

**DISH: Ep 7, 13 July 2022**

**Comedian Ed Gamble and barbecue cauliflower wings**

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:** Michelin star chef. Angela, not me.

**Angela Hartnett:** Welcome to Dish from Waitrose, the most hospitable podcast around.

**Nick Grimshaw:** We have invited some famous faces round for a meal and a chat, so come on in and join us.

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**Nick Grimshaw:** Hi Angela.

**Angela Hartnett:** Hello Nicholas.

**[Together]:** How are we?

**Angela Hartnett:** We're very well.

**Nick Grimshaw:** We're in sync today. How was your weekend?

**Angela Hartnett:** Good, nice and busy, little Betty wasn't well, so we've- phantom pregnancy, she keeps having.

**Nick Grimshaw:** And what, so Betty thinks she's pregnant?

**Angela Hartnett:** She's pregnant, and her body then thinks she is.

**Nick Grimshaw:** But she's not?

**Angela Hartnett:** No, she's not.

**Nick Grimshaw:** I wish our dogs could have babies.

**Angela Hartnett:** We could, we could have-

**Nick Grimshaw:** Then we'd be related.

**Angela Hartnett:** Can you imagine? Taking the kids out, let's go.

**Nick Grimshaw:** Taking the kids out. We've got Stinky's girlfriend coming over, she's pregnant.

**Angela Hartnett:** Betty's on a playdate. Are you hungry today?

**Nick Grimshaw:** I'm starving. What is on the menu? What are we having?

**Angela Hartnett:** So we've got these lovely spicy cauliflower florets, which I'm gonna serve with this lovely tangy mayonnaise with lime, lemon in there, lovely bit of coriander. Then as our main, we've got these pork steaks, so lovely pork steaks that I'm gonna slice up, and then in here I've got chopped peanuts, a little bit of soy sauce in there, chilli, garlic, little bit of honey. And then we've got a really simple slaw which is cabbage, spring, onion, carrot, diced up, and I've got some sesame seeds in there, little bit of sesame oil and that's it. And then I'm gonna put a tiny bit of lemon at the end, little bit of zingy zest, and that will all be served with our pork there, which is sitting there.

**Nick Grimshaw:** Angela, where can I find this recipe?

**Angela Hartnett:** Waitrose.com.

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**Nick Grimshaw:** So, our guest today, he says a terrifying ego and astonishing lack of self-esteem got him into comedy. He's a comedian, he's a podcaster, he's a judge on the Great British Menu so he might take the food more seriously than a regular guest... Mr. Ed Gamble. Hi Ed!

**Ed Gamble:** Look at this.

**Angela Hartnett:** Easy peasy, lemon squeezy. I love it.

**Nick Grimshaw:** Thanks for coming to see us.

**Ed Gamble:** Well, thanks for having me. I always deserve a round of applause before a meal.

**Nick Grimshaw:** You do.

**Ed Gamble:** Yeah.

**Nick Grimshaw:** Whenever you want one, you can get one.

**Ed Gamble:** Thank you.

**Nick Grimshaw:** Do you want another one?

**Ed Gamble:** Yeah!

**Nick Grimshaw:** Ed Gamble! So good.

**Ed Gamble:** Thank you.

**Nick Grimshaw:** Right. Let's have a sit down here. We can sit and have a cocktail.

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**Nick Grimshaw:** We're gonna have a gin cocktail. It's called a ginger fizz, so there's some gin in there, some ginger, some fresh lime and a little bit of bitters.

**Ed Gamble:** Amazing.

**Nick Grimshaw:** You really sold that Ed. 'Amazing.'

**Ed Gamble:** It is.

**Nick Grimshaw:** I like it 'cause it just tastes like gin.

**Ed Gamble:** Yeah, it's pretty gin-y.

**Angela Hartnett:** But it's I like it 'cause it's sharp and bitter. I don't like sweet cocktails.

**Ed Gamble:** I love bitters.

**Angela Hartnett:** We're quite a sour table around here, none of like sugar.

**Nick Grimshaw:** We are quite sour, yeah, we are quite a sour table. So, you go through a lot of bitters in your house?

**Ed Gamble:** Yeah.

**Nick Grimshaw:** What do you have bitters in?

**Ed Gamble:** Gin and tonics.

**Nick Grimshaw:** Oh right.

**Ed Gamble:** Yeah, my wife is unbelievable with them, like she'll properly just like, empty the whole bottle in there.

**Angela Hartnett:** Do you like a really strong, like, you know?

**Ed Gamble:** Really strong.

**Angela Hartnett:** Oh, lovely. And bloody Marys. Do you like?

**Ed Gamble:** I like bloody Marys a lot as well. 'Cause I like to feel like I'm drinking a soup.

**Nick Grimshaw:** Boozy soup.

**Ed Gamble:** Yeah.

**Angela Hartnett:** So, I know you are a big fan of cauliflower. I've done this spicy roasted cauliflower with a zingy coriander mayo.

**Ed Gamble:** Love it.

**Angela Hartnett:** So, coriander's not my herb of choice, as I think I've mentioned. Anyway, can I serve you some?

**Ed Gamble:** Please.

**Nick Grimshaw:** Get involved.

**Ed Gamble:** So, Nick doesn't even serve?

**Nick Grimshaw:** I'll serve. Should I serve? But I love how- I love watching Angela do everything, like I always think she's got a cheffy touch. Look at that.

**Angela Hartnett:** Would you like some, thrown at you?

**Nick Grimshaw:** Yeah, go on.

Watch that white shirt, don't wanna get anything on that do we now Nick?

**Nick Grimshaw:** Yeah, thanks Angela.

**Ed Gamble:** It'd be awful if you flicked something on to it, wouldn't it?

**Angela Hartnett:** Yes, if I flicked something on there.

**Nick Grimshaw:** Yeah, that's alright, that's enough.

**Angela Hartnett:** All available on Waitrose, so it's all easy to do.

**Nick Grimshaw:** All ready to go. Right Ed, so much to talk about. We have to talk about your tour, we have to talk about your podcast, but first of all, we want to get to know the big thing first. Your cat's called Pig.

**Ed Gamble:** Yes.

**Nick Grimshaw:** But why Pig? 'Cause my dog's called Pig.

**Ed Gamble:** Really?

**Nick Grimshaw:** Yeah.

**Ed Gamble:** Because I think it's really funny to call animals by other animals.

**Nick Grimshaw:** Same.

**Angela Hartnett:** What, so you call a dog Donkey or something?

**Ed Gamble:** That's a great name for a dog.

**Nick Grimshaw:** Why not?

**Angela Hartnett:** Okay, interesting.

**Ed Gamble:** And Pig is the funniest name.

**Nick Grimshaw:** My dog's called Pig, and I don't know if it's just cause it's my dog, but I think Pig suits a dog. But for a cat, even madder, like a cat called Pig is mad.

**Ed Gamble:** Also, he's like, beautiful as well, he's like this beautiful white cat with stunning blue eyes, so to call him Pig is so insulting.

**Angela Hartnett:** So mean. Have you ever had to, if they've been out in the garden, been 'Pig! Pig!'

**Ed Gamble:** No, we keep him locked in the house. He's too stunning, he'll be stolen straight away.

**Nick Grimshaw:** Too gorgeous.

**Ed Gamble:** Yeah, yeah. Lock him in the house.

**Angela Hartnett:** I feel sorry for cats that don't go out.

**Ed Gamble:** I tell him it's awful out there.

**Angela Hartnett:** You tell him it's awful. 'You really don't wanna be going outside.'

**Ed Gamble:** I feel like a very overprotective father.

**Nick Grimshaw:** I guess next we should speak about your podcast, Off Menu, which is a wonderful podcast. Angela's been on it, I've not been on it, but that's fine. Not yet. Not yet.

**Ed Gamble:** Wait your turn, Nick.

**Nick Grimshaw:** You obviously talk about food on it, but you don't actually eat food on it. Which is- we're gonna eat some food today. How do you find doing a podcast and talking about food for a bit of time in detail, and not actually, getting it in there.

**Ed Gamble:** It's inhumane torture, I would describe it as. We really backed ourselves into a corner, like the first few were recorded, we were like, well, I'm starving now. So, every single time we talk about food with someone, normally we then have to immediately go out and find some version of that thing.

**Nick Grimshaw:** Do you often go out for dinner with the guests?

**Ed Gamble:** No.

**Angela Hartnett:** No, never done that. They certainly didn't do it with me. If he'd said yes to that, that would be really cold. 'Every week!' Oh, thanks for that. Now I brought you gifts, 'cause I was very nervous about that, so I was bribing with sweet stuff.

**Ed Gamble:** That's rare that.

**Angela Hartnett:** Really?

**Ed Gamble:** So, I think that's probably happened on maybe five or six occasions.

**Nick Grimshaw:** What? And there's been a hundred and summat.

**Ed Gamble:** A hundred and eighty, we've recorded that.

**Angela Hartnett:** And a lot of like foody people and chefs on there? Miserable lot.

**Nick Grimshaw:** What did you take?

**Angela Hartnett:** Little biscuits and madeleines. Basically, you're allowed a dessert and you're not allowed cheese.

**Nick Grimshaw:** Mm-hmm.

**Angela Hartnett:** Well, we like the cheese.

**Ed Gamble:** James kicks off.

**Angela Hartnett:** Jimmy boy kicks off. So, I was bribing him with the fact I wanted to slip a cheese course in, and then I said, there you go and have some sugar, have a bit of sugar over there.

**Ed Gamble:** Like I say, yeah, you thought it through more than most people.

**Nick Grimshaw:** Is it expected everywhere you go, though, people think that you're gonna bring some food, because I remember on the radio once Nigella came in and we all got dead excited, that Nigella was gonna come in and we spoke about it on the radio for a few days before, like, 'What do you think she's gonna do?' And she heard it and messaged in and said, 'Don't worry guys, I will bring breakfast.' So no one ate anything, and we got up at like five, and she came in about half eight, so you're like starving by then, and she brought in granola. I was like, that's not enough.

**Ed Gamble:** That's unbelievable.

**Nick Grimshaw:** Like in a little bag like that, she's like-

**Ed Gamble:** 'Don't worry'- It's her saying, 'Don't worry' as well. I got you covered.

**Nick Grimshaw:** I got you covered. No bowls, no milk, no spoons.

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**Nick Grimshaw:** Do you cook a lot at home?

**Ed Gamble:** When I can, yeah. When I'm in, which is rare. But yeah, I love a bit of cooking at home, I barbecue mainly to be honest.

**Angela Hartnett:** Is that manly sort of, you know, barbecue, big steaks, or you just?

**Ed Gamble:** I don't think it's manly when I do it.

**Angela Hartnett:** What's your choice of barbecue? Are you a Green Egg?

**Ed Gamble:** I've got a Kamado Joe, which is the Green Egg challenger.

**Angela Hartnett:** Is it? I've not heard of that one.

**Ed Gamble:** I prefer- you can multi-level grill.

**Nick Grimshaw:** Ooh.

**Ed Gamble:** God, you know your stuff.

**Ed Gamble:** Yeah, I did a lot of research, I compared the two.

**Nick Grimshaw:** I'm at that stage of my life where I am currently this week, actually doing barbecue research, like getting like comparison websites up, and I'm like, wow, such an adult now.

**Angela Hartnett:** Because you wanna have a barbecue in your back garden.

**Nick Grimshaw:** I do want a barbecue yeah. And you barbecue a lot, didn't you do a lot in lockdown. Weren't you doing it like-

**Ed Gamble:** Four or five nights a week, I'd say. I thought I was having the time of my life, I was like, this is, I think the, the best time of my life ever. And then after lockdown, my wife let me know, she really thought I was having a breakdown. 'Cause every night I was out there just lit by the coals, you know. I was thinking, 'I feel like a cool American,' you know, always have a little beer on the go. But she sent me a picture of myself barbecuing one night, and I'd grown a moustache and I was staring into these coals, you could just see my face holding a beer and I was wearing my pyjamas, and I was like, I've lost my mind. It's the saddest photo I've ever seen.

**Nick Grimshaw:** The only thing is with the barbecue though, is that I always think it's gonna be quicker and more fun than it actually is.

**Ed Gamble:** Yeah, it takes a while sometimes.

**Nick Grimshaw:** Yeah. I'd rather come to your house and have a barbecue, than you come to mine and have one.

**Ed Gamble:** Well, cause I get up early, I get the- I get it up to heat. I did, during lockdown as well I did a beef feather blade for ten hours.

Ooh.

Like smoked it for ten hours, but the- I bought a meat thermometer that attaches by Bluetooth to your phone.

**Nick Grimshaw:** Stop.

**Ed Gamble:** So, I had it in there and then realised I couldn't walk too far away because then it disconnects from the thing, so I just had to sit next to the barbecue for ten hours. So I couldn't get anything else done.

**Angela Hartnett:** Brilliant. See, I think I could challenge you. We were talking- we had Paul Feig on and I was telling our Nick about how they deep-fry turkeys for Thanksgiving. I feel that you could do that. I feel that would be a challenge for you.

**Ed Gamble:** I might be doing Christmas this year. I'm sure my mother and my mother-in-law would really respect, 'Welcome to my Christmas, where I deep-fry a Turkey.' They'd turn around and go home.

**Nick Grimshaw:** I think we do need to try that on this podcast.

**Angela Hartnett:** Yes.

**Nick Grimshaw:** What do you fry it in? Turkey's massive isn't it?

**Angela Hartnett:** Well, you get a massive sort of, you know, big tin drum and then, you know, all the oil, dip it in there and stand back.

**Nick Grimshaw:** So, does it come out like as sort of like a big KFC?

**Angela Hartnett:** Basically like a KFC.

**Ed Gamble:** Massive KFC.

**Angela Hartnett:** And really moist, you see, that's the thing, you know, nice and not too dry.

**Ed Gamble:** And it also sounds really dangerous.

**Angela Hartnett:** Yes, it does.

**Nick Grimshaw:** So dangerous. So dangerous.

**Angela Hartnett:** Right, okay.

**Nick Grimshaw:** This is yum, by the way.

**Ed Gamble:** This is really good.

**Angela Hartnett:** You happy? We're chatting away, I'm going to get ready on mains as well.

**Nick Grimshaw:** That was delicious. Also I really enjoyed the speed of that course. In. On.

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**Nick Grimshaw:** Right, Angela, what have we got here? This looks good.

**Angela Hartnett:** So, we got roasted pork with a peanut salsa and a lovely fresh cabbage slaw, so we got some chilli in there, garlic, ginger, little bit of honey, little bit of soy sauce, all marinated.

**Nick Grimshaw:** I love this.

**Angela Hartnett:** You could do this pork on your barbecue. So, I imagine you're a marinade, lots of marinades.

**Nick Grimshaw:** Are you a marinader?

**Ed Gamble:** Yeah. I love a marinade. Marinade it. I marinade everything., marinade my cereal.

**Angela Hartnett:** Really?

**Ed Gamble:** Yeah.

**Angela Hartnett:** So how are you finding Great British Menu? You're loving it, no?

**Ed Gamble:** I love it. Because I'm completely out of place, just gobble it all down, I'm like a competition winner, every episode.

**Angela Hartnett:** I don't think you're on it out of place.

**Nick Grimshaw:** No, I don't think you are.

**Ed Gamble:** Yeah... No, I do enjoy it.

**Angela Hartnett:** And it's good to have a difference of opinion. I think that's what makes it really exciting now, because everyone- you'll have your opinion and Tom will go, 'Well hold on, that's not quite cooked quite-' and you're like 'I love it!'

**Ed Gamble:** And Tom knows all about the technique obviously, and he can describe how things have been made and how much works gone into them, and then I can go, 'Well, I don't like it.'

**Nick Grimshaw:** 'Yeah, but I don't like it.'

**Angela Hartnett:** 'I don't care.'

**Nick Grimshaw:** But you know, you can be subjective, can't you, about it, and be like, 'Don't like it.' And does that make you cook differently at home, doing that show?

**Ed Gamble:** It makes me cook less at home, because I know I'm-

**Nick Grimshaw:** What's the point?

**Ed Gamble:** What's the point, yeah. What's the point, on Friday I get eight meals in a row.

**Nick Grimshaw:** Just have that.

**Ed Gamble:** Yeah, yeah, exactly, yeah. You know, I pick up little tips here and there, but they are amazing, the chefs on it are so good, the tips are, you know, impossible to replicate.

**Angela Hartnett:** No, but I find that when I do- 'cause I do the bit at the beginning of the week and judge it, and put people forward. And sometimes I walk around, and I always think they must say I'm such a fake, 'cause I always go 'How'd you do that then?' Then they look at me as if they're saying, 'You're judging me and you're asking how to do that?' And I said, 'Alright, kiddo, I'm a lot older than you, I've been around a lot longer. So just tell me how you do that,' you know?

**Nick Grimshaw:** They're like, 'You just put the butter on the bread. It's called toast.'

**Ed Gamble:** 'Why are you asking me - I'm the camera man?'

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**Nick Grimshaw:** The wine that we're gonna have today is an 'Al Sassy.'

**Angela Hartnett:** Al Sassy? Alsace

**Nick Grimshaw:** As the French say, which is-

**Angela Hartnett:** Do they, do they really?

**Nick Grimshaw:** Yeah, they do. I've been to France, that's how they said it. Which is from Waitrose and has been paired with this meal today because it goes really great with Asian flavours, with sesame, nutty things, spicy food as well. So how did your love of food and drink come about Ed? Do you remember like, your first sort of foray into not just, not just eating to survive, but being like, wow, I'm a food person.

**Ed Gamble:** I've never been the eating to survive guy. Ever since I was a little kid, I was always a fat little boy. Very interested in food, always rejected the kids' menu.

**Angela Hartnett:** Did your mum cook?

**Ed Gamble:** She was, yeah, my mum's a great cook, yeah. And just never, like, when you go out to restaurants as a little kid or you get taken somewhere and then you get given the kids' menu- throw that across the room.

**Angela Hartnett:** You were like, 'Give me the scallops!'

**Ed Gamble:** 'Bring me poached salmon.'

**Angela Hartnett:** My first like few months at university, I spent my whole grant on meals out. My week was planned out, what restaurants I was going to, what pubs I was going to, rather than my lectures.

**Ed Gamble:** That's better than I did. 'Cause I think I always loved food, but only later on in life discovered good food. So, I always used to just eat a lot of rubbish really. But loved it. But university was a disaster.

**Nick Grimshaw:** Yeah, uni is- someone's actually sent in a uni question for you.

**Angela Hartnett:** Oh have they? Okay.

**Nick Grimshaw:** Which is good because uni, the stuff I ate was so bad. So bad. I don't think I knew what was good and bad even when I was at uni, so I'd eat like, a cooked breakfast in a can. I'd be like- yeah.

**Ed Gamble:** Is that real?

**Angela Hartnett:** Does that exist?

**Nick Grimshaw:** I think that was a treat. I'd be like, amazing.

**Angela Hartnett:** What do you mean a cooked breakfast in a can?

**Nick Grimshaw:** An English breakfast in a can.

**Angela Hartnett:** And you can buy that?

**Nick Grimshaw:** Yeah. Beans, bacon, eggs, in a can.

**Angela Hartnett:** Eggs!

**Ed Gamble:** I think it's the eggs that would put me off the most.

**Nick Grimshaw:** It's mingin.

**Angela Hartnett:** Did you heat it or was it cold?

**Nick Grimshaw:** Yeah, I'd heat it up in a microwave and be like, yum. So bad, isn't it?

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**Nick Grimshaw:** Angela, Rachel Adkin would like to know, what is the one signature dish that you would teach your teenager before they leave for uni?

**Angela Hartnett:** Oh, I would say something like a sausage curry.

**Ed Gamble:** I was not expecting those words to come out of your mouth.

**Angela Hartnett:** Were you not? But you want something cheap. You can get some really lovely sausage, like pork, you know, lovely, spicy sausages, tomato based sauce with loads of like tinned beans, like butter beans and stuff like that. Loads of herbs in there, loads of onions. Maybe I didn't sell it quite well.

**Ed Gamble:** Sausage- I've never heard anyone say sausage curry before.

**Angela Hartnett:** It's more sausage stew than curry, I would say rather than curry, yeah. But I think that's a good one.

**Nick Grimshaw:** Nice. That's an easy one. Cause you don't have any like stuff at uni either do you, like utensils.

**Ed Gamble:** No, so yeah, my first year I was living in halls and there was a kitchen there, but it wasn't really a kitchen, like a toaster next to a sink. I set the fire alarm off on my first night making a meal. I was like, that's it, I'm not cooking again.

**Nick Grimshaw:** Not doing that again. Not doing that at all again, that was it. Danger.

**Ed Gamble:** Sausage stuff, is it-

**Angela Hartnett:** Sausage is good 'cause you don't- like you say, there's no prep needed. Open loads of tins and it's fine, maybe chop an onion. You had a good one, chilli, I think that's a good one. But you need condiments, you know, you need all your little spices.

**Nick Grimshaw:** You do need all your spices for that, yeah.

**Ed Gamble:** Spag bol?

**Angela Hartnett:** Yeah, spag bol's a good one, yeah. Or, you know, I was gonna go puttanesca, but that sounds so middle class, it's ridiculous.

**Ed Gamble:** Depends which uni you're at.

**Angela Hartnett:** If I'm in Exeter, I'll have puttanesca.

**Nick Grimshaw:** I dunno if that's a good one for a fresher to be sticking their head down the hall corridor shouting, 'Puttanesca, anybody?' You're like, 'Nah... Sausage curry, yes.'

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**Nick Grimshaw:** So, you always love food, big part of your life. And then what about at home, are you the key cook at home?

**Ed Gamble:** Yeah, I'd say so. My wife picked up on that very quickly, when we first got together. She was like- 'cause she is terrified by cooking, she is so worried about it going wrong. She's cooked for me maybe twice in our whole relationship.

**Nick Grimshaw:** Wow.

**Ed Gamble:** When I met her, I'd just graduated and she was at uni, and the kitchen in her halls of residence was the most disgusting thing I've ever seen in my life. So, it would, it would really put you off cooking. There was one guy who never used to wash up anything, and he used to use his chopping board and always leave it out, and everyone else got so annoyed with him that she sellotaped his chopping board to the ceiling.

**Angela Hartnett:** Good.

**Ed Gamble:** She thought, well, if he can never find it, he can never leave out dirty. And then he just started chopping on the side with no chopping board.

**Nick Grimshaw:** Oh no.

**Ed Gamble:** Gross. Put you off for life, that sort of thing.

**Nick Grimshaw:** Yeah, that'll do it. But even your skills in the kitchen are not tempting her out of- maybe you are too good for her to even bother.

**Ed Gamble:** No. Driving her back into the sitting room, I think.

**Nick Grimshaw:** Yeah, driving her back, pushing her away. 'Cause my boyfriend won't cook for me 'cause he finds it stressful.

**Angela Hartnett:** Yeah, but is that 'cause you are always hovering around, sort of saying what he should be doing or shouldn't be doing?

**Nick Grimshaw:** Yeah, probably, yeah. 'I wouldn't do it like that.'

**Angela Hartnett:** That's not helping. 'Have you seasoned that?'

**Nick Grimshaw:** Yeah I'm a bit like that.

**Ed Gamble:** I'm a bit like that as well, I think that puts her off. I think she did try and do something the other day and it was just for herself and I was just like, 'Would I do that? I don't tend to do it in that order.'

**Angela Hartnett:** I mean, that really isn't fair. Honestly.

**Nick Grimshaw:** What about you and Neil, are you ever like that?

**Angela Hartnett:** Well, we had friends over at the weekend and he came down and he asked me something and I said something, he goes- and he just stood back, he goes, 'Don't start, alright. Just don't start.' And then afterwards he was chatting away and I was just tired, and we had loads of people come in and we were a little bit late getting ready, and I said, 'Neil, I love you, but stop asking me stupid questions. I really don't wanna talk. And let's just get this done.'

**Nick Grimshaw:** He's like, 'Yes, chef. Yes, chef. Oh, sorry Angela.'

**Angela Hartnett:** And he looked to me and he went 'Alright...'. And then afterwards I had to go up and I went, 'Sorry.' And then, you know, and then it was great, we had a great lunch, we had a great day, but sometimes he loves to chat.

**Nick Grimshaw:** What about on tour Ed? 'Cause you've done what fifty dates so far?

**Ed Gamble:** Yeah, fifty dates of the tour so far, and thirty five or forty coming up.

**Angela Hartnett:** And Edinburgh

**Nick Grimshaw:** I loved Edinburgh. I had to do stand up for a Radio 1 challenge thing. It was the scariest, hardest thing I've ever done in my life.

**Ed Gamble:** Yeah. That's a bit of a trope - every few years they'll do Radio 1 have done it, and Channel 4 have done it - they'll train celebrities up to do stand up comic. It was always torture watching it -

**Nick Grimshaw:** Horrible

**Ed Gamble:** They did one a couple of years ago, where they got Curtis from Love Island to do it. Now there was a long running joke that I look like Curtis from Love Island which was the bane of my life on Twitter for like a year. And then it was fine, he's out of Love Island and then he can go and do his thing; people have forgotten about it, and then he started to do stand up and I thought this is the worse thing that can happen to me, and he was the worse by far!

**Angela Hartnett:** That's terrible!

**Ed Gamble:** I think he might have given up his comedy dreams by now.

**Angela Hartnett:** Hopefully.

**Nick Grimshaw:** How is like, eating on the road? And I always wanna know when people are on stage, when do they have their tea?

**Ed Gamble:** Sometimes if we know we've got maybe, you know, a day off after, it's the last little, last show of a run, we'll go out after the show and have a curry. The best night was actually the second night of the tour. We were in Birmingham Town Hall and we booked a table at Dishoom, and I came out of the stage door at 9.30 and I was sat down in Dishoom at 9.32. I don't think I've ever felt better in my life. This is living.

**Nick Grimshaw:** Living.

**Ed Gamble:** Adrenaline was pumping and I could see the audience still leaving the venue and I was just sat in Dishoom.

**Angela Hartnett:** Having your papadoms.

**Nick Grimshaw:** Ordering that famous sausage curry.

**Angela Hartnett:** I'm getting it today from him, he's on fire.

**Nick Grimshaw:** What do you do to prep for your tour?

**Ed Gamble:** Prep is a very strong word for what I do. I worked out a while ago that I can't have any sort of hyping up or pumping up before a show. Cause then, I'm quite loud and energetic anyway. So, if I'm backstage going, 'Come on, here we go, come on, show,' I go out there and go, 'Hello everybody [weird voice].' So I just have to be as normal as possible before I go on, so I'll watch Masterchef. quite often. Sometimes I'll just like, hit pause and then just walk on.

**Angela Hartnett:** Really?

**Nick Grimshaw:** Just straight on.

**Angela Hartnett:** And that just relaxes you?

**Ed Gamble:** Yeah. And then I'm just, you know, if I know the show and I'm ready to do the show, it's fine.

**Angela Hartnett:** Do you have to remember everything you are saying on there? Or does it just come naturally as you're sort of telling the jokes?

**Ed Gamble:** It becomes muscle memory.

**Angela Hartnett:** Because I find that amazing that you can all remember.

**Nick Grimshaw:** It's mad in it.

**Ed Gamble:** It's muscle memory by the end, I think, so- and also you just remember the good bits. I try and keep it quite fresh every night, so if it wanders off in another direction, that's great 'cause it makes it more exciting for me.

**Nick Grimshaw:** What's the tour all about Ed?

**Ed Gamble:** It's all about me, I'm an absolute egomaniac.

**Nick Grimshaw:** Well, it has to be, innit.

**Ed Gamble:** Yeah. Every year I sit down when I write a new show and I think it's gonna be my big political show. And this one's mainly about buffet breakfasts. So absolutely mind blowing to hear about this breakfast in a can, I thought I'd done all my research into breakfast, so maybe I'll add that into the...

**Nick Grimshaw:** Yeah, get that in, try it out.

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**Nick Grimshaw:** Okay. We have a confession Ed.

**Ed Gamble:** Oh no.

**Nick Grimshaw:** Well, it sounds bad, actually, we tried something.

**Ed Gamble:** This is an intervention.

**Nick Grimshaw:** Yeah, no, this is not even being recorded. No, we heard that you love garlic bread with Marmite and cheese.

**Ed Gamble:** I do.

**Nick Grimshaw:** Right. Which, I have said before, I've never tried that. I think that's, that's a lot going on in my mouth. Like that's a lot. Love cheese, love Marmite, love garlic bread. Now what we tried to do was something spectacular, which was to make you the Michelin level garlic bread with cheese and marmite, constructed by HRH here, Angela Hartnett. So Angela went to great lengths to make this happen.

**Angela Hartnett:** Yeah, but failed miserably, didn't I. We have dough flying across London as we speak, it isn't quite here yet but it will be.

**Ed Gamble:** You've ordered in your dough?

**Angela Hartnett:** I've ordered in my dough. I'm not making it, do me a favour.

I mean, I like you Ed, and I think your podcast is brilliant, and I cannot wait to see you in Edinburgh, but really, if you think I've got time to be making dough for people. Anyway, I have my dough being flown across from my friend, Mark Wogan, who does Homeslice. Great. And I was gonna have a little secret ingredient, plus the Marmite, plus the mozzarella, just to check it out.

**Ed Gamble:** What's the secret ingredient?

**Nick Grimshaw:** What do you think is the secret ingredient?

**Angela Hartnett:** Oh, that really is ridiculous. How is he gonna know what the secret ingredient, could be anything in the world.

**Nick Grimshaw:** Ed Gamble is psychic.

**Angela Hartnett:** I had a little bit of duck bolognese that I was gonna put underneath it, you see. Sorry Ed, sorry. We can send you home with the ragù.

**Ed Gamble:** Send me home with the ragù.

**Angela Hartnett:** So then all you need to do is get that pizza. Yeah. And sort of, you know, do it.

**Nick Grimshaw:** Whack it on top. You have a busy day today and I love the idea of you walking around London with some duck ragù.

**Angela Hartnett:** In your bag. Yeah, exactly.

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**Ed Gamble:** Just before I go, do you have any other tips, Angela?

**Angela Hartnett:** I always say less is more on a barbecue. Just do five things brilliantly rather than ten things badly.

**Ed Gamble:** Ah, no I can't. The Gamble barbecues are legendary.

**Angela Hartnett:** Are they, like, massive? Well, we're coming over so we'll see. But also the thing is, and that's why I'm rubbish at barbecue, 'cause I'm impatient. You've gotta get it really hot, haven't you? It's gotta be absolutely- and I'm like, I'm the one going, 'Just put the bloody fish on, come on, just get it on.' And of course it sticks, which it should never do. So it's gotta be really hot and dry, like meat and all your fish just dry, then it doesn't stick to it.

**Nick Grimshaw:** Great. Question, how'd you dry a fish? Bit of tea towel?

**Angela Hartnett:** You just, yeah, bit of tea towel.

**Ed Gamble:** Well, it's good point, 'cause they don't wanna be dried, do they?

**Nick Grimshaw:** They don't, they famously love being wet.

**Angela Hartnett:** They like being wet in the water, but you know, I haven't just fished it and just, you know, plonked it on there. Taken it out of my fish tank.

**Nick Grimshaw:** That is a good tip that though. Genuinely.

**Angela Hartnett:** Yeah, got to be dried. 'Cause otherwise it's the water, you know, the wetness will make it stick.

**Ed Gamble:** But they take a while to get up to heat. So, you come over to barbecue to my house, we're drinking for three hours before any food comes out.

**Nick Grimshaw:** And then you love the food, 'cause-

**Ed Gamble:** Yeah exactly, whatever it is. I got a great picture of my dad last time he came over for barbecue, and we just stood on the lawn in the barbecue with two glasses of wine, like he's- and he's doing the monologue from Gladiator.

**Angela Hartnett:** I love it. But it's obviously that expectation when they come to you though, it's like, you'll eat late and you'll be drunk by the time you eat.

**Ed Gamble:** Yeah, so drunk.

**Angela Hartnett:** It's perfect. Lovely.

**Nick Grimshaw:** That's what a barbecue's all about. Love that. Ed Gamble, thank you so much.

**Angela Hartnett:** Thank you so much.

**Nick Grimshaw:** Everybody.

**Ed Gamble:** Thank you!

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**Angela Hartnett:** All of the recipes and drinks can be found on the Waitrose website at [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes)

**Nick Grimshaw:** Follow Dish from Waitrose wherever you get your podcasts, and why not leave as a review on Spotify or Apple Podcasts, like Aileen did. Aileen's review was amazing. She said she was smiling and laughing so much whilst listening to us on a walk that flies got stuck in her teeth. Bit of an overshare, but thank you, Aileen.

We can't all have a Michelin star chef in the kitchen, but you can get some Michelin star advice. Email your questions for Angela to [dish@waitrose.co.uk](mailto:dish@waitrose.co.uk).