

**Dish: Ep 4, 22 June 2022:**

**Award-winning comedian Sindhu Vee and a pomegranate Margarita**

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

Hello, I'm Nick Grimshaw.

And I'm Angela Hartnett, and this is Dish from Waitrose.

Nick Grimshaw (NG): We've invited some familiar faces around for a Michelin-star meal prepared by the one, the only, the national treasure that is Angela Hartnett.

Angela Hartnett (AH): Oh, sorry, that's me. There's no pressure there, thanks for that, Nick.

NG: This week we are joined by Sindhu Vee. She's amazing, she's a very funny award-winning comedian, writer and actor.

AH: And I think you're basically telling me she's on her way, so I better get cooking. NG: Yeah, basically, yeah.

AH: So in today's menu with Sindhu Vee, I've got pomegranate and chilli margaritas, a classic of our Nick's, then we've got some little starters, we've got these stuffed peppers, chargrilled artichokes, and I'll follow that with baked cod, and I've got some rye crumbs and I'll mix it with tomatoes, some crab, little bit of dill in there, and we've got some delicious English sparkling wine, Nyetimber. All of the dishes and drinks on this show can be found on the Waitrose website, at [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes)

So, I'm going to do the baked cod, really simple. The little bit of prep is cut your tomatoes in half, salt and pepper, little bit of olive oil, little bit of chilli oil on there, in the oven roasted for about fifteen minutes.

NG: Oh, hi!

Sindhu Vee (SV): Oh hey!

NG: I'm Nick, nice to meet you. How are you?

SV: I'm Sindhu, nice to meet you.

NG: Hi Sindhu.

SV: I'm good, thank you for having me.

AH: Welcome, come in.

NG: Thank you coming. I've made a cocktail for us.

SV: Uh huh...

NG: Because I heard you like a spicy- well, spicy anything.

SV: Pretty much.

NG: So, I've made us a spicy pomegranate and chilli margarita.

SV: I see lime in it though?

NG: And a bit of lime, yeah, bit of lime.

NG: Cheers, welcome, welcome.

AH: Cheers, welcome.

SV: Cheers.

NG: Should we go and have a sit? Yeah, let's do it. Can we have a round of applause to welcome our guests today, Sindhu Vee, everybody.

NG: Hi Sindhu.

SV: Oh my God.

NG: Welcome.

SV: Thank you.

NG: I feel like it's going to be a fun one today already.

SV: Do you?

NG: Yeah.

SV: Oh my God, 'cause you've put tequila in me already.

NG: Yeah, because she's already had tequila. No, we made this spicy because I know you love spicy food, don't you? You're a big chilli fan. We're all big chilli fans.

SV: Yeah, yeah. I mean, I can't comprehend, you know, food without spice. It's like, what is this doing?

SV: Like, what's the- what's the contract I've made with this food?

NG: Yeah, what's the point?

SV: Whether I pat it on my face or put it in my gullet, doesn't matter.

AH: I think I may need to leave now, and just readjust the recipe.

SV: No, no, no, but you know, you don't have to have like, water-flowing-out-of-nose chilli, but you need to be like, oh, there's a kick.

AH: Yeah.

SV: Just a little bit, you know? And I've discovered that it's become very normal now in the West to just carry a little box of chilli flakes.

AH: Yeah.

SV: My mother used to, when she would-, when she came to the West, she would carry Tabasco with her in her purse, and then later steal Tabasco at restaurants, when they would have it, she would say, 'May have a Tabasco?' and they would give it, and then she would just... I'm like, 'What are you doing?' 'It's, no, because you know, I need it.' And I'm like, 'but you can't steal it.' She would say, 'But I'm paying for the dinner. No one else here will have it, look at them, they're also foreigners.' She called all white people 'foreigners', even here.

AH: Brilliant.

SV: So, if she met you, she'd say 'What a handsome foreigner.' It's like, Ma he's not the foreigner, Ma, you are.

NG: This is good.

SV: I can't drink too much of it though.

NG: No, we'll just sip it.

AH: You're fine. We can have some nibbles with it. You see, we've cheated a little bit and got these from Waitrose.

SV: Okay good.

AH: Some little artichokes. These will be spicy, I think, the little olives there, with the little peppers.

AH: I think it's like pepper, red pepper in there.

NG: I might have a little bit artichoke.

SV: They're yummy. All of these are yummy.

NG: It's so yummy. Have you ever had a moment where you're like, that was too hot.

SV: I can't eat such hot food. My mother ate- she would have green chillies on the side of her food. But my mother's pet phrase when we were growing up and we'd eat something and burn our mouth, and we'd say, 'It's too hot,' she would say, 'Cultivate the taste.' Cultivate the taste, this was the phrase she always, 'cultivate the taste.' So, you were like, what does this mean, okay, so you'd cry in your food, I mean, it was horrific 'cause she ate very hot, her

and sisters, all of them. And I was the wimp.

AH: Yeah.

SV: And I was like, I can't eat this, it's too hot.

AH: How many were there of you?

SV: There's just two of us, and I was the youngest. I was the baby, I was the wimp, I had a stammer. So, for me, I never have felt like I can compete with people who can eat really hot food.

AH: Yeah.

SV: Of course, I move to the West, I'm like, no, no, I'm winning here.

NG: I'm fine here, yeah.

SV: I'm winning here. I mean, I remember when I first came here and went to university, and we had food in student halls, and I was vegetarian. And one of the vegetarian options was french fries.

AH: That's so embarrassing.

SV: I was like?

AH: I mean, that's awful.

SV: I was like, what is this? And the other option was peas. So, I was like, what?

AH: And I think that was quite a good university you went to.

SV: Yeah, I mean, these were not- these are not real vegetables in India. They're like joke vegetables. Peas and French fries. Yeah, so here I'm a champ, but in India, I'm quite a wimp.

NG: What happened in Florence as well? Didn't you have an unfortunate chilli incident in Florence?

SV: It was Mr. Mancini.

NG: Right.

SV: So, he owned the hotel that we were staying at, and I want to say that- do either of you have kids?

NG: No.

AH: No.

SV: When you have very small children and they're close in age, and your spouse and you are like, there's so much pressure in this marriage that we could just both leave. You take the kids, I'm gone. Or we could just drink. See, those become the two, when the children are very small, you know, and you're both working all the time. These kids are small, and they don't let up.

AH: And they don't stop crying.

SV: Well, yeah, and then they want stuff and, you know, and they're enough- and they talk, but they don't make any sense, that whole time. And they're very loving but intense. So, we had taken the children, we'd gone to Italy, and we had, like a house, and Mr. Mancini had the hotel on the grounds of which was this house. And I of course said to him, 'Oh, I can eat really hot food.' And he was- and he said, 'Ah, hot.'

AH: Red-ragged a bull there.

SV: And I said, 'Yeah, hot.' And he said, 'Fine, I'll make for you penne arrabiata.' I don't know if this is dignified to say, but, I mean, my insides shot out of me in a way that is just not ladylike, and also never experienced because he used this kind of hot Sicilian chilli and he put it in the sauce, and I had no idea, I was like, 'Yum, yum, yum,' and then I thought, this is what happens to foreigners, well you know, Westerners, when they're in India, they sweat, they get like the runs.

AH: Foreigners, like this man.

SV: And I thought this is happening to me. My husband who's Danish.

AH: Yeah.

SV: He became, what's the word? Catatonic. Is that the word? He just, he could only blink. He stopped speaking, he pushed the plate away and he said to me, 'Oh, this is not good, oh, this is not good.' But it was hoot.

NG: It was hoot.

SV: And also, it's such a sign of disrespect to not finish your food if someone has cooked for you in India. No, no, my husband was like, it's either me or this food, you pick. But Mr. Mancini was like, 'It's good?' I was like, yeah, it was great, never again please cook for me, ever.

NG: Never again.

AH: On that note, I'm gonna put the fish in the oven.

NG: Oh yeah, you get the fish in the oven.

SV: Oh yeah.

NG: I'm ready to eat.

SV: Do you ever get in that thing where you haven't eaten and then you show up to an interview or work, and you're like, this person is talking, I am going to pass out?

NG: Yeah.

SV: And at some point, I have to stop them and say, 'I need a candy bar, I- stop talking, I can't take it.'

NG: 'I need something.'

SV: So bad.

NG: I've had it a lot. And I've had it before where I thought I've had something wrong with me.

SV: I've like been in situations where I'm like, I need to divorce this guy. This marriage is not working. And then I have a whole rota of shit that's been wrong with the marriage, and it turns out I'm just hungry.

NG: You just have a little bit of bread and you're fine.

SV: And I'm like, oh no, no. He's, he's fine. He's cool, he's cool.

NG: He's fine, I love him again.

NG: So, when did you start eating fish?

SV: Twenty-ten.

NG: Twenty-ten. And how was it to start eating fish? Because when you've been vegetarian all your life... big deal.

SV: Well, for me, it was a very big deal religiously. I'm a Hindu. We were raised to never eat meat, a lot of Hindus do. I moved to the West and never wanted to eat meat. But when it became medical that I- the doctors were like, you need to have some animal protein, something to do with vitamin D and my cells. It was a big deal for me, morally, you could say. So, I called my parents and I was like, 'I don't know what to do.' And my mother was like, 'Oh, shut up. You don't want to die. Eat the fish.' She was just no nonsense. Initially, I couldn't eat it a lot, it was very strong. But now it's like regular. You know I don't- it's not my go-to choice ever, unless I'm in like, some place where the vegetarian food is, all that kind of virtuous vegetarian, you know, 'bitter gourd', I'm like, no, shut up. Then I'll just eat the fish.

NG: Just eat the fish.

SV: Just get a shrimp cocktail.

NG: Is there any fish that you don't like? Like, what about fish with the head, 'cause I don't really like, I don't like- I don't love a head on my plate.

SV: No, okay, so I have- you know what I've never said this and my family thinks it's crazy and used to annoy the life out of them, but I'll say it on this podcast.

NG: Do it.

AH: Yeah, come on.

SV: I always say a little prayer to whatever fish I'm eating because it's given up its life for me.

AH: Ah.

SV: And in another lifetime we will meet and we'll have debts and credits to, you know, give and return each other. So I always do that. So whether you have your head or don't have your head, for me, you're a being that's given your life for me.

AH: You're still having a little prayer.

NG: I like that idea.

SV: And my- yeah, it's very embarrassing for my family, when we go to really nice restaurants, we went to a place in New York called Marea.

AH: Do you make them all hold hands, and you say it?

SV: They don't have to do anything. Their karma in their hands, I'm not helping them.

AH: They're going to hell and back.

SV: No, it's not about hell. It's like, my husband's Danish, he's in a different plane. Yeah. You know, and the children are half Danish. But with me, you know, in the beginning, when it was very sentimentally difficult for me, we would go to like restaurants, there's a restaurant in New York called Marea, super fancy. And I would be like, [whispers prayer]. The kids are like, 'Oh my god, what are you doing?' And I'm like, I just- they're like, 'Can you do it without the 'Namaste' thing?' I'm like, 'alright.'

NG: 'Can you not stand on the chair?'

SV: Yeah, 'Just don't do it.' And I've- and even when, because the children have always eaten meat.

AH: Yeah.

SV: And I have always said to them, 'I don't care if you leave your vegetables, you that chicken,' and they would say, 'Yeah, it died for us.' And I didn't cook it, I always had someone, if they wanted to eat it, someone else was cooking it.

AH: Yeah, sure.

SV: But I was like, 'That is a being and in your next life, buddy, you don't wanna be the uneaten chicken on the plate.'

NG: No, you wanna be enjoyed. And what about fish? 'Cause I always wanna know about- I hate fish that you've gotta do admin to - you know, you order prawns or like, and you've got to do it yourself, I hate that.

SV: No, no, I always say, 'Take all the clothes off.' Take all the clothes off, I need the naked, I don't-

NG: Get that, why

AH: That was the best expression, I want to put that on the menu, 'Fish with admin, fish without admin.'

NG: It's like, that's your job, Angela, not ours!

SV: Exactly. No admin, no admin.

NG: No admin.

AH: I love a bit of admin I love a crab that's

NG: Do you?

AH: I'll now pray for the crab, 'cause it's died for me.

SV: That's fine.

AH: But I love, you know, doing that and sucking the, you know.

SV: Well..

AH: That's the flavour, it's delicious.

SV: Sure, I get that. I have to say crabs. It's interesting 'cause crab and lobster when they appear in their full glory on your plate, the lobster's always like, 'Ah, I got boiled,' you know, that's its fine.

AH: Yeah, forget lobster.

SV: But crab was always like '\*\*\*\*\* touch me,' and you're always like, 'Agh!'

NG: Okay Angela, what are we having for our main?

SV: So, we are going to- we've got bake cod with a lovely crab crust. Although for you, because the crab crust is held together with breadcrumbs, what I've done is done a lovely crab and I've stuffed the tomatoes with it. I've realised, I made- the first thing I ever cooked for Nick, I put loads of chilli. I've realised that chilli oil is fatal, 'cause I've just tasted and it's quite chilli.

SV: Oh good.

AH: But anyway, it'll be good.

SV: And shall I put the lemon on the fish?

AH: You put a bit of lemon on top there.

SV: On the fish or everything?

AH: On the fish is perfect.

NG: So, do you think lemon juice is best with this rather than lemon zest? What's the difference?

AH: Well, I put a bit of both. I've put a bit of lemon juice on the fish, just when we're cooking it, but then I've put zest in the crumb and in the crab mix, because the zest, you get the oil. And I always do this thing where, and you probably with limes, you do it, you rub them first or roll them first, just to sort of release the juices.

NG: Yeah.

AH: And then you get the oil from the zest, which is the- which is more fragrant, it's much more fragrant.

SV: Lemon zest is very versatile.

AH: Yes.

SV: It is, right? It will just lift a dish.

AH: Yeah.

SV: And you're like, what is that? My finger is in there, but it's great.

AH: It's fine. That little bit of iron from the blood.

NG: I love lemon zest in pasta.

SV: That's nice.

NG: Love it in pasta, that is such a good little secret. That's nice.

NG: I always veer away from cod.

AH: Why?

SV: Because?

NG: When I'm cooking it, 'cause it always sort of falls apart.

SV: Mine just becomes like leather.

NG: Yeah, I can't do it.

SV: I could, I could like, smack someone in the face and they be like, 'Ow.' But the cod would stay intact.

NG: What are we doing wrong? Do we fry it? Do we bake it?

SV: How do we stop it from becoming leathery?

NG: Yeah.

AH: Leathery, you're overcooking it.

SV: Okay.

AH: Only takes about five minutes.

SV: Ah, really?

NG: In a pan?

AH: That only took five minutes.

SV: On a pan.

AH: You saw me leave the table, we're together, remember?

NG: Yeah, but I didn't know if you'd pre-prepared it.

SV: So, just take it and put it on the pan for five minutes?

AH: I literally put it in the oven, five minutes and then this a bit longer 'cause of the crust.

SV: What setting is the oven?

AH: About one-eighty, one-eighty, one-ninety.

SV: No, no, I'm gonna try this.

AH: And then yours probably fell apart- I would keep the skin on.

SV: But did you put foil on it or anything?

AH: I put a little bit of olive oil, salt and pepper.

SV: But no foil, no covering, nothing.

AH: Just a bit of paper underneath, that's it, no covering, nothing, no.

NG: Okay, this is really delicious. And then you put crab on top?

AH: Crab, crumbs, a bit of lemon in there, touch of chilli on the tomatoes, capers in there as well, and dill.

NG: I love the capers.

SV: I mean this is incredible.

NG: Really good.

AH: Thank you.

NG: I don't think I had dill 'til I was probably about thirty.

AH: That's alright.

NG: I must have had it in stuff, but then it was a revelation. I think the fishmonger just gave me some once.

AH: Yeah.

SV: <Cork popping> Oh, that's a nice sound.

NG: Nice sound.

AH: You've done that before, haven't you?

NG: I have opened a bottle of wine once or twice before. We're gonna have an English sparkling wine from Nyetimber from Waitrose.

AH: Fabulous.

NG: ere you go.

AH: I love the fact this sparkling wine is not in old school, champagne glasses. I love them in a wine glass.

SV: It's serious, this wine is like, I'm a wine.

NG: Yeah. I don't love a flute if I'm honest. Don't love a flute. I think it's a bit fatty.

AH: The more I get to know you Nick, the more you're ticking so many boxes for me, yeah.

NG: Don't love a flute. Can't get enough in it either.

SV: The only flutes I've ever liked are the ones that are like the serious heavy crystal, you know, like something is going on.

NG: Yes! Like they're rich!

AH: Cheers!

SV: Or as they say in Denmark Skol!

NG: Skol

AH: Skol.

NG: You've been gluten free for how long now?

SV: Since 2020 June.

NG: Since 2020 June. And what are you missing most? Pizza? Pasta?

SV: No, now you can get good gluten free pizza. You can get everything. You know, what I miss is? Is like when you're in Italy, fresh, handmade pasta.

AH: Yeah.

SV: They're not making fresh handmade gluten-free pasta.

NG: No. How do they feel about gluten-free in Italy?

AH: They do do it.

SV: It's huge cause their kids have huge gluten issues.

NG: Oh really?

AH: They do do it. Yeah, you can buy great gluten-free pasta.

SV: Amazing.

AH: There is one dish that's it's called, it's made with buckwheat flour. So that is actually gluten free flour, but it's very wintery.

SV: Yeah.

AH: But it's got all the things you love. So it's, strips of buck wheat pasta. So good.

You've got potatoes that have been cooked down and mixed with sage, mixed with Fontina cheese and cabbage and it all just goes in this dish, in the oven, more parmesan and more cheese on it and it's absolutely delicious. So that's one for you when you're next there, in winter.

SV: I think it's more like with gluten free, what you miss is what, cause I'm, you know, like I said, I'm always eating, you can't just walk into a place and be like, oh my God that cronut looks great. You're like that cronut looks great and I'm not eating it and now I will cry.

AH: Yeah.

SV: But I'm getting further away from that.

NG: Yeah. Tell me about the pizzas cause didn't you once eat 40 what? 42 pizzas in 42 days.

SV: No, 42 slices, just to impress a boy.

NG: Every single day? For 42 days?

SV: Yeah, it was a bit.

NG: That sounds like Jesus in the desert a bit, doesn't it? Didn't he have to do something similar?

AH: He was fasting.

NG: Oh, he was not eating pizza? Yeah, that was it.

AH: That's our Catholic grandparents right there.

NG: Yeah. Shout to my mom and dad. So go, why did you eat? What was the story?

SV: Well, you know how you are when you like a boy and you're young... here's what happened. This boy, you know, I, I had terrible- I've always eaten so much junk food. I've gotten much better now. And, and he said something like, you know, I wanted him to like



me, I wanted him to think I was cool and he said something. And I said, oh, I could eat pizza every day. And he said, "I bet you couldn't". And by pizza, I was in Montreal so it was sliced pizza, you know, giant slice.

NG: Chunky, big.

SV: Big slice of pizza, that's what I ate for dinner every day, a slice of pizza. And he said, "Oh, I bet you couldn't". And I said, "I bet I can". I thought he would like- in my mind I thought what he would see was just glamour. Anyway, he said, "Sure. I'll bet you". And the pizza place, it was a dollar for a slice of pizza. I went every day and I was like on a mission. This was like big love story for me. And also I just wanted to hear about this pizza. I will never forget you could squeeze it and hold it up and just the grease would just drop on a napkin.

AH: Nice.

SV: And so I ate a slice of pizza every day. That's all I ate lunch and dinner. So two slice of pizza for 42 days. At the end of 42 days, he was like...

AH: So hold on, you had 84 slices then?

SV: I had two, every day - that's all I ate until he said ok.

AH: But did he know? Did you walk up to him and just put it in your mouth?

SV: No, no, no. I used to go to him and be like, I ate pizza again. And he was like, "okay". Anyway, at the end of 42 days, he was like, you can stop, I get it, you can eat this every day. And then we dated not because of that, but shortly after.

NG: He was like, now I will date you.

SV: 'Now I will date you'. I don't think my pizza eating had anything to do with. I think my relentless sharking of this guy had something to do with the fact that I dated him.

NG: I was the same as you, like, I always just ate just junk food, no water. And now I'm the same as you in the, well, I've only had this amount of water and I've only had that much protein. Like when did that happen? Well, like what happened?

SV: No, but I think for me going gluten free, everyone was like, are you high? But the thing is when you get ill, there's two kinds of people in the world, those who get ill and think, ah. My mom did that, she didn't take care of her weight. Then she had a stroke and I didn't wanna tell her when she was in ICU, but when she came out of ICU, and was a bit better, I said to her, "Ma, I've been telling you for 15 years". She said, "Yes, you are a God, so what". And I'm like, no, so you've had a stroke and I'm sad. And she said, "Happy or sad, yes, keeps happening. Don't be sad". You know, and that was, that was the last year she was alive.

AH: I imagine there's a lot of energy in your house.

SV: I mean, there's children in the house.

AH: Yes, exactly.

NG: How old are they?

SV: They're just teens and then I've got one little, one, who's not yet a teen and then we call her the baby.

NG: Oh, the baby. My niece was always called the baby. And now she's 27 and we still call her the baby. It'll just stay forever. Like she's 27 with a mortgage and we're like, "Oh, you in little baby". And she's like, "Well, no". "Oh you're a baby".

AH: You know, I think that's an Irish thing we used to call my dad's sister, Aunty Baby.

SV: No, I have Aunty Baby.

AH: She was in her sixties! Why we gonna call her Aunty Baby?

NG: You have an Aunty Baby.

SV: Yeah, we have an Auntie Baby, she's 78.

AH: Exactly, I'd go and see her she was like

SV: Yeah, Auntie Baby is young. She can't hear, she can't- and also my friend who's Christian, her dad's brother walked in to see us once in London and huge gentlemen you know, like in his sixties and she's like, oh, here's Uncle Baby. I'm like, okay. That's not allowed.

NG: Uncle Baby is a big creepy, yeah! I dunno about an Uncle Baby.

SV: He's the baby of the family. I'm like, no.

NG: I don't think I like an Uncle Baby. Just an Auntie baby. I know. I dunno if I like that one.

NG: Sindhu tell me what is going on with you when can we see more of your wonderful comedy, cause we're, we're quite obsessed with you. When can we see you more?

SV: Um, well my show Alphabet, which has been on tour in the UK, this show will go to Edinburgh the last two weeks.

NG: Oh wow.

SV: Am in Edinburgh at The Pleasant doing Alphabet.

NG: Amazing. And when is Edinburgh? It's always August isn't it?

SV: So this will be from- I'm there from like the 16th, 17th to the end of the month.

NG: And do you like Edinburgh?

SV: I do I do. I think the Edinburgh Festival is it's the, as a comic, I don't know how I would've made it without having the festival there. And you know, all the practice you get, it's like bootcamp.

NG: Yeah. It's so intense.

SV: So intense.

AH: It's brilliant. I went to see up there Late In Life, which is like going to the Coliseum with the lions, except the, you know, the poor Romans are the comedians, and they'd literally come on in 15 minute slots. And if the audience booed them, they were shoved off the stage for the next one.

SV: 15 minutes is a long time.

AH: I mean, it was just brutal.

SV: I know there's so many things and you just really learn how to have, how to connect with an audience under

AH: Yeah.

SV: First of all, these audiences, like I once had at three in the afternoon when I was first starting out, I did a gig, had 10 minutes at three in the afternoon to a husband, wife and their teenage daughter, they all hated each other. You have those gigs. And then you have spank. At one in the morning where one comedian or person who wants to promote their show will come on and take off all of their clothes.

AH: Right. Yeah.

SV: And that's that audience.

AH: Yeah.

SV: You learn to play it all.

AH: Yeah, of course.

NG: And do you remember like the fear before your first show? Cause I had to, for a Radio 1 thing once, we had to do, we all went up to Edinburgh Festival and each person had a different challenge and I got given luck of the draw - you've gotta do stand up.

AH: Oh my God.

NG: And it was this, I remember it being the most scary thing and I still remember it now, cause it's so scary because it's not like going out to just have a chat. You're going out and I'm funny. Yeah. So it, it is quite scary. And I remember like just wanting to leave and like genuinely thought about just leaving. How was it for you? How was like that first night? Was it shit scary as my experience?

SV: For me, it was never scary. It was from the very beginning, it was this thing I couldn't stop doing.

NG: Wow

SV: So every time I died on stage and I died so much and I still do, but in those days I would just get up the next day and go back. Cause I was like, wait, why is this not working? So I never had, I had a lot of nerves. But I never thought, oh, this is so scary, I don't wanna do it. It was like, I cannot not do this. So strange.

AH: Yeah. But that sounds like your mother in you, having watched you, having watched the show and the way your mother was, you know, I mean the, the sketch where you talk about that, you know, you didn't get the job in the bank.

SV: Oh yeah.

AH: And your dad was all holistic and don't worry, and the stars and the moon and everything. And your mother was like, "Pull yourself together. Come on. You got this" you know, and that sort of, I think that's in your DNA now going back out there in a way, you know?

SV: Yeah. Yeah. I guess I, you know, but my mother was always very practical. You had to get out there and do things that either made you money. Either you have money. She would always say to me "You don't have money, you don't have fame, look at Oprah". And I was like, Oprah? "Oprah, she is on the TV and what are you doing?" And I'm like, "Well, she's not a stand-up. She says, "You know what? She's not someone who's disappointing her mother". So for my mother, it was like, it was very practical. You had to do. Yeah, there was a reason, but for me, the stand up was just such a pull. And initially when I did it, I, you know, when I, I didn't tell anyone I started doing it now, my husband, not my parents, nobody. But then within a year, when I was doing stand up in India, she came to watch me once. And of course there were like 500 people. In India, you open your window and say, please come and 600 people show up. So it's not like I was a big deal comic. But I did a show.

AH: Your mother was dragging people out.

SV: In India, it's crazy. So the first show I did, it was like a compilation of comics. It was a year after I'd started stand up, I was in India, which I routinely went to so they would take my kids. The parents would take my kids and I could go and gig. And she came to watch me and I got off stage and she said, "Can I tell you something?" Which is a useless question, right? She was gonna tell me, she always started with, "Can I tell you one thing" and you'd be like, "You're gonna, yes". She said, "You know, when you're on stage, I saw today that you're not my daughter. You are a person on stage who really is your own thing. But when you came off stage, I saw you were my daughter. So I think you should do this".

AH: Oh, oh, lovely.

SV: And I don't think, I think that was probably this thing that gave me the most confidence.

AH: Yeah.

SV: There's a couple of other things going on later this year. I'm in a movie! That's gonna come out later this year.

NG: Oh my God, fab! What's the movie?

SV: Matilda.

NG: Oh my God, amazing!

SV: I know it is. I mean, I should be like, ah-ha no big deal. I can't believe it. Am I allowed to even say that? It sounds so gush, but it was incredible.

NG: Oh wow! Congrats!. I can't wait to see that.

SV: Thank you. And this was great.

NG: Thank you.

SV: It was just the right amount of spice.

NG: Well, we like to entertain our guests, hear from them and hopefully, you know, send them off without diarrhoea.

SV: Okay.

NG: That's our, our checklist.

AH: This is a good bar, tick, tick.

NG: And we did it this week. Sindhu Vee everybody! That was so fun.

AH: Such good fun. Cheers!

AH: Today I cooked baked cod with rye crumbs, crab, tomato and dill. This was inspired by an original recipe by Diana Henry. If you want to cook this dish for yourself, you can find it 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](mailto:dish@waitrose.co.uk)

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