up you haven't wasted a lot of money.
Emeli Sandé Yeah.
Nick Grimshaw That's true.
Angela Hartnett You know, it's flour and eggs and a little bit of water or a little bit of olive oil. So I think you can do that, but obviously, you know, I've been doing it for years. But I think once – do it a couple of times you'll get used to it. People can make the pasta, 'cos that's making dough. What people will struggle with is rolling it.
Emeli Sandé Ok yeah, yeah.
Angela Hartnett But once you've seen someone do it, it's not so hard. I think so.

Emeli Sandé How long did it take you?
Angela Hartnett Oh I've been – my family on my mother's side they're all Italian so as the eldest granddaughter I had to do everything, my brother did nothing – literally nothing!
<i>(Laughter)</i>
Angela Hartnett You know he'd go out and all the rest of it, and I had to go and help Nona all the time. So.
Emeli Sandé Right.
Angela Hartnett And even when he lived in Tokyo and we had this lovely pasta in the freezer that we make for Christmas. You know it's like in March I said, oh Nona, can I have that? She said, No, they're for your brother! I said, He's thousands of miles away.
Emeli Sandé Yeah !
Angela Hartnett Thousands and he still had the edge on me.
Emeli Sandé Yeah!
Angela Hartnett I'm not bitter.
Emeli Sandé Yeah! Yeah!
Nick Grimshaw No, not at all.
Angela Hartnett Anyway, so.
Nick Grimshaw But he doesn't have an MBE does he?
Angela Hartnett He doesn't, yeah, anyway.
Nick Grimshaw He does not.
Angela Hartnett Anyway, so I learnt as a kid, I was really lucky....
Emeli Sandé Ok, yeah.
Angela Hartnett ... you know, so, and that was great.
Emeli Sandé Wow.

Angela Hartnett And um, so it was good. So, and then I do it as a job, so now it's alright.

Emeli Sandé Mmm that looks good.

Nick Grimshaw That looks so good. Did you cook a lot like as a family when you were growing up? Were you a, quite a foodie household?

Emeli Sandé Yeah, my dad's a really good cook actually.

Nick Grimshaw Oh really.

Emeli Sandé And er he would cook a lot of dishes from Zambia.

Nick Grimshaw Oh wow.

Emeli Sandé So we grew up eating a lot of, like, Nshima. It's a kind of like a maize, meal dough that you have to stir and it gets thicker and thicker and then you cool it and dip it in to like some nice stews, and...

Nick Grimshaw Ooh yum.

Emeli Sandé ...my dad's an amazing cook. He's very creative and spontaneous.

Nick Grimshaw Okay.

Emeli Sandé But he always just nails it. And my mum used to bring the more like British classics, the jacket potatoes.

Nick Grimshaw Yeah, less cheffy!

Emeli Sandé Yeah, yeah yeah!

Nick Grimshaw But still delicious!

Emeli Sandé Yeah, exactly.

Nick Grimshaw Still delicious.

Emeli Sandé Yes.

Nick Grimshaw Yeah. So, Angela, what have we got going on here? I know it's pasta.

Angela Hartnett So, we have er, tagliatelle with wild mushrooms, dried porcini, parsley, a bit of lemon, garlic and a secret ingredient, if you can guess it.... which goes very well with the mushrooms.

Nick Grimshaw and Emeli Sandé Woo!

Nick Grimshaw Very creative, oh!

Angela Hartnett This is to test Nick after now what, a couple of months, seeing how his er palate. I love the way you're just deciphering that mm. Come on Muttley, what's going on in there?

Nick Grimshaw and Emeli Sandé - laughing

Nick Grimshaw It's something like.

Emeli Sandé I can taste the lemon.

Nick Grimshaw Can taste the lemon, there's something a bit like.

Angela Hartnett I'll give you a clue, yeast.

Nick Grimshaw Like heavy.

Angela Hartnett Yeasty. Spreadable yeasty.

Nick Grimshaw Oh Oh.

Angela Hartnett You got it.

Nick Grimshaw Marmite.

Emeli Sandé Really?

Angela Hartnett Mmm.

Nick Grimshaw Mmm.

Emeli Sandé Wow.

Angela Hartnett You see Marmite goes brilliantly with mushrooms you see.

Nick Grimshaw Mmm.

Angela Hartnett And a little bit of Marmite gives it that sort of ...
Nick Grimshaw How much are we talking?
Angela Hartnett Literally like a...
Emeli Sandé That's so good.
Angela Hartnett ...tiny little bit of a teaspoon and it melts down in the mushrooms and it gives it that lovely sort of earthiness to it I think.
Nick Grimshaw Wow, yeah, that's the word, earthiness.
Emeli Sandé Yeah.
Angela Hartnett Now I sound like a real chef.
Emeli Sandé Mm.
Nick Grimshaw No, no but that's right, it tastes a bit like...
Angela Hartnett Yeah.
Nick Grimshaw ...it should live underground.
Angela Hartnett Mm.
<i>Emeli Sandé (laughs)</i>
Nick Grimshaw In a nice way.
Angela Hartnett Unwashed mushrooms, is that what you're saying!
Nick Grimshaw Mm hm. Wow this is so good.
Emeli Sandé And so, once you have a recipe when do you know it's complete? Or do you keep evolving it as you...
Angela Hartnett Well, something like this you know it works and you might like one day not put Marmite in it, or you might not have the lemon or something. But I think at work you're always evolving. Because I think you look at a dish and I think also because you're doing the dish day in, day out.
Emeli Sandé Right, yeah.

Angela Hartnett Well I imagine song writing must be... How, how do you know you've finished a song?
Emeli Sandé Mm.
Nick Grimshaw Yeah.
Angela Hartnett I mean how do you know that, that is it...
Emeli Sandé Yeah.
Angela Hartnett ...and then you sing it and you suddenly... I mean, you know, we had Tom Grennan in the other week and he was saying it's not fun writing. Not, he didn't say it wasn't fun, but actually people think it's easy and you're there. But actually it's a big chore writing songs.
Emeli Sandé Yeah. The fun part's the very beginning when it's like, let's jam and ...
Angela Hartnett Yeah.
Emeli Sandé ...like the little groove comes. The not so fun is when you have to get more disciplined...
Angela Hartnett Yeah.
Emeli Sandé ...and like start honing it in, mixing, mastering, like.
Nick Grimshaw I think it's the maddest skill on the planet.
Emeli Sandé Mm.
Nick Grimshaw Like being able to write a song and-and sing the song and then have it connect with millions of people.
Emeli Sandé Yeah, yeah. Have you ever tried to write one?
Nick Grimshaw Well, as a teenager yeah. Because I used to love music and I was in like the brass band and the choir.
Emeli Sandé Mm.
Angela Hartnett Oh were you?

Nick Grimshaw And then the guitar.
Emeli Sandé and Angela Hartnett Ooh.
Nick Grimshaw And I was like I'm gonna write – I've found my lyrics.
Emeli Sandé Yeah! Oh nice.
Nick Grimshaw They're really bad. I was looking through all like my old scrapbooks and stuff read the lyrics but they're like classic, teenage emo.
Angela Hartnett Yeah.
Emeli Sandé Yeah.
Nick Grimshaw And they're so bad.
<i>(Laughter)</i>
And they're so bad and they have...
Angela Hartnett But they could have a renaissance now, you never know.
Nick Grimshaw They could.
Emeli Sandé Yeah.
Angela Hartnett They could. There are some shocking lyrics out there!
<i>(laughter)</i>
Nick Grimshaw There are actually, yeah. That's right, yeah.
Angela Hartnett I'm sure you were probably doing a lot better than some of them out there.
Nick Grimshaw Pretty bad. But do you remember your first songs Emeli that you sat and wrote?
Emeli Sandé Yeah, I mean they're a little bit cringe because I was so... When I read them I can just tell I was really trying to be serious.
Nick Grimshaw/Angela Hartnett Yeah.
Emeli Sandé I was trying to be. You know I was 8
Angela Hartnett Yeah.

Emeli Sandé ...and I was trying to be considered like this really serious artist. I'm not gonna write about love. I'm gonna write about you know political, obviously...

Nick Grimshaw 8!

Emeli Sandé Yeah. But um yeah there was one song called um, Yesterday's Tomorrow, and it's all about the stage, setting scene and if we don't learn from the past we set the same scene, all of this.

Nick Grimshaw Wow!

Angela Hartnett Yeah.

Emeli Sandé It was quite...

Nick Grimshaw Quite profound for 8. *(over talk)*

Emeli Sandé Just a little bit!

Nick Grimshaw Yeah.

Angela Hartnell Yeah.

Emeli Sandé And then my friends and I wrote one for the school talent show. It was about an alien coming to earth.

Nick Grimshaw Yeah.

Emeli Sandé It was like *(Emeli singing)* :] Coming from planets, space oh baby, crazy, coming from miles away. What is your name, oh love my baby. It was like all of this.

Nick Grimshaw Oh yeah I like that.

Emeli Sandé Basically ripping off.

Nick Grimshaw Oh that's brilliant that. I love that.

Angela Hartnell Mm.

Emeli Sandé Yeah! So yeah, it's fun though isn't it. Just, just starting something from nothing.

Nick Grimshaw Mm hm.
Emeli Sandé And I think that's why I fell in love with it as a kid because it felt so powerful. You've got this little magic power that...
Angela Hartnett Yep.
Emeli Sandé ...and you, and you have this voice and people listen to you if you sing, so it's nice.
Angela Hartnett Mm.
Nick Grimshaw And how were your parents when you started writing songs and wanting to sing? Because I wanted to do that but my voice was horrible. So my mum and dad would be like , shut up!
<i>Angela Hartnett/Emeli Sandé [laughing]</i>
Nick Grimshaw But how was it for you? Because I guess every kid like, but I want to be a singer or I want to do a show.
Angela Hartnell Yeah.
Emeli Sandé They were quite supportive. There's this memory my sister and I have. We used to share a room and then I learnt Mariah Carey's– you know she covered that song, – I can't live...
Nick Grimshaw Oh yeah, yeah, yeah.
Emeli Sandé And er, so that was the first song I ever learned and I'm singing it and my dad he was, oh you're not bad. Like we both remember my dad saying that and then he's like, right, ok, stand by the... He started giving me like acting classes.
Angela Hartnett Right.
Emeli Sandé He's like, stroke the door (<i>laughter</i>) and just think of this person that you can't live without, and all the emotions.
Angela Hartnett Mmm.
Emeli Sandé 'Cos he loved, you know, Celine Dion.
Angela Hartnett Right, yeah-yeah.

Emeli Sandé And Mariah, Whitney – you know just the big balladeers. So um yeah that was the beginning.

Angela Hartnett Did you perform at family parties? Were you sort of wheeled out...

Emeli Sandé Oh my God, all the time.

Angela Hartnett ...at Christmas, you know.

Nick Grimshaw Come on Emeli! (*over talk*)

Emeli Sandé Can you stop me! And I played recorder.

Angela Hartnett Oh my God.

Emeli Sandé And there'd be a new recorder so...

Nick Grimshaw/Angela Hartnett [laughing]

Emeli Sandé ...when I think back I think I was probably quite annoying! But it worked out thankfully.

Angela Hartnett And your sister still loves you.

Emeli Sandé Yes! Yeah!

Angela Hartnett Oh another song from Emeli.

Emeli Sandé Yeah exactly.

Nick Grimshaw Oh here we go.

Emeli Sandé It was like, yay a good one!

Nick Grimshaw Oh here we go. Let's talk about your most recent album. You wrote that in lockdown, right? When you were, when you were living in the countryside, is that right?

Emeli Sandé Yeah-yeah, I was out there with the family and I just, like a year prior to that, set up my own studio.

Angela Hartnett Right.

Emeli Sandé And er you know some songs were written a few years ago but this was the time I could pull everything together and a lot of new ones were written there in that room. And it's just great to have time to make mistakes, to try things and I believe, you know, in destiny and synchronicity.

Angela Hartnett Yeah.

Emeli Sandé And I feel like whoever's there are just like that. And sometimes it could be friends...

Angela Hartnett Yeah

Emeli Sandé ...and they're like oh yeah I make beats, I'm like ah come in.

Nick Grimshaw Come on then!

Emeli Sandé Come over and show me what you've got.

Angela Hartnett Much more organic and natural like that.

Emeli Sandé Yeah.

Angela Hartnett Yeah.

Emeli Sandé But yeah I definitely worked with Naughty Boy a lot and um there's a guy called Ollie Green that worked I with a lot on this album. Henry Davies. It's just like a lot of people that just come to the house and it was...

Angela Hartnett Yeah.

Emeli Sandé ... it was a vibe, it was nice.

Nick Grimshaw And talk to me about when you were in the countryside and you wrote those songs. How do you do the edit to get it to an album, 'cos I guess you don't just we like, right, that's 10!

Emeli Sandé Yeah, yeah!

Nick Grimshaw That's not how an artist works is it?

Emeli Sandé Yeah.

Nick Grimshaw So how do you like, do you play them to people? Do you sort of test them out on your family?

Emeli Sandé Yeah, I mean the studio is right next to the kitchen, so my... I see my sister and my nephew walking back and forth, and it's like a glass door. So, if we're on to something you can see people bobbing. My nephew's got a really good ear actually.

Angela Hartnett Yeah.

Emeli Sandé He was only about 2 or 3 during the making of it, but he was just like, yeah auntie Do Do, I like that one.

Angela Hartnett Oh sweet.

Emeli Sandé Yeah!

Angela Hartnett Ahh.

Emeli Sandé So um, yeah, if I get the nod from my sister and my nephew then I think we're onto something and I kinda... We wrote about 60 – 70 songs maybe!

Nick Grimshaw 70 songs?

Emeli Sandé There was just a whole big folder. So that's why it's good you know when like sort of managers come in and

Nick Grimshaw Right.

Emeli Sandé ...they're like.

Angela Hartnett Yeah.

Emeli Sandé My manager has a great music ear, so he's like, Ok I think maybe finish these 20...

Nick Grimshaw Yeah.

Angela Hartnett And we'll take it from there.

Emeli Sandé Yeah.

Nick Grimshaw Yeah, just the 20.

Emeli Sandé Yeah!

Nick Grimshaw And then talk to me about Ready for Love, because Ready for Love was, you know it's-it's quite celebratory...

Emeli Sandé Yeah.

Nick Grimshaw ...but also the lyrics are like, ooh my god!

Emeli Sandé Yeah!

Nick Grimshaw But it's such an emotional record.

Angela Hartnett Yeah.

Emeli Sandé Yeah.

Nick Grimshaw Um, how is it when you write something like that? Like does it feel really cathartic and-and therapeutic. Like what does that feel like, because I don't know, I feel, I think it's quite rare that anyone – unless you're a musician – would say those things out loud.

Angela Hartnett Yeah of course, that's true.

Emeli Sandé Yeah, yeah!

Nick Grimshaw You make me feel complete...

Angela Hartnett Yeah.

Nick Grimshaw ...or you make me feel whole and you know...

Emeli Sandé Yeah.

Angela Hartnett You don't say it in normal conversation do you?

Nick Grimshaw No.

Emeli Sandé No, that's true actually. You do get like, get a lot off your chest. Yeah I mean I was you know falling in love at that point, and it was summer and we'd just been allowed to go out. So that's when we had the studio session.

Angela Hartnett Yeah.

Emeli Sandé But I got into the session and said I wanna do Whitney, like I want to really sing on this one, 'cos I'd been listening to a lot of her and I was in love and when you're in love it just all comes out.

Angela Hartnett Yeah.
Nick Grimshaw Mm hm.
Emeli Sandé It's like you just wanna send like love letters to someone.
Angela Hartnett Yeah.
Emeli Sandé And it just, it goes from this little private thing into these big songs.
Angela Hartnett Mm.
Emeli Sandé I loved it, yeah.
Angela Hartnett Amazing.
Nick Grimshaw And your partner's called Yoana – am I saying that right?
Emeli Sandé Yes, yeah.
Nick Grimshaw And when you've made a song like that, do you play it to Yoana? But... And how is that? And when do you play it to somebody?
Emeli Sandé Well she's an amazing musician...
Nick Grimshaw Ah ha.
Emeli Sandé ...so I usually wait 'til it's like really finished.
Angela Hartnett Yeah.
Emeli Sandé Because I don't want her to be like, mm you could have sung that better. But like yeah, so and I knew, she's always like, you need to sing, like you go for it, sing. So when I- I said I've got a song you're really gonna like. When we were making it I said, I think you're gonna like this one.
Angela Hartnett Right.
Emeli Sandé But I waited 'til it was completed, so to show to her.
Angela Hartnett Yeah.

Emeli Sandé She loves that one. She is like, why are you not singing this one tonight!

(Laughter)

But no, she is, yeah she really loves that. I think that's actually her favourite from the album.

Nick Grimshaw Yeah. How does it feel with you as well Angela, do you ever like feel the same when you've made a recipe? Are you like, Neil please approve. *(laughter)*

Angela Hartnett No but you do. The person you love, you want their approval.

Emeli Sandé Yes.

Angela Hartnett And you want them to love it more than anything.

Emeli Sandé Exactly.

Angela Hartnett So there are many times when I do cook, and if I'm certainly doing a gig outside of the kitchen and like we're at an event or something, I will always adhere to Neil and go, taste it, check that's alright.

Emeli Sandé Yeah, yeah.

Angela Hartnett I do it all the time.

Emeli Sandé Yeah, yeah.

Angela Hartnett Obviously when I'm gigging with Nick next I'll make sure it's Nick, 'cos, you know...

Emeli Sandé Yes!

Angela Hartnett ...his palate is very refined.

Nick Grimshaw I would eat anything. So I don't know if I'm...

Emeli Sandé/ Angela Hartnett **[laughing]**

Nick Grimshaw I don't know if I'm the best judge, I'm like, well nice. It's so nice. I like to take what I can get. But do you ever, do you ever argue. Do you musicians...

Emeli Sandé Yeah.
Nick Grimshaw ...living together, are you arguing like, what's on?
Emeli Sandé I think the only argument we have is, 'cos I really want her to teach me like how to play, the way she does. She's like, well you have to practice.
Angela Hartnett Yeah.
Emeli Sandé You know I keep... I was like yeah, but I need a teacher. She's like well, I can't teach you if you're not gonna practice!
Emeli Sandé So you know but when, when it comes to music we're pretty cool.
Angela Hartnett Yeah, that's brilliant.
Nick Grimshaw Is there anything either of you love and the other one hates? Is there anything where you're like, because my boyfriend doesn't really love, like any like metal...
Emeli Sandé Ok yeah.
Nick Grimshaw ...really so if ever I... I remember we had a really big row. Well it's not metal but we had a massive er Nirvana row, once.
Emeli Sandé Yeah.
Nick Grimshaw It was like, it's just noise!
Angela Hartnett I'm sort of with Mesh on this one.
Nick Grimshaw But I find like noisier stuff more relaxing.
Emeli Sandé Right, yeah.
Angela Hartnett Yeah.
Nick Grimshaw When I've got work to do.
Angela Hartnett Right.

Nick Grimshaw Because if I was listening to like your music or Gill Scott's, like I get lost in the lyrics.

Emeli Sandé Right yeah.

Angela Hartnett Yeah, yeah yeah yeah.

Emeli Sandé Yeah true.

Nick Grimshaw And then I'm like, oh that is sad!

(sizzling sounds) This has been really good, like really tasty.

Emeli Sandé So nice.

Angela Hartnett Thank you.

Nick Grimshaw If you want to make this at home like me...

Emeli Sandé [laughs]

Nick Grimshaw ...um you can check out this recipe and all the recipes that you hear on Waitrose.com/dishrecipes and it will be all on there.

Nick Grimshaw Dish recipes.

Angela Hartnett I'm gonna get dessert, finish your mouthful.

Nick Grimshaw Okay.

Emeli Sandé How do they give you like the star? Is that similar to like the MBE? Like is it...

Angela Hartnett What what?

Emeli Sandé The Michelin star, yeah.

Angela Hartnett Oh, you just find out on the day when they publish the list.

Emeli Sandé Oh.

Angela Hartnett There's a few people I know that have lost stars, that have been with the guide for a long time...

Emeli Sandé/ Nick Grimshaw *[gasps]*

Angela Hartnett ...and then what they tend to do is then um...
Nick Grimshaw How do you lose it?
Angela Hartnett ...just not being consistent like you should be.
Nick Grimshaw Oh my god that's ...
Emeli Sandé Oh that's stressful. Yeah! (<i>laughter</i>)
Angela Hartnett And then er... Yeah so you know it's quite hard I think.
Nick Grimshaw I think well hard.
Angela Hartnett I mean if I lost it doing this, we wouldn't be able to say, Angela Hartnett Michelin star chef! Just Angela Hartnett, chef!
Emeli Sandé Yeah [laughing]
Nick Grimshaw Yeah, former Michelin star chef.
Angela Hartnett I mean it would be really, you know, so anyway. So let's not joke about that.
Nick Grimshaw Fingers crossed.
Emeli Sandé Yeah!
Angela Hartnett Fingers crossed.
Nick Grimshaw So now we move onto a dessert which I never... This might be why you lose the Michelin star, chef! (<i>laughter</i>) What is this?
Emeli Sandé Yeah!
Angela Hartnett Er, this is a-a lovely mousse that we do at Murano. No-no, this is, this is Emeli's favourite dessert from childhood...
Emeli Sandé Yes.
Angela Hartnett ...which I think we've all had. We've all probably made.
Nick Grimshaw Mm hm.

Angela Hartnett Angel Delight, and it's butterscotch recipe.
Emeli Sandé Oh wow.
Nick Grimshaw Is that your favourite?
Emeli Sandé Yes.
Angela Hartnett Yeah.
Emeli Sandé Yeah.
Angela Hartnett It's the only one I think.
Emeli Sandé Yeah.
Nick Grimshaw Yeah it is the only one.
Angela Hartnett There's really...
Emeli Sandé Strawberry's not bad.
Nick Grimshaw Yeah.
Angela Hartnett But I don't know, I think butterscotch. Yeah.
Nick Grimshaw Butterscotch.
Angela Hartnett And then what I have done is to - not that you need jazzing up, -but just to have a little texture, is made some honeycomb. So basically, what's that chocolate bar?
Nick Grimshaw What Crunchie?
Angela Hartnett Crunchie, yeah. A Crunchie bar. Which is really easy.
Nick Grimshaw So you make that?
Angela Hartnett I made that. So that's caster sugar, golden syrup and the key to get the crunch in the bubbles is bicarbonate of soda.
Emeli Sandé/ Nick Grimshaw Ooh.
Nick Grimshaw Do you want to try some of that?

Emeli Sandé Thank you.
Angela Hartnett So you can have a little bit of Crunchie with your Angel Delight.
Nick Grimshaw Yeah, I want a little bit of Crunchie. I love that you made this.
Emeli Sandé Wow.
Nick Grimshaw I used to love Angel Delight. It used to feel like really decadent.
Emeli Sandé Yes yeah.
Nick Grimshaw And it's like powder.
Angela Hartnett Yeah.
Nick Grimshaw But as a kid I was like, what! Wow!
Emeli Sandé Yeah. Yeah!
Nick Grimshaw Like so posh.
Angela Hartnett But also the fact that a powder could become a mousse.
Nick Grimshaw Emeli Sandé Mmm
Angela Hartnett Like that was like science, well not maybe science, but it was quite experimental.
Emeli Sandé Yeah, mm.
Nick Grimshaw And I think it's because you had to wait a little bit as well.
Angela Hartnett Yeah.
Nick Grimshaw So it was a bit of a process wasn't it.
Emeli Sandé Yeah, yeah, yeah!
Nick Grimshaw Like the waiting for it used to get you going.
Emeli Sandé I'm so happy.

Angela Hartnett Emeli's making much more noise about this than her pasta.
Nick Grimshaw Than the pasta. <i>[laughter]</i> Ooh. She's like now this is nice.
Angela Hartnett Can we get a taxi for this one. Out!
Nick Grimshaw Finally, something tasty....
<i>[laughter]</i>
Emeli Sandé The honeycomb was delicious.
Angela Hartnett Well yeah, yeah.
Nick Grimshaw But this is a big childhood favourite of yours isn't it? Angel Delight.
Emeli Sandé Mm yeah.
Angela Hartnett Who used to make it, your mum, your dad, or it's just, yeah.
Emeli Sandé Yeah like my Mum, after the jacket potato, have some Angel Delight.
Angela Hartnett Yeah.
Emeli Sandé I was happy!
Angela Hartnett I'm forgiving you if I like what's in this box Emeli, that's all I'm saying.
<i>(laughter)</i>
Emeli Sandé Yes please.
Emeli Sandé This is um just some fun for after dinner.
Nick Grimshaw I like that we have a wrapped gift.
Angela Hartnett Yes.
Nick Grimshaw The attention to detail.
Angela Hartnett Very good.
Emeli Sandé You've got to shoot into the dinosaur's um mouth thing!

[laughter]

Nick Grimshaw This is...

Emeli Sandé So it's eating you know.

Nick Grimshaw Eating.

Emeli Sandé Yes.

Angela Hartnett Love it.

Nick Grimshaw Emeli thanks. It's a hungry T-Rex.

Angela Hartnett Oh brilliant.

Nick Grimshaw 'Use the dinosaurs level tongue to rack up points. Balls collect inside the belly. Pump action launcher – 8 indoor safe bomb balls and an LED counter included.'

Angela Hartnett That's brilliant.

Nick Grimshaw 'Shoot from 6 metres away.'

Emeli Sandé Yeah!

Nick Grimshaw So if any guests want to cancel with Covid, don't worry.

Angela Hartnett Yeah we've got this one!

Nick Grimshaw Open your mouth, we can fire this in.
Emeli thank you so much!

Emeli Sandé You're welcome.

Angela Hartnett That's brilliant.

Emeli Sandé Thank you.

Nick Grimshaw Thanks for joining us.

Emeli Sandé Thanks for having me.

Nick Grimshaw Congrats on the new record.

Emeli Sandé Thank you.

Angela Hartnett Indeed.

Nick Grimshaw And I've never said this before but, thanks for the Dinosaur.

[laughing]

Emeli Sandé Any time.

Nick Grimshaw Emeli Sandé everybody!

Angela Hartnett Woo!

[applause]

Nick Grimshaw That's so good.
All the recipes and drinks can be found on the Waitrose website at Waitrose.com/dishrecipes.

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