

Dish: Ep 11, 10 August
Jayde Adams and steak with polenta mash

TIMECODE	DIALOGUE
[00:00:00]	Our podcast might contain the occasional mild swearword or adult theme.
[00:00:05]	Nick Grimshaw Hello, I'm Nick Grimshaw.
[00:00:06]	Angela Hartnett And I'm Angela Hartnett. Welcome to Dish from Waitrose, where we have food...
[00:00:11]	Nick Grimshaw Yes, chef.
[00:00:12]	Angela Hartnett Drinks...
[00:00:12]	Nick Grimshaw Yes, chef.
[00:00:13]	Angela Hartnett And great guests.
[00:00:14]	Nick Grimshaw Yes, chef. And me, chef!
[00:00:16]	Angela Hartnett Yes, Nick. Come on, let's go.
[00:00:19]	Nick Grimshaw Right. What are we making, by the way?
[00:00:21]	Angela Hartnett Today we're making a fantastic steak. We've got a lovely sirloin steak there. We're going to do polenta with a mojo verde sauce, so mojo sauce, which is basically a lovely equivalent of a coriander salsa verde. So we're going to pick all that coriander into here.
[00:00:35]	Nick Grimshaw Yep.
[00:00:36]	Angela Hartnett You're going to blend it all up, going to add a little bit of some lovely olive oil. Let's get the fancy stuff.
[00:00:41]	Nick Grimshaw I quite like that one as well.
[00:00:43]	Angela Hartnett Yeah, we can put a few cloves of garlic and I'll get those in for you.
[00:00:47]	Nick Grimshaw Mojo verde.
[00:00:47]	Angela Hartnett Mojo verde.
[00:00:48]	Angela Hartnett Right... Did we put any oil in?
[00:00:54]	Nick Grimshaw Yeah I have but it needs a bit more in.
[00:00:55]	Angela Hartnett Yeah.

[00:00:57]	Nick Grimshaw What's the other green sauce that I can't even think of?
[00:00:59]	Angela Hartnett Salsa verde.
[00:01:00]	Nick Grimshaw Salsa verde. I'd never heard of that until I came to London and I went round to one of my friend's houses who's rich.
[00:01:05]	Angela Hartnett Yeah.
[00:01:06]	Nick Grimshaw And their kid came home from school that's like ten.
[00:01:09]	Angela Hartnett Yeah.
[00:01:09]	Nick Grimshaw And I was like how was school, she was like it was fantastic. We learnt how to make a salsa verde and I was like, er what? She's like that's a green sauce you enjoy with steaks. I was like okay, right. Shall we try some of that other oil?
[00:01:20]	Angela Hartnett Yeah, yeah. Let's mix it up.
[00:01:21]	Nick Grimshaw This is the one that I like because it's got my name on it.
[00:01:24]	Angela Hartnett Has it?
[00:01:24]	Nick Grimshaw Yeah. Nicholas Alziari.
[00:01:26]	Angela Hartnett Oh, very nice.
[00:01:27]	Nick Grimshaw So, steak, I love nothing more than going to a restaurant and getting a steak.
[00:01:31]	Angela Hartnett Yeah.
[00:01:31]	Nick Grimshaw Never tastes like that in my house. Why?
[00:01:33]	Angela Hartnett Do you cook it straight from the fridge?
[00:01:35]	Nick Grimshaw No, I try and keep it room temperature.
[00:01:37]	Angela Hartnett Yes, so room temperature. Bring it up you know, let it come up to room temperature and allow the muscles to rest. Nice hot pan. I do, I put a tiny little bit of oil and then I put butter and really high heat. Colour it around all sides so it's lovely, beautifully caramelised. Take it out the pan, let it rest. I think people don't let their meat rest enough.
[00:01:58]	Nick Grimshaw So you let it rest. I was trying to do this for, like, 10 minutes.
[00:02:01]	Angela Hartnett Yeah, well, it depends how big the steak is, you know.

[00:02:04]	Nick Grimshaw Oh, okay.
[00:02:04]	Angela Hartnett So, you know, if you've got a ribeye that's like a double five hundred grams, you've got to rest it for at least half an hour.
[00:02:10]	Nick Grimshaw So can you let it rest with, like, a little tin foil tent on it?
[00:02:13]	Angela Hartnett Yeah, slightly. But I think the tinfoil tent is then causing steam.
[00:02:17]	Nick Grimshaw Makes it sweaty.
[00:02:18]	Angela Hartnett And also it's cooking it more. That's the whole point you see.
[00:02:21]	Nick Grimshaw And then do you put oil in the pan because what I do is oil the meat.
[00:02:26]	Angela Hartnett No I never oil the meat. No I just put a tiny bit of oil in the pan and I go butter and then I go foaming butter. So it starts to really go nice and brown and caramelised. And that's quite an old school way of doing it.
[00:02:38]	Nick Grimshaw I love it like that.
[00:02:38]	Angela Hartnett I'm sure there's loads of people who do it slightly differently.
[00:02:42]	Nick Grimshaw What steak do you like?
[00:02:44]	Angela Hartnett I always like, I like the rump steak, actually, rump yeah.
[00:02:49]	Nick Grimshaw Today, Angela, we welcome the comedian who Dawn French calls the third funniest woman in the world. She is a massive foodie, she hates Twitter and plans to save mankind on her next show. Insert rapturous applause, please, for Jayde Adams.
[00:03:05]	Nick Grimshaw Hi, Jayde. Welcome.
[00:03:09]	Jayde Adams Thank you for having me.
[00:03:11]	Nick Grimshaw Thank you for coming to see us.
[00:03:12]	Jayde Adams I mean, this is an absolute dream. Come on.
[00:03:15]	Angela Hartnett What, steak for breakfast?
[00:03:15]	Jayde Adams Yeah, babes.

[00:03:16]	Nick Grimshaw Yeah, that's the best day. When I ran into Jayde just outside.
[00:03:21]	Angela Hartnett Yeah.
[00:03:22]	Jayde Adams Jayde, you were a bit emotional, weren't you?
[00:03:23]	Jayde Adams So just what you need to know is when I was told that you were cooking me steak, I got emotional. My eyes filled up.
[00:03:30]	Angela Hartnett Meat's your thing, though, isn't it?
[00:03:31]	Jayde Adams Yeah. Yeah. I like my meat. I like you.
[00:03:34]	Nick Grimshaw Have you ever cried at meat Angela?
[00:03:40]	Angela Hartnett Mmm we're not going there.
[00:03:41]	Jayde Adams Yes girl.
[00:03:43]	Nick Grimshaw Jayde, we're so happy you're here.
[00:03:45]	Jayde Adams I'm so happy to be here. What is my life? I grew up on Arctic roll.
[00:03:53]	Nick Grimshaw And now look, Angela Hartnett cooking for you. So we have some drinks for you, as is standard. When you have your dinner, we like to have a lovely drink. Now we've gone for ciders because we've heard this is a stereotype that you don't mind about yourself.
[00:04:09]	Jayde Adams Do you know what, cider's a great drink and I'm happy to drink it.
[00:04:13]	Nick Grimshaw So we've got two ciders for you, Jayde. We have like a more budget can.
[00:04:18]	Jayde Adams Thatcher's Gold.
[00:04:19]	Nick Grimshaw Thatcher's Gold! Or we have like a posh one because cider's had a bit of a...cidre.
[00:04:24]	Jayde Adams Is it having a little renaissance?
[00:04:26]	Nick Grimshaw It is but aren't we all.
[00:04:28]	Jayde Adams We all are. I'll be honest with you, I know that Bristol would really like me to pick up that can of Thatcher's Gold and be like, ooh ah.
[00:04:34]	Nick Grimshaw Yeah.

[00:04:35]	Jayde Adams But I have a more refined palate.
[00:04:37]	Nick Grimshaw Oh, she's been to London.
[00:04:39]	Jayde Adams I've been to London, and I want the posh bottle.
[00:04:41]	Nick Grimshaw Okay.
[00:04:42]	Jayde Adams I know what that tastes like, you know?
[00:04:44]	Nick Grimshaw Okay.
[00:04:44]	Jayde Adams That came out of my mother's breast.
[00:04:47]	Nick Grimshaw That's how cider is made. This one is from the Waitrose farm. The Leckford Estate, which I think they should let me and Angela stay at whenever we want if I'm honest.
[00:04:58]	Jayde Adams Are they not?
[00:04:58]	Nick Grimshaw Imagine if I texted you Jayde, hey, Waitrose have given us the farm for the weekend.
[00:05:04]	Jayde Adams Oh, baby we'd have such a good time.
[00:05:07]	Nick Grimshaw Steak and cider for brekkie. How often do you have a cider because I only have a cider on the Saturday and Sunday of Glastonbury.
[00:05:13]	Jayde Adams So I know some people like to drink the same drink all night long, but I'm built like a very rude word I shouldn't say on a Waitrose podcast, so I like to have it like a bit later on when I'm feeling dry because I've had loads of dry wine or and then I like a really sweet cider to just like sort of, it's like dessert alcohol isn't it? Basically drinking for me is like, I'm sat having a meal. So I'll start with Negronis and I'll go into my wines. Then I'll have like an espresso martini at the end and then I'm having a cider.
[00:05:44]	Nick Grimshaw Love. It's the way to do it. Cheers.
[00:05:47]	Jayde Adams Mhm.
[00:05:49]	Jayde Adams I bet Waitrose love those noises. Mmm that is lovely.
[00:05:55]	Nick Grimshaw That is delicious.
[00:05:56]	Angela Hartnett It's good isn't it.
[00:05:57]	Nick Grimshaw Really good.

[00:05:58]	Angela Hartnett It's quite smooth.
[00:05:59]	Nick Grimshaw Yeah. It's not that fizzy either.
[00:06:01]	Angela Hartnett Feels like apple juice. Doesn't feel bad at all.
[00:06:03]	Nick Grimshaw That could quite easily set me off. That tastes nice this morning.
[00:06:11]	Jayde Adams What day of the week is it?
[00:06:13]	Nick Grimshaw It's Friday, f**k it! Anyway, we have so much to talk about with you, Jayde. We're dead excited you're on because we love your comedy, but also, we love the fact that you're a massive foodie, a big food fan.
[00:06:31]	Jayde Adams I love my food.
[00:06:32]	Nick Grimshaw How do you feel about Angela Hartnett OBE MBE, cooking for you today?
[00:06:38]	Jayde Adams I am, so just full disclosure, I knew where I was coming. I knew what was happening. I wasn't fully aware that I would have steak made for me by Angela. And I'm going to say, when I was putting my lipstick on my eyeballs filled with water, and one of the runners went are you okay? So I am, yeah. It was a quite an emotional experience for me. I used to live with a chef that used to work for you. Jess Simmons.
[00:07:04]	Angela Hartnett Oh, yeah. She's just had a baby.
[00:07:06]	Jayde Adams She's just had a baby. And she's now doing wonderful things at Dishpatch as well. So she, I used to live with her when I... It was the best house I ever lived in. It was four, us four girls. And we like, we had a great time for two years. But Jess was developing her menu for her new restaurant, and I got to be the person she tested it on, and the whole time we were there we'd speak about you. And she sort of really was my education into, you know, expanding my horizons when it came to eating. And she's the one that sort of really has made me a better cook. So essentially, you know, like in Star Wars, when you have like, you have like Emperor Palpatine, Darth Vader, and then, I don't know, Anakin Skywalker. I don't know, that is Darth Vader. Sorry Star Wars fans! Whatever the line is, essentially, I've been taught how to cook scrambled eggs by you so.
[00:08:04]	Nick Grimshaw It's bled into you. It's bled into you, because we know that you love going to restaurants. Don't you, like, save up money, like and your splurge is, not like a handbag or a shoe. It's like an amazing, one of the best restaurants in the world?

[00:08:15]	Jayde Adams I spend all of my money on going to... And if you said to me, what's your favourite meal? So people would be like, I like a roast dinner or I like this. I'd be like, a seven course tasting menu.
[00:08:26]	Nick Grimshaw With wine.
[00:08:26]	Jayde Adams With a wine pairing 100%. The day I learnt about separating what flavour is rather than just tasting it all in one big lump in my mouth, which is essentially what I grew up doing. The day someone explained to me how you separate those flavours and you think about it, was a day that I was just opened up to this like explosion in my mouth. So when I eat now, it's not just like, oh, I'm eating this or I'm eating that. It's like when I went to university and someone took a sort of script and taught me how to, like, pull it apart in a sort of clever way. That's what someone did with me with eating. And actually, as someone who, I will admit, has used food as a way to make myself feel better, but the day someone, like, sort of made food better for me, I was like, actually, I don't have to feel guilty about how much I eat now, because now I'm like, whenever I'm cooking for myself as well, I just try something new. Like I nearly gave my parents gout at Christmas. I mean, food is just everything to me.
[00:09:25]	Nick Grimshaw Is there somewhere where you've gone to, like a holiday specifically for a restaurant?
[00:09:29]	Jayde Adams So I went to Japan. I mean, sorry, babes. She's doing well. And me and my friend who I went with, we didn't want to just go to the places everyone went to. We want to go off the beaten track and find all these little quirky places that everyone's like, this is where they do the best tempura. This is where you can have the best sushi. So that's what we did over the holiday. There was one place we went to which was called Neroma or Narema, and when we got there we were walking around, we just got off of the train and we were like, we're in Japan! And two Japanese people came over and they were like, are you from, from England? And we were like, yeah, yeah, we are. We're really excited. My friend was like, I'm Welsh and I was like, not now. And they said to me, they were like, oh, how long are you staying? We're like three weeks. And we're so excited. And they literally went to us, why are you here? I think we basically turned up to the Swindon of Japan.
[00:10:25]	Nick Grimshaw Why here?
[00:10:27]	Jayde Adams Why this place? Because we'd found one, there was, like, a thing we'd found online. Someone said, find this place. It does the best fish sandwiches in the whole of Japan. And we were like, that's worth going there for. So I will travel to somewhere random in order to find something that someone has said is incredible.
[00:10:45]	Angela Hartnett That's what I do. We were in Israel, Neil and I, and I made him walk up this massive hill at like midday, blistering sun, to taste the best hummus that Yotam had told me to go to. And he was like, it's hummus? You freaking kidding me? I said, no, Yotam Ottolenghi said. So

	we're going Neil. Let's go, let's go, let's go. But I like that. I love it. And you book your holidays around the food.
[00:11:06]	Jayde Adams Yes!
[00:11:07]	Angela Hartnett Right I'm getting steak for you now.
[00:11:08]	Nick Grimshaw Speaking of food...
[00:11:09]	Angela Hartnett Yeah. I'm on it.
[00:11:11]	Nick Grimshaw We're starving.
[00:11:11]	Angela Hartnett On it on it on it.
[00:11:12]	Nick Grimshaw Do you remember when Delia Smith kept calling hummous, hugh-mous?
[00:11:18]	Nick Grimshaw And Harry Hill kept going who? Hugh-mous? It was so silly.
[00:11:24]	Jayde Adams Well, I mean, I think the new hummus is, must be Nigella going mickro-wavay (microwave)
[00:11:29]	Nick Grimshaw mickro-wavay (Microwave)
[00:11:29]	Jayde Adams I can't get... When that happened, I couldn't move for her saying mickro-wavay (microwave). We should do it today. Come up with a different way to say something and this will go nuts.
[00:11:39]	Nick Grimshaw Yeah. How could we give, like, a mickro-wavay (microwave) to Waitrose?
[00:11:42]	Jayde Adams I've got one here. So I bought you a present.
[00:11:44]	Nick Grimshaw Oh, yeah.
[00:11:45]	Jayde Adams I mean, this is like, I don't even know how you say this, but apparently I add too many Rs in when I say it. But the present I've bought for you today is sriracha.
[00:11:58]	Nick Grimshaw Sarabatcha.
[00:12:00]	Jayde Adams This is a hard thing to say when you got this accent. Sriracha. It's got an R after the S, you're meant to say it, I'm sure!
[00:12:09]	Nick Grimshaw Sera, sriracha.
[00:12:13]	Angela Hartnett Sriracha.

[00:12:15]	Nick Grimshaw Ooh, I say sriracha. <singing... >What will be, will be.
[00:12:23]	Jayde Adams So this sauce is the reason why, so I didn't ever eat anything spicy, chilli, even pepper. I didn't even put it in my food for years. And then I noticed that other people, especially because I worked as a waitress for like 15 years before I could be a comedian because I'm not related to anyone. And so I had to like, I had to do it the old fashioned way, which is get a job, find it really irritating serving people and get funny because I was like going in the kitchen and slagging off the customers to the chefs. But I noticed that I was missing an entire portion of my culinary experience because I couldn't have anything spicy or chilli. I was like, there must be something cool about it because other people are doing it. So I just basically trained myself to like spicy food, and that's the sauce I did it with.
[00:13:09]	Nick Grimshaw Was that your introduction sauce?
[00:13:11]	Jayde Adams Yeah.
[00:13:11]	Nick Grimshaw I love a bit of sriracha.
[00:13:13]	Jayde Adams I don't want to like cause a surge of violent Waitrose customers to go and buy this stuff, but they are running out of the chillies that make it because of climate change babes.
[00:13:24]	Nick Grimshaw No, I knew climate change was bad!
[00:13:30]	Nick Grimshaw Wow. Angela So walk us through what we've got.
[00:13:33]	Angela Hartnett So we've got a sirloin steak that I've just roasted in loads of butter, nicely caramelised then we've got the mojo sauce here, which is like coriander salsa verde. So coriander, spring onions, a little vinegar, olive oil and garlic. And controversially, maybe controversially, but I think it works. We've got polenta instead of like mash, with loads of butter and then loads of grated parmesan on top.
[00:13:58]	Jayde Adams I love polenta, especially with a steak because...
[00:14:02]	Angela Hartnett I've never had it with a steak before. But I thought I'll just try it.
[00:14:05]	Jayde Adams Well, polenta chips I've had with a steak before and what I really liked about it was because the steak should be the star of the show.
[00:14:12]	Angela Hartnett Yeah.
[00:14:12]	Jayde Adams Sometimes potatoes can take over from the steak. So say you have like, really layered, like, you know, there's like a TikTok thing, the 15 hour potato, but it's really good.
[00:14:21]	Angela Hartnett Yes, I know the girl. Yeah, she's...

[00:14:24]	Jayde Adams So if you have like a fondant potato, and it takes so much time, you're like, oh my God, I care more about my potato than I do the steak. And it should never be like that.
[00:14:31]	Nick Grimshaw Yeah, it's like you need a few boring people in the girl group.
[00:14:34]	Jayde Adams Yes, babe.
[00:14:34]	Nick Grimshaw Do you know what I mean?
[00:14:36]	Jayde Adams Hashtag Pussycat Dolls.
[00:14:37]	Nick Grimshaw Yeah, so the steak's the Nicole and then the polenta is the rest. Should I serve you a bit of this polenta Jayde?
[00:14:47]	Jayde Adams Yeah. So how would one, plop on the plate? And then a dip, is it?
[00:14:52]	Angela Hartnett Yeah. Yeah, then you got that, like you're, like mustard.
[00:14:55]	Jayde Adams All right, great okay,.
[00:14:56]	Nick Grimshaw Come on. Pass us your plate, Ang. Here we go.
[00:14:58]	Jayde Adams I'll put a plop on your plate.
[00:15:00]	Nick Grimshaw So this salsa verde.
[00:15:02]	Jayde Adams The mojo sauce.
[00:15:03]	Nick Grimshaw The mojo sauce. I managed to whack in a blender. And do.
[00:15:08]	Jayde Adams Did you do the blending?
[00:15:10]	Nick Grimshaw I did do the blending. Under the watchful eye of Angela.
[00:15:13]	Jayde Adams I've never seen a better blended salsa verde in my life.
[00:15:16]	Nick Grimshaw Thank you so much. And if you want to learn how to blend, you can find that, and all the recipes we do on the podcast on Waitrose.com/dishrecipes , which we find really hard to say every week. Dish recipes.
[00:15:29]	Jayde Adams It's like sriracha.
[00:15:31]	Nick Grimshaw So let's get stuck in, let's try Angela's meat.

[00:15:35]	Angela Hartnett And then there's a rarer there if you want it even more rare.
[00:15:37]	Jayde Adams Okay, great.
[00:15:38]	Nick Grimshaw I love it rare. How'd you like it?
[00:15:41]	Angela Hartnett I like it. I sort of, I'm a bit medium rare. Which is probably what I've done all these. But if you want it more rare.
[00:15:47]	Jayde Adams When I eat food like this, I know I could be single for the rest of my life.
[00:15:54]	Angela Hartnett Do you have an eating companion? I suppose. Do you go with to the same restaurants or...
[00:15:59]	Jayde Adams I don't go with the same people, I really mix it up. I have people that know that I'm really into it. So everyone's really getting into like, I think people who aren't as, how do I put this, wealthy as me... All the cooking programmes on the television have really expanded people's horizons and like going to restaurants like they would go to see the Lion King. You know, I think that's been a real change, especially over the pandemic. The pandemic for me when I was locked in a house and I could only order stuff off of that big online shopping page...
[00:16:32]	Nick Grimshaw Waitrose.com?
[00:16:33]	Jayde Adams Waitrose.com. It basically revolutionised my culinary skills because I had so much time to practise. I was living with two people and they were very, very up for trying out all the stuff I was making. I remember I did Italian Bonbellini, which is basically like doughnuts, but with like lemon in the- Angela knows. Teach my mother to suck lemons. But...
[00:16:56]	Angela Hartnett I love the face you're so adventurous. You just try new stuff.
[00:16:58]	Jayde Adams Oh, I love failing. I don't love it love it but...
[00:17:01]	Nick Grimshaw You don't mind it.
[00:17:02]	Jayde Adams I will handle it. Comedy, the only way you can get good at stand up comedy is by being rubbish. You can't get good if you're just good all the time, your audience love you all the time. You have to be, so I'm in the preview season at the moment of this new show, Men, I Can Save You.
[00:17:16]	Angela Hartnett Can you say that title again?
[00:17:16]	Jayde Adams Men I Can Save You.

[00:17:19]	Nick Grimshaw Amazing title.
[00:17:20]	Jayde Adams And if I was doing this three days ago, if you'd spoken to me, I wanted to quit everything and be a chef. Yeah, there is always that stage when I'm making new work where I'm like, I want to just give up and just cook. That's all I want to do.
[00:17:30]	Nick Grimshaw What is it that like drags you back in? What is the thing that makes you think, you know, I will go do a Chelmsford.
[00:17:35]	Jayde Adams The audience, it's always them. And if they're happy, I'm happy. My whole job is to work out what they want from me.
[00:17:43]	Angela Hartnett Yeah.
[00:17:43]	Jayde Adams And I've done that through, like, ten years of working really hard. I'm not even into comedy. People are like, what Stand-Up do you like? And I'm like, ugh I don't know.
[00:17:52]	Nick Grimshaw No. Mine.
[00:17:54]	Jayde Adams I like Buffy and Ozark. That's all I watch.
[00:17:58]	Angela Hartnett Nick. What are we drinking?
[00:18:00]	Nick Grimshaw Gone for a Malbec. Great with a steak.
[00:18:02]	Jayde Adams Fabulous.
[00:18:03]	Nick Grimshaw Have you always enjoyed a red wine, Jayde?
[00:18:04]	Jayde Adams No. Absolutely hated it until I did Crazy Delicious with Heston Blumenthal, Niklas Ekstedt and Carla Hall, who's an American chef. And I did that and...
[00:18:14]	Angela Hartnett That was nuts that show.
[00:18:17]	Jayde Adams Absolutely crazy. So, yeah. So every night I got to eat with Heston Blumenthal. And I'm going to tell you now, you never see a restaurant panic more than when you walk in with Heston or probably Angela. There was one night he invited me out for dinner in this place in Mayfair. And at the end of it, I remember getting out my lowly little debit card to try. And, like, I just always offer, you know, and one of his people just put his hand down and went you're with the mafia now. But he, so Heston, he said to me, oh, I've noticed you don't drink red wine. Why is that? I said, I don't like the flavour of it. And he was like, look, I'll do this thing with you. He says, your negativity about drinking red wine is the reason you don't like red wine. And he did this little test with me where he like drew a picture of a cloud on one bit of paper and on the other bit he drew a spikey object. And he made me stare at these things whilst drinking it. And I'm telling you, it completely changed the way it taste. And

	he said, basically, when you start drinking red wine, if you start thinking positively about the red wine and think about what's in it and flavours and the grapes and everything, he said, your experience of drinking is going to change. But I'd always gone bleugh I hate red wine.
[00:19:26]	Angela Hartnett Yeah.
[00:19:27]	Jayde Adams Because I've never liked it before. I also had a very bad experience when I was 19 on red wine where I projectile vomited into someone's gravy boat. So.
[00:19:37]	Nick Grimshaw That'll do it.
[00:19:38]	Jayde Adams We've all been there.
[00:19:39]	Nick Grimshaw Sick off red wine is traumatic as well.
[00:19:41]	Jayde Adams So traumatic.
[00:19:43]	Angela Hartnett It's just the red.
[00:19:43]	Nick Grimshaw It's the red, it's giving Exorcist. It's quite Carrie. I remember that you texted me.
[00:19:51]	Jayde Adams Oh, yeah, go on. What did I say?
[00:19:53]	Nick Grimshaw Let me have a look. It's so funny this.
[00:19:54]	Jayde Adams Oh God.
[00:19:55]	Nick Grimshaw When we went to the British Fashion Awards. It's a massive party at the Royal Albert Hall and everyone wears quite ridiculous outfits, you know. You had a fantastic giant hat on, big as this table.
[00:20:09]	Jayde Adams Yeah, a big feathered moon hat made by Noel Stewart.
[00:20:13]	Nick Grimshaw It was fantastic. Anyway, afterwards, everyone's got these outfits on, so everyone wants a party. So I run into Jayde and we were chatting and I said, we're going to go to this party at this place. So Jayde was like right, I'll text you, I'll come. I said great. I got a text. 2:38am. It's Jayde Adams. Chiltern is it babe? And I said, yes, come. And then Jayde said, oh, these are all separate. We're coming. Can you get us in? To be fair, this hat will get me in. We're here. Hang on, Sophie's trying to put her shoe on and then I'll be in. And then the final message: I'm in. Over the course of an hour, she eventually got in at 3:26am.
[00:21:03]	Jayde Adams We got into, we were invited to the British Fashion Awards, but we couldn't get down to the middle bit where everyone was. But it was the Royal Albert Hall I performed in that building. I know it. Let's get up in a service elevator. I'm getting us down there. So we go up in the service

	elevator, we go around because it's all in around. And then we come down to just outside of the door and then we need a specific wristband. I was like, look I'll find someone I know. Lo and behold, someone I know called Tom Taylor walks out and is like hi babes! And I was like, hey! I was like, we're just trying to get in there. He was like, Oh, just get in the middle of our group. We basically all night long, Sophie Willan and I got into every party we weren't invited to, including the Ralph Lauren party. We stood outside for 20 minutes and she just she was she turned to me. She was like, babe, don't worry. I'm quietly confident. I'm just going to give our human eyes for 20 minutes. She'll let us in. And then basically she stood and stared at this woman. I was like, come on, babe, let us in, I've got a BAFTA.
[00:22:00]	Nick Grimshaw The face you do when you need a drink at the bar. Like, help. Come on.
[00:22:06]	Jayde Adams And then the hat got me into the Chiltern Firehouse.
[00:22:09]	Angela Hartnett That hat gets you anywhere!
[00:22:10]	Jayde Adams Literally. Hats do that, people just like, I'm wearing one today. People think you're somebody when you've got a big old hat on babe.
[00:22:17]	Nick Grimshaw Let her in she's got a hat on.
[00:22:19]	Nick Grimshaw August is of course, big month for comedy because Edinburgh. How do you feel about going to Edinburgh, would you go every year?
[00:22:26]	Jayde Adams I went for nine years in a row and then the pandemic happened and I had two years off and I felt absolutely fantastic about having that off. It is a massive stress going up there. It's really difficult. It's quite intense on the mental health. It's relentless. It's every day for an entire month. And I don't take any nights off.
[00:22:44]	Angela Hartnett Have I imagined this, when I've been to them before, we give money at the end?
[00:22:46]	Jayde Adams Yeah. So yeah. So the first five years, I was on what you were experiencing, the free fringe.
[00:22:51]	Angela Hartnett I like those ones and I'm the generous one who's like throwing the twenties out. Here you go. Go on.
[00:22:57]	Nick Grimshaw Angela's like Puff Daddy in the 90s at the Edinburgh Festival.
[00:23:02]	Jayde Adams In 2019, I did a show called Serious Black Jumper or The Ballad of Kylie Jenner's Old Face, as it used to be called. Until my agents were like, you're going to get sued.

[00:23:13]	Nick Grimshaw Jumper it is.
[00:23:16]	Angela Hartnett Got to keep paying for those meals.
[00:23:18]	Jayde Adams And I convinced everyone in the industry that I was clever by wearing a black turtleneck. So for this year, I was like, well, what will happen if I dress like Jesus for a year? So I've been wearing nothing but cream and whites for like a year. And so this new show this year is about me stepping into the most comfortable place any self-respecting celebrity goes to, which is: they're not just a presenter, they're not just a music person, they are also now a self-help guru. Because I don't know about you, but people who are suffering mental health issues definitely needs a comedian slash actor to help them. So comedians/actors are always the best people for advice.
[00:24:00]	Nick Grimshaw Then a therapist.
[00:24:01]	Jayde Adams You won't need a therapist after this show.
[00:24:04]	Nick Grimshaw You won't need it!
[00:24:05]	Jayde Adams So then I was thinking about who I would say if, if I was like a self-help guru and I looked out into the world and I went, women don't need me, other genders don't need me. Everyone's smashing it: straight, white guys. There was a real gap in the market there babes. No one's helping them and essentially when I'm not joking, the show is about my own saviour complex and co-dependency and about me breaking free of the constraints of the patriarchy. I hate that word, but that's what the show is about. I'm the idiot in all the work I do. The audience aren't the idiot. It's not me shouting at men about being bad people. It's about me and my responsibility with that conversation.
[00:24:41]	Angela Hartnett Yeah.
[00:24:42]	Nick Grimshaw Do your parents go and watch your show?
[00:24:43]	Jayde Adams Yeah, but... This one's a bit saucy.
[00:24:46]	Nick Grimshaw I was going to say, how do you feel about your parents being at your show?
[00:24:49]	Jayde Adams So the other ones have been, do you know what? There was this really beautiful moment. So in 2016, I wrote a show about my sister who died 11 years ago.
[00:24:52]	Angela Hartnett Oh I'm sorry.
[00:24:54]	Jayde Adams That's alright, it's life in it. But she died of a brain tumour. And I did a show about her and about... My sister, like, when someone dies, everyone always wants to paint them as some sort of angel. And I'm

	like, yeah, she was. And she was also the best sister ever, but she was a real person.
[00:25:10]	Angela Hartnett Yeah.
[00:25:11]	Jayde Adams She was. She was...
[00:25:12]	Angela Hartnett She could be a pain.
[00:25:13]	Jayde Adams She was intense babes, but also very funny and did funny stuff like the amount of fights outside of kebab shops. And my mum's going to hate the fact that I'm talking about this. So my sister, my mum always says she was a great singer and there was a video I recently watched where she was really good in it, but she sang on her wedding day to her husband and she sang Martine McCutcheon's Perfect Moment.
[00:25:32]	Nick Grimshaw Incredible.
[00:25:33]	Jayde Adams And I don't know whether she was nervous, but it basically sounded like this is my moment, this is my perfect. And at the end of the show, I sing O Mio Babbino Caro, Puccini, and I tell a story about singing it to my mum. And I said, this is a true story because I was like, Mum, listen to this. I just think I just learnt how to sing this song and I sang it to her in the living room. And this is like opera.
[00:25:58]	Angela Hartnett Yeah.
[00:25:59]	Jayde Adams And I sing it at her. My mum looked at me with tears in her eyes and she said, your sister was always such a good singer.
[00:26:07]	Nick Grimshaw Good luck with the show in Edinburgh. We can't wait to see it. If you're there, make sure you go and check Jayde out. Jayde Adams everybody!
[00:26:16]	Jayde Adams It was so great. Thank you, so... I'm loving this wine.
[00:26:20]	Nick Grimshaw All the recipes and drinks can be found on the Waitrose website at waitrose.com/dishrecipes . Dish recipes!
[00:26:29]	Angela Hartnett Dish recipes. Follow Dish from Waitrose wherever you get your podcasts. Tell your friends, tell your family. And why not leave us a review on Spotify and Apple Podcasts?
[00:26:37]	Nick Grimshaw 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 .