

## **DISH - Vernon Kay, a steak & mushroom stroganoff and a malbec**

**NICK GRIMSHAW:** Our podcast might contain the occasional mild swear word or adult theme.

**NICK GRIMSHAW:** Hello everyone and welcome to Dish in 2023. I'm Nick Grimshaw.

**ANGELA HARTNETT:** And I'm Angela Hartnett.

**NICK GRIMSHAW:** Welcome to our podcast that hopefully makes you laugh, makes you think, and also ideally makes you hungry, and maybe makes you wanna cook.

**ANGELA HARTNETT:** Maybe, has it made you cook in the whole time we've been doing this?

**NICK GRIMSHAW:** Yeah, I have done bits, I have done bits.

**ANGELA HARTNETT:** 'I've done bits.'

**NICK GRIMSHAW:** You know what I have done, since we've done this podcast, I've noticed, I do that, with the pan.

**ANGELA HARTNETT:** You flip the pan a bit?

**NICK GRIMSHAW:** Yeah, like that cheffy pan.

**ANGELA HARTNETT:** What, with nothing in it, just flipping pans.

**NICK GRIMSHAW:** Yeah, just at home.

**ANGELA HARTNETT:** Walking around the house.

**NICK GRIMSHAW:** No, I do like a, like that.

**ANGELA HARTNETT:** You do like a flip, alright.

**NICK GRIMSHAW:** Yeah, I do do a flip.

**ANGELA HARTNETT:** Marvellous, alright. So, we're gonna cook along, with me mainly 'cause you are not really helping, even though we're now probably coming up to series three. You'll find all the recipes at [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes)

**NICK GRIMSHAW:** Right Ange, let me run you through what I've knocked up today. I have done some brown sauce with onions and mushrooms in, on the side, a little bit of steak, and then I've chopped up some dandelions.

**ANGELA HARTNETT:** Dandelions, marvellous.

**NICK GRIMSHAW:** I'm gonna sprinkle that on top.

**ANGELA HARTNETT:** Did you pick them from the park?

**NICK GRIMSHAW:** Picked them from the park, yeah, so that's what we've got.

**ANGELA HARTNETT:** Foraging were you this morning?

**NICK GRIMSHAW:** Foraging, yeah.

**ANGELA HARTNETT:** Lovely.

**NICK GRIMSHAW:** No, what have we got? Because this smells and looks delish.

**ANGELA HARTNETT:** Well, we're post-Christmas, so we should really be having some lovely vegetable cassoulet, but instead we're gonna have steak.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** So beef stroganoff, which is sort of Hungarian inspired, so a bit of paprika in there, some lovely mushrooms, onions cooked down as you identified, lovely bit of cream, beef stock, finished with parsley.

**NICK GRIMSHAW:** Ooh, delicious.

**ANGELA HARTNETT:** For our guest.

**NICK GRIMSHAW:** Cause our guest is quite meaty.

**ANGELA HARTNETT:** Loves meat.

**NICK GRIMSHAW:** Loves it, and, and I feel like his wife is not meaty.

**ANGELA HARTNETT:** She's not, she's not. She likes fish.

**NICK GRIMSHAW:** Oh, she does.

**ANGELA HARTNETT:** I've cooked for them both, you see.

**NICK GRIMSHAW:** Oh, really?

**ANGELA HARTNETT:** And depending what you cook, you've always got an allergy with those two, you know what I'm saying? They're a problematic couple.

**NICK GRIMSHAW:** Absolute nightmare. Where did you cook for 'em?

**ANGELA HARTNETT:** Fortnum and Masons, for a big dinner. So depending what I was cooking, one would have, you know, meat, the other fish. Lovely couple actually, lovely couple.

**NICK GRIMSHAW:** Lovely couple.

**ANGELA HARTNETT:** They are showbiz royalty I think, aren't they?

**NICK GRIMSHAW:** They are showbiz royalty.

**ANGELA HARTNETT:** They are.

**NICK GRIMSHAW:** Well, we have the meaty half today.

**ANGELA HARTNETT:** Yeah, we have the meaty half.

**NICK GRIMSHAW:** The meaty half of Tess and Vernon.

**ANGELA HARTNETT:** Indeed.

**NICK GRIMSHAW:** Vernon Kay is gonna be joining us on the podcast today. I feel like Vernon's gonna be someone who loves talking about food.

**ANGELA HARTNETT:** Yeah, he loves food. You know loves- I think he likes cooking as well. Do you see him, one time on his social he did a great sandwich where I think he put-

**NICK GRIMSHAW:** Oh yeah, he did a sandwich.

**ANGELA HARTNETT:** Where I think he put Monster Munches in there, mayonnaise, coleslaw. Honestly, I was like, salivating. We should have just got Vernon to come and make the sandwich and be done with it.

**NICK GRIMSHAW:** Yeah, Monster Munch butty instead of this. Instead of this.

**ANGELA HARTNETT:** Exactly, yeah.

**NICK GRIMSHAW:** I met Vernon at T4.

**ANGELA HARTNETT:** Oh!

**NICK GRIMSHAW:** Cause we both started on T4. I remember we did one together and I think it was for like a Christmas special or like a Vernon Kay Celebration Day or something. But then of course we did Radio 1 together.

**ANGELA HARTNETT:** Yeah, he was on after you, wasn't he?

**NICK GRIMSHAW:** He was on after me, yeah. So, and he was al- he was always hungover on a Saturday.

**ANGELA HARTNETT:** Weren't you always hungover though?

**NICK GRIMSHAW:** Oh, I still am, me. So...

*[Drink pouring sounds]*

**NICK GRIMSHAW:** Well, the last time we saw this guy we were launching this very podcast, when we went and joined him for breakfast on Radio 2. Please, can we make some noise and welcome to Dish, Mr. Vernon Kay!

[Applause]

**NICK GRIMSHAW:** Whoop whoop! Hi Vernon.

**VERNON KAY:** Hi. Hiya gang. I love a whoop whoop.

**NICK GRIMSHAW:** I love a whoop whoop.

**VERNON KAY:** You know, 'Hey! Whoop whoop!'

**NICK GRIMSHAW:** Whoo whoop! I love a whoop whoop.

**VERNON KAY:** I don't think you grow out of a whoop whoop.

**NICK GRIMSHAW:** No.

**ANGELA HARTNETT:** You deserve it.

**NICK GRIMSHAW:** I do love it, and I do love a round of applause. How do you feel about it on the radio?

**VERNON KAY:** is weird about radio, and you know this more than anyone, Nick, is when you are in the studio, it's just you and the producer, right. But when you put the fader up, it's like millions of people listening. And you're like, one person when the fader is down, millions when the fader's up. And the conversation differences between fader down and fader up are really interesting.

**NICK GRIMSHAW:** Yeah, sometimes, I hate her, I love her.

**VERNON KAY:** Yeah... 'Ooh what a cow- what a lovely person.' You know what I mean? You're kind of like...

**NICK GRIMSHAW:** But last time we saw you was when we came and saw you on Radio 2.

**VERNON KAY:** Yeah, it was, it was good that, and I'm not just saying it, but we had an amazing reaction for you guys.

**ANGELA HARTNETT:** Oh, lovely.

**VERNON KAY:** In the studio, and that's why I wanted to do this.

**ANGELA HARTNETT:** You're very relaxed, you make guests relaxed. So it's an easy gig I felt.

**VERNON KAY:** Well it's a chat, isn't it, do you know what I mean? And especially- like we did bring up the way that you have behaved in the past on the radio, Nicholas. So you kind of-

**NICK GRIMSHAW:** I was young!

**VERNON KAY:** You raised the bar- well kind of lowered it, for people to stride over, saying well hang on a minute, if Grimmy can do, you know, if you can go from straight from the BRITs to live on air, you know, with global pop stars, then surely we can chat about car parking. You know what I mean? Surely.

**NICK GRIMSHAW:** Can't be worse than that. We should do- but we did love coming in that morning. We, we had such a good time. We really, we did, you are so good at it.

**VERNON KAY:** It's a nice medium, you know, because your frame of mind has to relate to what you think the frame of mind of the listeners is, which is why radio is so good at telling stories that getting messages across. And I think the best piece of advice I've ever had was from our old boss, Ben Cooper, and he said, 'Look, all I want you to do is go out, live the life of the listener and just tell stories.' So you- it's kind of, I guess, adult Jackanory.

**NICK GRIMSHAW:** But when you were younger, did you always wanna do it? Did you always wanna do radio and do telly, 'cause I was obsessed with radio when I was, when I was little.

**ANGELA HARTNETT:** Well, that's what you wanted to do, wasn't it?

**NICK GRIMSHAW:** Yeah.

**VERNON KAY:** Yeah, and, and I'm always envious of your career path, you know, both of you really because you're doing exactly what you loved. And I didn't have a clue. So I knew, and this sounds really weird, I knew deep down that I wouldn't be tapping keys, I wouldn't be in an office, and my dad always encouraged me to be a lorry driver, 'cause he always used to say, oh, you can always come and drive for me. So that was always an option, but I knew it wasn't what I was gonna do. I just had this feeling that during GCSEs and A-Levels and- and I did Environmental Science at college just because I didn't start puberty till late, and I couldn't imagine myself, you know, seventeen years old [*speaks in high-pitched voice*] talking like this, work- working as a gas fitter. 'I'm a builder.' Know what I mean? 'Excuse me sir, where's the blow torch?' [*speaks in low pitched voice*] 'The what?! Blow torch?! Get out of here!' So I thought I better carry on the education, so at least I get one hair on the chin. But I had this sixth sense, this weird feeling that something was gonna happen, and when the, the scouting to be a model happened, it was exciting. It was something different. I wasn't- cause at the time I was cleaning phone boxes, working for me cousin in his DIY shop.

**ANGELA HARTNETT:** So what did your mum and dad say when you sort of- they came home and you said, I'm gonna be a model. That's it.

**VERNON KAY:** Oh well, I came home and I went, 'Hey, I've been scouted by this modelling agency in London,' my dad went, 'And?' And my mum in the kitchen went, 'You're like a bloody girl!' Cause I had like long hair. You know, proper northern reaction.

**ANGELA HARTNETT:** Oh yeah, yeah.

**VERNON KAY:** And I kind of- now, they, they were like, oh, whatever, just go and do it. And that was, it happened on a Friday and the following Friday I was living in a bed and breakfast in Paddington, so...

**ANGELA HARTNETT:** Wow.

**NICK GRIMSHAW:** That's nuts.

**VERNON KAY:** Yeah. It took a week for me and I haven't been back. So it's, it's the most weird thing ever.

**NICK GRIMSHAW:** It is nuts. And what did you think when they approached you? Were you like, yes, I will model.

**VERNON KAY:** It was me and two friends and we went there basically to do a little bit of Christmas shopping, but we knew that the Clothes Show Live was full of girls. Three guys, night out in Birmingham the Thursday before. It was great fun and we just ended up, once we'd done a lap of it, you think, do you know what? It's not all it's hyped up to be this, let's just sit in the bar. So we just sat in the bar and we talked about football and this, that and the other. And then this guy, who I'm still friends with today, James North from Select Model Management, came up to me and said, listen, you've got the look of the moment, would you mind doing this catwalk show for us? And then it was me mates. It was more me mates going, Go on, do it! I dare you! You'll have a right laugh!' So I'm like, yeah alright then. So I got on there, we were- I was absolutely bladdered, and I tried walking in a straight line and I'm all over the place. And then at the end of it, the guy said, look, if you want to we'll offer you the chance to come down to London and see how it goes. And that was, it, never looked back. I didn't do any modelling.

**NICK GRIMSHAW:** Did you not?

**VERNON KAY:** No. No. God no. I did more magazine and that kind of thing.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Oh, well we actually have...

**ANGELA HARTNETT:** We have pictures, proof.

**NICK GRIMSHAW:** Proof of 'more magazine.' Now this picture, when I knew we were having a picture of you Vernon modelling, I was like, can't wait to see this, bet it's well embarrassing and actually? Fantastic. It's good, isn't it?

**VERNON KAY:** It's me in a pair of cargo pants. On trend still. Topless with my arms across my torso because I was embarrassed the fact that I didn't have a rippling abdomen, do you know what I mean? So I'm like, if I, if I hide my chest...

**NICK GRIMSHAW:** Oh yeah, do this interesting pose.

**VERNON KAY:** And breathe in a little bit, you know, and try and flex this bicep. So, if you look at my left bicep, I'm squeezing it against my chest so it looks a little bit bigger.

**NICK GRIMSHAW:** Flatten it out. Flatten it out. And I love that this picture because Vernon actually has this framed when you walk into his house, full size, it's huge.

**VERNON KAY:** Hey, you joke - Gladys has got that on the landing.

**NICK GRIMSHAW:** No she has not.

**VERNON KAY:** Yeah she has, she has.

**NICK GRIMSHAW:** Amazing.

**VERNON KAY:** She has.

**NICK GRIMSHAW:** Amazing.

**VERNON KAY:** But yeah, so that's how it all started. And it made me realise how fashion is more about you as a person and not what we're- what is deemed fashionable.

**ANGELA HARTNETT:** Right, yeah.

**VERNON KAY:** You know what I mean? It's about how you- how comfortable you are in what you are wearing and what messages you personally want to give out.

*[Ice pouring sounds]*

**VERNON KAY:** Alright, so, um, I brought you both presents.

**ANGELA HARTNETT:** Ooh, post-Christmas, oh, lovely.

**VERNON KAY:** Yeah, yeah, I know. And Nick, you go first.

**NICK GRIMSHAW:** Okay.

**VERNON KAY:** Alright. Now I know that you love your interior design and I know you love your art, so what I thought I would bring you is...

**NICK GRIMSHAW:** Framed picture of Vernon, framed picture of Vernon.

**VERNON KAY:** Well, nearly.

**NICK GRIMSHAW:** Fingers crossed.

**VERNON KAY:** Nearly. I will frame this for you, but anyone who's got framed pictures needs a picture hanging set.

**NICK GRIMSHAW:** Oh!

**ANGELA HARTNETT:** Very nice.

**VERNON KAY:** So, I brought you a spirit level.

**NICK GRIMSHAW:** Thank you, Vernon!

**VERNON KAY:** And I've brought you some picture hooks.

**NICK GRIMSHAW:** Oh my god, not even joking, I actually do love this.

**VERNON KAY:** Because, that's for your legit art.

**NICK GRIMSHAW:** Yeah, that if it's heavy, yeah.

**VERNON KAY:** This one's for your plasterboard.

**NICK GRIMSHAW:** One's for plasterboard.

**ANGELA HARTNETT:** That's your IKEA ones.

**NICK GRIMSHAW:** I've got a saw tooth hanger, a picture hook, and d'you know what I've always wanted? A spirit level. I love this. Thanks Vernon!

**VERNON KAY:** It said Nick and Angela love booze, I thought well, there's a spirit level.

**ANGELA HARTNETT:** Very good, very good.

**NICK GRIMSHAW:** Come on.

**ANGELA HARTNETT:** Love it.

**VERNON KAY:** And Angela, I know obviously with everything you've achieved in the world of food, I just thought sometimes you need a break from the exquisite, delicious meals you cook, so I've brought you a Greggs £25 gift voucher.

*[Applause]*

**ANGELA HARTNETT:** I love it!

**NICK GRIMSHAW:** £25.

**ANGELA HARTNETT:** Thank you!

**VERNON KAY:** That's alright.

**ANGELA HARTNETT:** I like a Greggs sausage roll.

**NICK GRIMSHAW:** Twenty-five quid.

**ANGELA HARTNETT:** That's perfect. When he comes over next week that's his supper.

**NICK GRIMSHAW:** Wait, wait, wait. Hang on, I know. I know where these items are from. The high street outside the BBC has a hardware shop and a Greggs.

*[Cutlery sounds]*



**NICK GRIMSHAW:** We are gonna have today, cooked by Angela, a steak and mushroom stroganoff. Now you- Vernon doing double fist pump right now on the podcast. Tell me about meat in your house.

**VERNON KAY:** I'm a big red meat eater. Love a steak, I really do. And it's been a journey really, my love of red meat, because I've got to meet people like Angela and other chefs, and I think meat gets better the more experienced you become from cooking it. And a revelation that I didn't know when I was, I think the day before or the day after you and Angela came into the show, we had Gordon Ramsay on and he was saying four minutes and then let it sit, like two each side -Angela, correct me if I'm wrong.

**ANGELA HARTNETT:** Yeah, no, he's right.

**VERNON KAY:** But just letting it sit is the key to unlocking all the flavour in meat. And since, ever since I learned that, oh my gosh.

**NICK GRIMSHAW:** Yeah you've got- I never, I never used to let it rest.

**VERNON KAY:** Awesome. I know! Because you think, oh, it's gonna be cold.

**NICK GRIMSHAW:** It's gonna be cold.

**ANGELA HARTNETT:** Well, to be fair, that might be a little bit cold.

**NICK GRIMSHAW:** But you've been doing a podcast, to be fair. You know, don't let it rest while you're hosting an entire podcast. Thanks Ange.

**VERNON KAY:** Yeah, thank you Angela. But I think you learn about the different cuts of meat, and I like marbling in my meat.

**NICK GRIMSHAW:** Oh yeah, I like marbling.

**VERNON KAY:** Yeah. I love a bit of that. But I'm not a wagyu fan because to me that feels too fatty.

**NICK GRIMSHAW:** Yeah. I do like a wagyu, when I've been out and had a wagyu. I never thought I liked - and shout out to my mum - I never thought I liked meat at all, but my mom just used to like cook it for about four days. So like she- and she came around, do you know what, she came around to mine recently and I made fish and my mum was, 'That fish won't be done.' I said, 'Angela Hartnett said...' and my mum's like, 'Won't be done.' I said, 'Angela knows how to cook it. You don't.' So I did what you said, and my mum was like, 'Oh, it's perfect that.' Yeah!

**VERNON KAY:** There you go.

**NICK GRIMSHAW:** Because... yeah, you know. But my mum used to always like overcook meat, always, always, and I always never thought I liked it. So, I'm, I'm same as you, I got into it later.

**VERNON KAY:** Can we dive in?

**ANGELA HARTNETT:** You can dive in. Dive in because it is- it has been sitting there a little bit. So it's beef stroganoff.

**VERNON KAY:** Lovely.

**ANGELA HARTNETT:** So, it's roasted beef with a lovely mushroom, onion sauce. Happy? Sauce is nice and hot, meats a little bit chilled.

**VERNON KAY:** Oh, it's mega.

**NICK GRIMSHAW:** Mm, so mega.

**VERNON KAY:** What did you cook the meat in, oil or butter?

**ANGELA HARTNETT:** A little bit of oil and paprika, but I do use butter. When I do a steak, I like to put a little bit of butter.

**NICK GRIMSHAW:** What's the perfect steak prep? Because I used to put oil on the meat.

**VERNON KAY:** Oh, I do that.

**NICK GRIMSHAW:** But when I watch you do it, you put oil in the pan.

**ANGELA HARTNETT:** I put it in the pan, then I put a little bit of butter, caramelise it. Depending on the cut of meat, if it's fatty you don't need to put butter and oil because it's got natural fat. But if it's like a, the fillet, which is very lean, then I'll put butter to make it, keep it nice and moist.

**NICK GRIMSHAW:** Mmm.

**ANGELA HARTNETT:** There you go. But Gordon's right, it's all about letting it rest. You don't have to eat meat every day of the week, but when you do eat it, just buy what the best you can afford 'cause it's gonna make a difference in flavour.

**NICK GRIMSHAW:** I made it last night steak and I did it too long. Did it wrong, it was like leather.

**ANGELA HARTNETT:** Hot pan, not long, and just really quick and easy.

**VERNON KAY:** Every now and again I invite my former American football teammates over. And the first barbecue was a big fail because I bought the meat, and when you are entertaining five or six lads who are massive, you realise that whatever you meat you bought is not enough. So then the second barbecue, I said, listen, you bring your meat, I'll bring the booze. And we're drinking nice wine with copious amounts of beers. It's still cheaper than the meat.

**ANGELA HARTNETT:** Than all the meat, yeah.

**VERNON KAY:** You know what I mean? Like these boys go in, so you just bring meat, I'll do salad and wine. Do you know what I mean? That's it.

**NICK GRIMSHAW:** I love that, like, bring meat, That is such good northern invite, bring meat.

**VERNON KAY:** They come with like, oil barrels full of meat just, and the barbecue's going for like four or five hours, and it's like, lads I'm gonna, this is my second gas bottle. You know what I mean?

**NICK GRIMSHAW:** Come on guys.

**VERNON KAY:** And it's just going away and they're shoving it down and grateful, and you know, we get a bit leery and the paintball guns come out and it gets a bit, you know, a bit rowdy.

**ANGELA HARTNETT:** You loving that football though?

**NICK GRIMSHAW:** Yeah, you love it, don't you?

**VERNON KAY:** Yeah, I like the American football.

**ANGELA HARTNETT:** It's turning into a good thing.

**NICK GRIMSHAW:** How did you first get into American football?

**VERNON KAY:** It was something that was on the telly in the background, like after the Wonder Years with Winnie Cooper and Kevin Arnold.

**NICK GRIMSHAW:** Oh, yeah on a Sunday? Oh, what a tv show.

**ANGELA HARTNETT:** Love the Wonder Years.

**NICK GRIMSHAW:** I used to love Wonder Years. Forgot about that.

**VERNON KAY:** So, I taught myself the rules, got into it, ended up playing for a team in Manchester and then put it to one side when I went to attempt higher education. And then I did a TV show for ITV where we, where we rebuilt our old American football team from the late eighties to play again. So it's a lot of forty-year-old blokes.

**NICK GRIMSHAW:** Amazing.

**VERNON KAY:** We managed to find fifty-four of them. And we made the fit- we started practising with thirty-five, and we did the actual program with six. Because everyone literally fell apart, you know, we had guys blow out their knees, the Achilles was going, ankles were all over the place, couple of concussions. We started with everyone saying, yeah, I could play again but we ended up fielding six, and I was one of them, and then I took it up again and ended up winning two and losing two national championships, at the tender age of thirty-six.

**NICK GRIMSHAW:** Come on.

**ANGELA HARTNETT:** Really?

**VERNON KAY:** Yeah.

**NICK GRIMSHAW:** Wow.

**ANGELA HARTNETT:** And has it become a big thing over here now? I mean, there's a big league and stuff.

**VERNON KAY:** I think it's one of those sports that people will be aware of but don't know about. It will always be that.

**ANGELA HARTNETT:** And what's with a tattoo on the back then? That's all to do with the football as well, tell us about that.

**VERNON KAY:** Yeah, so I had a, I had a tattoo of Eli Manning on my back because I was a guest on his YouTube show, and it's a big show in America. But when they say, oh, we want you to go on as a guest and represent American football fans in the UK, they have no idea that I hosted Splash.

**ANGELA HARTNETT:** Brilliant.

**VERNON KAY:** And so I went on there and I told him that I had a bet with my best friend and the winner would get the cash and the loser would have the face of the winning quarterback tattooed on their back. And he said, well, how did that go for you? And I said, well I'll show you, and revealed his face on me. And it wasn't a real tattoo, but the cool thing was it's made by a tattoo company called Tattooed Now who make fake tattoos for film and television. And they've gotta be on - if you are recording a movie, or let's say Peaky Blinders or whatever, you know, that that tattoo has gotta be on for a minimum of six months. So, they're pretty semi-permanent.

**ANGELA HARTNETT:** God, yeah.

**NICK GRIMSHAW:** So how long was it on your back for?

**VERNON KAY:** Well, it could stay there if you wanted for three months.

**NICK GRIMSHAW:** Do you know what, when I saw all this coming out in the paper, I thought it was real. You know when you like, flick through stuff and like, you, like you're not reading properly, and I was like, I didn't know he liked American football, I was like...

**ANGELA HARTNETT:** I thought it was real.

**VERNON KAY:** Did you?

**ANGELA HARTNETT:** Yeah, I did.

**VERNON KAY:** She would kill me.

**ANGELA HARTNETT:** Yeah, well that- I was amazed.

**VERNON KAY:** Tess would go ballistic.

**NICK GRIMSHAW:** So how did you get it off?

**VERNON KAY:** So, what I did was you, you have to kind of baste yourself pretty much in olive oil to get, like, to let it soak in, because it's like, you put sealant on it so that water can't get in it and lift it off your back, it's mad. It's like creosoting a fence but with a tattoo, it's the same thing.

**ANGELA HARTNETT:** Except it's your back.

**NICK GRIMSHAW:** Yeah, bit of basting.

**VERNON KAY:** Yeah, exactly. So you let the olive oil settle in, and then you start scrubbing basically, so my back's red raw at the moment. I had to get, I had to get rid of it 'cause it was pretty embarrassing.

**NICK GRIMSHAW:** Yeah. Pretty bad, yeah. Would you, you'd never go down that route.

**VERNON KAY:** Well, I think what it's taught me is-

**NICK GRIMSHAW:** It's not no.

**VERNON KAY:** Yeah, it's not a no. What it's taught me is if I was gonna have a tattoo, you could have one made and try it out.

**ANGELA HARTNETT:** Yeah. See if you like it first.

**NICK GRIMSHAW:** I've done that before. Some of these ones on my arms. I have some terrible ones.

**VERNON KAY:** You cover them up.

**NICK GRIMSHAW:** Look at that, that was meant to be an eyeball.

**ANGELA HARTNETT:** Who did that? I mean, it does look like you drew that.

**VERNON KAY:** Was that Tenerife? After Bobby's and Busby's.

[Cooking sounds]

**NICK GRIMSHAW:** But Angela, you were saying you cooked for Vernon and Tess before?

**ANGELA HARTNETT:** Yes, few times actually. We've got a mutual friend, which we are gonna get you onto one of these lovely lunches.

**NICK GRIMSHAW:** Everyone's been to these lunches.

**ANGELA HARTNETT:** You are coming along. You know me and Vern now, so you're in the door. You're in the back door.

**NICK GRIMSHAW:** Okay, I'll be in there. I'll be in there.

**ANGELA HARTNETT:** But yeah, it depends, 'cause there's always a theme. Like there's been ones where there's been Peter Hannan, who's this amazing butcher from Northern Ireland, so it's all about steak. So Tess, who doesn't eat meat, would not necessarily come and Vern's like, it's alright, I'm eating for both of us.

**NICK GRIMSHAW:** I'll have another bit of that.

**ANGELA HARTNETT:** Yeah. And then we've done truffle lunches and stuff, but, but actually Tess has got a great diet. She always looks amazing. She loves fish, loves veg and stuff.

**NICK GRIMSHAW:** Tess makes me want to be healthy.

**VERNON KAY:** Moderation.

**NICK GRIMSHAW:** Do you know what I mean, like, I'm like, she looks healthy.

**VERNON KAY:** But what she does is, which, which I could never do. I like feeling full. And Tess will go, I've had enough, I'm done, you know what I mean? And I'm like, I respect that and I really admire that, whereas I'm like, I've got half a steak, seven chips and a cup full of peas left. I'm carrying on. You know what I mean? And then you walk out like, ugh.

**NICK GRIMSHAW:** And that feeling, no matter how many times it happens, it's a horrible feeling when you're like, ugh, you can't sleep. But then literally the next night you're like, *[eating sounds]*.

**VERNON KAY:** Dribbling on the way home in your Uber because you've eaten so much, you're in a carb coma.

**ANGELA HARTNETT:** No, that's true. No, that's why I was like- because I, Ewan will send me the list and he'll go, I've sat you next to Vernon and I go, oh great. And then I go, oh, bloody, all that means I'm gonna drink. No but it's true, if you sit next to someone who's being moderate you sort of moderate your behaviour a bit. But then I always think, oh it's Vernon, great. We'll have a few, we'll have a few.

**VERNON KAY:** But also the beauty of those lunches is the host, Ewan Venters, would put people together who wouldn't necessarily bump into each other in social circles. So you get a real broad spanning collection of people.

**ANGELA HARTNETT:** He's good at putting a list of people. It's brilliant.

**VERNON KAY:** Yeah, and because the table is so tight, you have- you can't hide. So you have no choice but to chat.

**NICK GRIMSHAW:** Just to have a chat.

**VERNON KAY:** And it's nice to, you know, because the majority of people in there are in the media in some way, shape or form, everyone can talk, but people still find it difficult to start a conversation. So you always revert back to either taxi or barber's chat, you know. 'You alright? Where have you been for summer? What do you doing for your holidays?' It's like, it's the basics, you know what I mean?

**NICK GRIMSHAW:** 'It's nice it's like winter now, isn't it?' Like that sort of stuff.

**VERNON KAY:** Whereas you know, that you're gonna be talking about, oh, what do you think of Renoir's work in eighteen whatever, you know what I mean? You're like, we'll end up there, but I don't know we're gonna get, get there.

**NICK GRIMSHAW:** Do you have the host dinners at your house? You guys, do you ever do dinner parties

**VERNON KAY:** Kind of. I like things like Bonfire Night. Because Bonfire Night is usually chippy night. But I like fireworks.

**ANGELA HARTNETT:** I love fireworks.

**NICK GRIMSHAW:** I love bonfire night.

**VERNON KAY:** I like explosions, so Bonfire Night for me is like, I think Tess would rather lock me up. I spent a fortune.

**NICK GRIMSHAW:** Did you?

**VERNON KAY:** Yeah, I always do on Bonfire Night. But we have, we get a lot of fish and chips in.

**ANGELA HARTNETT:** I'm just going to come and sit outside your house.

**NICK GRIMSHAW:** You're more than welcome.

**ANGELA HARTNETT:** See this display.

**VERNON KAY:** You're more than welcome. Yeah, we have buffet style fish and chips, get a load of fish and chips in, put them on the hot plate. We have a, we have a lazy Susan.

**ANGELA HARTNETT:** Nice.

**VERNON KAY:** But it's a warming lazy Susan.

**NICK GRIMSHAW:** Oh.

**VERNON KAY:** So it spins and warms.

**NICK GRIMSHAW:** Oh, that's a round of applause.

[Applause]

**ANGELA HARTNETT:** This should be a warming lazy Susan. Yes, love that.

**VERNON KAY:** It's perfect, absolutely brilliant. Because those tealight things, they're alright.

**ANGELA HARTNETT:** They don't work.

**NICK GRIMSHAW:** They don't work, yeah. And then what about sauces? Do you have gravy and curry sauce options?

**VERNON KAY:** Yeah, there are options. They're in the pan on the hob. You can have mushy peas if you want. But I like entertaining with no fuss, because as soon as you get into like, posh food.

**ANGELA HARTNETT:** As soon as it becomes, you have to think about it.

**VERNON KAY:** Yes. Oh, thank you.

**ANGELA HARTNETT:** It's an effort.

**VERNON KAY:** That means a lot coming from you.

**ANGELA HARTNETT:** But that's the same as us. We don't, I don't, I like...

**VERNON KAY:** You can make like this.

**ANGELA HARTNETT:** No, no, but we had- but I know, you don't wanna be stressed, I agree.

**VERNON KAY:** No. Especially with like large volumes of people.

**NICK GRIMSHAW:** And fire.

**VERNON KAY:** And fire, and fireworks.

**NICK GRIMSHAW:** Yeah, and fireworks.

**VERNON KAY:** And our friends have got kids, you know, we've got a lot of friends with kids, so, I think it's a case of, are we gonna have people round with or without kids? You know, and people who are listening can relate to that because you're like, is it gonna be one of them- I'm not talking keys in a bowl party! Crikey. Oh gosh, no.

**NICK GRIMSHAW:** Not one of them.

**VERNON KAY:** I mean, like, are we, are the adults gonna get involved, end up on the patio, sat around a fire, not in a fire. You know what I mean?

**NICK GRIMSHAW:** The kids change it, don't they? Because I had a birthday party in the summer, last summer. And I was like, don't bring your kids, because it's just annoying, isn't it? And then- and I was like, it's just annoying.

**VERNON KAY:** Because they're surplus to requirements.

**NICK GRIMSHAW:** And then people like, brought 'em. And we were like, oh, bloody hell.

**VERNON KAY:** Cause of the way that you've done your house Nick, are you, are you precious of kids ruining stuff? Sofas and rugs.



**NICK GRIMSHAW:** No, it's just more their energy.

**VERNON KAY:** I get it, I'm there.

**NICK GRIMSHAW:** You know.

**VERNON KAY:** Yeah, I get it.

*[Cutlery sounds]*

**ANGELA HARTNETT:** So what now? TV, radio, do you prefer either or?

**VERNON KAY:** Oh, that's a mad question.

**ANGELA HARTNETT:** And I'm not saying- I think you're brilliant at both, honestly, you are great. You're a natural entertainer, Vernon, you are.

**VERNON KAY:** Oh, you know, it's easy to talk, isn't it? Like, we just talk for a living. But I think, I think when you say radio or tv, it's a really difficult question to answer, because I want more of both.

**ANGELA HARTNETT:** Yes.

**VERNON KAY:** And I don't wanna put one in the shade.

**NICK GRIMSHAW:** Fair enough.

**VERNON KAY:** But no, I think with, with radio, you are the narrator. Because you can listen to the radio wherever you are, whatever you are doing the radio can be on in the background and I, I've always wanted to do an item where we get a listener to go into Halfords and put all the radios on whatever station we were on, do you know what I mean? And just speak to the Halfords, 'Hello!'

**NICK GRIMSHAW:** Halfords Radio.

**VERNON KAY:** Yeah, exactly. But then with television, you've got to be static and you've got have a remote in your hand, and when you are making telly you've got to stop that person from changing channel. So I think that telly will change in the way that we consume media is changing, that we want things quick and fast and, and you know, thirty seconds, forty max. Like T4 links, really, that's what we're going back to. Yeah, I like both, I like the fact that on telly I get a free suit.

**ANGELA HARTNETT:** Yeah.

**VERNON KAY:** Do you know what I mean?

**NICK GRIMSHAW:** And like, someone does your hair, and you're like, oh, I look quite nice.

**VERNON KAY:** Whereas radio you can walk up, dog rough.

**ANGELA HARTNETT:** You can go in with a hangover, you're laughing, yeah. Looking rough.

**VERNON KAY:** 'Oh he sounded great this morning.' You should have seen me.

**NICK GRIMSHAW:** Also, I like that radio can just be like derailed by anything. Do you know what I mean? Like one text in about a cat or something, that's the show then.

**VERNON KAY:** Absolutely.

**NICK GRIMSHAW:** You know?

**VERNON KAY:** Yeah. It's so organic, as they say.

**NICK GRIMSHAW:** I like that feeling. I like the feeling, I was listening to you a while back and you were talking about the parking awards, and I was obsessed with how silly that was, like on Radio 2 in the morning, it was a conversation about the awards for car parks.

**VERNON KAY:** Car parks.

**NICK GRIMSHAW:** And I love that.

**ANGELA HARTNETT:** You are going everywhere. You're in everyone's morning when they wake up.

**VERNON KAY:** It's like, it's weird because you are part of broadcasting history. When you are affiliated with those big brands, you know, I you're your stint there will go down as, Nick Grimshaw hosted the Breakfast Show, which is an amazing, you know what I mean, an amazing inning, and you are there, you are, you are now in the history of radio.

**NICK GRIMSHAW:** It's funny 'cause people I think, still think you work there. If you've worked at Radio 1, people like think you work there forever. Like someone messaged me yesterday being like, I'm studying media studies at university, and I really want to come and shadow you at Radio 1. I was like, I don't work there. Good luck with the degree.

**VERNON KAY:** I haven't been there for a while. Might want to give it a Google.

**ANGELA HARTNETT:** Bless them.

**VERNON KAY:** Yeah, it's- and it's funny, it's funny when people walk past you and go, 'Can't wait to see you on Family Fortunes on Saturday!' I assume you're watching Challenge, I haven't hosted it for seven years, there's a chef doing it now.

**NICK GRIMSHAW:** But you have done Vernon actually, like major iconic TV shows, haven't you, that the whole- and that's what I love about Radio 1 and Radio 2, it feels like everyone's listening, like Family Fortunes feels like everyone's watching, and like I'm A Celebrity, I like these sort of like universal shows. That feeling.

**VERNON KAY:** I'm A Celebrity was bonkers though.

**NICK GRIMSHAW:** Yeah.

**VERNON KAY:** That was nuts. Like to be a part of that and not have the responsibility of kind of holding the reins.

**ANGELA HARTNETT:** Hosting the show.

**VERNON KAY:** And Ant and Dec do a great job and watching them work is amazing. But because we all kind of know Ant and Dec, and when you go and do a challenge or a task or whatever it is- and I'm memoing now to, to Angela and Nick – they're kind of just like, 'Oh is everything okay?' [*Mouthing words*] 'Absolutely fabulous.' I'm like, okay, 'Show going well?' [*Mouthing words*] 'Brilliant ratings', and they can't say anything, but they try and give you enough to make you feel relaxed and like, it's a really weird experience 'cause you're not in control, there's no point trying to think about what's coming and you just gotta let it come at you and enjoy it, and I have, I'm honest, I'm not lying, I had the best time. Cause I had five weeks away from nothing, I did nothing for five weeks. I had two weeks in isolation 'cause it was prime Covid, and I'm in this farmhouse in Anglesea in the middle of nowhere, the most beautiful, beautiful place to wake up where you could leave the window open and it would still be deathly silent. Do you know what I mean? And I think it's that, when you live either in or just on the outskirts of a city, it's that peace and tranquillity that you really hunger for.

**ANGELA HARTNETT:** And also a life like you, you know, you're from TV to radio, you know you're busy, you know, you're not just sat at home.

**VERNON KAY:** And just to shut down

**NICK GRIMSHAW:** And who were you in the house with, like, on your own?

**VERNON KAY:** On my own.

**ANGELA HARTNETT:** Isolation.

**VERNON KAY:** I was on my own. And they said, right, you can either have one of those prep menu things where they bring your food with instructions and you could cook it, I said, no, no. I want raw ingredients. ]

**ANGELA HARTNETT:** Fantastic.

**VERNON KAY:** I said, I want meat, I want fish, I want veg, I want carbs, I want protein, I want this, that, and the other. And I cooked it all myself, but I came up with my own routine, so I would have a lie in, I'd get up at eleven.

**NICK GRIMSHAW:** Ooh, that's nice.

**VERNON KAY:** I know. Go for a run. Go for a run, come in, then have breakfast, you know, with like a little bit of steak or a little, you know, some chicken or protein, some carbs, and then get on the Xbox, I'm half an hour doing that. Then go, maybe just go for a walk, I took my golf clubs and the farmer would say, oh, you can- I've just mowed that lower field so you could take your golf clubs down there. I was there with my golf clubs, go for a run, cook. So, I was doing, it was, it was mad, it was like- there was none of, 'Have you polished the kids' shoes?' You know what I mean?

**NICK GRIMSHAW:** None of that.

**VERNON KAY:** And it was really nice. 'Have you steamed the uniform?' Like, steamed? I iron. But it, it was nice to have two weeks off life.

**NICK GRIMSHAW:** Yeah, I bet.

**VERNON KAY:** It was crazy. And Shane Richie, I knew Shane Richie was doing it, so I said to him before and I said, look, they're gonna take all our stuff off us, your laptop, your phone, and I said, take a burner and then we can keep in touch. So we both had these like manky burner phones.

**ANGELA HARTNETT:** Did you?

**VERNON KAY:** Yeah.

**ANGELA HARTNETT:** It's like The Wire.

**VERNON KAY:** Yeah, it was like The Wire. But we kind of kept in communication up to the very last day. This is quite a revelation, they're probably ticking off, but you just- having five days of no communication, I need to speak to the kids.

**ANGELA HARTNETT:** Yeah, of course.

**VERNON KAY:** I need to speak to Tess and make sure that everything's all right, and that not only me, but they are prepared for what's about to happen, you know, because it's a big thing being in I'm A Celeb.

**ANGELA HARTNETT:** And they're seeing it, you know, you lost loads of weight.

**VERNON KAY:** Oh, two and a half stone.

**NICK GRIMSHAW:** But you know what? Scarlet Moffatt came on it and she said it is so much worse than on telly.

**ANGELA HARTNETT:** She said, yeah, they don't show you half of it.

**NICK GRIMSHAW:** She said it was so much worse than what you see on the telly, I was like, it can't be worse! She was like, it is.

**VERNON KAY:** Well, I dunno. Like, because you know you're gonna get treated badly. You know you're gonna have bad food.

**ANGELA HARTNETT:** Yeah, you know what you're going into.

**VERNON KAY:** The rice and the beans block you up, so therefore you've gotta take laxative if you choose to do so. Or some people it does what it did to Shane, you know, 'cause he was chugging all kinds of processed, like blended stuff, guts and fish guts.

**NICK GRIMSHAW:** I think about that, does it not make you just puke?

**VERNON KAY:** I did two deer's testicles, right.

**ANGELA HARTNETT:** Were they cooked or raw?

**VERNON KAY:** They boil them, I think.

**ANGELA HARTNETT:** Right, okay.

**VERNON KAY:** They boil them. So what happens is, 'cause they've boiled them, they're obviously full of fluid right. So, I'm not gonna go into the technicalities- 'cause this is a family podcast, sponsored by Waitrose. First one, I put him in my mouth and I'm like, okay, so I put my teeth into it and it felt like I was biting into a squash ball. Quite rubbery, quite tough. So, I went a little bit further and it popped, right? So I've got all this liquid coming down my chin. So then I'm thinking, oh my gosh, I've just turned into a meme. You know what I mean?

**NICK GRIMSHAW:** Like that is it.

**VERNON KAY:** Like, I am done. Yeah. I look like something from a specialist movie, I look like a wedding cake. Do you know what I mean? Because if you think what a testicle is and you buy it into it and it pops and you've got liquid running down your face...

**NICK GRIMSHAW:** Yes.

**ANGELA HARTNETT:** That's disgusting.

**NICK GRIMSHAW:** That's rough. We'll have to see if Waitrose will stock them.

**ANGELA HARTNETT:** They could sponsor by Vernon Kay, I feel. Beautiful.

**VERNON KAY:** Oh, it's disgusting.

**NICK GRIMSHAW:** Let's do it. Well, Vernon, thanks for joining us.

**ANGELA HARTNETT:** Amazing.

**VERNON KAY:** Oh, I loved it.

**NICK GRIMSHAW:** And it was so much fun. Thank you for our stunning gifts of a spirit level.

**ANGELA HARTNETT:** Yes, I know.

**VERNON KAY:** Oh no, not just a spirit level.

**ANGELA HARTNETT:** Yeah.

**VERNON KAY:** Picture hanging set.

**NICK GRIMSHAW:** Picture hanging set with a travel one.

**ANGELA HARTNETT:** And I'm taking you for dinner.

**NICK GRIMSHAW:** Yeah. Thank you, can't wait. Vernon Kay, everybody.

[Applause]

**VERNON KAY:** Oh, thank you. You guys are awesome. Love you two.

**NICK GRIMSHAW:** That was really fun.

**ANGELA HARTNETT:** Loads of fun.

**NICK GRIMSHAW:** Very funny.

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