

Dish: Season 2 - Episode 8 - 23rd November 2022

Name of episode Aljaž & Janette and a one-pot chicken & orzo

NICK GRIMSHAW: Hello, I'm Nick Grimshaw and welcome to Dish. Join me at the counter with Angela Hartnett, HRH, MBE, OBE... quelle surprise, you're cooking.

ANGELA HARTNETT: Yes, one day you'll cook.

NICK GRIMSHAW: One day.

ANGELA HARTNETT: One day, yeah, why not?

NICK GRIMSHAW: Maybe next series.

ANGELA HARTNETT: I suppose we're supposed to share the love and the work, I noticed that you go into the dressing room and sit and play on your phone, and I'm cooking away in the kitchen, what's going on there?

NICK GRIMSHAW: Yeah, I should be your sous chef to be fair.

ANGELA HARTNETT: You should be helping a bit more. It's alright.

NICK GRIMSHAW: What are we having today, Ange?

ANGELA HARTNETT: We're going to have a lovely chicken and orzo stew, I think. So, lovely chicken with roasted peppers, some olives, orzo, tomato, yeah. And we're doing bananas and ice cream.

NICK GRIMSHAW: We're going to have a dessert? We've not had a dessert for ages.

ANGELA HARTNETT: No. Well that's 'cause I don't like them, and I'm quite selfish so...

NICK GRIMSHAW: What a selfish chef! Do you remember when Jamie Oliver was the Naked Chef? You could be the Selfish Chef.

ANGELA HARTNETT: Thanks for that, Nick. So, we're having roasted bananas, maple syrup, walnuts, and ice cream that's slightly melted.

NICK GRIMSHAW: Delicious.

ANGELA HARTNETT: Delicious. It will certainly be ice *cream*.

NICK GRIMSHAW: Mmm.

ANGELA HARTNETT: So, I don't know why I've had to make a banana dessert, do you know?

NICK GRIMSHAW: I do, because our guests today, loves bananas, like mad for bananas. We've heard that she likes bananas so much that she has banana with spaghetti.

ANGELA HARTNETT: No...

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: That sounds disgusting.

NICK GRIMSHAW: Sounds vile.

ANGELA HARTNETT: Does sound vile.

NICK GRIMSHAW: Although I would try it.

ANGELA HARTNETT: Would you?

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Oh god.

NICK GRIMSHAW: Would you ever have a sweet spaghetti in Italy?

ANGELA HARTNETT: They do do like, a spaghetti cake thing in Easter time, so you cook the spaghetti, then you mix it with sugar, butter, eggs, and then you bake it like a cake, so it's really firm.

NICK GRIMSHAW: So does the spaghetti go like, crispy?

ANGELA HARTNETT: It's soft, but it does go crispy on top.

NICK GRIMSHAW: Interesting.

ANGELA HARTNETT: See, I don't mind a next day spaghetti that you fry in a pan that has crispy bits.

NICK GRIMSHAW: Mmm, I love that, yeah.

ANGELA HARTNETT: Quite nice.

NICK GRIMSHAW: But not with sugar.

ANGELA HARTNETT: Not with sugar.

NICK GRIMSHAW: Okay

ANGELA HARTNETT: We're not changing habits of a lifetime.

NICK GRIMSHAW: No, we're not. Much.

ANGELA HARTNETT: Not much. Right, let's go.

NICK GRIMSHAW: It's the most wonderful time of the year... And today to celebrate that, we welcome two absolute bonafide Strictly Come Dancing legends, who are now heading around the UK to give you A Christmas To Remember, that's the name of their show, A Christmas To Remember, It's Strictly legends Aljaz and Janette.

[*Applause*]

ALJAZ ŠKORJANEC: Wow!

JANETTE MANRARA: Can I get that intro every time we walk into a room?

NICK GRIMSHAW: Yes, whatever you want! How are you both?

JANETTE MANRARA: So good, actually. Went to the gym today, we were healthy today.

ALJAZ ŠKORJANEC: This is one of the first times in about a few years we can say that we both went to the gym on the same day.

NICK GRIMSHAW: Oh, congratulations. Angela's like, 'Oh my god, you look so healthy!'

ANGELA HARTNETT: Yes, you're tanned, you're glowing.

JANETTE MANRARA: Yeah, thanks! Well, we've been on holidays, a lot of holidays. I don't think I was in London for longer than a week at a time this summer, I was away a lot.

ANGELA HARTNETT: And were you both going home?

ALJAŽ ŠKORJANEC: Yeah, we both go home quite a bit. But next to my gym there is a place called Fakin It, and it has sunbeds in it. I've never used it, but it's there.

NICK GRIMSHAW: Sometimes you get the glow just from being in the gym.

ALJAŽ ŠKORJANEC: Yeah, just standing outside.

NICK GRIMSHAW: And it just happens. Maybe we need to gym together, Ange?

ANGELA HARTNETT: No.

NICK GRIMSHAW: Me and you. [*sings Rocky theme*]

ANGELA HARTNETT: That's taking our relationship one step too far.

NICK GRIMSHAW: I'd love it!

ANGELA HARTNETT: I'd hate it.

NICK GRIMSHAW: Good.

ANGELA HARTNETT: Neil's never quite forgotten, we were both training together - Neil's my husband - we were training in the gym once and we had the guy training us, Kenny, and Kenny goes, 'Right Angela, we're going to do this...' and I went, 'No we're not.' And Neil looked at me and goes, 'You can't say no.' I said, 'Yes I can, I'm paying for this hour.' I said, no Kenny, we're not doing that, we'll do something else.

JANETTE MANRARA: Oh my god, I love it.

ALJAŽ ŠKORJANEC: Speak to my agent.

NICK GRIMSHAW: Did you actually pay a trainer to go for a walk?

ANGELA HARTNETT: No, I honestly did a bit more than walking, but the machine he wanted me to do, I was not in the mood for that. I said no, something else please.

JANETTE MANRARA: Something else, thank you.

NICK GRIMSHAW: Well guys, thanks for coming to see us after the gym, and inspiring us two to work out together. Janette, you've started doing weightlifting, right?

JANETTE MANRARA: I've started weightlifting, yeah.

NICK GRIMSHAW: How are you enjoying that? Cause I also started weightlifting.

JANETTE MANRARA: Did you?

NICK GRIMSHAW: Yes, see you at the Olympics

JANETTE MANRARA: We'll have to do it together, bodybuilders here we come. But no, you know what, it's funny 'cause I think a lot of women are scared to weight train 'cause they get that old, kind of, you know, cliché, 'I don't want big muscles, I don't want to bulk up,' but actually for women it's one of the best things you can do to get rid of body fat, to stay lean, and to develop muscles that can still be long and lean and nice. I fell in love with it last year when I first started doing it, and when I'm on tour I can't do it as much, and we're dancing all day anyway so it's different, but now that we're not on tour I'm home and I'm in a bit of a routine, I really like the weight training. There's something almost kind of, like, meditative about it, 'cause I just do the counting, focus on my breathing, she's not screaming in my ear which I love, she's like 'Go, go, go!', do all of that.

NICK GRIMSHAW: Just slow...

JANETTE MANRARA: Slow and nicely paced. I really like it. How are you finding it?

NICK GRIMSHAW: The same you know. I'd never thought to do it – Aljaž looks like he's about to laugh.

ALJAŽ ŠKORJANEC: I don't believe either of you to be honest.

JANETTE MANRARA: I do, I like it!

NICK GRIMSHAW: It just seemed so dramatic, as a gym concept, like, weightlifting? I was like, it seems a bit too like, real? But I do like that it's weirdly calm.

JANETTE MANRARA: Yeah, it's really calming. You have to breathe a lot, you have to focus on the muscles. I really like it.

NICK GRIMSHAW: I'm starving though, from it.

JANETTE MANRARA: Are you?

NICK GRIMSHAW: Oh my god, starving.

JANETTE MANRARA: Really?

NICK GRIMSHAW: Can't stop eating. They sort of feed each other. The weightlifting means I can eat four meals a day, and eating four meals a day means I have to go weightlift.

JANETTE MANRARA: Yeah. I do love a treadmill though. On the treadmill, good podcast, pop it on and run, I love that.

NICK GRIMSHAW: Oh, I can't run to a podcast.

JANETTE MANRARA: Oh my god- if I don't do it, I go crazy, 'cause I'm a little bit, slightly, like my attention goes to forty different places. So if I'm running and listening I don't focus on the pain of the running.

ALJAŽ ŠKORJANEC: I can't do the treadmill, I always struggle with, like, doing anything on the spot. I just find it a little bit, I'm looking to the left and right and I'm still in the same place. I don't know. I used to run a bit when I was younger, when I was in high school, and I did track and field, but I found it silly, going around the same circle, like, I've been here forty seconds ago, why am I running here again?

JANETTE MANRARA: I do it 'cause I'm lazy, genuinely, 'cause the thought of, okay if I have to run all that way and then to run all that back, that doesn't make me happy, whereas if I'm on the treadmill, if I want to finish a little bit earlier, I'm in the same place.

NICK GRIMSHAW: But I guess with your career choice with dancing all the time, did you enjoy, you, the gym always, or was dancing the gym, like how

does it work? Cause my boyfriend's a dancer and he will not do anything extracurricular.

JANETTE MANRARA: Exactly, I think we're similar.

NICK GRIMSHAW: He won't do it.

ALJAŽ ŠKORJANEC: Aesthetically it does help, 'cause you know, it makes you look good, it makes you look in shape, but for the actual dancing it's really counterproductive, really. Because it stiffens your muscles, and it doesn't make them long and elastic, responsive, it kind of slows you down a little bit. Makes you look good but makes you a little bit slower. I mean that's probably just a really good excuse.

JANETTE MANRARA: That's the weight training.

NICK GRIMSHAW: Yeah, can't do it.

ALJAŽ ŠKORJANEC: That's why I never did it.

JANETTE MANRARA: But the weight training does that, but you could- I mean, we just never grew up in a world where we needed to go to the gym because we were dancing constantly, for the last like twelve years we've been together, we were eight hours, nine hours a day in the studio, dancing, and then on tour for half the year anyway. So we've never really had to go to the gym, it just kind of happened naturally with our job.

ALJAŽ ŠKORJANEC: Can I just say, I was really looking forward to today, I'm a little bit hungry, we sit down, and we talk about the gym.

NICK GRIMSHAW: Well let's drink some wine!

JANETTE MANRARA: Yay!

ALJAŽ ŠKORJANEC: Yes.

NICK GRIMSHAW: There we go, lifes about balance, Aljaž.

ALJAŽ ŠKORJANEC: It is, very true. Recovery.

JANETTE MANRARA: So, what is this wine we're having today?

NICK GRIMSHAW: We are going to have a Spanish wine, we're having an Albariño.

JANETTE MANRARA: Oh, nice.

NICK GRIMSHAW: From Waitrose, which will go perfectly with what we're about to eat today. Let's talk food. What is your dream plate of food, Aljaž what do you like?

ALJAŽ ŠKORJANEC: You see, I love my Italian food. I love the pastas, I love Spanish food, tapas. I'm not too good at sharing my tapas, but I like eating it.

NICK GRIMSHAW: So maybe not the perfect situation for you.

ALJAŽ ŠKORJANEC: No, I like the taste of it but not the social side of it, I never did really.

NICK GRIMSHAW: So, tapas for one?

ALJAŽ ŠKORJANEC: Tapas for one, yeah. I never understood, you know when you go to a restaurant and you take ten minutes to read the whole menu, pretty much learn it by heart, and you really take time to, I'm gonna have this, goes with that, put the order in, whoever is next to you, could be Janette, you know. You never know.

JANETTE MANRARA: Not always.

Sometimes is. You know, someone doesn't read the menu at all, and then just goes, 'I'll have a bit of yours.' No you're not.

NICK GRIMSHAW: No.

ALJAŽ ŠKORJANEC: You see. No, but in a nice way, you know!

NICK GRIMSHAW: I love, 'In a nice way!'

JANETTE MANRARA: No, no, he's not. When we first started dating, and I'd look at his food and he would literally stop eating and be like, why are you looking at my food? I'm like, oh sorry, I didn't realise that was a problem. He goes, I really don't like it when people look at my food.

NICK GRIMSHAW: We're all eating like this later, not looking.

ALJAŽ ŠKORJANEC: No, it's not that bad.

JANETTE MANRARA: He's gotten better through the years.

NICK GRIMSHAW: He's got better.

JANETTE MANRARA: Yeah, yeah, yeah.

NICK GRIMSHAW: And what about you, Janette, what food do you love?

JANETTE MANRARA: Oh gosh. Do you know, I love Cuban food, obviously, being Cuban. It's not spicy though, it's a big misconception that Cuban food tends to be spicy, but actually it's more savoury, it's got like, lots of pepper and like onion, garlicky, in flavour. And the side dishes, a lot of them are plantain based, so it's really sweet, really. I've not found a spot in London-

NICK GRIMSHAW: I was gonna say that.

JANETTE MANRARA: That does really good Cuban food. So, watch this space, I might open one up one day.

NICK GRIMSHAW: Yeah, you open that up.

JANETTE MANRARA: Because it's absolutely delicious. Can't get it here easily now. We mix it up, don't we? We eat a little bit of everything. Deliveroo on our phone has everything.

NICK GRIMSHAW: Your favourite, favourite food: Deliveroo.

ALJAŽ ŠKORJANEC: Biggest expense in our life, I think, is food delivery. Has to be.

JANETTE MANRARA: Yeah, probably. We've gotten better now. I have not always been great in the kitchen.

NICK GRIMSHAW: Okay.

JANETTE MANRARA: But I am making an effort, and I've started, you know, cooking. Stir-fry mostly. Easy, just stick it all in a pan.

NICK GRIMSHAW: Easy, delicious, nutritious.

JANETTE MANRARA: Ohhh.

NICK GRIMSHAW: Oh, this looks good, Ange.

JANETTE MANRARA: Oh my god.

NICK GRIMSHAW: I feel like this is-

ALJAŽ ŠKORJANEC: Smell that.

JANETTE MANRARA: This is quite similar to stuff that my grandma would make, really.

ANGELA HARTNETT: You just said Cuban food, all the things you said are in here, tomatoes, onion, garlic, peppers, the whole shebang.

JANETTE MANRARA: Yeah, they use olives as well. Oh my gosh, can't wait.

NICK GRIMSHAW: Beautiful. So, what have we got, Ange?

ANGELA HARTNETT: So, we have a chicken red pepper stew with orzo.

NICK GRIMSHAW: Delicious.

ANGELA HARTNETT: There's black olives in there.

NICK GRIMSHAW: Cheers guys.

JANETTE MANRARA: Cheers. I've forgotten how to sip.

NICK GRIMSHAW: That's alright.

ANGELA HARTNETT: Cheers.

NICK GRIMSHAW: Cheers.

JANETTE MANRARA: In Cuba we say, 'Buen provecho', 'Enjoy your food.'

ALJAŽ ŠKORJANEC: Buen provecho.

ANGELA HARTNETT: But you were born in Cuba or were you born in the States?

JANETTE MANRARA: I was born in Miami. I was the first American born in the family. Mum and dad emigrated over from Cuba individually, that's a whole- I could do a whole other podcast just on that story, but they basically ended up meeting again in Cuba when they were about fourteen, and no one in the family spoke English so I had to learn English at school, and was brought up with Cuban culture, Cuban food, so in a weird way we- you know, America is a lot of a, you know, mix of all those different...

ANGELA HARTNETT: Melting pot.

JANETTE MANRARA: Melting pot, so it's weird, 'cause I am technically American, because maybe I was the first born, I think that my brother, my sister, my cousins and everybody else that came along after, they'll probably feel more Americanised, but because I'm the first one, and Cubans are loud - ask Aljaž about that – yeah I do feel a lot more Cuban.

ANGELA HARTNETT: This is now your adopted home country?

JANETTE MANRARA: I love it here.

ANGELA HARTNETT: Yeah?

JANETTE MANRARA: It's home.

ALJAŽ ŠKORJANEC: We've been here for what, eleven years now?

JANETTE MANRARA: Eleven years. Well, it's going to be eleven years next year.

ALJAŽ ŠKORJANEC: And I think at the beginning when we came because of a theatre show- I mean, I'm from a country with two million people, there is one traffic light in my town, and when I first came to London I was like, this is very different. A lot of people.

JANETTE MANRARA: That was one of your pick-up lines, 'Do you know what? Slovenians, we're rarer than diamonds.'

ALJAŽ ŠKORJANEC: And it's still true. Yeah, so it was a bit overwhelming at first, then we went a on tour with that theatre show, Burn The Floor, and then we came back, and that's how we got on Strictly, they came to see us in the theatre and they gave us the job, and then it became home. And we moved about four or five times, we rented different places-

ANGELA HARTNETT: So, hold on, you two were together before Strictly?

ALJAŽ ŠKORJANEC: Yes.

JANETTE MANRARA: Yeah.

ANGELA HARTNETT: Ahh, right.

JANETTE MANRARA: Yeah, we always say Strictly was a blessing, we were able to stay together. Because I was living in LA at the time, and he was obviously still in Slovenia, and the show was about to end, and we were both like, okay now what? You know, I'm going to have to go back to work in LA, he's going to have to go back to Slovenia, we're going to try the long-distance thing but that is a massive distance.

NICK GRIMSHAW: I mean, it's quite far, yeah.

JANETTE MANRARA: So then when we both got Strictly, that's when we were like, oh my god, it worked!

NICK GRIMSHAW: That is amazing, that you both got to work on that show doing something you both love.

JANETTE MANRARA: We do pinch ourselves.

NICK GRIMSHAW: Very cute, guys. And tell me, going back to talking about Miami, the food in Miami- I went to Miami with my mum and the food went off in Miami.

JANETTE MANRARA: Yeah.

NICK GRIMSHAW: I thought it was amazing. And it feels so European, Miami, doesn't it, it doesn't feel like- I don't know, it feels so different to the rest of America.

JANETTE MANRARA: Well, it is kind of its own little country in a lot of ways, no one there, basically, speaks English. Or if they do they definitely have a Hispanic accent of some sort, Venezuelan, Brazilian, Argentinian, Cuban, Puerto Rican. You don't see a lot of, like, you know, full-bred Americans in Miami.

NICK GRIMSHAW: Yeah.

JANETTE MANRARA: And I think the art-deco design as well, it's very particular to South Beach Miami, you don't have that anywhere else.

ANGELA HARTNETT: Yeah, it's not tall - everything's low, you can see the sky, which you know, if you're in New York, half the time you can't see the sky.

JANETTE MANRARA: Yeah, true. It is kind of- I love it, 'cause you get a little bit of everything, and the food is amazing!

NICK GRIMSHAW: So good.

JANETTE MANRARA: I'm lucky that we get to go back, and we're going this year for Christmas.

ALJAŽ ŠKORJANEC: We swap every year, one year we go to Slovenia, one year we go to Miami.

ANGELA HARTNETT: Right, nice.

ALJAŽ ŠKORJANEC: To keep the families happy.

ANGELA HARTNETT: Of course, yeah.

ALJAŽ ŠKORJANEC: And Christmas in Slovenia is, you know, sometimes white, but it's really, really cold, and then Miami it's nice and warm, completely opposite, but I love it. First year was weird. I mean, I love the family and everything, but like, you know, being somewhere for Christmas and it's like, 35° outside.

ANGELA HARTNETT: No of course.

ALJAŽ ŠKORJANEC: I guess Santa comes on a surfboard rather than a sleigh.

NICK GRIMSHAW: Also, we should talk about the big news that we'd heard, there's a puppy rumour. What's going on with the puppy?

JANETTE MANRARA: The thing is, we love animals. We do, we're big animal lovers. But with our career and what we do for our line of work, we're constantly away from home and touring the country, and away, and abroad, so it never felt fair to have a little friend at home that didn't have us and have the love that it really deserved. But you know, now we've got a *little* bit more time,

we're not on Strictly together anymore so it gives us a bit more of a base for a few months in the year, and even if we do tour it's not as crazy as it has been in the past. So, life has just kind of slowed down in that being away from home sense, so we're really considering it now.

ALJAŽ ŠKORJANEC: I made the first step, I left Strictly you have a puppy, basically.

NICK GRIMSHAW: You heard it here first guys.

ANGELA HARTNETT: Banner headline tomorrow.

JANETTE MANRARA: That was it.

ALJAŽ ŠKORJANEC: To have a puppy.

NICK GRIMSHAW: That's why.

ANGELA HARTNETT: No rumours.

JANETTE MANRARA: But we'll see, I mean, we're looking, 100%.

ANGELA HARTNETT: Oh, sweet.

JANETTE MANRARA: So, fingers crossed, yeah. We'll see.

ALJAŽ ŠKORJANEC: It's gonna be massive.

NICK GRIMSHAW: Yeah, get a giant, giant dog.

JANETTE MANRARA: We're going to get Beethoven.

NICK GRIMSHAW: Get a Beethoven, yeah. Speaking of Strictly, Janette, you're of course still doing It Takes Two with Rylan. We had Rylan on the podcast this series, and as you'd imagine, just hell on earth, you know, not very funny, you know, very cold.

JANETTE MANRARA: Rude.

NICK GRIMSHAW: Not very friendly.

JANETTE MANRARA: Not warm at all.

NICK GRIMSHAW: Yeah, just like not funny.

JANETTE MANRARA: No, no, no.

NICK GRIMSHAW: But no, it must be a joy to go to work with Rylan every day, he's a riot, isn't he?

JANETTE MANRARA: You don't meet people like Rylan in this industry often, that are genuinely nice, friendly, not out to get you, and you know, shoving elbows to get you out for his own way. He's just the most beautiful soul. And hilarious, and amazing at his job, I mean, what- he's an incredible presenter.

NICK GRIMSHAW: He's so good.

JANETTE MANRARA: Yeah.

NICK GRIMSHAW: Well, we spoke to him, and also to Giovanni, about Angela doing Strictly.

ALJAŽ ŠKORJANEC: Oh really?

JANETTE MANRARA: Ohhh!

ALJAŽ ŠKORJANEC: And?

NICK GRIMSHAW: And, well this year she couldn't do it because she was in Peru.

ANGELA HARTNETT: Very busy this year.

JANETTE MANRARA: Right, right.

NICK GRIMSHAW: In Peru. But next year I've heard Peru's closed. So we think maybe next year.

ALJAŽ ŠKORJANEC: Peru or Strictly.

JANETTE MANRARA: But what's holding you back?

ANGELA HARTNETT: Peru! I had commitments already in the diary.

JANETTE MANRARA: Right, right.

ANGELA HARTNETT: I was very committed.

JANETTE MANRARA: Have you danced at all before?

ANGELA HARTNETT: I've danced, you know, at weddings, parties, that sort of thing, bar mitzvahs.

NICK GRIMSHAW: Strip clubs.

JANETTE MANRARA: The usual.

ANGELA HARTNETT: I love dancing, though. I would love to do it purely to learn to dance properly. It's beautiful to watch.

NICK GRIMSHAW: I think it'd be nice doing something every week, and you see the crew, and you're like, everyone's all together.

JANETTE MANRARA: That's the thing, yeah.

NICK GRIMSHAW: You're like a little family for a few months.

JANETTE MANRARA: It is!

ANGELA HARTNETT: What, like this?

NICK GRIMSHAW: It is.

JANETTE MANRARA: Exactly like this.

NICK GRIMSHAW: I think that's nice.

ALJAŽ ŠKORJANEC: Imagine this for six months.

ANGELA HARTNETT: Can you imagine, I'd be like that on Strictly, 'What, we've got another dance? Why can't I get voted off?'

NICK GRIMSHAW: They'd definitely make you do, like, chef things. Wouldn't they, so they'd have a dance where you got like, two pans, and you'd have to wear a hat, and someone would take your hat off.

ANGELA HARTNETT: Can you imagine?

ALJAŽ ŠKORJANEC: There's a chance that could happen. I think you would love it, like judging from that dish, I know you're an incredible chef, but like, if you're a perfectionist in anything, like, I think you can do really good at dancing because you don't have sort of a second best, you just always want to get it right.

ANGELA HARTNETT: Do well, yeah.

NICK GRIMSHAW: Do you know what though, you never know. No offence to Bill Bailey, but no one thought Bill Bailey was gonna win it.

JANETTE MANRARA: No, I definitely didn't.

NICK GRIMSHAW: Did you, you just never know.

JANETTE MANRARA: I was in the final with him.

NICK GRIMSHAW: You never know, do you?

JANETTE MANRARA: But what is nice about Strictly, and speaking of Bill Bailey, it really does root for underdogs, you know, and there is something for everyone on that show. You've got people that are spectacular dancers, I mean, throughout the years, Ashley Roberts for example, like came in and just, one of the most phenomenal dancer I've ever seen on that floor, and then you get, you know, some people that are not at that level, but the entertainment, the feeling that they give people at home, you're like, oh my gosh, Bill Bailey could do it, I could do it.

NICK GRIMSHAW: I always loved Scott Mills as the crab. Do you remember when Scott was the crab?

JANETTE MANRARA: I don't think anybody will ever forget Scott as the crab.

ALJAŽ ŠKORJANEC: I don't think he will ever forget.

NICK GRIMSHAW: I think it's absolutely iconic, Scott Mills as the crab.

JANETTE MANRARA: But it is such an incredible show to be a part of because, you know, when we first moved to the UK and started dancing on the show, we kind of knew, and as an American we have Dancing with the Stars, which is huge in LA in a different way.

ANGELA HARTNETT: I was going to say, there's got to be an equivalent abroad.

JANETTE MANRARA: Yeah, but it's- I mean, the level of love and appreciation for the arts and dancing that exists here in the UK is kind of like, second to none, at least in anywhere else that I've ever danced in before. And you feel that with Strictly, I mean, people that have no idea what a lock step is or a New Yorker is come up to you and go, 'Oh that was a really good New Yorker you did in that Cha Cha.' And it's like, so amazing, because you're educating people on an art form, they're fully invested, they're watching people they love, it's the epitome of feel-good television.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: It is brilliant, and Tess and Claudia are just the best.

JANETTE MANRARA: Do you know what I love the most about Tess and Claudia is, I think, and I could be wrong, it's one of the first times ever that two women are hosting a prime-time entertainment TV show, and that is to me like, that makes me really excited. And they are both incredible at it, and they have such a nice bond. Me and Rylan always say we're like the naughty sisters of the show, and they're like the good big sisters of the show.

NICK GRIMSHAW: And speaking of naughty, obviously Craig is, you know, everyone's a bit 'Ahh!' of Craig. Is Craig as he seems on the show?

ALJAŽ ŠKORJANEC: I think he's probably the nicest.

NICK GRIMSHAW: Really?

ALJAŽ ŠKORJANEC: I think he's just the master of being a bad, ruthless judge. I don't think there's anyone like him in the world, not any panel show.

NICK GRIMSHAW: Although sometimes when you know, someone gives you a criticism, everyone goes, 'Boo!', but it's not necessarily mean is it?

JANETTE MANRARA: He has been tough sometimes in the past. But you need that, you need that kind of brutal honest truth, if all the judges were just friendly and nice, you'd get someone like, 'Oh come on, tell me the truth.'

NICK GRIMSHAW: Yeah, come on.

JANETTE MANRARA: Tell me.

NICK GRIMSHAW: Cause dance is quite a hardcore industry, isn't it, I'd imagine in the world of dance, Craig's probably quite nice.

JANETTE MANRARA: You know, he was our landlord for a second.

NICK GRIMSHAW: Was he?

JANETTE MANRARA: Yeah, 'cause Aljaž and I were on tour with Strictly Come Dancing Live! and we were trying to move into one of these flats, and we had to do it quick, and Craig was like, well I've got my house free at the moment, no one's living in it, it's in a beautiful area, do you guys want to move in? You can be my tenants. And we were like, yeah!

ANGELA HARTNETT: How lovely.

ALJAŽ ŠKORJANEC: And we did.

JANETTE MANRARA: Yeah, and he was our landlord.

NICK GRIMSHAW: Oh, come on.

ALJAŽ ŠKORJANEC: Coolest landlord we're ever going to have.

JANETTE MANRARA: I mean we had red carpet staircase, we had velvet walls, chandeliers, I mean you can imagine what Craig's house would look like.

ANGELA HARTNETT: Your own ballroom to practice.

NICK GRIMSHAW: The Strictly set.

ANGELA HARTNETT: Exactly, yeah. Okay, this is where he hangs out.

NICK GRIMSHAW: He lives at Elstree.

[*Dinner table sounds*]

ANGELA HARTNETT: And you've got your tour coming up, yeah?

ALJAŽ ŠKORJANEC: We open soon, we open on November 25th.

ANGELA HARTNETT: Right.

ALJAŽ ŠKORJANEC: And it's the first time we're doing anything Christmassy. Because we have always been really busy with Strictly, and we never sort of have time in that time of the year, but because everyone loves dancing, like we said before, in this country, and everyone loves Christmas, and we love it, and we have such a different sort of views on Christmas, with how it works in Slovenia, how it works in Miami, and we thought it would be fun to sort of put it on stage, tell our stories about our Christmases.

ANGELA HARTNETT: Oh fantastic.

ALJAŽ ŠKORJANEC: And celebrate the dance, you know, all the Christmas carols, nativities, all of that. We're going to be elves.

ANGELA HARTNETT: And you're throughout the whole country? How many dates are you doing in total?

ALJAŽ ŠKORJANEC: We have...

JANETTE MANRARA: This is a good test, go on.

ALJAŽ ŠKORJANEC: 25th of November we're in Portsmouth. Love Portsmouth, love Portsmouth.

ANGELA HARTNETT: Love it.

ALJAŽ ŠKORJANEC: And then 12th of December we're in Drury Lane in London.

ANGELA HARTNETT: Wow.

JANETTE MANRARA: Double show.

ALJAŽ ŠKORJANEC: Two shows. Two-thirty and seven-thirty. And then 18th December in Newcastle.

JANETTE MANRARA: Well done.

[Applause]

ALJAŽ ŠKORJANEC: Get in! Get in!

NICK GRIMSHAW: Come on. He knew that. He knows what's going on.

ALJAŽ ŠKORJANEC: Thank you.

ANGELA HARTNETT: Brilliant.

JANETTE MANRARA: That's amazing, well done.

ALJAŽ ŠKORJANEC: It's the sparkling wine.

NICK GRIMSHAW: Yeah, that'll do it.

[Drink pouring sounds]

NICK GRIMSHAW: That was tasty.

JANETTE MANRARA: Oh my gosh, delicious.

NICK GRIMSHAW: Also, easy 'cause one pot.

JANETTE MANRARA: That's the kind of cooking I like, you see.

NICK GRIMSHAW: All in one pot. It's actually called the 'One pot paprika chicken and orzo'.

JANETTE MANRARA: Oh.

NICK GRIMSHAW: Cause it's one pot, and then paprika, chicken... and orzo.

JANETTE MANRARA: And orzo.

NICK GRIMSHAW: So, it's a really- that's why they came up with the name.

JANETTE MANRARA: Creative.

NICK GRIMSHAW: If you want to go and check it out, you can go to [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes), and all the recipes are on there.

JANETTE MANRARA: I love that.

NICK GRIMSHAW: I've actually done that.

NICK GRIMSHAW: So, you guys are doing the Christmas show, then you're doing Christmas in Miami, what about Christmas presents? Do you guys know what you want this year, have you got a wish list for each other?

JANETTE MANRARA: We don't do Christmas presents.

NICK GRIMSHAW: Do you not?

JANETTE MANRARA: No, no. I feel like...

NICK GRIMSHAW: What, to each other?

JANETTE MANRARA: No, we don't do to each other, no.

NICK GRIMSHAW: Do you know what, I suggested that this year to my boyfriend.

JANETTE MANRARA: I think it's a good shout.

NICK GRIMSHAW: I was just like, we don't need it, it's a waste of time.

JANETTE MANRARA: No.

ALJAŽ ŠKORJANEC: Yeah, I think it works, you know. Cause you have so many other dates during the year that is a better opportunity for it, you have Valentine's Day, you have your anniversary which you can't miss. So I think Christmas, it's more time to like, spoil your family, your friends, or somebody that you don't even know that needs something positive in their life, but I think no, we stopped doing Christmas.

NICK GRIMSHAW: It's like, you like each other, we don't need to prove it to each other in our house, like, 'I got you this', 'I got you this.'

JANETTE MANRARA: Yeah, and then the pressure of like, I don't know about you but I'm the kind of gift giver that like, I really want to give a present that really- the person that's receiving it is like, 'OMG, this is amazing!' I'm not good at just buying anything for somebody. So the pressure of buying a gift for my own husband, it's too much.

NICK GRIMSHAW: Let's just not do it.

JANETTE MANRARA: Just for his birthday. Anniversaries we tend to just try to do something together, go away or whatever, but really only birthday presents, we don't even really do Valentine's. We're the most unromantic.

NICK GRIMSHAW: No, I think that is romantic in a way, 'cause it's like-

JANETTE MANRARA: Do you know what you do, he does do that, and I have to give him that, he buys me like, if he's in the shop and he sees something that reminds him of me he just buys it.

NICK GRIMSHAW: That's more romantic.

JANETTE MANRARA: Just because. He's a just because guy, which I think is better.

NICK GRIMSHAW: How was the wedding, guys? Cause we were thinking about your wedding before, and you know the big things that happen at a wedding, you've got to do the vows, you've got to think about the flowers, and one of the big things that people stress out about is the first dance. Did you guys do that, did you not do a first dance?

ALJAŽ ŠKORJANEC: I think our families are never going to forgive us for that one.

JANETTE MANRARA: No. I really want...

ALJAŽ ŠKORJANEC: Look at that.

JANETTE MANRARA: Sorry, I got distracted.

NICK GRIMSHAW: Sorry, they got distracted by this. So, Angela's now made you maple and cinnamon bananas with walnuts. Wow. This smells fantastic.

JANETTE MANRARA: OMG.

ANGELA HARTNETT: So, you got married in London?

JANETTE MANRARA: Sorry, sorry.

ANGELA HARTNETT: Forget about the food, I want to hear about the wedding.

NICK GRIMSHAW: The family dance, go on.

ALJAŽ ŠKORJANEC: Well, they were all expecting sort of, you know, your Dirty Dancing lifts and you know, or at least that, really.

NICK GRIMSHAW: At least that.

ALJAŽ ŠKORJANEC: But we kind of like, thought- we were thinking about it, we spoke about it loads, 'cause we knew that we were going to upset them if we didn't. Then- that's our sort of work, at our wedding we were like, this is not a gig.

NICK GRIMSHAW: I'm not doing it for free.

JANETTE MANRARA: You have to pay for your seats at the table if we dance.

NICK GRIMSHAW: Pay for your wedding, and dance, I don't think so.

ALJAŽ ŠKORJANEC: You're welcome. And so we decided to not do it, so we sort of tap, you know, we clapped, and the faces of our mums just...

ANGELA HARTNETT: Noooo.

NICK GRIMSHAW: Wow.

JANETTE MANRARA: But you know what was nice about it? Well, you know that and also, I couldn't move in my dress, my dress was like, so tight. Julien MacDonald did my dress, we danced together on Strictly, he was my first ever partner on Strictly.

ANGELA HARTNETT: Oh, was he?

NICK GRIMSHAW: Oh wow.

JANETTE MANRARA: We've stayed friends ever since and when we got married that was his gift to me, it was amazing.

ANGELA HARTNETT: Lovely, yeah.

JANETTE MANRARA: But the dance itself was extra emotional because my dad sings, and my dad sang our song, so he was singing our first dance song and I'm dancing my first dance with my husband, in a dress I can barely move in, the emotions were high, so I think the step, tap, side to side was the one.

NICK GRIMSHAW: Yeah, you don't want to be thinking, 'And a eight!'

JANETTE MANRARA: It was fine to keep it nice and simple.

[Dinner table sounds]

JANETTE MANRARA: Can we just talk about this dessert for a second?

ALJAŽ ŠKORJANEC: This is amazing.

JANETTE MANRARA: I couldn't focus on what Aljaž was saying, it's so good.

ALJAŽ ŠKORJANEC: What's in this?

ANGELA HARTNETT: You love bananas?

JANETTE MANRARA: Mmm.

ANGELA HARTNETT: In a pan, a little bit of butter, and just toast your bananas, literally, I kept them whole but you can slice them, and sprinkle with cinnamon, some cardamom, chopped finely, and then just maple syrup on top. And then toasted walnuts.

JANETTE MANRARA: Ah, toasted walnuts.

ALJAŽ ŠKORJANEC: That's a lot of ingredients.

JANETTE MANRARA: How do you toast a walnut? Doesn't fit in the toaster.

ALJAŽ ŠKORJANEC: Wow. See what I mean?

JANETTE MANRARA: I did forewarn you.

NICK GRIMSHAW: I think that's why we do Deliveroo.

ALJAŽ ŠKORJANEC: I'm surprised I'm alive.

ANGELA HARTNETT: When I said simple, you know, you don't put the walnuts in the toaster.

JANETTE MANRARA: Right, right, right. Oh my god. Thank god we went to the gym today.

NICK GRIMSHAW: You'll have to go tomorrow as well. So we read somewhere that you do like, a banana with spaghetti?

JANETTE MANRARA: Yeah.

NICK GRIMSHAW: Oh wow, okay. This is just something that you have, it's not some fantastic restaurant you went to?

JANETTE MANRARA: No, no, no. This is just an oddity of Janette Manrara.

NICK GRIMSHAW: Oh okay. I thought it was like a Heston, like...

JANETTE MANRARA: No, no, so basically when- like Cuban dishes, like I was saying earlier, they have a lot of fried plantains on the side, or they do tostones which are like smashed and deep fried, but a lot of the side dishes tend to be with some kind of a plantain. So, my mum, when I was really young, if I wouldn't eat my meal, like if it was soup or spaghetti or whatever it was, just to bring back that little flavour of that banana taste as a kid, would be like, I'll give you a banana on the side if you eat your food, and I was like, okay fine! So I literally started having banana with everything, because my mum couldn't always make the fried plantains. The banana would be the easy quick fix substitute. And then as I got older that just stayed, and oddly enough I still eat banana with spaghetti, banana with rice and beans, banana with, I don't know- I don't know why but banana-

ALJAŽ ŠKORJANEC: Steak.

JANETTE MANRARA: I don't know why but banana and pasta really works.

NICK GRIMSHAW: Does it?

JANETTE MANRARA: For me it does.

ANGELA HARTNETT: I love Aljaž – no it doesn't, what are you talking about?

JANETTE MANRARA: I'll tell you what it doesn't work with, seafood.

NICK GRIMSHAW: Oh no. Not fishy banana.

JANETTE MANRARA: It doesn't go with seafood.

NICK GRIMSHAW: No.

ANGELA HARTNETT: But when you say banana on the side in spaghetti, do you literally mix the banana with the spaghetti?

JANETTE MANRARA: Yeah.

ANGELA HARTNETT: Oh my god.

NICK GRIMSHAW: Wow.

JANETTE MANRARA: So when Aljaž and I first started dating, Aljaž's mum is basically, well I think, is a master chef, she's just phenomenal in the kitchen. And every time that we have a dinner there it's like a beautiful meal, sit down, and she sets the table, and she serves us like, these gorgeous bits of food, and Aljaž told his mum, 'Janette likes a banana with everything,' and she's like, 'What?' Completely confused, and we arrived for our first dinner, I remember knowing exactly where I was meant to sit because there was a little banana next to my plate, 'You told your mum!' and he's like, 'I had to, I didn't want you to not enjoy the food.'

ANGELA HARTNETT: Aww, that's lovely.

ALJAŽ ŠKORJANEC: Hi mum!

NICK GRIMSHAW: We should have served this with the chicken.

JANETTE MANRARA: So, thank you Nataša, from day one Nataša knew.

NICK GRIMSHAW: Nataša knew. Maybe you can make this recipe, Aljaž, if Janette demands a banana, like, this is easy.

ALJAŽ ŠKORJANEC: This one?

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: You just put the walnuts in the toaster, press down.
(Joking)

ANGELA HARTNETT: Add the banana.

JANETTE MANRARA: Easy.

NICK GRIMSHAW: Put the banana in the toaster.

ANGELA HARTNETT: And then call 999. You're fine, and then that's it. What would you eat before Strictly though, or would you eat?

ALJAŽ ŠKORJANEC: On Strictly, do you know what...

ANGELA HARTNETT: You weren't, like, wouldn't you get a stitch or something?

ALJAŽ ŠKORJANEC: If it makes you, sort of, feel heavy, like if you're doing something, let's say a jive or a quickstep, like a fast-paced dance where you have to jump or run, then you wouldn't have like pastas or something heavy.

ANGELA HARTNETT: Yeah, nothing heavy, yeah.

NICK GRIMSHAW: When I've been before, there's always like a massive party straight after the show. On the beers...

ALJAŽ ŠKORJANEC: No, no, no.

NICK GRIMSHAW: Does that not happen anymore?

ALJAŽ ŠKORJANEC: It's a different show you went to see.

JANETTE MANRARA: It's not BBC, it's not BBC.

NICK GRIMSHAW: X-Factor.

JANETTE MANRARA: We don't do that.

NICK GRIMSHAW: Yeah, that was it.

ALJAŽ ŠKORJANEC: Phew, that was close!

NICK GRIMSHAW: Only water at the BBC. Guys, thank you so much for coming to see us.

JANETTE MANRARA: Wait! We've got a gift for you.

ALJAŽ ŠKORJANEC: We've got a gift for you, yeah.

NICK GRIMSHAW: Is it edible? I hope not.

JANETTE MANRARA: There we go.

NICK GRIMSHAW: Oh, wow.

JANETTE MANRARA: So, open it and then we'll explain.

NICK GRIMSHAW: Okay.

JANETTE MANRARA: Go on.

NICK GRIMSHAW: We really appreciate this, as you don't like giving gifts.

JANETTE MANRARA: There's a story behind it.

NICK GRIMSHAW: Okay, this is good 'cause you can't get this.

JANETTE MANRARA: Yeah!

ANGELA HARTNETT: Wow.

NICK GRIMSHAW: Okay, tell everyone who's listening what this is.

JANETTE MANRARA: So, this is a small bottle of Café Patron, which is a coffee tequila which is mine and Aljaž's absolute favourite tequila, and unfortunately it's been discontinued. You can't get it.

NICK GRIMSHAW: Which is a travesty.

JANETTE MANRARA: So, when we got married, we went around to everybody in the party, for the whole night, giving them *our* drink, and *our* drink is a shot of coffee Patron.

NICK GRIMSHAW: I love it.

ALJAŽ ŠKORJANEC: It tastes amazing.

NICK GRIMSHAW: It's so good.

ANGELA HARTNETT: Do you have it with ice?

JANETTE MANRARA: Angela, have you never had?

ANGELA HARTNETT: No. I'm going to have some.

JANETTE MANRARA: I think you need to taste one now.

ALJAŽ ŠKORJANEC: Have a whole one.

ANGELA HARTNETT: Have we got a glass, and ice, is this with ice?

ALJAŽ ŠKORJANEC: Yeah, go on!

NICK GRIMSHAW: Go on! It is half-two.

ANGELA HARTNETT: It smells lovely.

JANETTE MANRARA: So, we've only got just two other bottles at home.

ANGELA HARTNETT: Oh my god, that's so kind of you.

JANETTE MANRARA: And we're saving the other bottles for like, yeah, big news.

ANGELA HARTNETT: When you get the dog.

JANETTE MANRARA: I'll have ice.

ALJAŽ ŠKORJANEC: No ice for me.

NICK GRIMSHAW: I'll do no ice.

ALJAŽ ŠKORJANEC: Angela, you will love this.

NICK GRIMSHAW: Oh my god, yeah, try it.

JANETTE MANRARA: Chin chin. I hope you like it.

NICK GRIMSHAW: Thank you so much, so kind of you.

ANGELA HARTNETT: Very kind.

ALJAŽ ŠKORJANEC: This is the first time I'm going to remember this.

ANGELA HARTNETT: So smooth.

ALJAŽ ŠKORJANEC: This is what it actually tastes like.

NICK GRIMSHAW: It is so good.

JANETTE MANRARA: So, Angela, what do you think?

ANGELA HARTNETT: It's dangerously smooth. It is dangerous.

JANETTE MANRARA: Well, this is the problem. Slooow down.

NICK GRIMSHAW: That's what we say about you, Angela.

ALJAŽ ŠKORJANEC: Oh, dangerously smooth.

JANETTE MANRARA: We had a magazine cover our wedding in London, and because there was so many of these given to our guests, at one point I said to the photographers, 'You have to go now. Because everybody's on coffee Patron, you need to leave'

NICK GRIMSHAW: Tequila does get you, it creeps up on you.

ANGELA HARTNETT: I think you need to make your own.

JANETTE MANRARA: Yeah, that would be cool, we could make our own.

ALJAŽ ŠKORJANEC: We have time now.

JANETTE MANRARA: We could make it and open a Cuban restaurant.

NICK GRIMSHAW: Get it done.

ANGELA HARTNETT: We'll put Grimmy's face on it.

JANETTE MANRARA: Yes.

NICK GRIMSHAW: Just my body please, just my body.

ALJAŽ ŠKORJANEC: Sold out! Sold out!

NICK GRIMSHAW: No faces. Guys thank you so much, Janette and Aljaž everybody!

[Applause]

NICK GRIMSHAW: If you would like to recreate today's recipe for your friends, 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 Dish podcast.

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.