

DISH: Ep 6, 6 July 2022
Strictly Champion Giovanni Pernice and chicken orzo

Just so you know our podcast may contain the occasional mild swear word or adult theme.

Nick Grimshaw: Hello, I'm Nick Grimshaw.

Angela Hartnett: And I'm Angela Hartnett.

Nick Grimshaw: And this is our new podcast, Dish, brought to you from Waitrose, and today we're having a carb-fest. But I feel like the carb fest today is in honour of our guest's heritage.

Angela Hartnett: Exactly. It's a justifiable carb-fest I feel.

Nick Grimshaw: We have Giovanni from Strictly fame coming round to see us and you have prepared a trio of carbs today?

Angela Hartnett: I'm doing a trio of carbs and I think he deserves it, he's the winner.

Angela Hartnett: So, we've got in the pan now, arancini. I've fried off my onion and garlic so it's nice and cooked, but no colour, added my risotto rice, added a touch of butter in there, just to toast the rice and then deglaze with some wine, and now I've got stock in there and I'm going to cook them for about twenty minutes 'til the rice is cooked, and then I'm gonna add some parmesan, some diced mozzarella, some herbs, and then roll them up into little arancini.

And then a cheffy term, what's called 'panné-ing'. And what panné' means is basically to coat something in breadcrumbs. And the way to make sure that breadcrumbs stick onto your risotto or anything your panné-ing is, you dip your rice ball into flour first, then into milk, then into your breadcrumbs. And the best breadcrumbs to use if you don't make yours at home, is a great one of Waitrose Cooks' Ingredients, are these Panko breadcrumbs, and they're like the Japanese bread crumbs, and they're really brilliant and they become lovely and crispy.

Another little tip, never waste anything. I've just added the rind which is the bit you don't eat from the parmesan into there, because that's going to just melt down, we're gonna get that last little bit of cheese in there and that's gonna start adding some beautiful flavour to your risotto.

Nick Grimshaw: How are you? So good to see you

Angela Hartnett: Hello!

Giovanni Pernice: Hi, I'm very good

Nick Grimshaw: I welcomed you there with quite a lot of bread in my mouth!

Giovanni Pernice: You smell divine

Nick Grimshaw: How are you?

Giovanni Pernice: Yes, very good. I'm excited for this

Nick Grimshaw: Do you guys wanna go and sit down and I'll make us - I'm gonna bring us a drink over.

Angela Hartnett: I'd love to welcome today, Giovanni Pernice. <Cheers>

Giovanni Pernice: Hello, hello.

Nick Grimshaw: How is life?

Giovanni Pernice: Very good, actually very busy at the moment.

Angela Hartnett: I bet.

Giovanni Pernice: I'm on tour with my, with my own show, and then starting another show with Anton Du Beke, always on tour, and then back on Strictly, so...

Angela Hartnett: And your own show, is it all inspired by how you learnt to dance when you were younger in Italy?

Giovanni Pernice: Yeah, so this show is called 'This Is Me' at the moment, so we talk a lot about me.

Angela Hartnett: Good.

Giovanni Pernice: And then, yeah, the way - why I started dancing you know, when I was a kid, and coming to Strictly, and then I'm doing a show with Anton which is a little bit of fun.

Angela Hartnett: Yeah.

Giovanni Pernice: He always goes wrong with the steps, so it's a little bit fun on stage.

Nick Grimshaw: Who, he goes wrong or you?

Giovanni Pernice: Of course he does.

Nick Grimshaw: Not you.

Giovanni Pernice: I'm the professional dancer.

Nick Grimshaw: Yeah, come on.

Giovanni Pernice: Yeah.

Angela Hartnett: He hasn't won Strictly or has he won Strictly? Yeah, he has.

Giovanni Pernice: Anton?

Angela Hartnett: Yeah.

Giovanni Pernice: No, he hasn't

Nick Grimshaw: Yeah, in 1965?

Angela Hartnett: There, you see.

Giovanni Pernice: I think he's been in the final once in eighteen years, so that's a good record for him. But other than that...

Angela Hartnett: Getting it all today. Brilliant, love it.

Giovanni Pernice: No, but that's the thing that we talk about, and you know, when we do the show together it's about the fun that he's never, you know, never won strictly, and I've been in the final five times.

Angela Hartnett: Yeah

Giovanni Pernice: Just in seven years. So that's, that's the difference between us, you know?

Nick Grimshaw: That's the difference. Well, it sounds like you must be good friends with him, 'cause I think it's only when you have a good friend that you can, you know, happily go on a podcast and slag them off.

Giovanni Pernice: Absolutely, absolutely. But that's the reason why the show works very good between us

Nick Grimshaw: Uh-huh.

Giovanni Pernice: Because we take, you know, we don't take it seriously, you know?

Angela Hartnett: Yeah.

Giovanni Pernice: And we are very, very, very good friends, and he's the only one that when I joined Strictly, he helped me with everything, you know. I couldn't speak any English and he has always been there for me since the beginning, and we end up to be like, you know, we don't like to say father and son, but like, um, but like brother, big brother.

Nick Grimshaw: Brothers.

Giovanni Pernice: Like a big brother.

Nick Grimshaw: Granddad and- no I'm joking.

Giovanni Pernice: I didn't say that.

Angela Hartnett: He's really mentored you then hasn't he?

Giovanni Pernice: He did.

Angela Hartnett: I didn't realise when you joined, you couldn't speak a word of English.

Giovanni Pernice: Zero, zero. I did have a translator for my first season all the way through because I didn't know what, you know, what the interview was like and what they wanted me to say or things like this. I thought I'm never gonna be able to do a job like this, especially the biggest show on television, you know, you have to teach a celebrity. And then it was like, you know what? We trust you that you can learn, so I had to learn English in one week.

Angela Hartnett: Oh my god.

Nick Grimshaw: Wow.

Giovanni Pernice: Obviously not full English, but like the most important things, you know?

Angela Hartnett: But then they come into your world where they're learning from you, how to dance.

Giovanni Pernice: Yeah yeah. But because it's on TV, then you, you're still like, you know, able to understand and, you know, questions and everything.

Angela Hartnett: That Winkleman, you can never understand her, you see.

Giovanni Pernice: Well, I can now.

Nick Grimshaw: Can now, just about

Angela Hartnett: Okay then.

Nick Grimshaw: Wow. That's incredible that, wow, I never knew that.

Nick Grimshaw: We're gonna have just like a spritz to start, and then we're gonna have some wine. Apple and elderflower spritzer.

Giovanni Pernice: Okay. Never had one before.

Nick Grimshaw: Me neither.

Giovanni Pernice: Excited, thank you.

Nick Grimshaw: Cheers.

Giovanni Pernice: Cheers.

Nick Grimshaw: So, I thought it was quite good as a little starter.

Angela Hartnett: I think this is great.

Nick Grimshaw: Before like a heavy, you know, wine and carb fest.

Angela Hartnett: Carb central. I'm just gonna get the nibbles out, extra napkins.

Nick Grimshaw: Do we need to grab some plates? Should I get some plates?

Angela Hartnett: Yes.

Nick Grimshaw: What should we have them in?

Angela Hartnett: We can have these little ones.

Nick Grimshaw: Yeah?

Angela Hartnett: That's fine, yeah.

Nick Grimshaw: Have we got another little one?

Giovanni Pernice: Is this your flat?

Nick Grimshaw: Yeah, we live here. And we all live here, it's a commune.

Giovanni Pernice: It's all together, yeah

Nick Grimshaw: We're here to convert you to our cult.

Nick Grimshaw: So, we've got some focaccia which you kindly...

Angela Hartnett: Didn't make.

Nick Grimshaw: Brought from your restaurant

Angela Hartnett: Didn't make

Nick Grimshaw: But I think making bread yourselves a bit...

Angela Hartnett: Bit of a faff, isn't it.

Nick Grimshaw: Bit of a faff.

Angela Hartnett: Bit of a faff, yeah.

Giovanni Pernice: Oh, I never made it myself, so I don't know.

Angela Hartnett: They make it for us in the restaurant,

Nick Grimshaw: They're the experts. Let them do it.

Angela Hartnett: So, it's like an olive oil-based bread.

Nick Grimshaw: Mm-hmm

Angela Hartnett: You know, you poke holes in it, put your garlic, confit garlic in there, tomatoes, loads of olive oil, rosemary. Straight in the oven, done.

Nick Grimshaw: Mm.

Angela Hartnett: You know, it's simple, it's lovely.

Nick Grimshaw: And then some arancini, which we saw Angela just knock up this morning from scratch.

Giovanni Pernice: Did you do, this morning?

Angela Hartnett: I did, yeah, yeah.

Giovanni Pernice: From scratch?

Angela Hartnett: So, they're a little bit soft because I did knock them up this morning but, I'm not gonna touch them all, but they're lovely. They've got a little bit of chorizo in there, I wanted to get nduja because you're from the south, but we didn't, so a little bit of chorizo, parmesan, some mozzarella and then we deep fried them. But I think 'cause we've been talking so much they've probably cooled down a little bit.

Nick Grimshaw: Okay. Should we try one?

Angela Hartnett: Eat, eat.

Giovanni Pernice: Come on, shall we?

Nick Grimshaw: Giovanni come on you go first.

Giovanni Pernice: Alright.

Nick Grimshaw: So, is an arancini- 'cause arancini feels quite cheffy, to make. But could I make this at home, do you think?

Angela Hartnett: Of course you could, yes. Easily.

Nick Grimshaw: I'd be impressed if someone made me this at home.

Angela Hartnett: Yes. Easily.

Giovanni Pernice: Okay. You know, arancini is proper Sicilian food as well.

Nick Grimshaw: Is it really?

Giovanni Pernice: Sicilian dish

Nick Grimshaw: Mm.

Angela Hartnett: Happy?

Giovanni Pernice: Very happy. I've never had it with chorizo before.

Angela Hartnett: No. I mean normally, because what- Sicily, they normally do them and they're really big, like this Nick.

Giovanni Pernice: Big ball.

Angela Hartnett: They fill them with a ragù, like lamb in there or even pigeon, I've heard.

Giovanni Pernice: It used to be only ragù.

Angela Hartnett: Yeah.

Giovanni Pernice: Now we do it with everything. You know, there is a day called Santa Lucia on the 13th of December and you can only eat arancini.

Nick Grimshaw: Oh my god.

Angela Hartnett: I didn't know that.

Giovanni Pernice: Yes, you can only eat arancini all day, it's twenty-four hours.

Angela Hartnett: Arancini day.

Nick Grimshaw: Mm-hmm.

Giovanni Pernice: It's tradition in Sicily and they basically do arancini with everything, there's some arancini with pistachio, with Nutella.

Angela Hartnett: No.

Giovanni Pernice: Oh yeah, there is everything, everything involved.

Nick Grimshaw: I love this day. Arancini day.

Giovanni Pernice: 13th of December.

Nick Grimshaw: Wow.

Angela Hartnett: I did not know that.

Nick Grimshaw: Wow, we need to celebrate that. That's gonna be my new Christmas. It is. Yeah, so how do you actually make these, Angela?

Angela Hartnett: Well, like most- a lot of great dishes from Italy, it's all about the leftovers. So how someone came up with that, they would've had leftover risotto and then you basically roll it into a little ball, panné, which is another cheffy word, which is where you're dipping it in breadcrumbs, so, into flour, into milk, then into breadcrumbs and fry them. So, whenever you've got leftover risotto rice, add some more cheese to it, roll it into a little ball. You're laughing.

Nick Grimshaw: You're laughing

Giovanni Pernice: Can you cook?

Nick Grimshaw: Not really.

Angela Hartnett: He can, he can.

Nick Grimshaw: I can fine. Not as good as Angela, obviously.

Giovanni Pernice: Right.

Nick Grimshaw: Can anyone? But no, I wanna learn on this podcast. I have visions by like the end of this series that I'm gonna work in Angela's restaurant.

Giovanni Pernice: Yeah, put it out there. Vision.

Angela Hartnett: We are short staffed. We need people.

Nick Grimshaw: Thank you. Do you cook?

Giovanni Pernice: No, no chance.

Nick Grimshaw: No? No chance.

Giovanni Pernice: No chance.

Nick Grimshaw: I guess you're so busy though, and like, with your hours as well.

Giovanni Pernice: People think that because I'm Italian I have to be able to cook, and no. I tried once.

Nick Grimshaw: Once.

Giovanni Pernice: Didn't work very well.

Nick Grimshaw: Just the once.

Giovanni Pernice: Yeah, it didn't work well, I think - I just burned the pasta, and I don't think it was a possible thing to do and I did, I managed to do it. Yeah, I managed to do it, so I decided that I'm good at ordering on the Deliveroo. I'm very good at restaurants.

Nick Grimshaw: Congratulations.

Giovanni Pernice: Yeah, you know, I can pick the food that I like, but no, no. I've just learned actually a couple of months ago how to make a cup of tea.

Nick Grimshaw: Oh, wow. Really?

Giovanni Pernice: Yes.

Nick Grimshaw: A round of applause. Cuppa tea! Wow. We'll get that recipe on the website.

Giovanni Pernice: It's a lifetime achievement. It's an achievement, you know, you know?

Nick Grimshaw: Well, it is like you say, you know, it's a terrible stereotype that I hold, but you're right, like I presume, 'you're Italian, you must be able to cook.'

Giovanni Pernice: Oh, and the people are so disappointed with me. Forget about the fact I won a BAFTA. 'Can you cook? No? Oh.'

Nick Grimshaw: Hey, well let's talk about the BAFTA, this should be a real round of applause for the BAFTA, that's a genuine one.

Giovanni Pernice: Oh, stop it.

Nick Grimshaw: Yeah, BAFTA! So, you won that for like the what, Must-See Moment of the year, for your dance with Rose on Strictly.

Giovanni Pernice: Yeah. So, the dance was, um, I think was so special because we were dancing, in the middle of the dance we stopped the music for ten seconds, but we did carry on dancing, and then at some point the music came back. And the reason why we did that is because we wanted to show everybody what Rose went through every single week. So, not listening to the music, but still carrying on dancing.

Nick Grimshaw: And we were just saying earlier when we started this episode, that it really was one of those must-see moments.

Giovanni Pernice: Yeah.

Nick Grimshaw: That feel really rare now on TV, that there's a moment that everybody talks about. How was it when that moment went out? What was the reaction like in the room?

Giovanni Pernice: I mean, I knew, when I did the choreography, I knew that it was going to be a big moment, you know, it was going to give an impact to the deaf community especially and for everybody. But this, this went bigger than what we thought, you know, this went everywhere, you know, worldwide. We were interviewed in America, we did a lot of, you know, interviews, because people want to understand where this came from. I think it was magical because for the first time everybody realised what Rose was going through every single week. So, we stopped the music for twenty seconds, ten seconds, and for the first time people said, 'Oh, that's what she's feeling every week.'

Angela Hartnett: Yeah.

Giovanni Pernice: And she's done it for sixteen weeks dancing, sixteen weeks like this, and yeah- and winning the BAFTA is just the cherry on the cake because it opens up even more opportunities to everybody. You know, we had an interpreter on stage with us that was translating for the first time at the BAFTAs for the deaf community. And I think that's what Rose wanted as well when she started the show, she wanted everybody to be more aware of deaf people and be more inclusive, you know, whatever they do. For instance, sign language has been recognised, almost, as a proper language in this country, which means it gives more rights to deaf people to do everything. So, if you go, for instance, if you go to the doctor, and you're deaf, you have to have an interpreter with you instead of paying yourself.

Angela Hartnett: Yeah.

Giovanni Pernice: And they're quite expensive as well, sometimes. So now, being recognised as sign language, you have the rights to have a translator for you, which is incredible. What people have realised and what the message we send with the ten seconds of silence is bigger than everything. And then we did as well, other dances, when I was incorporating sign language. Like we did the Viennese Waltz on week four and the beginning was an argument between Rose, but obviously if I'm pretending to argue with Rose it's stupid because obviously, she can't hear me.

Angela Hartnett: Yeah.

Giovanni Pernice: So, I answered in sign language in part as I'm fighting, and that one raised, I think it was like, 4000% more searches on sign language. Because people wanted

to understand what I'm saying to her. So, there were, you know, they were researching on Google, what was sign language.

Nick Grimshaw: Yeah, it's important. Wow, yeah, the power of it.

Angela Hartnett: So, were you slightly afraid when it was Rose? Were you worried?

Giovanni Pernice: No, not worried. I think it was going to be different, for sure. People ask me, 'Was it difficult?' I think it was just different because I get used to, you know, new things. And actually, I'm learning new skills, because I've never done anything like this before. So, teaching a deaf person makes me realise and makes me aware of, choreography-wise, how to make it work for her.

Angela Hartnett: Yeah.

Giovanni Pernice: You know, because obviously the choreography has to be face-to-face all the time, because we have to read lips. So that's what I needed actually on the show, after eight years, eight seasons.

Nick Grimshaw: Like a new challenge.

Giovanni Pernice: A new challenge, new things. And I needed that. Because obviously doing the show for eight years you're always repeating yourself doing new things, but Rose came along and, you know, new things coming up and I was actually pleased. It went by like this [finger snap]. Fourteen weeks. Boom.

Nick Grimshaw: Angela, this looks amazing, it smells amazing. We've got so many colours going on here. What have we got?

Angela Hartnett: Lovely, so this is a Waitrose recipe. 'Mediterranean chicken orzo', which you can get online.

Nick Grimshaw: Mm-hmm

Angela Hartnett: This is sort of my favourite food in the sense that everything's on one tray in the oven. So, we've got some lovely summer roasted vegetables, we've got peppers, we've got red onions in there, tomatoes, all in there, courgettes, in the oven with some chicken thighs, all cooked together. Nice bit of seasoning, and then I've got a little pecorino cheese with some basil and mint, like, dressing and some orzo in there. Lovely, little carb, we have to have carb.

Giovanni Pernice: Lovely jubbly.

Angela Hartnett: Bon appetit - I love that, lovely jubbly.

Giovanni Pernice: Bon appetit.

Angela Hartnett: And they have that, you know, them, the capri, the capers. That's always like my secret cheffy ingredient, that you have capers in your fridge that you can really jazz up a sauce, so I put a few little capers in with the little, um, green pesto sauce, which just give it that little extra zing.

Nick Grimshaw: Get that in your cup of tea. Such a chef that Giovanni. This is so good. This is like - is this quite simple to do then, everything all together?

Angela Hartnett: Yeah, put the vegetables in first for five minutes and then put the chicken thighs on top, season them, and then, so all that juice is basically, all the chicken juices with the vegetables.

Giovanni Pernice: I feel like I need to try to do it.

Angela Hartnett: Honestly.

Nick Grimshaw: You could, we could do this

Giovanni Pernice: I'm going to give it an attempt. One time, I want to try it.

Angela Hartnett: Mr Cup of Tea over there, you could do it.

Giovanni Pernice: I want to try to cook. You need to give me more confidence Angela.

Angela Hartnett: You can do it, you can do it, Giovanni!

Giovanni Pernice: Thank you so much.

Nick Grimshaw: So, hang on, just veg in the tray, five minutes. Chicken on top.

Angela Hartnett: Yeah.

Nick Grimshaw: Season it.

Angela Hartnett: Yes, and then cook that for twenty minutes, and it's done.

Angela Hartnett: Explain to Nick what 'scarpetta' is.

Giovanni Pernice: You know when you take the bread and dip the last bit.

Nick Grimshaw: Oh, in the sauce.

Giovanni Pernice: Uh-huh.

Nick Grimshaw: I love that

Giovanni Pernice: Scarpetta.

Nick Grimshaw: I love just a bit more carb. Soak up the pasta. Respect

Angela Hartnett: But you know, Italians do do that.

Nick Grimshaw: I love that.

Angela Hartnett: After like tomato pasta we'll get bread and just mop up after a bowl of pasta the sauce in the bowl.

Giovanni Pernice: Funny story about this. When I was a kid, I did the scarpetta too well, then the plate looked clean, and the waiter put the plate back on the clean...

Angela Hartnett: Oh no!

Giovanni Pernice: Yeah, because it did, it did look completely clean, that he just put it back in the normal pile. So, my dad had to go down and say, 'He used that.'

Angela Hartnett: 'My son ate that.'

Giovanni Pernice: Yeah, he used it.

Nick Grimshaw: He just was really into it. And we are having red wine, an organic Montepulciano from Waitrose, which should be absolutely perfect with this.

Angela Hartnett: Yeah. Cheers.

Nick Grimshaw: Cheers everybody. Cheers, Giovanni

Giovanni Pernice: Cheers.

Nick Grimshaw: Cheers thanks for coming to see us. Cheers Angela.

Angela Hartnett: Lovely.

Nick Grimshaw: You've got, what, three tours this year?

Giovanni Pernice: Mm-hmm.

Nick Grimshaw: Three tours, and then when does Strictly start? That starts like what, September?

Giovanni Pernice: July.

Nick Grimshaw: July?

Giovanni Pernice: We start in July. So I finish my show, then I do Anton and then - and then we start Strictly in July because we start with the group numbers rehearsals.

Nick Grimshaw: Oh yeah, you gotta do all the rehearsals.

Giovanni Pernice: You have to, we have to learn the group numbers and then we have to have to film these numbers.

Angela Hartnett: But do the other contestants start then? No, they start later.

Giovanni Pernice: No, no. We start with the celebrity at the end of August.

Angela Hartnett: Right, okay.

Giovanni Pernice: When we meet who is gonna be your partner, then you start training in September.

Angela Hartnett: And do you have any say in that, who's your partner?

Giovanni Pernice: I wish I did. That would be my dream, Angela.

Angela Hartnett: Would you want any of us to be? Would either of us be your partner?

Giovanni Pernice: Both of you.

Nick Grimshaw: Both of us.

Giovanni Pernice: With you, I will have lunch every single day, which is perfect, which I don't eat during the rest so that would be the stuff for me.

Angela Hartnett: So, when you said lunch, I thought, 'Ooh is that a dance?'

Nick Grimshaw: 'Dancing the Lunch... Giovanni and Angela take to the floor to do Lunch.' We could do Strictly Come Eating.

Giovanni Pernice: Yeah, that would be lovely.

Nick Grimshaw: Yeah, and it's just a crowd clapping while we eat pasta. [claps the Strictly theme] and we're like...

Giovanni Pernice: Seven!

Nick Grimshaw: It's just pasta.

Angela Hartnett: I can't just believe, like you said, it's starting already...

Giovanni Pernice: Well, for us, for us starting July. For you guys when you're both gonna sign up for Strictly, obviously, because you're both going to sign up for Strictly.

Nick Grimshaw: Weird that we didn't get called this year? Did you?

Angela Hartnett: Actually...

Nick Grimshaw: No, you didn't! Did you?

Giovanni Pernice: Did you really?

Angela Hartnett: I got an email the other day.

Nick Grimshaw: What did you say?

Angela Hartnett: The thing is though, no disrespect to you at all, if you want me on Strictly, you've gotta ask me now for next year. I'm already on holiday, I'm walking in Peru.

Nick Grimshaw: She's busy.

Angela Hartnett: I've got things in the diary.

Nick Grimshaw: She's gone to Peru! That sounds like such an excuse for them to get.

Giovanni Pernice: Yeah, I know.

Nick Grimshaw: Oh, Angela can't do it, she's walking in Peru.

Angela Hartnett: I am! Anyway, so-

Giovanni Pernice: I think you should have, both of you. I mean, I'm sure they asked you like a couple of times already.

Nick Grimshaw: I have been asked, but you know, Peru.

Angela Hartnett: Peru's always in my diary.

Giovanni Pernice: You're always in Peru.

Nick Grimshaw: I'm always in Peru every September to Christmas. No, do you know what? I would like to do it, but we were talking about it this morning and I was like, you can't do it half-arsed. You've gotta go and be like, right, this is my focus now for months, every single day, I'm gonna be committed, I'm ready to be taught... and I'm not ready!

Angela Hartnett: How do you think Mesh would feel about you?

Nick Grimshaw: Well, my boyfriend's a dancer, and he's like quite up for me doing it.

Angela Hartnett: Really?

Nick Grimshaw: Yeah, he's quite - I'm not allowed to ever be tired, 'cause he's a dancer. So, if I'm like, 'I'm so tired,' he's like 'What, from talking?', and I'm like, 'Well, I'm tired,' and he's like, 'Oh, from the radio? D'you play a few songs?' Cause you know, it's such a physically demanding, exhausting job, you know, six days a week he's training and dancing. So, he wants me to do it, not for me to like fall in love with dance-

Giovanni Pernice: But just to realise what he goes through.

Nick Grimshaw: To experience his pain.

Angela Hartnett: I would do it for two reasons. One, I would love to learn to dance, I would, because actually, and I imagine when you go to a wedding back in Sicily, they still do the proper, you know, old school-

Giovanni Pernice: The old fashioned...

Angela Hartnett: You know, when we go to like- my cousin's, you know, ninety- no, he's going to be a hundred in about three years, we're hoping that, you know, he's gonna- he still loves all this proper old school dancing.

Giovanni Pernice: Look at that, she's got a move.

Angela Hartnett: And I think you'd lose a lot of weight, honestly, from a selfish point of view. That's the other reason I'd like to do it.

Nick Grimshaw: It's like a free gym membership.

Angela Hartnett: Exactly, yeah...

Nick Grimshaw: And then we can eat more pasta cause it's fuel, we need it. But I mean, the other thing we were saying, it's quite a scary show. One 'cause it's, you know, putting yourself out there, you've got to actually physically perform, it's scary doing that in a room. And then also like the most watched show on TV, so it is proper shit scary, I think, hats off to anyone that does it. But do you get nervous at all?

Giovanni Pernice: Well, I don't anymore because I've done, you know, for so long. I always get excited for my partner, you know, because obviously if you've been coupled, your celebrity is very, very scared because that's what it does sometimes. So, you have to be nice to them and so like, of course it's gonna happen, but if they see me scared as well-

Nick Grimshaw: Oh yeah, no.

Giovanni Pernice: You have to be on the other side of it, you have to be like, 'Everything is gonna be alright.' But it's scary because during the week if you practice properly, you arrive

on the Saturday, you're quite confident what you do, so you just have to do a Saturday, the same thing you've done for the week in rehearsals when you're training for twelve hours a day. So, it's, you know, it's scary, but it's not scary. I think lots of people grow their confidence during the show, they come on the show very shy, and then by the final...

Angela Hartnett: Blossom, beautiful talent.

Giovanni Pernice: Yeah, absolutely, their confidence grows. So, I definitely- advice to everybody is like, grow a little bit confident, just go and do it.

Nick Grimshaw: Yeah, I bet you feel incredible after that.

Giovanni Pernice: Yeah. Because everything is in shape- as you said before, your body shape changes, so your confidence really grows because of that. And then you'll be- you're dancing in front of fifty million people. You know, and they're judging you, so your confidence grows and grows every single week, more and more and more. So, when are you guys gonna do it?

Angela Hartnett: I mean, it's definitely...

Giovanni Pernice: Listen to these words.

Nick Grimshaw: Could we do the same year?

Giovanni Pernice: Can you imagine?

Nick Grimshaw: Couldn't we?

Angela Hartnett: Oh yeah. Well next year, let's commit to next year. We'll have to do the podcast on the other side.

Giovanni Pernice: Exclusive for everybody listening to the podcast.

Nick Grimshaw: We'll do it if we can both do it.

Angela Hartnett: Yes. No, but I can't. I'll just spend my whole time laughing. I'll be like one of those

Giovanni Pernice: Or crying. Angela.

Angela Hartnett: I mean, I'm crying with laughter at the moment, cause this is hysterical, but anyway.

Nick Grimshaw: The thing I love about Strictly is that everyone has to watch at the same time. Like, you're not gonna do a catchup on like Wednesday afternoon.

Angela Hartnett: No, of course.

Nick Grimshaw: I like when I, you know, occasionally when I take the dogs out for a walk and I have a nosey in people's windows.

Giovanni Pernice: They're watching It Takes Two.

Nick Grimshaw: I love when everyone's watching the same thing on the street. Or everyone's got The One Show on, I love it. Like they've got it on, and they've got it on. I don't know what it is, but I love that shared experience of Strictly.

Giovanni Pernice: I think that's the beauty of the show because it's a show for everybody.

Angela Hartnett: A friend of mine, he always keeps saying, you should do it, you should do it, you should. And his daughters, when I went there after Christmas, one time, they said, 'and you would get this partner-' I think they actually said, Giovanni, 'you could do Giovanni.' And Neil bless, my husband doesn't necessarily watch Strictly, and he didn't realise the concept of dancing with someone else. He was like, he goes, 'You know, we could do that together.' I said, 'Neil, I love you so much but it's me with someone else, you're not on the show,' he went, 'Oh, right, right, right.' I thought, that's love isn't it?

Nick Grimshaw: That's love, yeah. Every time I watch it, I'm like, 'Oh, I could do this!' and Mesh will be like, 'Do this with your leg,' like whatever, and I'll be like that, and he's like, 'No, no. What I'm doing,' I'm like, 'I am doing that,' and he's like, 'No, no. Look at my leg and look at your leg.' I'm like, 'They're the same,' he's like, 'They're not the same', and I was like, 'That's what I'm doing.'

Angela Hartnett: His leg is up here.

Nick Grimshaw: And he's like, 'No, no straight,' and I'm like, 'Mine's straight.' He's like, 'It's not straight.'

Giovanni Pernice: So, you're one of those people that, when somebody teaches you something, you're like, 'I've done it.'

Nick Grimshaw: 'I am doing that.' Giovanni's like 'No... No.'
Tell us about your new show as well, which is Made in Italy.

Giovanni Pernice: Yeah, that one is coming actually straight after Strictly. I start rehearsals on the 2nd of Jan.

Angela Hartnett: Oh my god, you're so busy.

Nick Grimshaw: Just a day off. Arancini Day off, and then back to work.

Giovanni Pernice: Yeah, that's it, that's it, back to work. Yeah, we start the 2nd of Jan and it's only eighteen weeks of shows, so it's a quite short, long run.

Nick Grimshaw: Only eighteen weeks of dancing.

Giovanni Pernice: Yeah, but it's beautiful because I can finally show the people what, you know, what Italy is about. Like the small things, so the fashion show and we got the, of course, has to be the food. And obviously there's going to be romance, that I wanna show that people what Italy- an experience of what Italy is like. I've done something like this before, my first year when I did - this is my sixth show. My first show, I did something similar, but this, I want to go really deep into this. Like, I want to show the people what a wedding, an Italian wedding will look like.

Angela Hartnett: Brilliant.

Giovanni Pernice: You know, and stuff like this, people that - again, people go to Rome to see the Colosseum, but don't know what the Sicilian wedding looks like.

Angela Hartnett: Of course. And is it going all around the country?

Giovanni Pernice: Yes, indeed. Ireland, UK, yeah. I mean, I've got everywhere. Like if you think one show a day for seventeen weeks.

Angela Hartnett: Oh my God.

Giovanni Pernice: Yeah. It's a lot of theatres.

Angela Hartnett: Brilliant.

Nick Grimshaw: Thank you so much for joining us.

Giovanni Pernice: Thank you guys.

Nick Grimshaw: And congratulations on everything, and good luck with your tours, and Strictly, and your other tour. That was so much fun, thank you Giovanni.

Giovanni Pernice: Thank you for having me and thank you for the delicious food. Lovely!

Nick Grimshaw: All of the dishes and drinks covered on this show can be found on the Waitrose website at [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes)

We can't all have a Michelin star chef in the kitchen, but you can ask Angela for some advice. Email your questions or dilemmas to dish@waitrose.co.uk

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