

DISH: S2, Ep 3 19 Oct - David Harewood

NICK GRIMSHAW: Hello, I'm Nick Grimshaw. Welcome to Dish where each week myself and my life partner, Angela Hartnett, we come together and we have a dinner with a guest.

ANGELA HARTNETT: We got the incredible David Harewood, which I'm super excited about, love him.

NICK GRIMSHAW: And what are we gonna pair David with?

ANGELA HARTNETT: So, I think it's red wine and a steak sandwich. Steak sandwich and chips.

NICK GRIMSHAW: Brilliant. Before you start prepping the meal, I wanted to share with everybody the fact that you bought me something which I've never had in my life, which is a proper knife.

ANGELA HARTNETT: Oversharing again?

NICK GRIMSHAW: No, you're a- no, you didn't buy me anything weird. Did you? Maybe that's coming. But Angela bought me a proper knife and I've never had a proper knife and Mesh, my boyfriend, says the reason he doesn't cook is because we don't have proper knives.

ANGELA HARTNETT: And has he cooked since?

NICK GRIMSHAW: No. Which, you know what, I've never bought as many plasters. My fingers!

ANGELA HARTNETT: Are you doing this, like, so you're holding your fingers?

NICK GRIMSHAW: No, I'm not doing that. I see chefs doing that where they put their fingers like against the onion.

ANGELA HARTNETT: But you don't want your fingers like that, you see, cause then you'll slip, you need them...

NICK GRIMSHAW: Yeah. That one got one. That one's quite healed now. That was quite a bad one, that one.

ANGELA HARTNETT: Oh crikey, sorry, Nick.

NICK GRIMSHAW: Yeah. But wonderful gift. Really revolutionised how I cook as well.

ANGELA HARTNETT: Is it quicker?

NICK GRIMSHAW: So much quicker, yeah.

ANGELA HARTNETT: No blunt knives!

NICK GRIMSHAW: Oh, no blunt knives, but a lot of blood loss.

ANGELA HARTNETT: Oh, a lot of blood loss.

NICK GRIMSHAW: I have a nurse at home, but thanks for my knife.

ANGELA HARTNETT: Pleasure, pleasure.

NICK GRIMSHAW: Right, should we get cracking on the meal?

ANGELA HARTNETT: Yep, let's go.

[Kitchen sounds]

ANGELA HARTNETT: So, I'm gonna do a really cheeky thing. Béarnaise mayonnaise rather than béarnaise sauce. So, you make a classic mayonnaise, add the tarragon, add the shallots, but it's really delicious. We're gonna do homemade chips where I'm gonna blanch the potatoes first and then finish them in a fryer. And, just a simple steak, you know, cook it in the pan for two minutes, either side, nice bit of butter, loads of salt and pepper, and then we're gonna put that on top of a slice of bread with some caramelised crispy onions, watercress, and the béarnaise mayonnaise. It's gonna be delicious.

[Drinks clinking sounds]

NICK GRIMSHAW: It is time now for this week's Dish guest and we have another MBE in the building. Angela. We are welcoming an incredible actor who has appeared in big, big TV shows like Homeland and Supergirl. On top of that, he has written an incredible memoir called *Maybe I Don't Belong Here*. He's been in huge theatrical productions, like *Othello* and *King Lear*, and now he's been reduced to this podcast. Round of applause from our lovely crew for the wonderful David Harewood, everybody!

DAVID HAREWOOD: Marvellous, marvellous.

NICK GRIMSHAW: Hello, hi David.

DAVID HAREWOOD: Hello, hello. God, this is exciting.

NICK GRIMSHAW: Thanks for coming to see us.

DAVID HAREWOOD: Pleasure. A real pleasure.

ANGELA HARTNETT: This is breakfast.

DAVID HAREWOOD: This is breakfast.

NICK GRIMSHAW: Yeah, a whiskey sour, we thought. On a Monday morning at 11:20.

DAVID HAREWOOD: That's good, sort of the hair of the dog. Can I say it smells gorgeous in here?

ANGELA HARTNETT: Good.

DAVID HAREWOOD: Really does. I'm looking forward to eating.

ANGELA HARTNETT: We like to hear those compliments.

NICK GRIMSHAW: Are you hungry?

DAVID HAREWOOD: Starving.

NICK GRIMSHAW: Right, okay.

DAVID HAREWOOD: Yes, I've only had a shake this morning.

NICK GRIMSHAW: Oh wow.

DAVID HAREWOOD: A healthy shake just to sort of line the stomach.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: You're a fan of steak and chips, aren't you, David?

DAVID HAREWOOD: I do murder a steak and chips. So, I'm looking forward to your rendition.

ANGELA HARTNETT: So yeah, we've got a slight steak and chip sandwich, shall we say? We've got a lovely- so rather than béarnaise, you know, the fancy sort of tarragon sauce, we've got a mayonnaise béarnaise.

DAVID HAREWOOD: Oh lovely. Very nice.

ANGELA HARTNETT: And homemade chips and a great steak.

DAVID HAREWOOD: Which you have rustled together yourself?

ANGELA HARTNETT: Which I have rustled together myself. Do you eat well? You look very fit.

DAVID HAREWOOD: I'm trying to, you know- well, when you have been on the TV all the time, you have to sort of, you know, be careful because you, you know- and I haven't been on

the TV for a lot, so I've been on the pies. I have been on the pies and on the beers, on the strawberry daiquiris actually.

NICK GRIMSHAW: Oh, really? That's quite the mix.

DAVID HAREWOOD: Yeah. I'm, I'm now trying to get more svelte.

NICK GRIMSHAW: Yeah. Well, a steak sandwich with chips and a whiskey sour. That's a diet right, right?

DAVID HAREWOOD: It's a great way to go.

NICK GRIMSHAW: Super models' diet.

DAVID HAREWOOD: Great way to go.

NICK GRIMSHAW: Do you ever have to, when you're filming a series, look the same for a really long time?

DAVID HAREWOOD: Well, you have to pretend to look the same.

NICK GRIMSHAW: Right.

DAVID HAREWOOD: But I don't, you see, and you can literally, as the series progresses, you could just see me getting wider and wider and wider.

NICK GRIMSHAW: But we're very excited you're with us today.

DAVID HAREWOOD: Thank you.

ANGELA HARTNETT: Let's do a little cheers.

DAVID HAREWOOD: Let's cheers.

ALL: Cheers, cheers, cheers.

NICK GRIMSHAW: Cheers, Angela.

DAVID HAREWOOD: Great, a whiskey sour in the morning. Mmm.

NICK GRIMSHAW: The recipe, if you wanna try the whiskey sour at home is on [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes), which is- you don't want that in a script, 'Dish recipes'. Let me tell you. But go on 'Dish recipes', and you can try whiskey sour for yourself.

DAVID HAREWOOD: That's really, really nice. Do you whisk the egg to put it in there? 'Cause I've never actually made it.

NICK GRIMSHAW: We shook it in a shaker.

DAVID HAREWOOD: Shook it in a shaker.

NICK GRIMSHAW: Nothing makes me feel like a chef more than separating an egg yolk from an egg white. I'm like, get a load of this Angela. That is cheffing.

ANGELA HARTNETT: I'm saying nothing. I'm saying nothing.

NICK GRIMSHAW: You did get the sort of eggiest one.

DAVID HAREWOOD: I did.

NICK GRIMSHAW: I feel like David got the best one.

ANGELA HARTNETT: Yeah, well that's good, he's the guest.

NICK GRIMSHAW: But they're trial and error, aren't they, cocktails.

DAVID HAREWOOD: It's pretty nice. Very nice.

NICK GRIMSHAW: We've got lots to talk about. We're gonna talk about your book and we want to talk about, you know, the movies you've been in and the shows you've been in.

DAVID HAREWOOD: Thank you.

NICK GRIMSHAW: But you know, it does feel exciting when we get, like, a Hollywood-level star on this podcast, doesn't it?

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Don't you think?

DAVID HAREWOOD: Hollywood-level star. That's nice.

NICK GRIMSHAW: Yeah, but you are, innit?

DAVID HAREWOOD: Well, I'm from Birmingham.

NICK GRIMSHAW: Yeah, no, but come on.

DAVID HAREWOOD: Yeah, no, it's, it's nice to have been out there and to kind of, and now be back.

NICK GRIMSHAW: Do you ever, when you are out and about- do people come over and do the whole, like, 'I loved you in this, loved you in that,'?

DAVID HAREWOOD: All the time, and- people will kind of double-take, they're not expecting to see you by the baked beans. They, they think I should be swanning down, you know, Sunset Boulevard or something like that. Walking a poodle.

NICK GRIMSHAW: Yeah, getting out of your Lamborghini with a poodle

DAVID HAREWOOD: Exactly, they have this impression that you're loaded, you're living in the sunshine and jumping in and out of Maserati's and things, and there you are buying sausages. So I guess it's a bit of a come-down.

NICK GRIMSHAW: And what about your family? Do your family ever sort of complain that you've gone Hollywood? 'Cause my family go mad that I have, like, non-dairy milk and they're like, 'Oh he's gone London.'

DAVID HAREWOOD: 'He's gone London.'

NICK GRIMSHAW: 'Cause they have like just not dairy. They go mad.

DAVID HAREWOOD: I think they were initially a little bit worried. Even when I started acting they were initially a bit worried, 'cause you're talking posh and you're saying 'bath' instead of 'bath'. And uh, that really kind of worried my mom at first when, you know.

ANGELA HARTNETT: But you purposely changed, didn't you?

DAVID HAREWOOD: I did. I sort of, I didn't want to sort of play brummies my whole life. I purposefully sort of attained that sort of middle ground so that I could change it, and I could morph into Americans and scousers and northerners and do all different types of accents, which is what I liked to do as a kid, you know?

ANGELA HARTNETT: So, what's your brummy now? What was your score yesterday?

DAVID HAREWOOD: Well, you know, I used to talk like that, you know, talk in a brummy accent, you know, and it was really, really sort of hard and, and different, so I got rid of that, you know.

NICK GRIMSHAW: Your whole face changed then.

DAVID HAREWOOD: No, I could still talk like that though, [*unclear*] didn't you know?

NICK GRIMSHAW: I was like, 'I thought we had David Harewood on? Who's this man?' Is there any accent that you can't do if you ever get a script and you're like, 'Oh, not that one,?'

DAVID HAREWOOD: You can never think that way. You've just gotta say to yourself, that's the challenge, and get into it and work for it. And these days there are so many fantastic

resources. YouTube's a great resource. So, you know, if you, you have to play somebody from Michigan. You just get on YouTube and go 'Michigan accent' and you just have to work at it. You really do have to commit to it and work at it.

NICK GRIMSHAW: And do you do it when you are not at work? If you've gotta do a Michigan accent, are you like walking around the house, being like 'Eh!'.

DAVID HAREWOOD: I try, but- 'Ey!'

NICK GRIMSHAW: 'Ey!'

DAVID HAREWOOD: I didn't know you were from Michigan. I try, but I- you know, I'm not that method, you know, there are people who like, stay in character, but I just can't be bothered, you know, I'm of the 'let's pretend' school of acting, and so I'll do it when I'm working and then zip out of it. And it's really odd 'cause you see like the lighting guy or the sound guy going, 'Where's he from?' you know, and when you come out with an English accent, so..

ANGELA HARTNETT: Of course, they don't expect it.

DAVID HAREWOOD: They're not expecting that.

NICK GRIMSHAW: I remember when I watched something on when Gaga did the House of Gucci film, and she said she just stayed in that accent for the entire year at home and everything. I was like, imagine if you lived with her and she's pretending to be an Italian lady for a year.

DAVID HAREWOOD: I just couldn't do it.

NICK GRIMSHAW: No way.

DAVID HAREWOOD: I mean, I guess it depends on how seriously you take your craft, and some people will take it to an extreme. I mean, for me it's more clothes than accents. I love, I love to get- inhabit the clothes of the character.

ANGELA HARTNETT: But what was that film you were in and then they basically said the character wasn't right.

DAVID HAREWOOD: Well, that was really weird because the guy that had written the film, he'd actually written for a different actor.

ANGELA HARTNETT: Right, okay.

DAVID HAREWOOD: And that actor had to drop out with like three weeks to go or something. So, they were scrabbling around, and somebody suggested me and he went, oh

great- never met me. And I turned up and I looked nothing like the character that he has envisaged. So, we shot the first three days and then he just basically came up to me and said- and I could just see he was panicking and he was like, 'It's just not working. It's not working.' And I said, 'So what can I do?' and he said, 'Well, we just need a different character.' So I literally ran into wardrobe and just picked up a whole load of different shirts and trousers and just- shaved off my moustache, I had a moustache and a beard, shaved it all off, did my hair differently, and just improvised the whole day. And he, and at the end of the day came and he went, 'Don't change anything. That's exactly the character.'

NICK GRIMSHAW: 'That's the guy.'

DAVID HAREWOOD: And I never looked at the scripts again for the rest of the movie.

ANGELA HARTNETT: And you know, given the, you know, obviously RADA and then the Othello and all the Shakespearean- I mean, where are you? Stage or screen, what are you, you know, is there a favourite?

DAVID HAREWOOD: It's the character and it's the situation. And I'm about to go back on stage in November, a play called Best of Enemies, which is really, really- it's a fantastic piece. James Graham wrote it. It was at the Young Vic and we're gonna take it into the West End, and that's probably one of my favourite experiences ever in my career. Cause it was really challenging and very difficult and something that I would not normally do, which is play a right-wing white conservative, which is nothing like me, as you can imagine. And it was- I thought, how am I gonna get into that head space, you know, to, to politically play somebody that I don't agree with at all? It was really good fun in the end, and as I say, really, really challenging. So, for me, there's nothing like live performances, 'cause someone is sitting right there or someone's sitting right there, and it's more immediate, whereas on screen, you just never really know what's gonna make it, what's gonna get cut, what's gonna- what angle they're gonna use, you know, it's, it's..

NICK GRIMSHAW: And the stop-start of it as well, like, 'Let's do that again.'

DAVID HAREWOOD: 'Let's do that again.' Whereas a play you're like, it's go.

DAVID HAREWOOD: You've got one chance to do it. And for me it's that, that live wire stuff that high wire, high wire acting.

ANGELA HARTNETT: That's the adrenaline.

DAVID HAREWOOD: That's what I really like.

NICK GRIMSHAW: It always amazes me when I do go to the theatre that you are just out there.

DAVID HAREWOOD: This is the first time as well that I forgot my lines. I dried, like, a couple of times. So, in the middle of a line you just go, I have no idea what's coming next. And that's a really scary place to be, when you are literally on stage with a packed house and you just go, I don't know what I'm going to say. Next! Just make a funny face.

ANGELA HARTNETT: Just do a little dance.

DAVID HAREWOOD: I don't know, your turn!

NICK GRIMSHAW: How do you do it? Like, do you do it like, you know, you used to revision at school. Do you sit down and be like, 'Today is the day I'm learning the lines.'?

DAVID HAREWOOD: Do you know what? Once I had kids it became a very different equation. I used to do that, I used to sit down, learn my lines. But once you've had kids and you've become a bit of an adult, you- I can't be arsed.

NICK GRIMSHAW: It's only a play.

DAVID HAREWOOD: You just think, it'll go in. It'll go in.

[Cooking sounds]

ANGELA HARTNETT: I'm gonna get you some food.

DAVID HAREWOOD: Oh, here we go.

NICK GRIMSHAW: Here we go, it's food time. Do you need a hand?

ANGELA HARTNETT: No, I'm good, thank you.

DAVID HAREWOOD: I love watching people cook.

ANGELA HARTNETT: Do you cook a lot? Do you cook?

DAVID HAREWOOD: I try. I try and cook. You look at the picture in the cookbook you're like, that looks great, I'm gonna cook that tonight, and it looks completely different.

ANGELA HARTNETT: I'm sure you're better than you think. I think everyone's better than they think. Honestly, genuinely.

DAVID HAREWOOD: Well, I think if I spent a bit more time with people like yourself, I could probably get there.

NICK GRIMSHAW: I do love watching Angela cook. She's really actually calm in the kitchen.

DAVID HAREWOOD: Do you know what my problem, what my, one of my major issues in the kitchen is? Timing.

ANGELA HARTNETT: That's everyone's issue.

DAVID HAREWOOD: It's when you, when you start doing the sauce, and when you start putting this in, and I'm terrible.

ANGELA HARTNETT: But you shouldn't worry about it. I forget stuff and I literally sit down and I'm eating and I go, oops, I've forgotten that, I go and get it in the oven. It's nothing to worry about. It's only a bit of food.

DAVID HAREWOOD: Fantastic.

NICK GRIMSHAW: Angela Hartnett: 'It's only a bit of food.'

DAVID HAREWOOD: Oh, look at that. Look at that. See the little sprinkle. What have you sprinkled on there?

ANGELA HARTNETT: A bit of- little bit of salt.

DAVID HAREWOOD: Okay. What salt- what salt do you use?

ANGELA HARTNETT: That's just a bit of like flaky sea salt. But to be honest, when you do things- 'cause we've got some chips to go with this.

DAVID HAREWOOD: Oh, look at that.

ANGELA HARTNETT: I think you need fine salt.

DAVID HAREWOOD: Right.

ANGELA HARTNETT: You know, sometimes chefs can be quite snobby about it.

DAVID HAREWOOD: Look at that.

NICK GRIMSHAW: Oh yes Angela. Do you ever cook a steak at home?

DAVID HAREWOOD: I do. Yeah, yeah. And is it good I can't cook it as well as...

NICK GRIMSHAW: Yeah, me neither.

DAVID HAREWOOD: You know what I mean? Getting it medium like that is, is an art, I think, and I'm not very good at it. I either- I just overcook it or under cook it.

NICK GRIMSHAW: Same.

DAVID HAREWOOD: Are we diving in?

ANGELA HARTNETT: I forgot something. I'm coming.

DAVID HAREWOOD: Here we go. Come on. Steak and chips.

NICK GRIMSHAW: Tell us what you think.

DAVID HAREWOOD: And whiskey sour at 11 o'clock in the morning. Let's have it. Mmm. Mmm! That's really nice.

ANGELA HARTNETT: Thank you.

NICK GRIMSHAW: Wow. Angela. That is great.

DAVID HAREWOOD: Can I nick a chip as well?

ANGELA HARTNETT: Yeah, help yourself.

DAVID HAREWOOD: I like to get as many ingredients in my mouth as possible.

NICK GRIMSHAW: As possible, yeah. My boyfriend does summat if he loves the meal, which is so weird, I think where he'll save his favourite thing till the end.

ANGELA HARTNETT: Oh, I do that!

DAVID HAREWOOD: I'm a bit like that.

NICK GRIMSHAW: And eat it by itself. Like, so he'd be, watercress first, then onions, then steak, then chips. I'm like, that's mad.

ANGELA HARTNETT: No, I won't do that.

DAVID HAREWOOD: No, no, no.

ANGELA HARTNETT: That is mad.

DAVID HAREWOOD: You've gotta have a bit of everything in there.

NICK GRIMSHAW: Bit of everything. That's why it's been made, right? That's why they go together.

DAVID HAREWOOD: I tell you what, that is absolutely superb. Thank you very much.

ANGELA HARTNETT: Pleasure.

NICK GRIMSHAW: Really delicious Angela. How did you get the onions like that?

ANGELA HARTNETT: So, you cook them until they're soft, so you know, they're literally soft, and then you turn the heat up and then fry them until they start to go crispy like that.

DAVID HAREWOOD: Oh, look at that. That's absolutely fantastic.

ANGELA HARTNETT: And it's the sugar in the onions that caramelise.

DAVID HAREWOOD: I guess you have to know, is it the food that you understand?

ANGELA HARTNETT: Honestly, David, I really don't understand a lot about cooking in that respect. You know, the science of it all, no.

DAVID HAREWOOD: Really?

ANGELA HARTNETT: Yeah, no. I think you, you understand the basics, but there's some people that get really geeky, like you talk about people who take acting really seriously, get into the character, there's chefs that take it really seriously and understand every element. I'm not one of those. I'm a bit more like you take it as you come, cook it, if it works, it's great.

DAVID HAREWOOD: I love those onions. They're great.

NICK GRIMSHAW: Really good.

ANGELA HARTNETT: But I do know that bit about the sugar, right? What are we drinking mister?

NICK GRIMSHAW: We are gonna have some red wine. I know David, we've heard that you like a gutsy red, like a proper heavy red. However, this wine has been suggested as the pairing with what we are eating. It's a pinot noir, which is a little bit lighter, but we're told it goes really great with the béarnaise, and it's called Elephant in the Room.

DAVID HAREWOOD: Cheers. More winners. Winners!

NICK GRIMSHAW: That's good.

DAVID HAREWOOD: Lots of winners this morning. That's, that's absolutely fantastic.

NICK GRIMSHAW: I really like that.

ANGELA HARTNETT: But growing up as a kid, your mum cooked?

DAVID HAREWOOD: Mum did all the cooking when I was a kid. You know, I'm ashamed to say, when I was youngest I wanted like the bacon, egg, sausage, chips and beans, whereas my mum was cooking all this West Indian food. Then later on in my life, it was like, I loved

the West Indian food and I kind of shoved everything else aside. But yeah. And I wished, I wish to God I would have watched my mum cooking.

ANGELA HARTNETT: Yeah, of course.

DAVID HAREWOOD: Because now she's getting on a bit she just cooks less and less, and you just think that's a tradition that is, that is kind of going, and I would've loved to have known exactly how to season and how to, you know, what to do with the stuff and, and how best to kind of, marinate your meat.

ANGELA HARTNETT: And also then trying to get certain ingredients, I bet. 'Cause there are probably different spices and herbs maybe that were typical to West Indian food.

DAVID HAREWOOD: That's one of the things I've found quite difficult when I've worked abroad is that you can't get the ingredients. Or, you know, trying to cook when you are in- I've spent lot, lot of time in Canada and trying to get the right ingredients in Canada, they had no idea what curry goat was or... you couldn't find the right spices and you couldn't find the right seasoning, so you'd have to make it up as you go.

NICK GRIMSHAW: Was there a food that really reminds you of being a kid?

DAVID HAREWOOD: Wagon Wheels, we used to eat, Wagon Wheels. Do you remember Saturday morning cartoons? My mum would always bring out all the kind of sweets and all the treats on a Saturday.

ANGELA HARTNETT: Oh, that sounds lovely.

DAVID HAREWOOD: And I was, I always remember sitting there opening me little Wagon Wheel, and watching Thunderbirds and you know, Joe 90. Sort of- that was, that was my sort of Saturday.

NICK GRIMSHAW: A Wagon Wheel felt, when you were a kid as well, like it was like the size of like a steering wheel, didn't it? It was like so big.

DAVID HAREWOOD: It was huge. It was huge. It'd take you a week to get through it.

[Eating noises]

ANGELA HARTNETT: So, Homeland. £80 pounds in your pocket, then the call came through.

DAVID HAREWOOD: I had this best friend when I was at school and right up until, into my kind of late thirties. He was always, the guy used to phone, you know, to kind of pick me up when I was down on whatever.

ANGELA HARTNETT: He was your cheerleader.

DAVID HAREWOOD: Was my cheerleader, yeah. And he, he passed away. And, um, just a shocking call one day, and he, you know, he was- he'd died, and I kind of lost my confidence. I didn't work for almost a year, and you know, when you're not working, it's- after a while it gets a little scary. And it was, it had been almost nine, ten months and my agent rang me up and said, 'Got this gig for you, and I've got this audition, Homeland. You put yourself on tape, here's a couple of scenes,' and I, I said, 'I can't be-', I said no, I just didn't have the confidence. A week later he rang me up and went, 'Just please, just put yourself on tape for this thing.' And I thought, oh, okay, and I got the wife to read the offlines and I, I literally, I put my phone on the windowsill and I didn't even learn it, I just kind of read it, and sent it off. And when you do these, kind of, self-tapes, you never think anyone's gonna watch it. You just think, you know, no one's gonna watch that, and they did. And a week after doing the tape, my manager rang me up and said, 'You've got it.' And I had eighty quid left in the bank. I hadn't worked in over a year, but the day that I got it, was his birthday.

NICK GRIMSHAW: Wow.

DAVID HAREWOOD: My best mate, a year later on his birthday, and he was the guy who always said I was gonna make it. For it to happen on his birthday was just for me crazy. Cause that's the one job that actually did, yeah, take me off to America.

ANGELA HARTNETT: Serendipity.

DAVID HAREWOOD: Exactly.

NICK GRIMSHAW: Wow, that's such a special thing to happen.

DAVID HAREWOOD: And, and you know people, a lot of people say it's coincidence, but was it- I read in the book somewhere, someone say, if you just purely put things down to coincidence, you deny your life an element of beauty, and I like that. That it's just something special, that had to happen on that particular day.

NICK GRIMSHAW: Yeah, it did. And then it was a total life changing, it was a life changing role for you. How does life change on the, the day to day? What does it mean for like you and your family when you were in a show like that?

DAVID HAREWOOD: Well, my family weren't really with me 'cause we made the decision not to move to America. Because, I mean, I like America, but it's a bit nuts.

ANGELA HARTNETT: Where, was it all filmed in LA?

DAVID HAREWOOD: No, we filmed it in North Carolina.

ANGELA HARTNETT: Okay.

DAVID HAREWOOD: My wife had a good support system at home and the kids have their friends, so we thought let's just keep it as we have it, and luckily- because they blew me up the next season, so...

NICK GRIMSHAW: Thanks guys.

DAVID HAREWOOD: I didn't really- I wasn't there so long, was I. Absolutely gutted.

NICK GRIMSHAW: Look at Angela, the only one not laughing in the room.

ANGELA HARTNETT: Very annoying. I love that whole, you know, the relationship you and Claire had, you know, obviously on the screen. Cause she was feisty, you were feisty.

DAVID HAREWOOD: Yeah. Claire Danes is one of the most extraordinary actors I've ever worked with, and so I played all my scenes with these great, great actors. And so, for me it was just like, every day was just like an acting masterclass. It was just great fun.

NICK GRIMSHAW: And is it a lot different when you're doing a TV show to a film? Can you tell like the, with the vibe when you're on set, like does it feel any different?

DAVID HAREWOOD: Well, I mean, I think we knew we had something special and then literally by episode seven, I think it came on the telly when, when we were doing it, at seven. And then literally within a couple of weeks people were saying, this is the greatest thing ever, and then by episode twelve we were at the Emmy's. And so for me to, to go from being skint in south London, you know, putting cling film on the, on the window to keep the wind out, to suddenly being at the Golden Globes and walking past De Niro and Pacino, and shaking hands with my all-time favourite, Sydney Poitier. I saw Sydney Poitier.

ANGELA HARTNETT: Amazing.

DAVID HAREWOOD: I was walking to the bogs, I looked and Sydney Poitier was just walking past, I went, 'Ahh you're great!' And just stuck my hand out. It was just so great to just be literally on my arse and feeling, like, terrible, to suddenly a year later just being on top of the world, and being in a hit show, being in Hollywood.

NICK GRIMSHAW: So, one thing we read about Homeland was that you all used to go to each other's houses for dinner and cook for one another. Do you have a favourite cook from the show?

DAVID HAREWOOD: Morena Baccarin, who played Brody's wife. She's Brazilian and some of the dishes she- you go around to her flat and there'd be like eighteen different kind of courses, you know, dishes on the, you know, dip of that and a bit of a dip of that, and you go around to mine, it'd be like chips, bacon, you know, sausages. That'd be it, you know, But her, she had all these dishes and Claire was something similar. She had all these salads and she was a great cook.

ANGELA HARTNETT: I love the fact Damien was probably there in the corner going, Yeah, sausages, this is an English thing. And the bacon.

NICK GRIMSHAW: Wow, it's so English. Look, chips.

ANGELA HARTNETT: This is what we do.

DAVID HAREWOOD: I always won. I always won with Damien, but yes, Marena kind of just about nudges it with all the dishes.

ANGELA HARTNETT: Tipped your.. Unbelievable. No, it was, I think that, I think at Homelands up there with the Sopranos, with The Wire, you know, it's very different, you know, but equally brilliant. You know, the characters, the way it was done.

DAVID HAREWOOD: Because it wasn't on a box set, so it would come out every week. So people literally were like running home to watch it on a Sunday night, which was, which was great, you know.

ANGELA HARTNETT: That's proper TV.

NICK GRIMSHAW: I love that. I still can't get into, like, bingeing telly. Okay. And I know it might be quite old fashioned.

DAVID HAREWOOD: Did you not binge, not binge during lockdown?

NICK GRIMSHAW: No. I quite like to be restrained, and like to-

DAVID HAREWOOD: Really, you?

NICK GRIMSHAW: Me.

ANGELA HARTNETT: That's what we've all been saying, David.

NICK GRIMSHAW: With TV only. No, but d'you know what I mean, I quite like waiting 'cause I like thinking about it for a few days and letting it sort of fester in your brain and talking about, like, that episode with a few people. I hate when everyone's at different- I dunno, kind of like the feeling of everyone- that did happen with Homeland, that everyone was like, 'Ooh, Sunday night, ooh did you watch it?' Like I like that feeling and it's quite rare that we get those shows now that everyone-

ANGELA HARTNETT: Well, these days now, everyone goes, first episode, watch it all on iPlayer.

NICK GRIMSHAW: I've watched it all.

DAVID HAREWOOD: Exactly.

ANGELA HARTNETT: Which is a shame.

NICK GRIMSHAW: Yeah, bring back terrestrial.

[Drink pouring sounds]

NICK GRIMSHAW: Hey, we've had a question.

DAVID HAREWOOD: Oh, here we go.

NICK GRIMSHAW: I think it's for Angela, but David, you've cooked sausages and bacon and chips, so maybe you can answer it. Mick says, 'Hi, guys. My question, I always hear the phrase in cookery programs all the time, and I haven't a clue what they mean. The phrase is 'cooking out.' So, for example, if you add flour to the butter when making a white sauce, the chef will say, 'Just cook it out.' Or when you add tomato puree to the pan, you need to 'cook it out first.' What on earth are you on about? Big love, Mick.' You ever heard that question? You heard that phrase before? You know when people say that phrase?

DAVID HAREWOOD: I've never heard, no.

NICK GRIMSHAW: I've heard 'Just cook out the onions.'

DAVID HAREWOOD: Cook it out, cook out the onions. Um, I would, I would imagine it means-

NICK GRIMSHAW: Let's get David's answer first.

DAVID HAREWOOD: I would imagine it means sort of make the flavour blend in. So, so you cook it, you cook it [loudly] OUT, so that- OUT!

ANGELA HARTNETT: Out out.

DAVID HAREWOOD: So, you say to the audience, 'OUT'.

NICK GRIMSHAW: OUT.

ANGELA HARTNETT: Out, cook it out. It's a really bad expression actually, and a really bad phrase, ow you think about it, but I would say that, I'd say, 'cook it out'.

DAVID HAREWOOD: So, what do you mean then?

ANGELA HARTNETT: Well, I, I sort of mean cook really. I don't know why you put that 'out' in like, when I say, you know- you cook it, you know, or my brother always says, 'cause I go, 'Oh just lob it in the pan and just cook it out', and I say that and he goes, 'What am I

lobbing and what am I cooking out? Will you articulate!' I go, yes Michael.. Because yeah, I can- it's basically, I suppose, to start the process of cooking. So, when you say flour, you are cooking out the starch in a way to form a sauce. So if you were doing a reduction or you say cooking out- if you were reducing wine in a sauce, you'd say 'cook it out' and you're reducing the alcohol. So, it works for certain things, but it certainly you wouldn't say, 'cooking out chips', that would be ridiculous.

NICK GRIMSHAW: No.

DAVID HAREWOOD: Right.

ANGELA HARTNETT: But yeah, chefs. Now listen, I love our industry and our chefs, but we're not the smartest bunch...

DAVID HAREWOOD: Just cook it out!

NICK GRIMSHAW: Just cook it!

DAVID HAREWOOD: I used to say to my mum, I used to say- I used to phone her up and say, 'How long do I cook the chicken?' And she'd say 'Until it's done.'

ANGELA HARTNETT: Yes. See that makes sense.

DAVID HAREWOOD: Which makes sense. Cook it until it's cooked.

ANGELA HARTNETT: Just do it.

NICK GRIMSHAW: If you want more brilliant answers to questions like this, then email us dish@waitrose.co.uk.

[*Cooking sounds*]

NICK GRIMSHAW: David let's talk about your book.

DAVID HAREWOOD: Yes.

NICK GRIMSHAW: I was reading it last night in bed, and when I got in this morning I was talking to Angela and I realised she had headphones in listening to it, which I've never seen Angela do before.

ANGELA HARTNETT: Yeah, I've pretty much read up to the last chapter, so I got up to the point where, you know, Homeland came.

DAVID HAREWOOD: Not really.

ANGELA HARTNETT: No, no. Come on. But Homeland came, you know, you've gone through literally been into two mental institutions, you know.

DAVID HAREWOOD: It's kind of bizarre to think of that, isn't it really?

ANGELA HARTNETT: But it, it was the tweet, wasn't it? You know, you did on Mental Health Day in a sense that sent it out and not inspired you, but then speak to people and just said, tell us what happened.

DAVID HAREWOOD: I didn't really expect it to kind of go nuts like that. I've got to be honest with you. I think they called it oversharing, right? I remember tweeting out, 'As somebody who's had a breakdown, I just wanna say, get some help if you can and look after yourself.' It was World Mental Health day, I said, you know, 'Look after yourself today and get some help if you can. Cheers and all the best, David.' And I remember I had to get on a plane, flew to Vancouver, 'cause I was shooting in Vancouver. You know, you turn your phone off. So, I turned my phone off, went through customs, didn't turn it back on again. Flew to Vancouver, got off Vancouver, turned my phone on and there were like 40,000 retweets. Wow. Suddenly I had a real panic, 'cause I suddenly thought, oh, I hadn't told anybody. And calls from ITV, calls from BBC, people kind of going, 'We wanna know about this.' I said, Really? Kind of quite scared that I'd overshared something. But that led to an article, I wrote an article in the Guardian about my experiences, and a friend of mine who actually came around to my house when I was in the midst of my mental breakdown, thirty years ago, read the article and said to me, 'That's not how I remember it.' And I thought, hang on a minute.

So, I very naively pitched an idea to the BBC about, 'I'll go on a kind of investigative journey to,' you know, 'uncover what happened in my breakdown,' thinking- 'cause I remember there was some quite funny things, there was lots of funny and amazing things that I did. But that's the thing with psychosis, you have these like real highs, it's a bit like, I guess like manic-depressives go, they go through these huge highs where they get- you know, they can't sleep and there's this excitement and this like energy. So once I'd started doing this documentary and started investigating it, and I think the key was when they- 'cause they found my medical records in this documentary, found my medical records from thirty years ago. And everything I'd said when I was sectioned in this mental in- which is still hard for me to kind of, get my head around. That I spent seven days in a mental institution and, and I'd buried this whole thing, and everything I'd said and everything I did was recorded, and the BBC found my medical records. And in this scene, in this documentary, I'm supposed to go and pick up the medical records and I'm supposed to read it and sort of discuss it. And the first thing I saw just absolutely terrified me, and I just slammed it shut. And I said, I don't wanna do this anymore, and I just said, 'Cut. Cut.'

ANGELA HARTNETT: Yeah, of course.

DAVID HAREWOOD: And, because you are reading your disturbed self. And that was the first day that I really panicked, I thought, I've- and loads of people said to me, do not go there. Leave it well be, leave it buried, you don't wanna go there. But I'd sort of opened the latch a little bit.

ANGELA HARTNETT: What did your wife say?

DAVID HAREWOOD: She was terrified. And she actually thought, you know, she was worried 'cause the kids are gonna go to school and people are gonna say, 'Your dad's crazy.' You know, all that stuff, and is it gonna reflect badly on us? Reflect badly on the family. And actually when the doc came out, none of us watched it, and, and I, I dunno whether my mood was filtered through the house because the kids were like in a really weird mood and then they all went to bed, and, the, the TV's always on in their house or somebody's always watching something, and nobody turned the TV on. And the kids all went to bed, and my wife went to bed really early, and I knew it was on, and I thought, I'm not gonna watch it. And, and I, I'm just gonna- you know, at about half past nine, and I knew it started at nine, at half nine. I just, I just thought like, that's it, I'm gonna go to bed, and I tried to get some sleep. And at 10 o'clock every single device in my house just started bleeping, buzzing, twitching, beeping, all these messages started coming through of everyone just saying how amazing it was. And uh- 'cause I really worried, I was really scared, and I thought, I've ruined my career. Or, I've let people in. I've let people into to, to see me.

ANGELA HARTNETT: But interest in the one person who called you, if I've got it right, is your mum.

DAVID HAREWOOD: That was the first one that I...

ANGELA HARTNETT: To call you to say she had watched it.

DAVID HAREWOOD: She had watched it, and she loved it, and once I got that from mum I was like, I'm okay.

NICK GRIMSHAW: You're alright.

DAVID HAREWOOD: I'm okay. 'Cause she, she watched it and she thought, 'You handled that really, really well. And it came across really, really well.' And then I started reading some of these messages and they were extraordinary, from people who I'd known for years who, you know, had never told me that their mums had had breakdowns, or their dads had had breakdowns, or that, you know, we'd never- and the family had never spoken about it.

And when the documentary came out, you know, it made us talk about it. And you know, I've had people just say to me, 'Thank you so much for making that doc, because, you know, that happened to a really good friend and, you know, we didn't know what to do. And watching your documentary now we understand.' And so, it's been kind of life changing in that sense.

NICK GRIMSHAW: I bet, yeah. And I think so great to, as you say that- to have those conversations starting and when we were, were talking about your book and talking about your documentary and we'd watched it, it immediately started conversations with us, and like at work and people were like, 'Oh, I actually know someone who experienced this,' and it's such a healthy thing, but such a giant step for you to take as well, like, so congratulations on even making it and for the repercussions it's had for you.

DAVID HAREWOOD: Thank you. I didn't know it at the time, but I, you know, it's, it has literally changed a lot of people's lives.

NICK GRIMSHAW: I bet.

DAVID HAREWOOD: And you know, I was doing a book signing a couple of months ago, and there was a lady whose son had only just been sectioned and she just burst into tears and just said, 'Oh, I just came because I, you know, you're doing so well and you are, you really balanced on, just to give myself hope that he's gonna get through it.' And it's scary. It really is a very scary thing. You never think they're gonna recover, but as you can see, I, I guess I have a little bit recovered.

NICK GRIMSHAW: Well, cheers.

DAVID HAREWOOD: Cheers to that.

NICK GRIMSHAW: Cheers. Well, it's an incredible read, an incredible doc as well. If you've not seen it the docs on iPlayer still, David Harewood: Psychosis and Me. You can go and check that out and of course your book, Maybe I Don't Belong Here, is now in paperback. Read it.

DAVID HAREWOOD: Yeah, do, do.

NICK GRIMSHAW: It's a wonderful book.

DAVID HAREWOOD: And can I just say, can I just say, happy birthday?

ANGELA HARTNETT: Oh!

[*Applause*]

ANGELA HARTNETT: Thank you. Yeah. They're not discreet, this lot.

NICK GRIMSHAW: I heard Angela coming and I knew, she wouldn't be someone who liked a fuss and I heard people going, [singing] 'Happy birth-' and then she's like...

NICK GRIMSHAW: Thank you David!

DAVID HAREWOOD: Thank you. What a great start to the day.

[Applause]

NICK GRIMSHAW: All the recipes and drinks can be found on the Waitrose website, at [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes)

ANGELA HARTNETT: 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.

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

Waitrose. Food to feel good about.