

Dish: Season 2 - Episode 4 - 26 October 2022
Name of episode Russell Howard, a cocido and a Rioja

NICK GRIMSHAW: Our podcast might contain the occasional mild swear word or adult theme. Hello, it's Nick Grimshaw.

ANGELA HARTNETT: And it's Angela Hartnett.

NICK GRIMSHAW: And welcome to Dish from Waitrose. Now, Angela, we are on series two, we've done a few already. Guess what we've not mentioned?

ANGELA HARTNETT: Peru!

NICK GRIMSHAW: Peru!

ANGELA HARTNETT: I feel we should go to Peru to do a podcast. Next one.

NICK GRIMSHAW: Do you think?

ANGELA HARTNETT: Yeah. Next year.

NICK GRIMSHAW: What, 'Dish: In Peru'?

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: How was the food in Peru?

ANGELA HARTNETT: Amazing.

NICK GRIMSHAW: What did you have? Do they do like, Ceviche? Is that Peruvian?

ANGELA HARTNETT: Ceviche all over the place. They use loads of trout, they have lots of meat, they do lots of pulses and starch. It was delicious. And bearing in mind these porters who are carrying all your luggage and the tents and everything, and they're cooking for you every night, they were incredible.

NICK GRIMSHAW: Wow.

ANGELA HARTNETT: They were so good. No, it was brilliant, it was lovely.

NICK GRIMSHAW: Yeah?

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Well, congratulations on doing that.

ANGELA HARTNETT: Thank you.

NICK GRIMSHAW: What an achievement.

ANGELA HARTNETT: I know.

NICK GRIMSHAW: Angela did text me a picture of her and Neil at the top of Machu Picchu and I replied being like, 'Oh my God. Didn't know you were going to Peru. Should have mentioned it.' Cracked myself up when I saw that.

ANGELA HARTNETT: Funny, isn't it? As I'm crying walking down a mountain, he's there taking the mickey.

NICK GRIMSHAW: Hey, this week it's Halloween week. Do you enjoy Halloween?

ANGELA HARTNETT: Well, I think it passes me by because it's like dogs and doors, and you know, we don't have a street with loads of kids. So, I tend to ignore the door if I see a [laughs] Lights off, sit upstairs, no one in.

NICK GRIMSHAW: That's it.

ANGELA HARTNETT: Bah humbug.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: They're all gonna spray paint the house now, aren't they?

NICK GRIMSHAW: Egg it.

ANGELA HARTNETT: Exactly, yeah.

NICK GRIMSHAW: We were gonna attempt to do something sort of Halloween themed with the food and drink today, to be discussed when our guest gets here. I had a slight issue with it. But our guest today is the wonderful Russell Howard. So, Russell's gonna join us to talk about his new tour that he's doing, he's got his new TV show as well, which he's done at the moment. But what are we gonna cook for Russell?

ANGELA HARTNETT: So, we're having chorizo, white bean, and pumpkin cocido, which is like a lovely sort of Spanish stew, in a way.

NICK GRIMSHAW: That feels festive.

ANGELA HARTNETT: Very Halloween-y, nice and spicy. Lovely spice in the chorizo, and also gluten-free, dairy-free, all the frees.

NICK GRIMSHAW: All the frees.

ANGELA HARTNETT: He's very healthy, is our Russell.

NICK GRIMSHAW: He is healthy is Russell Howard. Well let's get cracking on the food and then get Russell in.

ANGELA HARTNETT: Indeed.

[Dining table sounds]

NICK GRIMSHAW: Today we are joined by one of the UK's finest comedians. It is time to welcome to the Dish table, Mr. Russell Howard, everybody.

[Cheers and applause]

RUSSELL HOWARD: Hello, hello,

NICK GRIMSHAW: Hi Russell.

RUSSELL HOWARD: Hello.

NICK GRIMSHAW: Welcome.

RUSSELL HOWARD: Thanks for having me.

NICK GRIMSHAW: We've gone for a gin and tonic to welcome.

RUSSELL HOWARD: Good, yeah. Cheers.

ANGELA HARTNETT: Good to have you with us.

RUSSELL HOWARD: Thank you very much.

NICK GRIMSHAW: Cheers.

RUSSELL HOWARD: We were gonna have a different cocktail, weren't we?

NICK GRIMSHAW: Yeah, we were Russell, which we weren't gonna talk about in the podcast.

ANGELA HARTNETT: Thanks Russell.

RUSSELL HOWARD: But you had something really special planned.

NICK GRIMSHAW: Yeah, we did. We tried to do something quite festive 'cause it's, you know, Halloween week. So, we thought we are not gonna like, make you have like, you know, a pumpkin cookie, or like make you wear cobweb. So thought we'll do a cocktail, and it was absolutely disgusting, so we've binned that off. We've gone for a gin and tonic, but- sorry, a spooky gin and tonic.

RUSSELL HOWARD: We should edit it, so it just looks like it's kind of hovering. Just get rid of my hand.

NICK GRIMSHAW: It's floating, woo.

ANGELA HARTNETT: Dry ice coming out of it and all this smoke.

NICK GRIMSHAW: Ooh, it's very scary.

RUSSELL HOWARD: But if you have enough of those, you think you're a ghost and you can run through a wall.

NICK GRIMSHAW: Yeah, true. Does work, does work like that. And now it does say on my cards here, 'Happy Halloween', a phrase I don't love.

RUSSELL HOWARD: I've never heard it before.

ANGELA HARTNETT: Or Halloween. Do you do it?

NICK GRIMSHAW: Never heard of it.

RUSSELL HOWARD: I do, I do Halloween, but yeah, I live in Primrose Hill, so there's a lot of Americans and they absolutely love it.

ANGELA HARTNETT: Have you ever had your house like, you know, toilet papered or anything 'cause you've never given the sweets out, or have you always been good?

RUSSELL HOWARD: No, d'you know, we always put a pumpkin out and we give the sweets, I love that, I love the kids come around and you know, giving them sweets... that sounds dodgy. But I don't like the decoration. I love Christmas decorations on houses, I really like that, when people go for it. Something about Halloween, I dunno, it just feels like it's a bit like prom, you know, kinda prom, you go, it's not English.

ANGELA HARTNETT: No, it's not.

RUSSELL HOWARD: For the English.. final day at school, get a bit pissed, something happens at a bus stop. You know what I mean?

NICK GRIMSHAW: That's it.

RUSSELL HOWARD: Like, that's kind of it, but it's like limousines and sort of this is- and suits and I dunno. So, I feel like that kind of thieving from American culture, it's a bit like, you know...

NICK GRIMSHAW: I don't wanna be a grump 'cause I do like Halloween, I like the idea of it and I like seeing, you know, like people in the street out getting it- like with their kids going, getting sweets, cute and everything. You know, it's annoying? When you've got dogs.

ANGELA HARTNETT: Oh god, yeah.

NICK GRIMSHAW: Every time the door goes, they think we're under attack. So, they're like [*makes barking sounds*] It's just like the most- inside? Hell. And I never know the way around that with dogs.

NICK GRIMSHAW: No, it's true. What does- how does Betty deal with it?

ANGELA HARTNETT: I know she's become-

NICK GRIMSHAW: Loses it.

ANGELA HARTNETT: Loses it. And also, she's a little Jack Russell.

RUSSELL HOWARD: Oh, I've got Jack Russell.

ANGELA HARTNETT: Which are feisty in themselves. And of course people think, oh, she's cute and sweet, but as soon as you go over her territory, you know, I mean, basically we'd get sued 'cause she'd just bite hands off and stuff like that. So probably best we don't open the door.

NICK GRIMSHAW: Trick or treat, lost a finger.

RUSSELL HOWARD: I've got a real problem with my dog in the minute, he's eating frogs. Have you-?

NICK GRIMSHAW: Ugh.

RUSSELL HOWARD: They're sort of- yeah, alright. Yeah, yeah, it's not like- I don't mean like as in that's his preference.

ANGELA HARTNETT: He's got his little frogs legs you have to get him from France.

RUSSELL HOWARD: They kind of come into our garden and he just keeps eating them, and it's making him really ill. But you just can't reason with the dog, and do you know what I mean? You know the thing where you find yourself- it's so silly that you find yourself going, 'Stop eating frogs.' And he looks at you as if he's going, 'Okay.' I was curious, do you, do you have trouble with your dog? Because-

ANGELA HARTNETT: Betty no, she's not too bad. She's definitely, there's something- there's definitely a mouse in our garden somewhere. Because she goes to this little part and she's [*dog growling sound*] you know, 'cause they're tiny and she comes out and she's black.

RUSSELL HOWARD: What's your dog?

NICK GRIMSHAW: I've got two dogs, so I've got like a Staffy Bull terrier Cross.

RUSSELL HOWARD: Okay.

NICK GRIMSHAW: And then...

RUSSELL HOWARD: They're not taking any sh** at Halloween.

NICK GRIMSHAW: Yeah, she will eat anything. We walked down the street before and she's just seen like a dirty banana skin, and she's like, 'slurp'. I'm like, that's not- like, anything. Speaking of dogs, didn't you lose your dog and the internet found your dog.

RUSSELL HOWARD: This is a real window into deep madness. So, I love my dog, like I have a deep bond with him, I adore him, and I was looking around the house, I couldn't find him and I was like, right, he's gone. So, I legged it outside, running around, couldn't find him. Then thought, who are all the famous people I know? So, I rang up Jack Whitehall, I think I rang up Jimmy Carr and somebody else, and just said, 'Can you put on Twitter that I've lost my dog? So, they do. So, it turns out my wife was following one of them on Twitter, she's on her way home on the Tube, she sees that and it goes, 'I've lost my...' and it's her dog that is lost. She doesn't know this at the time, and I'm kind of- I'd got so bad that I was genuinely running around Primrose Hill, and I'm not making this up, I genuinely got on the floor and was like, 'Think like a dog. Where would you go?' Like, I'm not, like, you know when you're like- I was like that going, right, okay.

NICK GRIMSHAW: Eat a frog.

RUSSELL HOWARD: Yeah, yeah, yeah.

ANGELA HARTNETT: Should have gone to the nearest pond.

RUSSELL HOWARD: Well, I went up to a bloke and started humping his leg. I said, like, 'I'm in character, I'm trying to...', and then I kind of went, okay this isn't gonna work. And I kind of just sat inside, and, uh, my wife literally came home, went upstairs and he was in the toilet upstairs.

NICK GRIMSHAW: No.

ANGELA HARTNETT: No!

RUSSELL HOWARD: So, so I enlisted the internet and what I needed was a woman - to check everywhere. And it was the one bit. Like I've never seen him go into a toilet, you know?

ANGELA HARTNETT: So, you just didn't check that room at all?

RUSSELL HOWARD: I must have been, I must have been in the toilet kind of, doing something and like, just shut the door and he must have just gone, 'Okay'.

ANGELA HARTNETT: Didn't bark at all.

RUSSELL HOWARD: 'That bowl's a bit high.' I don't know, yeah, it's...

NICK GRIMSHAW: But Angela had a nightmare with Betty.

ANGELA HARTNETT: Yeah, well basically, she was with a friend of mine and he'd driven into the park as he normally does on a Saturday morning and she, like a Jack Russell, saw a squirrel and she jumped out the car. I know she did for a fact, went off in her own Betty fashion, I'll go for a squirrel, come back, and he'd gone 'cause he'd panicked. And then of course she's like, what's going on? And because she was found fifteen minutes later and then no one saw her. And that was the weird thing, 'cause no one had sighted her. And I just went on the internet and then tagged like, exactly like you, anyone I knew that loved dogs who was famous and basically this woman had taken her in.

RUSSELL HOWARD: Aw.

ANGELA HARTNETT: But what was amazing is when I've walked Betty since, strangers have come up going, 'Oh, I'm so happy Betty's home, hello Betty!' Like randoms that were just following it.

RUSSELL HOWARD: But stuff like that, that shows you there is good in the world.

ANGELA HARTNETT: Yeah, there is. My friend is a dog trainer who was with us a lot of the time, like a counsellor, going, 'Listen, someone's gonna have to walk her.' And then once we realised where she'd been spotted on Jamaica Road, we just flyer-ed the area, it's mad.

RUSSELL HOWARD: I mean, I don't wanna laugh 'cause I just said it is really upsetting, but the very fact you had a dog counsellor.

NICK GRIMSHAW: I did have a dog counsellor for- 'cause my dogs are both from Battersea. And the little one, he's amazing, but the bigger one, Pig, she's nuts. Their synopsis was like, 'She should live on a farm.' I'm like, well...

RUSSELL HOWARD: Is that what it said? So you had to make it...

NICK GRIMSHAW: Well, I live in Hackney. What else?

ANGELA HARTNETT: That's not gonna work. And what- so when you're on tour, obviously your wife is looking after the dog. You don't ever bring the dog on tour with you?

RUSSELL HOWARD: No. I did it once, I did a gig in Newcastle and brought him, and it was not...

ANGELA HARTNETT: Disaster.

RUSSELL HOWARD: Yeah, which is- it's just weird because they're backstage and you just kind of go, it's just two hours.

ANGELA HARTNETT: And they can hear you and they're probably..

RUSSELL HOWARD: Yeah, and it's just a strange- then when I'm kind of, doing my TV show, the dog is with me all the time.

ANGELA HARTNETT: Really?

RUSSELL HOWARD: Yeah. During Covid, he was with me all the time and we- so we have kind of a nice little bond of, kind of, shared madness of Covid. So, do you know what I mean? Like I had a real, I dunno if you've had this, you know, that moment where you kind of really realised you've lost it. So, I give my dog a biscuit and my dog would always take that biscuit and hide it in the sofa. Just kind of tuck it away. 'Cause I was, you know, wasn't particularly busy, the world had stopped, I thought, let's get to the bottom of this. So, I was like, 'Who do you think is gonna eat your biscuits? You're the only dog that lives here.' And he kind of looked at me as if to go, 'Well, you are talking to a dog mate, so...' So what I did, I ate his biscuit.

ANGELA HARTNETT: No!

RUSSELL HOWARD: Just- and he looked at me as if to go, 'I knew it, I knew it!' And that was the moment I was like I really need people again. Do you know what I mean? I've just won a battle with the dog.

ANGELA HARTNETT: If I'd known I'd have just bought some of Betty's treats rather than just, you know...

RUSSELL HOWARD: Do you know the, the day I met my wife, I sort of realised I was gonna marry her, and also my brother ate dog food that day. Genuinely true, for a bet. But he didn't finish at the tin so I didn't give him the money.

ANGELA HARTNETT: Oh god, you're harsh.

[Drink pouring sounds]

NICK GRIMSHAW: Right Russell, you have done comedy in every conceivable way. You've done, you know, stand up, you've done panel shows, you've done TV shows, you've done documentaries with your mum. Do you have a favourite format that you love to do?

ANGELA HARTNETT: Genre?

NICK GRIMSHAW: Yeah, genre where you love-

RUSSELL HOWARD: Stand up.

NICK GRIMSHAW: Is it stand up?

RUSSELL HOWARD: Yeah.

ANGELA HARTNETT: God, that was quick, wasn't it.

NICK GRIMSHAW: It looks so terrifying, I think. I think that's the scariest job ever.

RUSSELL HOWARD: It's- like particularly when you get to travel, there's been about sort of, if you are in Copenhagen and you notice something interesting. Like in, for example, in Denmark they've got all these kind of like, they're beautiful people, they've got these porridge bars. So, they all eat porridge.

ANGELA HARTNETT: Right.

RUSSELL HOWARD: So, like young hip couples will go for a date and they'll eat porridge, and porridge is one of the most disgusting foods to watch somebody eat. Do you know what I mean? So that to me, just watching them go, slop this filth in, mmm. So funny. But then I was able to go and do the gig that night and chat about it, and it's kind of funny here, but in Denmark it was like, 'Oh my God, he's noticed the thing.' And it's that sense of immediacy that is like, I think with other stuff if you are writing a film or you're writing a script or whatever, it has to go through a committee. Whereas there's something really exciting about the tangibility of stand up. But you- if you think of something and it gets a laugh, it is correct. Do you know what I mean? Where it- where it's like cosmically right. And if they don't laugh, it isn't. You know, and there's something quite, I don't know, it's quite fun about it. And then even if it's not funny, you can be funny by realising that you are not funny, you know?

NICK GRIMSHAW: Yeah.

RUSSELL HOWARD: And it's so, it just becomes this- I remember I was in Finland once and I saw this big guy, a seagull flew down to try and eat one of his chips, and he caught the seagull in his hand.

ANGELA HARTNETT: Ooh jeepers.

RUSSELL HOWARD: And went and went, 'Nay!', and kind of threw it away. And the seagull looked like, petrified, like, 'Alright, alright, alright.'

ANGELA HARTNETT: 'I don't want your sandwich.'

RUSSELL HOWARD: 'I'm going back to Brighton!' So, I kind of went on stage and told this story and there was like two thousand Finnish people there went, 'Well if you see the seagull, you grab a seagull.'

Didn't find it funny at all. And then that became funny, and so I was like, 'You're mental, no other nation would grab and tell off an animal,' you know.

ANGELA HARTNETT: Excuse me a moment. I'm going to go get some food.

RUSSELL HOWARD: You off?

NICK GRIMSHAW: She's off. She's had enough.

[Sizzling sounds]

ANGELA HARTNETT: There you go, Russell.

RUSSELL HOWARD: Thanks mate. That looks amazing.

NICK GRIMSHAW: Oh, thank you, Angela.

RUSSELL HOWARD: One of my favourite shows to do on telly is Saturday Kitchen.

ANGELA HARTNETT: Oh yeah?

RUSSELL HOWARD: Yeah, and the reason I love it so much is because not only is it fun, you get to eat amazing food, you have a nice chat - all the camera crew, they've all got cutlery.

ANGELA HARTNETT: Yeah, yeah, yeah.

NICK GRIMSHAW: They all have a go.

RUSSELL HOWARD: And for me, so when they cut to, 'Here's a video from 1985 of Rick Stein.'

ANGELA HARTNETT: And they were all like-

RUSSELL HOWARD: Literally, you see these, like, they're like, [*attack noise*].

ANGELA HARTNETT: So true.

RUSSELL HOWARD: It's my favourite bit of the show.

NICK GRIMSHAW: What is this, Angela?

ANGELA HARTNETT: It's a chorizo, butter bean and pumpkin stew.

RUSSELL HOWARD: It's absolutely delicious.

NICK GRIMSHAW: This is really tasty.

ANGELA HARTNETT: Really tasty.

NICK GRIMSHAW: Like, really tasty.

ANGELA HARTNETT: Proper tasty.

RUSSELL HOWARD: That's what the advert should be for this.

ANGELA HARTNETT: Yeah, exactly.

RUSSELL HOWARD: Chorizo stew: proper tasty.

NICK GRIMSHAW: We're gonna have a rioja with our stew, because you know, chorizo demands a Spanish red. So, we've gone for this, a rioja, and El Piadoso it's called, which is from Waitrose and should go deliciously well with this stew. If you wanna check out this wine or check out the recipe as well, [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes)

RUSSELL HOWARD: That's really great.

NICK GRIMSHAW: That is really good.

ANGELA HARTNETT: So, who does all your cooking, is it you Russell, or- 'cause your wife's a doctor?

RUSSELL HOWARD: Mm-hmm.

ANGELA HARTNETT: So, she's working mad hours all the time. As are you, probably.

RUSSELL HOWARD: Yeah. I've probably got five dishes I can cook, and I just do those on rotation.

ANGELA HARTNETT: Okay, marvellous.

RUSSELL HOWARD: Yeah, it's Old El Paso fajitas.

NICK GRIMSHAW: Get them going.

RUSSELL HOWARD: Yeah, you can have that chicken or steak, however you, and then a bit of pasta. I can do a roast chicken.

ANGELA HARTNETT: There you go. That's all right.

RUSSELL HOWARD: Yeah. And there's a- you know, I don't mind it. I used- when I was a kid, I much preferred it. I much preferred cooking, but Deliveroo is really, uh, it's hit me hard. Because it's just, I've got these experts nearby and I've got somebody on a bike willing to bring their expertise to me. Do you know what I mean? I look at my kind of clumsy fingers and think, I can't, I can't do what any of these magicians do. So my wife loves sushi, and she would eat that every day if possible, but if I ever made sushi, it wouldn't be as good. It's bit like, I love a curry. It's like, I've tried, you cannot compete with a curry from a curry shop.

ANGELA HARTNETT: Not quite the same.

RUSSELL HOWARD: You just can't, you know? Although apparently the key is to microwave the onions because then the onions are as mushy as the base that they normally have.

NICK GRIMSHAW: Ooh, yeah.

RUSSELL HOWARD: That's a little tip for you there.

ANGELA HARTNETT: I didn't know that.

RUSSELL HOWARD: That is a little tip.

NICK GRIMSHAW: Fire up the old microwave down Murano.

ANGELA HARTNETT: How do you know about our microwave in Murano?

NICK GRIMSHAW: Actually, this is a good time to get this listener's email question answered, Angela. Cariad's been on. 'Dear Angela, I need help. I'm a stressed and apprehensive cook. I find nothing fun or soothing about the kitchen.'

NICK GRIMSHAW: I just think sack it off.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: If you don't like- no I'm serious. If you don't like it, don't do it. She carries on, 'Although I understand the flavour profiles of dishes like curries and bolognaise, I can't seem to get the flavour to stick to the food I cook. My dishes dramatically lack the flavour I desperately try to add in. I made a Goan prawn curry recently, and the kitchen smelt amazing, but my curry was another flavourless disaster. I'm embarrassed to ask a Michelin-star chef, but please what are the essential flavour rules? Cariad.'

ANGELA HARTNETT: See, I think she needs to add salt.

NICK GRIMSHAW: Oh, there we go.

ANGELA HARTNETT: I know, I know that sounds weird.

NICK GRIMSHAW: That's how she got the Michelin star.

RUSSELL HOWARD: It like feels like she's got very high expectations of herself as well. But a Goan prawn curry?

ANGELA HARTNETT: That's big time.

RUSSELL HOWARD: But to get that right is gonna be superb.

ANGELA HARTNETT: But also, you don't rush it, especially a curry. It's like you said about like, no joke about the onions. You should be cooking them for about thirty-five, forty minutes to get 'em soft, soft, soft.

RUSSELL HOWARD: Or eight-fifty in a...

ANGELA HARTNETT: Yeah, or eight-fifty, you know, zap it, one. Because that's the base of the curry, and if she's doing it quickly, she's not gonna get the flavour. So take your time and make sure you season.

NICK GRIMSHAW: Do you know what people do forget about seasoning.

ANGELA HARTNETT: Yeah, and also people are nervous. Like we've got, at one of the restaurants, you can look in the kitchen and every time..

RUSSELL HOWARD: Oof, no, no, no. As in no for you, because presumably when we are in the restaurant you know, and you are looking at us, there must be days where you're like, 'Oh god, look at 'em.' Like as in, we've gotta cook for these animals. That guy's using his hands.

ANGELA HARTNETT: We never ever think that, Russell, we never ever think that.

RUSSELL HOWARD: But to be under scrutiny. It feels awful, like have you ever done that thing where you-

ANGELA HARTNETT: Yeah, but hold on, you do stand up?

RUSSELL HOWARD: Yeah, but they're not watching me create stand up, which is a very different thing. 'Cause then you'd see me in a room go 'Why won't it work?' But you'd see, see the anger and it would be so depressing to realise, 'My god, this guy takes this silliness really seriously.' Like, do you know what I mean? If we're watching you cook, you should be free to create. I don't wanna- do you know what I mean?

NICK GRIMSHAW: Pressure. Well, I guess a kitchen's like the stock exchange. It's like high energy, fast, innit?

ANGELA HARTNETT: Well, I think-

RUSSELL HOWARD: Yeah, I love how Angela's there going 'Err..'. Just coming outta your restaurant like that. You're right, it is.

NICK GRIMSHAW: But do you know what I mean, that high pressure intensity of it. I guess when they can see in, do you have to be a bit more polite and a bit calmer?

ANGELA HARTNETT: Well, no. The thing is, I think everyone's amazed at actually how calm you are. But my point was that people, when you season stuff, 'cause they watch you cook, everyone is going, oh my god, you use so much salt, you use so much salt. And we go, we don't actually, is anything you tasted tonight salty? And they're like, no. Exactly, you know, we just use what we think's the right amount.

RUSSELL HOWARD: When you started cooking, did, did that come to you naturally? So, were you a taster?

ANGELA HARTNETT: I think that's the thing, is the tasting and tasting all the time. And I remember years ago and I was like about I eight or nine, I made something and my uncle who's Italian tasted it and he goes, 'Chi manca no sale' basically, missing salt. And since then I've always had that in my head, you know, you've got to taste, you got to season. Not over season, but season as you go.

NICK GRIMSHAW: Are you like health conscious when you eat Russell, are you like...

RUSSELL HOWARD: Yeah, terrible.

NICK GRIMSHAW: Are you?

RUSSELL HOWARD: I'm quite anxious health-wise. So I'll watch a documentary that says, 'You've gotta eat vegetables.' And I'm like, right, I'll eat vegetables. And then you listen to a podcast that goes, 'You need protein.' Oh, okay. Do you know what I mean? So, I'm, I'm really at the whim and I buy all sorts of weird health gadgets or yeah, stuff like that. And then my wife, who is a scientist, will find me with these things and then point out why I'm a moron. I bought this weird like red light machine that sort of fires at you and it gets rid of inflammation, right. And I saw this video and I bought it and I looked at the video and I was like, that looks great.

ANGELA HARTNETT: How much was it?

RUSSELL HOWARD: Missing the point. So it was, it was a lot of money. And my wife looked at it and said, 'That looks like a Brass Eye video'. Remember the Channel 4 show with Chris Morris? And it was like, oh God, but I've bought it now. I think because she's a doctor, she's very kind of logical, whereas I'm-

ANGELA HARTNETT: Yeah, she's probably quite pragmatic about it.

RUSSELL HOWARD: Yeah, and I'm super emotional, like, 'Right, we need to do this.' And I love the idea of kind of, reaching ninety and being healthy and yeah, I dunno, I just, it scares me seeing- being the idea of like, not being well, you know, it terrifies me.

NICK GRIMSHAW: So, with your diet, do you, is there any things that you do eat or don't eat, or supplements that you make sure that you have to take?

RUSSELL HOWARD: Well, yeah, I mean, so I was- I don't eat gluten or dairy, because I've got psoriasis, I've kind of got it there. And so, I read that that's good for you, but the- you see the freaky thing about psoriasis is the only person in my family that used to have it is my Nan. So, there's this weird relationship, so every time I get like a disgusting scab yeah, I'll kind of go, 'God, I miss that lady.' And it's, it's kind of this weird thing that every time I flare up I go, 'She's with me again.' Like that.

ANGELA HARTNETT: Aw, she's back.

RUSSELL HOWARD: But Nan's only ever there when I'm stressed.

ANGELA HARTNETT: But then that's it, is it stress or is it diet?

RUSSELL HOWARD: Yeah. I don't know. Well, that's the thing, but, you. If you can help it. I like doing it.

NICK GRIMSHAW: Do you do any supplements out of interest? Because I do same as Russell. If I watch something on Instagram.

RUSSELL HOWARD: What're your supps'?

NICK GRIMSHAW: I do a vitamin C, which someone told me to take at night in liquid form.

RUSSELL HOWARD: Yeah, yeah. You want to do-

ANGELA HARTNETT: Why at night in liquid form?

NICK GRIMSHAW: Because apparently you don't use it as an energy source, so at night your body actually has it.

ANGELA HARTNETT: Right...

NICK GRIMSHAW: I heard.

RUSSELL HOWARD: Yep.

NICK GRIMSHAW: Also at night, take two magnesium. And then in the morning-

RUSSELL HOWARD: Magnesium for?

NICK GRIMSHAW: General bone health.

RUSSELL HOWARD: Bone health.

NICK GRIMSHAW: Mental health, good for, innit?

RUSSELL HOWARD: Yeah. What about omega-3s? You cranking any of them?

NICK GRIMSHAW: Do them in the morning, with a zinc, D-3, and then a multivitamin.

RUSSELL HOWARD: Because we haven't quite got enough.

NICK GRIMSHAW: Just in case! Just in case. But I started doing all like mushroom stuff now.

RUSSELL HOWARD: Oh, mushroom coffee, yeah.

NICK GRIMSHAW: So like mushroom stuff at night. So, a mushroom with like bilberry powder, blueberry powder.

RUSSELL HOWARD: So, me and Nick clearly are quite similar.

ANGELA HARTNETT: I'm definitely sold on, yeah.

RUSSELL HOWARD: When we kinda, go to the shops- if I go to Whole Foods, it's like, 'Mmm! Magic beans, everywhere.'

[Drink pouring sounds]

NICK GRIMSHAW: So, you've just announced a new tour.

RUSSELL HOWARD: Yes.

NICK GRIMSHAW: Tell us about the tour. Do you sit and plan it all out before? Do you do lots of writing before? Do you test it out on friends? How does the beginning of a tour idea work for you?

RUSSELL HOWARD: So, the beginning, it always starts, I have lots of little notes in my phone. So I think Woody Allen used to do this. He used to kind of write stuff and then he put it in a drawer in his house

and then just put it away. And then when he came to kind of write a show, he'd kind of pull out the draw of all the notes he'd made over the year, and then you kind of write it.

So I, rather than sitting with a blank piece of paper and going, 'Right, what will this be about?' But the minute it just feels like the world is very hard and sad and bleak. There's something magic that happens when you're in a room and people are laughing. It sort of- I did a Netflix special and I said that 'laughter is the lubricant that makes life liveable.' And I think for a lot of people it is, and we live in this strange world at the minute where some people are a little bit upset by jokes, which is fine and that will always be, but for the vast majority of us, it's kind of what you need to get through the misery. So, I wanna make this tour as like probably less sort of political and just funny.

ANGELA HARTNETT: Yeah.

RUSSELL HOWARD: Just like a bit of respite. It just feels like everything has been turned into a battleground. So, the last gigs I did Latitude and I did Reading and Leeds, and it was sort of a real reminder, you go, God, there's real power in this. And you know, there's sort of like ten thousand people in the tent and you're just kind of just going for it. I love it. And you can create this real energy where people come away and go, that was an hour and a half of, I was lifted.

ANGELA HARTNETT: Just fun.

RUSSELL HOWARD: Of being lifted out of yourself. 'Cause that's what I felt watching stand up.

NICK GRIMSHAW: So when's the tour, when do you kick off?

RUSSELL HOWARD: It starts in April next year.

ANGELA HARTNETT: Going all round Europe as well?

RUSSELL HOWARD: Just, I'm gonna do the UK first and then probably Australia, and then America, and then Europe again.

ANGELA HARTNETT: Wow, that's massive.

RUSSELL HOWARD: It's great, yeah. I love it.

ANGELA HARTNETT: And does your wife come out to visit you?

RUSSELL HOWARD: Yeah. Europe and the States, yeah, definitely.

NICK GRIMSHAW: And do you ever test material on her at home and you're like, 'Hey lets...
[inaudible]

RUSSELL HOWARD: But she's so brilliant, my wife, because I can fool most people. But she clearly knows all my tells. I must just give it away. When we got married, and I did my speech, it was the one bit that I was confident in. I was terrified about the dance because you know, I just found it embarrassing and I'm just- I knew the speech was the one bit that I could get right. And I was so pleased with myself that I didn't do it as me, the stand up. I did it as like, this is it. And then I watched the video back and it's just, I'm like full stand up. Like do you know what I mean? It was so depressing, that you go- and there's this brilliant photo where my Mrs is looking at me like, just the eyes kind of rolling 'cause I'm kind of like...

NICK GRIMSHAW: Spotlight on.

RUSSELL HOWARD: But even- I'm kind, I'm sort of in my pose. So funny.

ANGELA HARTNETT: There's a t-shirt seller out when you came outside.

RUSSELL HOWARD: Imagine that. Like, 'I gotta go, I'm doing another wedding.' God, yeah. But it's funny though, but you do- it's sort of that weird thing, you don't realise that we all have an autopilot. Do you know what I mean?

NICK GRIMSHAW: Yeah.

RUSSELL HOWARD: But do you have that with your husband? If you've got a new dish, do you try it out on him?

ANGELA HARTNETT: I'll ask his opinion and stuff. If we are cooking at an event together, 'cause he is your chef as well, I'll always say to Neil-

RUSSELL HOWARD: Oh, is he really?

ANGELA HARTNETT: 'What do you think?' before anyone else. 'Cause he's got a really great palette. But no, when we do dishes through the restaurant, I do that with the chefs, and you know the people. But yeah, you do the people you value the most, the people's whose opinion, you know, and it's like family- my family are the worst to cook for, 'cause they really know food.

NICK GRIMSHAW: They're not bothered about the Michelin star.

ANGELA HARTNETT: They're not bothered about that. 'Oh, little bit underdone', or they go, 'Oh, this is very nice actually.' I said 'Actually? Actually?'

NICK GRIMSHAW: 'Actually?'

ANGELA HARTNETT: You know, I mean honestly.

RUSSELL HOWARD: But did you find that as well, because like having the Radio 1 Breakfast show, like that's such a huge institution of a show. Did you, if you had like an idea, did you have like certain people that you were trying on?

NICK GRIMSHAW: Certain people that- my, my friends that like loved radio and like loved going to see comedy, or like loved telly, you know them people who, not producers, but they've got just like produce-y brains. I just wrote a book and when I sat at home writing it every day..

RUSSELL HOWARD: What was that like?

NICK GRIMSHAW: Some days fantastic. Some days like the worst thing ever. But I'd always wanna like say to Mesh my boyfriend, I would be like, 'Can I read you this bit?' and he'd go, 'No, write it and then read it.' And I'd be like, 'Oh, alright.' And then I'd be like, 'I've wrote it.' And then he'd go, 'I wanna read it when it's all together at the end.' And I'd be like, 'Oh.' Cause he was like, 'I just don't think you want anyone's opinion.' He's like, 'I've never written a book. So you write it.' And I was like, 'Respect. Yeah,

yeah.' He was like, 'Because I'm not writing it.' So I'd be like, 'Can I just read you this bit?' And he'd go, 'Yep.' And then I'd read it and he'd be like, 'It's funny.' He was like not interested in the process at all.

RUSSELL HOWARD: But you- it's so funny that. But that's what's so terrifying about a book or a film or an album. You have to present it finished. Whereas stand up is basically, you've done a bunch of five minutes or twenty minutes throughout the six months leading up to the tour. So, it's gonna be fine, but those people that must have to go, 'Ta-da!' like that's, that's what scares me about writing a book, is the idea that you have to entertain yourself.

NICK GRIMSHAW: We can't wait to come and see you on tour. March and April of next year. Or if you're listening from around the world Google it. And also The Russell Howard Hour is back on Sky Max as well.

RUSSELL HOWARD: Yes. That's, it's every Thursday at 10:30.

ANGELA HARTNETT: 10:30.

RUSSELL HOWARD: Yes. Not 10 o'clock, 10:30.

NICK GRIMSHAW: Definitely at 10:30.

RUSSELL HOWARD: Yeah, and that goes until December the 15th. And then, yeah, little holiday and then the tour.

NICK GRIMSHAW: Well, Russell, thank you so much, it was so good to see you.

RUSSELL HOWARD: I loved that. So much fun.

ANGELA HARTNETT: Yeah, really great.

NICK GRIMSHAW: That was so fun. Russell Howard, everybody.

[Applause]

RUSSELL HOWARD: Ole, ole! Thank you.

NICK GRIMSHAW: Thank you, Russell!

RUSSELL HOWARD: That was great.

ANGELA HARTNETT: Thank you.

NICK GRIMSHAW: All the recipes and drinks can be found on the Waitrose website [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.

