

DISH - Annie MacManus, a Vodka Martini and Scallops with Lemon Butter

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

NICK GRIMSHAW: Hello everybody and welcome to Dish, the first one in 2023.

[Cheers and applause]

ANGELA HARTNETT: Woo! Woo woo woo woo!

NICK GRIMSHAW: Happy New Year!

ANGELA HARTNETT: Happy New Year, Nick.

NICK GRIMSHAW: Happy New Year. I love January.

ANGELA HARTNETT: Do you?

NICK GRIMSHAW: You know everyone moans about January. I love that it's like a new year. I love it.

ANGELA HARTNETT: Exciting.

NICK GRIMSHAW: My favourite is - and this is really nerdy - when it's January the 1st and it's a Monday, I'm like, ugh, that is order. And then it's like, it's the set- I love it. Anyway, so I'm excited that it's January. Now the Christmas ones that we did with Alison and Dermot and Hugh Bonneville, of course, we recorded in my house. And we thought, d'you know what, let's do this one in my house as well, so we are still here-

ANGELA HARTNETT: *[Whispering]* Help! Help!

NICK GRIMSHAW: -at my house.

ANGELA HARTNETT: Let me out!

NICK GRIMSHAW: Angela has been living in my basement since the 21st of December.

ANGELA HARTNETT: Misery, the movie. I'm all- that's all I'm saying.

NICK GRIMSHAW: Yeah, it's like Misery. 'I'm a big fan of your cookbooks, Ange.' I bashed her knees in with a skillet pan. I'm joking, I haven't really, of course.

ANGELA HARTNETT: I can walk ladies and gentlemen, don't be alarmed.

NICK GRIMSHAW: But new year, new me. Do you have any new year's resolutions?

ANGELA HARTNETT: I always have- I have great expectations of myself, and I set myself high goals and fail within a week.

NICK GRIMSHAW: What are they?

ANGELA HARTNETT: Well, I always say I'm gonna go to the gym more, I'm gonna lose weight, I'm not going to drink as much. All the things we all say. And then within a week, I haven't gone to the gym, I've drunk as much as I drank over Christmas and that's it, and obviously no weight is lost.

NICK GRIMSHAW: Well, you gave it a go.

ANGELA HARTNETT: Gave it a go.

NICK GRIMSHAW: It's been three days, so what can you do? Today we've got someone joining us who I really want you to meet and I think you're gonna really, really like, and someone that I've worked with a lot and I think she's gonna love you and I think you are gonna love her.

ANGELA HARTNETT: Aww, excited.

NICK GRIMSHAW: Cause I think that you are both no nonsense and dead funny, and both really, really great what you do, and unfortunately have to spend a lot of time with me at work. So, I think you might get on.

ANGELA HARTNETT: We'll have our moment of talking about you.

NICK GRIMSHAW: You will have your moment. We have Annie Mac joining us.

ANGELA HARTNETT: Yes!

NICK GRIMSHAW: And Annie's good because Annie, she's good for January 'cause she's got a podcast called Changes. Which is all about making a change and a fresh start and a new take and stuff. And Annie's a proper doer, so I feel like she's a good person to listen to in the start of January. Every time I speak to her I'm like, I'm gonna do something!

ANGELA HARTNETT: Yeah. She's get up and go.

NICK GRIMSHAW: And then I'm like, I can't be arsed! So I thought with Annie, we're not gonna do dry Jan. I know people always talk about dry Jan, but it's a bit boring. So, I thought, why don't we start today's Dish with a vodka martini with a lemon twist. Feels clean. And what are we gonna cook?

ANGELA HARTNETT: So, we're gonna go with scallops. We're gonna have a lovely little spiced ginger and lemon butter on top of them, roasted in the pan, and just this lovely carrot salad with it.

[Ice pouring sounds]

NICK GRIMSHAW: Shall we welcome our guest, Angela?

ANGELA HARTNETT: Indeed, we shall.

NICK GRIMSHAW: Let's do it. Our guest today is a superstar DJ, superstar author, superstar podcaster-

ANGELA HARTNETT: Superstar.

NICK GRIMSHAW: Just a general super superstar. Here to learn the difference between a fillet of fish and a Filet-O-Fish, it's Annie Macmanus!

ANNIE MAC: Hi guys.

NICK GRIMSHAW: Hi Annie.

ANNIE MAC: It's so nice to be here. It's so lovely to meet you, Angela.

ANGELA HARTNETT: Lovely to meet you.

NICK GRIMSHAW: I'm so happy you two are meeting.

ANGELA HARTNETT: Long time coming.

ANNIE MAC: It feels long overdue.

ANGELA HARTNETT: Definitely.

ANNIE MAC: I've heard a lot about you from Grim.

ANGELA HARTNETT: You're looking amazing.

ANNIE MAC: Thanks babe.

ANGELA HARTNETT: I always think he looks amazing, but your makeup's good, your hair, you're looking great.

ANNIE MAC: Oh, I am deeply hungover. So I'm really-

ANGELA HARTNETT: I wish I looked like you when I'm hungover.

ANNIE MAC: I'm really relieved. Remember the rule that we used to have in Radio 1 babe, which is like, the more hungover you are you have to do yourself up, like, look even better. So everyone's like, you look great.

NICK GRIMSHAW: Because no one-

ANGELA HARTNETT: Was Nick continually tarted up then?

NICK GRIMSHAW: I'd often wear a tuxedo and a top hat. Like, 'Oh, good morning, sir!'

ANGELA HARTNETT: When you knew that, that was when you hadn't gone to bed.

ANNIE MAC: Basically, the more makeup, the more hungover.

NICK GRIMSHAW: Whack a bit of lippy on, you're ready to go.

ANGELA HARTNETT: So, you two have known each other, what, nearly twenty years?

ANNIE MAC: Oh, that's terrifying.

ANGELA HARTNETT: Yeah, but you're only twelve, you know.

NICK GRIMSHAW: That sounds like we met 1974. Like when you say twenty years ago, I see Ziggy Stardust.

ANGELA HARTNETT: Okay.

NICK GRIMSHAW: But genuinely

ANNIE MAC: Hang on, I'm forty-four, I met you when I was maybe thirty. I got my show when I was twenty-six.

NICK GRIMSHAW: We met very briefly in Glastonbury.

ANGELA HARTNETT: Right, okay.

NICK GRIMSHAW: But were you on the radio then at Glastonbury?

ANNIE MAC: Just, I think.

NICK GRIMSHAW: Just.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Okay. So how old were you then?

ANNIE MAC: Twenty-six, I would've been, yeah.

NICK GRIMSHAW: So like, eighteen years.

ANGELA HARTNETT: What were you doing at Glastonbury?

NICK GRIMSHAW: I was working for like a plugging company. So, they'd like, you know, get artists to radio stations. So I was assisting there, and I went to Glastonbury to assist in getting the- taking the bands around to interviews.

ANGELA HARTNETT: Got you, okay.

NICK GRIMSHAW: And I met Annie there.

ANNIE MAC: There's a blurred photo somewhere. And then I had a show on Sunday nights on Radio 1, and Grimmy had wanted to get into Radio 1, so I was like, you should come in and meet people and see if you can come in. And he ended up doing like little, like segments.

NICK GRIMSHAW: It was like, what gigs were on that week

ANNIE MAC: Culture.

ANGELA HARTNETT: Sure, yeah exactly.

ANNIE MAC: And then he was so impressive, that you kind of-

ANGELA HARTNETT: So you were instrumental then, in getting Nick on the radio.

ANNIE MAC: Well, I don't know, I wouldn't want to take credit for it.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah, totally.

NICK GRIMSHAW: No, you were very much so.

ANNIE MAC: Well, it was lovely and we ended up co-hosting and having like, honestly some of the most fun years of radio I've ever had on those Sunday night shows. Cause no one- we were just left alone. It was wild.

NICK GRIMSHAW: It was, and we were like in the basement at Radio 1. We could do whatever we wanted. Bosses definitely didn't listen.

ANNIE MAC: No, they really didn't because they would've intervened. We would rock up after the show had started.

ANGELA HARTNETT: No!

ANNIE MAC: So, our producer would be playing tunes and we'd be like, bumbling in like five past seven.

NICK GRIMSHAW: We'd be like, well this song's on 'til ten past, no point getting there at seven, is there?

ANGELA HARTNETT: I can't believe that.

ANNIE MAC: I know.

NICK GRIMSHAW: Or we'd get there at seven, like walk in-

ANNIE MAC: Yeah.

NICK GRIMSHAW: -sit down, start it.

ANNIE MAC: The first entire hour of the show we'd be talking about food.

ANGELA HARTNETT: Yeah. What we gonna have for our tea.

ANNIE MAC: What we had, what we will have. There would be a lot of just kind of, you know when you laugh so much that you forget why you're laughing.

ANGELA HARTNETT: Yeah, yeah. That business.

NICK GRIMSHAW: Hysteria.

ANNIE MAC: Yeah, that's the word.

NICK GRIMSHAW: It was hangover hysteria. But for me at that time, I remember, 'cause it was my first taste of Radio 1, and that's- that was the Radio 1 that I loved. Like, I loved the Chris Evans and Sarah Cox, and it was like, never professional. And anyone that was professional, I never liked.

ANGELA HARTNETT: But it was natural and it was real. You know, it wasn't sort of planned and stylised.

NICK GRIMSHAW: No.

ANGELA HARTNETT: It was just brilliant.

NICK GRIMSHAW: No, we genuinely were just hungry.

ANNIE MAC: It was genuine, and genuinely just complete chaos. Nothing prepared, nothing planned.

ANGELA HARTNETT: Because Nick tells me you are a real cook, Annie.

NICK GRIMSHAW: She's an amazing chef. Well, do you know what it was? When I got asked to do a podcast about food and cooking, I was like, do I go Angela Hartnett? There's Annie Mac? They're so similar.

ANGELA HARTNETT: You were torn!

NICK GRIMSHAW: You're both so skilled. No, Annie won't mind me saying this, but-

ANNIE MAC: No don't.

NICK GRIMSHAW: Annie's- I don't even know if you'd call it cooking. Annie's cooking's mad. Innit mad? Annie has rang me before, genuinely, and said, 'Babe. Green beans - what do I do with them?'

ANNIE MAC: 'What do I do?'

NICK GRIMSHAW: I'm like, 'What do you mean?' She's like, 'What do I do?'

ANNIE MAC: And I rang you once about how to roast a potato. A sweet potato.

ANGELA HARTNETT: Sweet potato. I was gonna say.

NICK GRIMSHAW: Like, ringing. I'm like, 'Hello?' 'What'd you do with a sweet potato?' I was like, you just roast it.

ANNIE MAC: But you have- babe, you've been to my house for a couple of meals, right? There was the one when we roasted a chicken. I didn't know what to do with that 'cause I'm a vegetarian. Brought up as a vegetarian, so not very, don't really know what I'm doing with meat. But that was okay, was it? I love people and parties and booze.

ANGELA HARTNETT: Yeah.

ANNIE MAC: But I really don't like the pressure of having to feed people at a party.

ANGELA HARTNETT: Fair enough.

ANNIE MAC: So what I would normally do, is if I'm having a party that happens to be over dinnertime - I do try and avoid that - but if it is, I just get a load of pizzas in.

ANGELA HARTNETT: Yeah, why not.

ANNIE MAC: And load of crisps in a bowl. The end.

ANGELA HARTNETT: Nothing wrong with crisps in a bowl.

NICK GRIMSHAW: Yeah. And if you wanna check out that recipe for crisps in a bowl, at waitrose.com/dishrecipes

ANNIE MAC: Feature on our show.

NICK GRIMSHAW: Please put that on the Dish recipes website!!!!

[Drink pouring sounds]

ANNIE MAC: I think it's important as you grow older to still have things to aspire to and to learn. So what- there's a couple things I still wanna tick off. One of them is understanding wine. Another one is learning how to cook. Like properly. I think like, I want to still, you know, there's still room.

NICK GRIMSHAW: There's still time.

ANGELA HARTNETT: So how are you going to do that?

ANNIE MAC: Well, I downloaded the New York Times food app, cooking app, and had go on it last week and then you can go down very well.

NICK GRIMSHAW: What did you try?

ANNIE MAC: I bought my first fennel.

NICK GRIMSHAW: Oh!

ANNIE MAC: Thank you very much.

ANGELA HARTNETT: I love that.

ANNIE MAC: So, chopped a little fennel.

NICK GRIMSHAW: How was it?

ANNIE MAC: It was braised beans with Swiss chard, bought my first Swiss chard. But I didn't do that right. I didn't cut off the stalks and it was all a bit...

NICK GRIMSHAW: You gotta do them in two, haven't you.

ANNIE MAC: Yeah. I messed it up, basically.

ANGELA HARTNETT: Okay.

ANNIE MAC: And I find it hard when you follow a recipe and then it just doesn't do what it's supposed to do. And then I get frustrated and then I- and I'm also deeply, deeply impatient.

ANGELA HARTNETT: Right, ah, so you are instant, you're quick meals.

ANNIE MAC: I'm that. A friend of mine who's a really good cook, told me this recipe once, that is very me, which is a spaghetti loads of garlic, fresh tomatoes, brie and basil.

ANGELA HARTNETT: Oh fab, sounds good.

ANNIE MAC: You just put them all in, it's like that simple. That's what I like, I like a kind of five ingredient dish that can be whipped up in half an hour.

NICK GRIMSHAW: Done.

ANNIE MAC: The end.

NICK GRIMSHAW: What's the really simple pasta that you, do that's really yummy? We've spoke about many a time.

ANGELA HARTNETT: Garlic, dried chilli, olive oil, pasta, bit of parsley if you're lucky.

ANNIE MAC: Love it.

ANGELA HARTNETT: But yeah, that's it.

NICK GRIMSHAW: Easy.

ANNIE MAC: That's what I'm talking about.

ANGELA HARTNETT: I think we need to do a trade-off you see, I need to come up with a massive-

NICK GRIMSHAW: You want to learn to mix.

ANGELA HARTNETT: No, no, I don't wanna do that.

NICK GRIMSHAW: Angela's always wanted to play DC10. It's what she's always wanted to do.

ANGELA HARTNETT: I just want to go to one of Annie's-

ANNIE MAC: What about guest list for life? Guest list for life for, for like you teaching me ten basic recipes.

ANGELA HARTNETT: Yeah, yeah. I'll do that.

ANNIE MAC: That are easy to impress.

ANGELA HARTNETT: Yeah, yeah, yeah.

ANNIE MAC: And make me look like a legitimate adult.

ANGELA HARTNETT: Legitimate adult, I love the fact that-

NICK GRIMSHAW: That's a good deal.

ANGELA HARTNETT: Yeah, I'll do that, that's a deal.

ANNIE MAC: Guest list for life.

ANGELA HARTNETT: We've done it.

ANNIE MAC: Boom.

ANGELA HARTNETT: Okay perfect, we're there.

NICK GRIMSHAW: Because Annie's a proper doer by the way. And you know, Annie, if she decides to do something and put's her mind to it, it just happens. I do believe that if you were like, I want to be a really good cook, you would do it. And I was telling Angela before you got here about your Before Midnight clubs, and how you were just like, why is that not a thing? And you just made it a thing. But tell Angela or about the idea.

ANGELA HARTNETT: I'm coming to those.

NICK GRIMSHAW: Angela's well up for this.

ANNIE MAC: So, the whole concept is you go out to see any sort of music, a rapper, a band, whatever, they go on normally around nine or ten o'clock, but why do you have to wait till two in the morning to see your headline DJ?

ANGELA HARTNETT: Exactly.

ANNIE MAC: It's kind of- so it's just kind of pulling everything forwards, making it accessible so that you can go out at a normal time and see a DJ and proper dance and still be home at time where you can like function the next day.

ANGELA HARTNETT: Go to bed, watch a little Netflix, have a drink.

ANNIE MAC: It's such a, such a basic thing. But it's been-

NICK GRIMSHAW: Also, if you're like, up early.

ANNIE MAC: It's been wild.

ANGELA HARTNETT: And you've going all around the country doing them.

ANNIE MAC: Yeah. I'm gonna put a load of shows on sale next week. But it's going really well and it's selling out so quickly, and that is such a good feeling, that there's people out there who are like, as excited about it as I am.

NICK GRIMSHAW: If someone's on at two, that's a write off the next day.

ANGELA HARTNETT: Yeah, of course it is.

NICK GRIMSHAW: Because what time do you get him work to run a restaurant?

ANGELA HARTNETT: Oh god, we're in like, you know, in the morning about eight o'clock, but there seven o'clock, you wanna be done by eleven sort of thing you're finishing, and then you're in bed. But I sort of love that because like, everyone said when we got married they were like- and everyone says, what do you wanna dance to? I said, you know who the best music? I love dancing, it sounds a bit naff, but like wedding music, you know, when you go to great wedding.

ANNIE MAC: Angela, that's my favourite set.

ANGELA HARTNETT: And actually, the best, the biggest compliment everyone always pays me is like, oh, we loved your party. I said, we did exchange vows and get married, because we had such a great dance. Everyone danced all night long and that was it.

ANNIE MAC: Wedding discos or parties are the best because they're completely democratic. It's all ages, so as a DJ it's quite a challenge, but it's a really fun challenge because you have to kind of cater to everyone. There's no snobbery, people are really invested, they want to have a good time, like they're there to dance, and you just get to play loads of old stuff, like classic stuff.

ANGELA HARTNETT: Yeah, brilliant dance.

ANNIE MAC: So before I've compared Before Midnight to a bit of a wedding. Without the kids. Because it's that vibe.

ANGELA HARTNETT: I love it.

NICK GRIMSHAW: What about, have any wedding tunes made it into your club sets? Is there anything that really works at wedding, really works at a club.

ANNIE MAC: There's a Donald Byrd tune... oh, I can't remember the name of it. A lot of Donna Summer.

NICK GRIMSHAW: Oh yeah, Donna Summer works.

ANGELA HARTNETT: Of course. Communards? I bet that's pretty good.

ANNIE MAC: Don't Leave Me This Way.

NICK GRIMSHAW: Oh yeah, that works.

ANGELA HARTNETT: Oh, it's classic, isn't it.

ANNIE MAC: It's a Before Midnight absolute classic.

ANGELA HARTNETT: But actually, going around the country, you could play some like classic, bands from Sheffield, you know what I mean.

ANNIE MAC: Yeah, so I played, I know Human League track there.

ANGELA HARTNETT: Oh, Human League, yeah.

NICK GRIMSHAW: Love.

ANNIE MAC: Try to make it work for Don't You Want Me, Baby, that vibe. So yeah, it's that, but it's also new stuff as well, but it's just so, it's so nice. Like coming out of Radio 1 - I sound like it was, I was shackled to new music, I always remember Sarah Cox, when she went to Radio 2 going, finally, I can talk about how much I like the Stone Roses. And it's just kinda that, it's like, it's like I've, there's such a legacy of music behind you, and with Radio 1, rightly so, it's all looking forward. So, it's been so indulgent just to be like, I'm gonna just go back and play whatever I want from...

ANGELA HARTNETT: Have you two gigged together?

NICK GRIMSHAW: We DJ'd once in the same city, when we both DJ'd in maybe Leeds, and I DJ'd earlier and you came and then you DJ'd afterwards. Do you remember, we both were DJing different venues and you came to mine and it was like a drunken student union, and someone was sick in the front row.

ANGELA HARTNETT: Oh god!

NICK GRIMSHAW: And I remember Annie watching like, 'Babe...'

ANGELA HARTNETT: 'Get out of here.'

NICK GRIMSHAW: And then you played like a club later on. You were like, wow. But I don't know if, I think we did it once together at a Big Weekend.

ANNIE MAC: Yeah, we will have done that.

NICK GRIMSHAW: We did like a back-to-back.

ANNIE MAC: We probably played people's parties.

NICK GRIMSHAW: Yeah, we've done parties.

ANNIE MAC: Various birthday parties and stuff.

NICK GRIMSHAW: Yeah. Maybe a wedding together something like that.

ANNIE MAC: Grimmy you have like, a unique way of DJing.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: In what sense? Why do you say that?

NICK GRIMSHAW: Well, you're... come on.

ANNIE MAC: Well, he has like a one trick method of getting from one record to the next, which is a [*winding up sound*] back.

NICK GRIMSHAW: Yeah. It's a spin. What does T call it?

ANNIE MAC: What the pullup?

NICK GRIMSHAW: Yeah, no but he calls it like, the Grimmy wheel?

ANNIE MAC: Yeah. He calls it like, a Grimmy wheel-up or something.

ANGELA HARTNETT: But then how would you do that?

ANNIE MAC: Well, you'd mix.

ANGELA HARTNETT: Ohh.

ANNIE MAC: So you mix, or you blend. Mix or blend.

NICK GRIMSHAW: Now I sometimes blend. Sometimes I don't do a [*winding up sound*] I sometimes just turn that one down and turn that one up.

ANGELA HARTNETT: I love it.

NICK GRIMSHAW: I just like, if I'm DJing-

ANNIE MAC: All the secrets of DJ being, being revealed today.

NICK GRIMSHAW: Some people love it and to get like in the mix, right. I'm getting really focused, but I like, wanna talk to people.

ANNIE MAC: This is my problem. This is my only issue with Before Midnights, I DJ for four hours, I don't get to see anyone .

ANGELA HARTNETT: Yeah, that's difficult.

NICK GRIMSHAW: You wanna have a chat to people, have a drink.

ANNIE MAC: I'm so with you. And you know what, I think you can get really bogged down when you're DJing with the technicalities of 'the journey' and joining the dots, to the point

where sometimes you make the wrong decisions because you, you put something on cause it's the same key or the same rhythm as opposed to the right song for that moment. So sometimes when you take all of the technicalities out, you're actually just playing the right song in the moment.

NICK GRIMSHAW: So do you think I'm better than say, Pete Tong?

ANNIE MAC: Yes.

ANGELA HARTNETT: Definitely.

NICK GRIMSHAW: Yeah, definitely.

ANNIE MAC: Sorry Pete.

ANGELA HARTNETT: We love you Pete, but not this morning.

NICK GRIMSHAW: Definitely. Definitely, yeah.

[Cutlery sounds]

NICK GRIMSHAW: Right. Angela, what are we eating?

ANGELA HARTNETT: So, we're eating roasted scallops with a carrot, ginger, and coriander dressing, with toasted breadcrumbs.

NICK GRIMSHAW: Ooh, yummy.

ANGELA HARTNETT: Inspired by my friend Nathan's recipe on Waitrose.

NICK GRIMSHAW: Oh really?

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Who's Nathan?

ANGELA HARTNETT: So, Nathan Outlaw is one of the best- honestly, I genuinely think so, he's one of the best chefs in the country. He's one of my top five. He's brilliant. And he has a fish restaurant down in Port Isaac, and you see the sea as you eat the fish that he's cooked for you. Well, I'll take you down there, honestly, one of the best meals you'll have, he's brilliant.

NICK GRIMSHAW: Love that. Now, Annie, would you dare cook a scallop at home?

ANNIE MAC: I wouldn't have the first clue.

NICK GRIMSHAW: So how great- in fact, how do you think-

ANNIE MAC: I wouldn't even know, I mean, you'd obviously go to a fishmonger, but I wouldn't, I wouldn't know, I wouldn't know what it looked like in, you know, raw. I wouldn't

have a- I don't think I've ever seen one in the sea. What does a scallop even look like in the wild?

NICK GRIMSHAW: I don't know.

ANGELA HARTNETT: In a shell you'd get it in a shell.

ANNIE MAC: Oh, is it in a shell?

ANGELA HARTNETT: It's in a shell, which is like two like that. Yeah, that's it, the shell is like that.

ANNIE MAC: Is it this type of shell?

ANGELA HARTNETT: That's it, that's the scallop shell.

NICK GRIMSHAW: Oh, wow.

ANNIE MAC: We should say it's presented in a shell.

NICK GRIMSHAW: Presented in a shell.

ANNIE MAC: It's so lovely looking.

NICK GRIMSHAW: And how easy is this, 'cause if this was served at home, if Annie Mac served me this in her house, my head would fall off . But is this one of those things that looks mad impressive and is quite easy, or is this quite tricky?

ANGELA HARTNETT: It is actually, no, because you do a lovely pickle with the carrot, the shallot, the ginger. Then you make a little ginger butter, and then you roast your scallops.

ANNIE MAC: That is insane.

ANGELA HARTNETT: And you set off the fire alarm twice in your house.

ANNIE MAC: Worth it.

NICK GRIMSHAW: Wow. Worth the fire alarm.

ANGELA HARTNETT: Worth the fire alarm.

ANNIE MAC: It just blended in with my tinnitus.

NICK GRIMSHAW: By the way, when the fire alarm went off we had to open the back door, that back door and the day, the door's proper stiff, it's like a slidey door. And I said to Mesh, we need to oil that back door. And I came in and he was doing it with olive oil.

ANGELA HARTNETT: Bless him.

NICK GRIMSHAW: I was like, I don't need you to baste it. And I mean like oil from the- he had like a jar of olive oil like that, like doing it like that, like, whack a bit of balsamic on it as well, shall we? So we thought we could have a little Champagne with a scallop.

ANGELA HARTNETT: Yes, lovely.

NICK GRIMSHAW: I know it's January and I know it's time that people are doing dry Jan.

ANNIE MAC: Babe.

NICK GRIMSHAW: I'm not gonna do dry Jan. Are you?

ANNIE MAC: No.

ANGELA HARTNETT: No.

ANNIE MAC: No no.

NICK GRIMSHAW: Now Annie. Little glass of Champagne, Annie. Do you have Champagne on your rider or did I make that up?

ANNIE MAC: Mm-hmm.

NICK GRIMSHAW: You do.

ANGELA HARTNETT: Nice.

NICK GRIMSHAW: So, when you DJ you're like, I'll have a little bit of Champagne.

ANNIE MAC: A bottle of champs. Bottle of Grey Goose. Loads of beers. Nice Peroni. Pack of Nurofen Express.

NICK GRIMSHAW: Pop that in the bottle of Champagne and shake.

ANNIE MAC: Berocca. And various different like salads and fruit and stuff. But at the moment for Before Midnight, I've figured out the, the key. I drink water all night and every half an hour I have shot of Grey Goose.

ANGELA HARTNETT: Okay.

NICK GRIMSHAW: Ooh. Every half hour?

ANNIE MAC: A small shot. Boom.

ANGELA HARTNETT: Nice, okay.

ANNIE MAC: Start about nine-thirty. Nine, nine-ish, and then I go through, so I have about five or six shots, but over the course, and then you sweat it all out and you drink water. You're not hungover the next day.

NICK GRIMSHAW: That's a nice tip. Nice January tip. Yeah...

ANNIE MAC: Just straight shots of vodka, guys. That's the future.

NICK GRIMSHAW: Yeah. 'So what's your health tip for January?' 'Just shots. Just shots.'

ANNIE MAC: I would never ever do it.

ANGELA HARTNETT: No fizzy drink, it's perfect.

ANNIE MAC: I would never do it, it's just in the context of that, drinking drinks when you're DJing, it's long.

ANGELA HARTNETT: Yeah, something to get you going. Oh, brilliant.

ANNIE MAC: It works well. So that's, that's the current rider situ. I had a time where I had pigs on my rider. Like basically, I really like pigs. I like pigs a lot. As animals, not as food, as animals.

NICK GRIMSHAW: She's veggie.

ANGELA HARTNETT: No, but I mean, when you say you had pigs on a rider, what, a live pig?

ANNIE MAC: No, it was pig paraphernalia. So, it was like something piggy, like a mug with a pig on it or a fridge magnet that's a pig or something. But it did, it did go. And there was a, there was a gig in Southampton where I went into my dressing room and there was two live pigs.

ANGELA HARTNETT: Brilliant.

ANNIE MAC: In the dressing room.

NICK GRIMSHAW: And the sad thing was that she actually slaughtered them.

ANNIE MAC: I did not. I did not.

ANGELA HARTNETT: I love the idea-

ANNIE MAC: They didn't like the bass. It was a bit much for them.

NICK GRIMSHAW: No. How big were the pigs?

ANNIE MAC: They were like a bit like maybe teenager? A bit bigger than piglets.

ANGELA HARTNETT: Little baby.

ANNIE MAC: At another gig like a week later. I went into the dressing room and I had a toilet attached, I got en suite and I went to go to the toilet, and one of the promoters was wearing a full human size pig outfit, and he was hiding in the toilet.

ANGELA HARTNETT: No.

NICK GRIMSHAW: Oh, no. No.

ANNIE MAC: Not what you need.

ANGELA HARTNETT: What's more worrying is that he's hiding in the loos, that's frightening.

ANNIE MAC: I was just like, 'Ahhh!' And after that I took pigs of the rider.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Not surprised.

NICK GRIMSHAW: She likes pigs, she's not got pig fetish.

ANNIE MAC: It's a bit much.

NICK GRIMSHAW: Yeah, a bit weird. Not a man dress as a pig in a port-a-loo toilet. No thank you.

ANNIE MAC: No, bit much.

NICK GRIMSHAW: So no pigs.

ANGELA HARTNETT: What's on your rider?

ANNIE MAC: Good question.

NICK GRIMSHAW: Erm, on my- come on. Come on.

ANNIE MAC: I was gonna say, I was gonna guess. Like, a giant diptyque candle that has to be lit like, at least an hour before you enter the room. I would say loads and loads of like, you know, the expensive water.

NICK GRIMSHAW: Temperature?

ANNIE MAC: Ice cold.

ANGELA HARTNETT: Fridge cold, yeah.

ANNIE MAC: And you'd have to have ice as well. A lot of ice and a lot of citrus, a lot of lemons, fresh lemons and limes. And I would say you would have a lot of Peroni.

NICK GRIMSHAW: Okay. Semi right, I do have beer on it. I like sparkling water, cold. Flat water, room temperature.

ANNIE MAC: Oh, interesting. Cause it's easier to drink?

NICK GRIMSHAW: Well, that's when you're actually thirsty, I think when it's cold, I can't get it down there.

ANNIE MAC: What about the candles?

NICK GRIMSHAW: No, I don't have a candle, but maybe I'll start asking for a candle. Be quite nice. Who's the DJ that has incense?

ANNIE MAC: Oh, that's DJ Koze, German DJ. He has it when he is playing, he has it on the edge of the decks. It's vibes.

NICK GRIMSHAW: Yeah. Because sometimes when you go to a club and you've not been drinking, you go in and you're like, oh, it stinks in here! Cause it's like a thousand people who've been drinking. So maybe whacking on a bit of incense?

ANNIE MAC: It's a lovely idea.

ANGELA HARTNETT: Why not. It was someone like Meatloaf who had this rider. It was like, I dunno, ten pages long or something, and he did it and put really random things like, I want a green Christmas decoration, and they said, why'd you? He goes, I do that to see the detail. He goes, because if they haven't read through that rider and got those things, what are they gonna care about the sound, the, you know, the whole surroundings.

ANNIE MAC: It's a test.

ANGELA HARTNETT: You know, and it's a- and I thought that was quite clever actually. You know, they might be thinking, oh god, he's a bit of a, you know, primadonna.

ANNIE MAC: But actually, no, it's like, have you read this?

ANGELA HARTNETT: Yeah. Have you read it? Do you care enough and am I gonna sound great? Is the, you know, and I thought that was quite smart. I should have given you a rider for today actually, Nick.

ANNIE MAC: Yeah, to see if it happened.

ANGELA HARTNETT: God damn it! Where's my rider today?

NICK GRIMSHAW: You should have. Do you get a chef rider?

ANGELA HARTNETT: Do I hell. We get a glass of water or a cup of coffee if we're lucky, nevermind anything else.

NICK GRIMSHAW: Yeah, that's enough.

ANGELA HARTNETT: When I did something with Claudia and I said, oh I fancy a prawn sandwich. I said, I'll just go make it. She goes, 'Sit down! Someone will do that for you.'

[Cooking sounds]

NICK GRIMSHAW: So I thought we'd start today with like, a classic cocktail. So vodka martini. Really easy, like can't make it wrong. Vodka and a bit of vermouth. That's it. And then put- I like it with a lemon twist, so I like it like that rather than dirty. So that's quite yum, so I thought quite good for, you know, fresh starts in January. If you are gonna drink, that

does feel like the healthiest one, don't it. Like I feel like they could give you that in a health camp.

ANGELA HARTNETT: I don't think they would.

NICK GRIMSHAW: No but you know what I mean?

ANNIE MAC: It's definitely the most potent one you could ever do.

NICK GRIMSHAW: But I think, let's get to the point, two of them, you're done for the night.

ANNIE MAC: Done. Absolutely done.

ANGELA HARTNETT: But vodka's the one like everyone says that it's like the slimmers one. When we've had like really fancy slim women, celebrities, in the restaurant. It's always vodka.

ANNIE MAC: It's always vodka. Clearly Angela, that's why I drink it.

NICK GRIMSHAW: Yeah. That's why.

ANGELA HARTNETT: And you don't even need it, Annie. Don't even need it.

NICK GRIMSHAW: We are gonna have with our scallops, the Waitrose champagne, the champagne Blanc de Noirs. I was French in a former life. Cheers.

ANGELA HARTNETT: Cheers. Cheers.

ANNIE MAC: Cheers.

NICK GRIMSHAW: Cheers. Mm.

ANNIE MAC: Oh yeah.

ANGELA HARTNETT: It's lovely champagne.

NICK GRIMSHAW: That's good, isn't it. Really nice.

ANNIE MAC: It's lovely that. It's quite sweet.

NICK GRIMSHAW: Yeah, it is quite fruity.

ANNIE MAC: Fruity, yeah.

NICK GRIMSHAW: Very nice. So, we are at the beginning of the year, a time when people like to make a resolution and have a new outlook on life. I feel like you are always like, Annie never like sits on her arse and is like, I'm just gonna watch double episode of Catchphrase. She's always like, let me do something. So, do you get that sense in January? Does January mean anything to you or were you just like this twelve months of the year?

ANNIE MAC: I think January's kind of like, it's like a time to reflect and a time to plan. I love a plan.

NICK GRIMSHAW: You love a plan.

ANNIE MAC: Do love a plan. I like to zoom out on the year and look at it and make sure that there's enough gigs in and holidays in and everything happening when it should. But also it's kind of quiet for gigs, music industry kind of stops. So it's a good time to, post-Christmas where you've had a bit of head space, to actually just like have ideas and write, and I would like to think this month that I'd be writing some short form pieces about anything that springs to mind, and maybe thinking about ideas for the next book.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: So that would be your third one?

ANNIE MAC: That'd be my third one.

NICK GRIMSHAW: The third book.

ANGELA HARTNETT: Wow.

NICK GRIMSHAW: So Mother Mother came out when? Twenty...

ANNIE MAC: It came out in 2021.

NICK GRIMSHAW: 2021.

And then this new one, *The Mess We're In*, is coming out this May. And it's a very different book, so it, I have to think about what the third one will be.

ANGELA HARTNETT: Now, when you say *The Mess We're In*, you're talking about, politics, us as people?

ANNIE MAC: No, it's fiction.

ANGELA HARTNETT: Fiction, okay.

ANNIE MAC: Entirely fiction. Talking about a chaotic, a chaotic young woman who lives in London and, uh...

NICK GRIMSHAW: She becomes a chef.

ANNIE MAC: It's a lot of, a lot of bad sex.

ANGELA HARTNETT: Wouldn't be far wrong.

ANNIE MAC: Drinks a lot. Works in an Irish bar. And wants to make music but doesn't really know how, lives with a band. So it's kind of a year in the life of her, it's from her head, and I, I'm just like in the phase now- here's the thing about book writing, right, that I still can't get my head around. There's a period where you finish writing the book and then you have to

send the book- you'll know this, babe. You have to send the book to people to read, to then solicit them for...

ANGELA HARTNETT: An opinion.

ANNIE MAC: An opinion.

ANGELA HARTNETT: Which you don't really wanna hear.

ANNIE MAC: A review. A nice, snappy one line quote. That you will then put on the cover or the inside cover. That's the bit that I cannot, I just, I do not like asking people for things. Full stop. I've found that so hard that- so at the moment I'm, the books are with the people, and now I have to wait for the people to get back, and it's excruciating.

NICK GRIMSHAW: Did you pick who to send it to?

ANNIE MAC: Yeah.

NICK GRIMSHAW: And did you pick anyone who you are, like a massive fan of and you're like, oh my god.

ANNIE MAC: Yeah. Writers and musicians. Cause it's a book about music, there's a lot of music in it. So, there's a sex scene with Róisín Murphy singing in it, so I've sent, I've sent it to Róisín Murphy.

ANGELA HARTNETT: Wow.

NICK GRIMSHAW: I already feel like she'll like that.

ANNIE MAC: I hope so. I told her in advance, I was like, you're in a sex scene. Apols. You should probably read this.

NICK GRIMSHAW: Yeah, you read that bit. And do you send them the full book or just a bit?

ANNIE MAC: Full book.

NICK GRIMSHAW: Full book? Because it's a big ask, 'cause I remember when I had to do this and I asked Annie and I was like, no one's bloody coming back to me. And she's like, well, they're not gonna get it and be like, well there's my week gone. I'm just gonna sit here-

ANNIE MAC: But that's what you expect.

NICK GRIMSHAW: Squeeze it in.

ANNIE MAC: You want them to sit down for three days and read it.

NICK GRIMSHAW: But it ain't gonna happen.

ANNIE MAC: It could take three to four months. And I found with the first book is that you'd send it to people and then you wouldn't hear from them for a month, and then six weeks, and you would go- you would literally be tearing your hair out going, do they think it's, shit, this is

so embarrassing. Why did I bother writing a book? Who do I think I am anyway, all of this. And then they'll message you three months after and go, babe, I'm so sorry, I haven't read it yet. I've just been really busy. You're like, ughh.

NICK GRIMSHAW: Oh, thank god.

ANNIE MAC: So, I've learned from the first time to have no expectations of how long it takes people to read.

NICK GRIMSHAW: And when do you go and write? Like how do you do it? Because you know, you've got so much going on. You have your podcast, you have your night, you have your book, you have your kids, you have your DJ gigs, like, how do you do it? When do you fit it in, what's your like, plan of action.

ANNIE MAC: I do it in the mornings mainly. I get up and just go straight to the rave shed at the end of the garden and just write.

NICK GRIMSHAW: Tell everyone about the rave shed.

ANNIE MAC: Well, it's like a purpose-built soundproofed room with my decks and records, and it was initially painted raspberry pink, as advised by my interior designer consultant Nick Grimshaw, and he advised me to do it walls and ceilings. So it was literally a pink cave. You couldn't get any more like, lol, in terms of like a woman cave. Come to my pink cave.

NICK GRIMSHAW: It's like stepping into Goop.

ANNIE MAC: And it was like that for ages, but now I've decided, 'cause I'm more mature, just to freshen up, go fully white.

NICK GRIMSHAW: Refresh that space.

ANNIE MAC: So it's more of a, it's more of a writing space now than a ravey space.

ANGELA HARTNETT: And where, how did you get into writing? I mean, when did you wake up and say, well, actually I'm gonna write a book.

ANNIE MAC: I did it in uni. I did English Lit.

ANGELA HARTNETT: Oh, okay.

ANNIE MAC: So, I've always read, I've always written. I've always journaled all my life.

NICK GRIMSHAW: Do you still journal?

ANNIE MAC: I still journal now and again. Less than I would like. And I think I kind of, I think I had a midlife crisis or something like that. I'm not- I think I might still be in it, I don't know what it is.

NICK GRIMSHAW: Might still be in it.

ANNIE MAC: Says she, drinking Champagne at lunchtime on a Wednesday.

ANGELA HARTNETT: I don't think that's a crisis. I think you're at one with yourself, Annie.

NICK GRIMSHAW: Do you think that since you've become a writer you can drink more in the day and it's like, wow, artistic?

ANNIE MAC: Um, no, I haven't got there yet.

ANGELA HARTNETT: You think you're Truman Capote or something.

NICK GRIMSHAW: When I was writing my book, I was like, I'm gonna smoke in the house. I was like...

ANNIE MAC: I love Grimmy like, gazing out the window with a cigarette.

NICK GRIMSHAW: Do you know I wanna start doing New Year's resolution wise? Because genuinely this time last year I was in America and I was thinking, what do I want to do with my new year.

ANNIE MAC: My new life.

NICK GRIMSHAW: With my new life.

ANGELA HARTNETT: Oh yeah, 'cause you stopped the radio.

NICK GRIMSHAW: Leaving radio and that, what do I wanna do. And 'cause we were coming out of like two years of-

ANGELA HARTNETT: Pandemic.

NICK GRIMSHAW: Pandemic and weird lockdowns and all that.

ANNIE MAC: And you'd just left your day job. Major.

NICK GRIMSHAW: And I was saying to Mesh, I was like, what I wanna do is have people at the house more and cook more. And we do it a bit, but I was like, I want it to be like, you know, like that house when you're growing up and you would always go to like, Auntie Carmel's house, or someone's house and you'd always go and cook. I was like, that needs to be our house, I want to do more cooking around the table, loads of people. And genuinely in the same week I got a call to be like, do you wanna do a podcast where you have dinner and with Angela Hartnett and she's cooking and you have a chat and I was like, yes.

ANNIE MAC: You've just answered my prayers.

NICK GRIMSHAW: And I was like, actually, I do.

ANGELA HARTNETT: And as a result, he's done no cooking at home for a year.

NICK GRIMSHAW: And as a result, yeah.

ANNIE MAC: Angela is now his resident chef. Life is great.

NICK GRIMSHAW: Do you know what, it has ruined my life a little bit, because when you have Angela's food, whatever you make is rubbish.

ANGELA HARTNETT: That's not true!

NICK GRIMSHAW: Yes, it is. Yes, it is. And I make it and I'm like, it's alright. Whereas before I thought it was good.

ANNIE MAC: Yeah. But I know she's inspired you in terms of cooking right, in the kitchen.

NICK GRIMSHAW: Oh, totally, yeah. And I think Angela, you are really good at not being a stress head.

ANGELA HARTNETT: No.

NICK GRIMSHAW: In the kitchen.

ANGELA HARTNETT: No point.

NICK GRIMSHAW: Because you know when you like, freak out and you panic. I remember you and T coming, and I did the one tip that you said don't do, which was I did like a three course meal once, and I did three things that I'd never made before.

ANGELA HARTNETT: Oh gosh. School boy error.

NICK GRIMSHAW: Why would you stress yourself out like that?

ANNIE MAC: Yeah, that's three new things.

NICK GRIMSHAW: I don't know. So, I think my New Year's resolution is gonna be to take what I've learned from Angela and actually step it up a bit.

ANNIE MAC: Stay calm. Do what you know and a bit more.

NICK GRIMSHAW: And a bit more.

ANGELA HARTNETT: Yeah, exactly, and a bit more.

NICK GRIMSHAW: What about you Ange? What's your vision for 2023?

ANGELA HARTNETT: Oh god. I mean, well, I come here in this lovely house of yours and then I go back and I think, oh **** Neil, we still haven't done that, that and that.

ANNIE MAC: You're like, look at all the holes in the walls.

ANGELA HARTNETT: And that's been like, fifteen years of me going, gosh, you've really got to get that sorted out.

ANNIE MAC: I feel the same whenever I leave the place.

ANGELA HARTNETT: Honestly, everything's in a right place and everything matches, and it's just like, go in and I'm like, oh, Jesus.

NICK GRIMSHAW: You know who you need?

ANGELA HARTNETT: Mesh.

ANNIE MAC: I need a Mesh.

NICK GRIMSHAW: You need Mesh.

ANGELA HARTNETT: We should just do a little weekly swap.

NICK GRIMSHAW: Oh my god, I'd love that.

ANGELA HARTNETT: Neil can do the spare room- Mesh. And then Neil can do all the cooking and show you.

NICK GRIMSHAW: I genuinely love it.

ANGELA HARTNETT: And I could give Mesh the list I want to give to Neil, who will just look at me and laugh and go, are you kidding me? Let's just get a man. So we could just do a little husband swap.

NICK GRIMSHAW: Yeah. So yeah, that's what we are gonna be, for 2023 we're swingers.

ANNIE MAC: Swingers!

NICK GRIMSHAW: But not like that.

ANNIE MAC: Keys in the bowl.

NICK GRIMSHAW: Just for practical issues.

ANGELA HARTNETT: This is gonna freak Neil out.

ANNIE MAC: Can I borrow Mesh as well, though?

NICK GRIMSHAW: Yeah, you need to borrow Mesh.

ANNIE MAC: Cause my house...

ANGELA HARTNETT: I can do, come and cook with you a bit, you know. That's it.

ANNIE MAC: I come home after here and there's like a pair of y-fronts in a pot plant, like child's y-fronts. It's just like, someone's ripped a cupboard off its hinges, a cupboard door. It's- living with small boys.

ANGELA HARTNETT: It's like living with Neil, to be fair.

ANNIE MAC: It's insane, it's absolutely insane. Like just the capacity to mess up a room. It's really something. They don't sit on a sofa, they lie in between the back cushions of a sofa and the sofa frame. Any given time, the sofa cushions are just like all over the room. You wouldn't, babe-

NICK GRIMSHAW: I don't know if I can do it.

ANNIE MAC: No.

NICK GRIMSHAW: I don't know if I can. I read, Graham Norton said the other day being like, I just couldn't have kids. Like, I just don't have like, the patience for it. And I was like, I don't know if I do.

ANNIE MAC: You have to really compromise your quality of life when it comes to how your house looks. You really do. Like, there's Sharpie on the walls. There's, you know, there's wee all over the floor.

NICK GRIMSHAW: Wee?

ANNIE MAC: It's horrific.

NICK GRIMSHAW: Yeah. But yours is a very masculine household. Cause you have a husband who's a man, and then two boys that are men.

ANNIE MAC: Men, yeah. Well, I just got a cat who's a woman.

NICK GRIMSHAW: I was gonna ask, yeah.

ANNIE MAC: That was deliberate.

ANGELA HARTNETT: Yeah, of course.

NICK GRIMSHAW: You were deliberate. Has she changed the energy?

ANNIE MAC: She kind of has actually. She's brought out the really affectionate side of the two boys, and they just like, love her and cuddle her, and she goes to sleep on their beds and stuff. Riley wears her as a hat. Which she loves! So the oldest one, Oisín is nine and Riley is five.

ANGELA HARTNETT: Yeah. So they're still- there's a gap as well, they're young.

ANNIE MAC: They're still babies.

ANGELA HARTNETT: Yeah, of course.

ANNIE MAC: They're very much babies.

ANGELA HARTNETT: Yeah. Can I just say having just- well, went out to see my nephews who live out in New York, who are now in their twenties, it doesn't change.

ANNIE MAC: They still seem like babies in their twenties.

ANGELA HARTNETT: They're still a mess. There's still crap everywhere, and it's like I said, come on, you two are adults now.

ANNIE MAC: No but Angela, I'm so dreading them being teenagers, I just can't handle it.

NICK GRIMSHAW: No? I thought the worst would be now. I thought like up to five, but do think it's gonna get worse?

ANGELA HARTNETT: I think teenage will be worse.

NICK GRIMSHAW: Maybe like five to twelve is not hell. And then twelve to... dead.

ANNIE MAC: I think teenage.

ANGELA HARTNETT: Young boys, smelly. Sorry.

ANNIE MAC: That's what I mean.

NICK GRIMSHAW: Oh yeah, they smell don't they.

ANNIE MAC: Like already, like what I have to do to get my kid to cut his hair is unbelievable. It's the bribery environment. He doesn't wanna cut his hair. So what's he gonna be like when he's fifteen?

ANGELA HARTNETT: 'Don't touch me, mum.'

NICK GRIMSHAW: 'Get off.' Yeah, I remember Liv, my niece, Liv wouldn't let us brush her hair. And she had hair like, like you and Riley, like mad-

ANNIE MAC: Big, thick hair.

NICK GRIMSHAW: And she wouldn't let us brush it, and my sister was like, we're- one of these days, we're got just gonna have to wash it and brush it like, it's minging. And she'd be like, 'No!' And she wouldn't let anyone touch it or like she-

ANNIE MAC: That's exactly Oisin.

NICK GRIMSHAW: And she'd go to sleep and me and Jane would have to go in and Jane would secretly-

ANNIE MAC: Brush it in her sleep.

NICK GRIMSHAW: Like brush her hair like that and try and like put conditioner on it.

ANGELA HARTNETT: No.

NICK GRIMSHAW: And then Liv cottoned on, and then she'd push it all behind her head and neck and go and sleep like that.

ANNIE MAC: I love her style, I like it.

NICK GRIMSHAW: And it was like, Jane was having to like, spray like curl stuff in, it was so knotty.

ANGELA HARTNETT: Oh yeah, like washing it, yeah.

ANNIE MAC: that's like Oisin, we have to rub his cream, his like moisturiser in, we have to cut his nails in his sleep.

NICK GRIMSHAW: Cut his nails in his sleep. That's- sorry, that's quite fab. I'd love that. That's quite, I imagine, quite like Liza Minnelli.

ANGELA HARTNETT: Then he has a pedicure.

NICK GRIMSHAW: Yeah, a little mani-pedi as you nap. Pretty good. Massive look.

ANNIE MAC: This is the problem with parenting, there's a lot of guesswork. There's no courses you can go on. You're just blagging it.

NICK GRIMSHAW: You're just blagging it.

ANNIE MAC: The whole time.

NICK GRIMSHAW: I always love the story of you coming home when you'd just had your first son, when T was holding the baby and he was like, what does it eat? I love this story so much.

ANNIE MAC: He's seven years younger than me. He was twenty-eight when Oisin was born and he wasn't really qualified to be a parent, neither was I.

ANGELA HARTNETT: I don't think anyone is.

NICK GRIMSHAW: Exactly.

ANNIE MAC: We brought him home and T was like, so yeah, like, like what? What does he eat? What do we do we feed him? He's like a six day old baby. Like, no, no.

NICK GRIMSHAW: He just drinks milk.

ANNIE MAC: Yeah, he just drinks babe. Oh my god, that sums us up entirely. Entirely sums us up. So clueless.

ANGELA HARTNETT: I love that.

NICK GRIMSHAW: Do they know now like what you do for jobs? Because I always like, I remember when Annie first had a baby, me and our friend Amy, we were like, imagine growing up and Annie Mac is your mum? Like how cool- and your dad's Toddla T. Have they cottoned on like, you're a DJ and like, go to clubs?

ANNIE MAC: Yeah, they do, they know now. I want to start bringing Oisin into gigs though. Like the right festival, if it was a daytime show, yeah, I think he would really-

NICK GRIMSHAW: They'd enjoy it, yeah.

ANNIE MAC: He would get bored after about half an hour, but that's fine. But no, they do, I think, I think he's kind of into it. He says like, people at school are like, 'People say you're famous.' So, he has to like navigate that. But no, he's, I think he's secretly quite kind of into it. But they deliberately don't like their dad's music. Like whenever T comes home from the studio and plays a tune, they're like, nah, not into it. Just-

ANGELA HARTNETT: Just 'cause this is his dad, isn't it, yeah.

ANNIE MAC: Exactly. Exactly.

NICK GRIMSHAW: Were you like that when you were a kid? Did you- 'cause I always hated the music my mum and dad played, and then when I've grown up I'm like, oh they were right.

ANGELA HARTNETT: They know what they were doing.

NICK GRIMSHAW: Yeah... But were you like that with your mum and dad? Cause they were into music, weren't they?

ANNIE MAC: They were into music, yeah. And they were proper into loads of American folk, like Woody Guthrie and Bob Dylan and all of that. So, I was really like, whatever.

NICK GRIMSHAW: Put a donk on it.

ANNIE MAC: Put a donk on it, dad.

NICK GRIMSHAW: Very apt that we have you on in January because January, a time for changes, and your podcast of course is called Changes. Do you have anyone that has actually changed your outlook or your way of life or changed how you do something that you've interviewed?

ANNIE MAC: Oh my god. Like I got- I've changed, I've talked to so many people about change I became addicted to change. I genuinely feel like leaving Radio 1 was a direct result of just doing Changes because I was like, life can change, I can do anything. It's so empowering. Yeah, there's been loads of people, Gabor Maté is someone who had a huge influence on me. He- it was one of those strange interviews where he kind of turned the tables and started speaking to me and asking me questions, and I'm not used to that. It kind of felt like a bit of a therapy session. But we've got some good people coming up. So, we've got, um, this woman called Edith Eger, who wrote this book called The Choice, she's a Holocaust survivor, she's ninety-six, and she's absolutely incredible. She wrote this book called The Choice, which Oprah loves, and it's like a global bestseller, and it's about her and her sister's experience of Auschwitz and escaping that, and she's now like a psychotherapist in America, still working, still got clients.

ANGELA HARTNETT: Jeas.

ANNIE MAC: At ninety-six. And she does a high kick at the end of every speech that she makes. And in the podcast I was like, do you still uh, do the high kicks? And she was like [*whoosh sound*].

NICK GRIMSHAW: A high kick?

ANNIE MAC: Oh that's-

NICK GRIMSHAW: Okay, obsessed.

ANNIE MAC: Yeah. She was like, I don't retire. I don't like the word retiring, why would I, like, why would you ever retire? She goes, I love working, this is what keeps me like, so she's incredibly inspiring.

NICK GRIMSHAW: That's gonna be you.

ANNIE MAC: That's coming out soon. I hope so. I would be- oh my god, imagine, being at ninety-six and still being-

NICK GRIMSHAW: High kicking

ANNIE MAC: That's- hey, that's, it's an absolute dream.

NICK GRIMSHAW: Yeah, come on!

ANGELA HARTNETT: Of course.

NICK GRIMSHAW: Angela, that was so yum.

ANGELA HARTNETT: Pleasure.

NICK GRIMSHAW: Really delicious.

ANNIE MAC: Absolutely banging.

NICK GRIMSHAW: And Annie, thank you so much.

ANGELA HARTNETT: Thanks for coming.

ANNIE MAC: Thanks for having me.

NICK GRIMSHAW: Hope the hangover's gone.

ANNIE MAC: Yeah.

NICK GRIMSHAW: Has it?

ANNIE MAC: I'm hammered, it's great.

NICK GRIMSHAW: Yay!

ANNIE MAC: Time to do the school run!

NICK GRIMSHAW: Listen to Annie's podcast and go check out Before Midnight as well.

ANNIE MAC: Thanks, babe.

NICK GRIMSHAW: We're gonna go, aren't we?

ANGELA HARTNETT: We're going, we're going.

NICK GRIMSHAW: We're gonna go, there's tickets out now, right?

ANNIE MAC: Yep, tickets are on sale now. There's loads of shows in London and beyond all for the next like two or three months they're all, they're all around.

ANGELA HARTNETT: Fab.

NICK GRIMSHAW: Ready.

ANGELA HARTNETT: Love it.

NICK GRIMSHAW: And then the book in May.

ANNIE MAC: Book in May.

NICK GRIMSHAW: Which is scarily soon, now.

ANNIE MAC: Oh, it's terrifying. But I'm excited about it.

NICK GRIMSHAW: Yeah, good. You should be. Annie Macmanus, everybody!

[Applause]

ANNIE MAC: Thank you, babe. Thank you.

NICK GRIMSHAW: Thanks Annie.

ANGELA HARTNETT: Thanks for coming.

ANNIE MAC: Pleasure. Thank you guys, thank you all for having us.

NICK GRIMSHAW: If you would like to recreate today's dish for your friends, or family, or maybe a stranger in the street, head to [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes) That is where you'll find all the meals we've ever made on the podcast.

ANGELA HARTNETT: Follow Dish wherever you get your podcasts so you'll get it delivered to your device every week, and if you enjoy it please leave us a great review.

NICK GRIMSHAW: If you don't, listen to something else. 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, whatever they are, to dish@waitrose.co.uk.