

## **Andi and Miquita Oliver, sweet & sour pork belly and a viognier**

**NICK GRIMSHAW:** Our podcast might contain some mild swearing or adult themes.

**NICK GRIMSHAW:** Helloooo and welcome to Dish from Waitrose. I'm Nick Grimshaw.

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

**NICK GRIMSHAW:** How are you Ange?

**ANGELA HARTNETT:** I'm very well, thanks. And your good self?

**NICK GRIMSHAW:** Yeah, I'm very good, very happy that we have a duo that we both know separately and love.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** They're good craic, really good craic. So today, Miquita Oliver and Andi Oliver with us on Dish. Both great. It's not gonna be a quiet episode, I feel.

**ANGELA HARTNETT:** No, I imagine.

**NICK GRIMSHAW:** No. By the way, I've been really trying to do- I don't if you've seen me documenting this on Instagram, do crispy skin on my fish.

**ANGELA HARTNETT:** Oh.

**NICK GRIMSHAW:** And I can't nail it. And I've been doing dead hot pan.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Butter.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Bit of oil.

**ANGELA HARTNETT:** I don't think you need the butter.

**NICK GRIMSHAW:** Oh, do you not?

**ANGELA HARTNETT:** No, I think that's maybe why not.

**NICK GRIMSHAW:** Oh.

**ANGELA HARTNETT:** I would just do the oil.

**NICK GRIMSHAW:** And I've been putting the fish skin side down, don't touch it.

**ANGELA HARTNETT:** Score it?

**NICK GRIMSHAW:** I'd not been scoring it.

**ANGELA HARTNETT:** See-

**NICK GRIMSHAW:** Not been scoring it!

**ANGELA HARTNETT:** -I'm telling you what to do, you're not listening.

**NICK GRIMSHAW:** Anyway. Scored it, you won't believe what happened.

**ANGELA HARTNETT:** Go on.

**NICK GRIMSHAW:** Crispy skin.

**ANGELA HARTNETT:** Yeah, there you go.

**NICK GRIMSHAW:** I'd missed that. So, no butter.

**ANGELA HARTNETT:** No, you can do the butter for flavour, but I think oil's the best thing for cooking.

**NICK GRIMSHAW:** Yeah, that's the one. That's all you've got to do. The crispy skin is slaps, it was amazing.

**ANGELA HARTNETT:** Well, there you go you see.

**NICK GRIMSHAW:** It was so good.

**ANGELA HARTNETT:** Love it.

**NICK GRIMSHAW:** So yeah, I knew I wasn't really listening.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Emily's been on. She says, 'Hi Dish. I just wanted to thank you for giving me and the other commuters a giggle on my bus to work the other day. Whilst listening to Angela answer a question about pork crackling, I forgot for a moment that it was on the bus and I thought I was also around the table at Dish HQ, and so just blurted out loud, 'Oh, so you don't need to sear the crackling in a pan.' Then realised what I'd said, looked round and saw people looking back at me on the bus, and then to explain as to why I just asked a question about pork crackling to a very quiet bus. Thanks a lot, Emily.'

**ANGELA HARTNETT:** They're really sharing their life with us now, aren't they?

**NICK GRIMSHAW:** Really are. I love that though, I've been on the bus and someone's tapped me on my shoulder and shown me the podcast that they were listening to and they were listening to Dish.

**ANGELA HARTNETT:** Oh, that's very sweet.

**NICK GRIMSHAW:** We're big on buses. Also, last Sunday I was at the flower market with my mum.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** And I was walking down the flower market and someone turned their phone around and were like, 'I'm like listening to you.'

**ANGELA HARTNETT:** Aw.

**NICK GRIMSHAW:** Yeah, love that. Emily's ends this by saying, 'I'm still listening to the podcast, just maybe not on the bus or a train or a plane, and we are having pork on Sunday 'cause I keep thinking about it.'

You're an inspiration. If you do wanna email us with whatever you want, you can. Dish@waitrose.co.uk is our email address.

Right, should we get Andi and Miquita in?

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** Yeahhhh

**ANGELA HARTNETT:** Let's go.

*[Dinner table sounds]*

**NICK GRIMSHAW:** Let's welcome our guests, Angela.

**ANGELA HARTNETT:** Indeed.

**NICK GRIMSHAW:** Beyonce and Blue Ivy. Goldie Hawn and Kate Hudson. Kat and Zoe Slater. Some mother-daughter duos are quite simply iconic.

**ANGELA HARTNETT:** Iconic.

**NICK GRIMSHAW:** And today we welcome another. Andi and Miquita Oliver, everybody!

*[Applause]*

**MIQUITA OLIVER:** I did say, I want to hear the intro.

**NICK GRIMSHAW:** I added Kat and Zoe myself.

**ANDI OLIVER:** I once tried to go as Kat Slater to a- when we had the pub, to a fancy dressing, but I realised that I couldn't find anything more tarty than the clothes I had in my cupboard already. I was like, this is rubbish, I just need to go home and get some stuff out the cupboard.

**MIQUITA OLIVER:** Incredible company though, incredible- Goldie Hawn?

**NICK GRIMSHAW:** Goldie Hawn, that's a good one.

**MIQUITA OLIVER:** That's a good one.

**NICK GRIMSHAW:** Yeah, that's a good one.

**ANDI OLIVER:** I'll go with Goldie, I mean...

**NICK GRIMSHAW:** Well, welcome guys.

**ANDI OLIVER:** Hello.

**MIQUITA OLIVER:** This is so posh. And the menu, and the-

**NICK GRIMSHAW:** The menu, we do have a menu. Yes.

**MIQUITA OLIVER:** I guess this is what podcasts are.

**NICK GRIMSHAW:** If we're honest, we do have the menu because me and Angela forget what we've made.

**ANGELA HARTNETT:** I forget.

**ANDI OLIVER:** Did you just say what we've made? Do you get in there as well?

**NICK GRIMSHAW:** No, no, no, no, no.

**ANGELA HARTNETT:** Thank you for bringing that up.

**NICK GRIMSHAW:** I meant we as a-

**ANDI OLIVER:** Do you actually not touch it?

**ANGELA HARTNETT:** I was waiting for that one. We?

**ANDI OLIVER:** It's like?

**ANGELA HARTNETT:** When did you help?

**NICK GRIMSHAW:** No. I sometimes make a cocktail.

**ANGELA HARTNETT:** Oh, you do.

**MIQUITA OLIVER:** Oh yeah. Right. That's my contribution when we do our thing.

**NICK GRIMSHAW:** Andi, would you like it if Miquita helped you cook?

**ANDI OLIVER:** Not really.

**NICK GRIMSHAW:** Angela, would you like it if I helped you cook?

**ANGELA HARTNETT:** No, but I'd like you to help...

**NICK GRIMSHAW:** Right.

*[Cooking sounds]*

**NICK GRIMSHAW:** For everyone in listening to this that, we do do this in real life.

**ANGELA HARTNETT:** So have we all had dinner at the same time?

**NICK GRIMSHAW:** Yeah, us four? Course we have. We went to Black Axe Mangal..

**ANDI OLIVER:** Were you there?

**MIQUITA OLIVER:** Yes. Mum and Angela got pissed that night.

**ANGELA HARTNETT:** He wasn't drinking.

**NICK GRIMSHAW:** I wasn't drinking, and Angela and Andi were thirsty. 'Were you there?'

**ANDI OLIVER:** I wasn't that thirsty.

**MIQUITA OLIVER:** But you were dead to mum. You're not drinking, you're leaving early.

**NICK GRIMSHAW:** He's not drinking so I'm gonna cut him out.

**ANDI OLIVER:** You were very thirsty.

**ANGELA HARTNETT:** I was very thirsty

**ANDI OLIVER:** And very sing-y.

**MIQUITA OLIVER:** There's actually so many singular relationships around the table, obviously me and Grimmy nearly twenty years, and then you and Angela have known each other for ages. I mean, there's deepness here.

**ANGELA HARTNETT:** Aw.

**NICK GRIMSHAW:** Yes, there's deepness.

**ANDI OLIVER:** There's deepness and different criss-crossing.

**MIQUITA OLIVER:** Yes.

**NICK GRIMSHAW:** Yes. So how did you guys meet? How did you, Andi, meet Angela?

**ANGELA HARTNETT:** I think TV, working together.

**ANDI OLIVER:** Great GBM, then?

**ANGELA HARTNETT:** Yeah, probably GBM.

**ANDI OLIVER:** Great British Menu. Actually I did- I think I met you somewhere else once, you know.

**ANGELA HARTNETT:** I think we've met her around the food scene.

**ANDI OLIVER:** Yeah, somewhere.

**NICK GRIMSHAW:** The food scene?

**ANDI OLIVER:** Yes, somewhere.

**ANGELA HARTNETT:** Mutual friends.

**ANDI OLIVER:** But like properly, was at GBM and when I first started there, basically.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Yeah.

**ANDI OLIVER:** Which was a little while ago now.

**ANGELA HARTNETT:** Yeah.

**ANDI OLIVER:** I can't believe how quickly it's gone.

**MIQUITA OLIVER:** Maybe six years, seven years.

**ANDI OLIVER:** Maybe seven, maybe seven years or something like that.

**ANGELA HARTNETT:** And then you're ruling it. I love it. We do have fun when we do it, I have to say.

**ANDI OLIVER:** I love it. It's one of my favourite weeks when Angela comes in.

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

**ANDI OLIVER:** Because she goes, right- so it's Wednesday, which is, we call it snow day 'cause you get out a little bit early on a Wednesday 'cause dessert day we normally get out at two. Angela's like, half twelve, er, let's wrap this up then, shall we?

**NICK GRIMSHAW:** That is so Ange.

**ANDI OLIVER:** She's literally like, [*whipcrack sound*]

**NICK GRIMSHAW:** Let's go!

**ANDI OLIVER:** Let's move this along.

**NICK GRIMSHAW:** Let's get this going.

**MIQUITA OLIVER:** Is that the chef in you?



**ANGELA HARTNETT:** Well, it's partly also, I don't like the faffing and partly, I'm always very badly, as you all know, diary organised. Like there's one time last year I turned up and I said, yeah, you know, I've gotta get back to London on Wednesday. And they looked at me and they go, you know you're filming Thursday?

**ANDI OLIVER:** Yeah, you're here all week. She's like, oh, it's four days?

**ANGELA HARTNETT:** I've literally-

**ANDI OLIVER:** Yes, it's always been four days Angela. It's been four days since you started. And she's going, oh, because, you know, I'm cooking for the King tomorrow. Something like that. It's never anything small.

**NICK GRIMSHAW:** No, it's always something maje.

**ANDI OLIVER:** It's, I'm launching something in Lausanne tomorrow and God is flying in for a soufflé and you kind of go, okay, that does sound like you might need to be there.

**ANGELA HARTNETT:** Yeah well we have fun, 'cause I always start on the Monday going, right, what time do you wanna be out, Andi?

**MIQUITA OLIVER:** But that's actually, I think that's why you two love working together, because my mum's the same. My mum's like, I can do it in twenty minutes. Let's just get it done.

**ANDI OLIVER:** Let's just crack on.

**MIQUITA OLIVER:** And I think-

**ANDI OLIVER:** Also, on a serious note.

**ANGELA HARTNETT:** Yeah.

**ANDI OLIVER:** Because I love the way you talk about food.

**ANGELA HARTNETT:** Yeah.

**ANDI OLIVER:** We have a very similar approach to our forensic analysis of the food, I would say. We're quite quick about it. We care about people, so we're kind, but we're harsh.

**ANGELA HARTNETT:** Yeah.

**ANDI OLIVER:** Harsh but fair. Do you know what I mean? No one's there to mollycoddled, nobody wants a favour. Nobody wants to get through at Great British Menu because we've been nice to them.

**NICK GRIMSHAW:** No.

**ANGELA HARTNETT:** Yeah.

**ANDI OLIVER:** They wanna get through 'cause they've triumphed and been brilliant and done the best that they possibly could.

**ANGELA HARTNETT:** You know, like these young guys and girls, they come in and they've really, you know, practised and practised and they've got some skills that are way beyond me, you know, what they're doing with stuff. And I'm always the one going, how'd you do that? And they look at me as if I should know everything.

**ANDI OLIVER:** Right.

**ANGELA HARTNETT:** And who was it- from Tommy Banks' place in Yorkshire, it was Will, made this beautiful like gingerbread, what they call parkin loaf.

**NICK GRIMSHAW:** Oh, I love parkin.

**ANGELA HARTNETT:** Goodness. It was so good.

**ANDI OLIVER:** It was his grandma's parkin recipe.

**MIQUITA OLIVER:** What's parkin?

**NICK GRIMSHAW:** Parkin's like treacle-y ginger cakey bread.

**ANGELA HARTNETT:** It's like gingerbread.

**ANDI OLIVER:** Parkin is like a ginger, cakey thing.

**NICK GRIMSHAW:** Oh, so good.

**ANGELA HARTNETT:** And I literally, every time they were like, where's Angela, I was in the kitchen taking another slice - going Andi, here's another bit of that parkin, we must have eaten half the loaf.

**ANDI OLIVER:** What's an amoeba ... We're in the back going, what's a blah-de-blah, because sometimes they bring in all these like fancy, very newfangled situations, that neither of us have been heard of, do you know what I mean? It's like, what is that?

**NICK GRIMSHAW:** What is that? It's quite experimental, Great British Menu, isn't it? Like the food that you see and the placement, it's always-

**ANDI OLIVER:** It can be.

**NICK GRIMSHAW:** It's never boring.

**ANDI OLIVER:** The thing is, when it's brilliant is when there's a mixture of innovation and really classic skill-

**ANGELA HARTNETT:** Yeah.

**ANDI OLIVER:** -skill set, and a personality.

**NICK GRIMSHAW:** Yeah.

**ANDI OLIVER:** And when those three things come together, like Spencer Metzger or somebody brilliant like that, you know, then- or Kim Ratcharoen, who I loved, I love Kim Ratcharoen, that's when it's magical and that's when it's really exciting for us. Like this year we had a brilliant time, didn't we?

**ANGELA HARTNETT:** Brilliant, yeah.

**ANDI OLIVER:** It was amazing.

**NICK GRIMSHAW:** And how much are you eating in a day?

**ANGELA HARTNETT:** You have- well you have everything you're served.

**NICK GRIMSHAW:** Oh God, yum.

**ANGELA HARTNETT:** Yeah.

**ANDI OLIVER:** It's a lot.

**ANGELA HARTNETT:** If you do- it's always the big day when you do two, isn't it? Fish and-

**ANDI OLIVER:** Big day is when- well, big day is like finals week.

**NICK GRIMSHAW:** Yeah, right.

**ANDI OLIVER:** Because then you have eight of everything.

**NICK GRIMSHAW:** Eight, wow.

**MIQUITA OLIVER:** But my mum doesn't have a sweet tooth per se. So actually she's cool all series until finals day when it's desserts all day, she's uuughh.

**NICK GRIMSHAW:** Uuughh.

**MIQUITA OLIVER:** I'm sick of desserts.

**ANDI OLIVER:** So much sugar.

**NICK GRIMSHAW:** Do you let the chefs know like, hey, I don't like desserts but bring 'em on!

**ANDI OLIVER:** No, no. I remember Matthew Fort saying something like, 'Darling, darling, it's just so much sugar. I long for something savoury like a sausage.' I said, I know Matthew, I feel your pain.

**NICK GRIMSHAW:** Maybe you need a little buffer in between each sweet.

**ANDI OLIVER:** You need a sort of chipolata.

**MIQUITA OLIVER:** a sausage in between the desserts.

**NICK GRIMSHAW:** So you guys met on the food scene.

**ANGELA HARTNETT:** Yeah. And you two-

**MIQUITA OLIVER:** On the youth scene.

**NICK GRIMSHAW:** Youth scene. We met on the rave scene. No.

**ANGELA HARTNETT:** The rave scene.

**MIQUITA OLIVER:** The scene of being young.

**NICK GRIMSHAW:** No, we met when we were, oh, in fact, it was 20 years ago.

**MIQUITA OLIVER:** Yeah, it was a bus, T4 on the beach in Weston-super-Mare. Grimmy got on our bus and-

**NICK GRIMSHAW:** I didn't work at T4.

**MIQUITA OLIVER:** No, no one knew him.

**ANDI OLIVER:** Oh, you didn't?

**MIQUITA OLIVER:** No. Got on like the work bus back to London and after about an hour everyone was like, does anyone-

**NICK GRIMSHAW:** Didn't live in London either.

**MIQUITA OLIVER:** Where were you going?

**ANGELA HARTNETT:** So how did you- why did you get on this bus?

**NICK GRIMSHAW:** I was, let's face it, paralytic. I was nineteen.

**MIQUITA OLIVER:** Paralytic and ambitious.

**NICK GRIMSHAW:** And ambitious.

**ANGELA HARTNETT:** Right.

**NICK GRIMSHAW:** Yeah.

**MIQUITA OLIVER:** And I think Grimmy's always been able to sniff out where he is meant to be, and he was meant to be on that bus that day.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Yeah.

**MIQUITA OLIVER:** And then literally, I mean, we were colleagues for about-

**NICK GRIMSHAW:** We had a nice time, but I feel like everyone on that bus hates me.

**MIQUITA OLIVER:** No, Richard Cook was like, we should get him an audition. I was like, absolutely.

**NICK GRIMSHAW:** No he was not, really?

**MIQUITA OLIVER:** Yes, yes, yes, yes, yes. That started the trajectory to your television career, that bus.

**NICK GRIMSHAW:** Wow.

**ANDI OLIVER:** Paralytic on a bus you weren't invited on. Like it.

**ANGELA HARTNETT:** Well done.

**NICK GRIMSHAW:** That's the way to do it, if you're listening and you want career advice. Get drunk on a bus.

**MIQUITA OLIVER:** Get drunk on a bus.

**NICK GRIMSHAW:** And speaking of being drunk on a bus, would you like a glass of wine? Because we were like, um-ing and ah-ing – Keets and I have not had a drink together this year.

**MIQUITA OLIVER:** It'd be lovely now the sun's out.

**NICK GRIMSHAW:** Don't you think? When the sun's out.

**ANDI OLIVER:** A small one.

*[Drink pouring sounds]*

**NICK GRIMSHAW:** So the wine we're having today is a white wine made from grapes from southern France with a floral nose, which we like, and then a soft and fruity palate with peach and sort of apricot notes, which weirdly is a wine that when I wasn't drinking, you brought around to my house that I never got to drink.

**MIQUITA OLIVER:** Exactly. That's weird. It was apricot-y.

**NICK GRIMSHAW:** And this is gonna be really great with our main, which Ang is currently whipping up.

**ANDI OLIVER:** Do you know, I think one of the things that people find difficult about wine, it's all the bump people chat about wine. It's-

**NICK GRIMSHAW:** I just want the flavours - like peach and apricot.

**ANDI OLIVER:** Yes. But sometimes they go flowers, sometimes they go, tobacco and a whisper of summertime.

**MIQUITA OLIVER:** No, but I like-

**ANDI OLIVER:** At the Pennines. And you just think, what? What?

**MIQUITA OLIVER:** But from when I was doing that wine podcast, I know- people like more from their wine than just drinking it. Like they want a whole experience with wine like the history, a narrative.

**ANDI OLIVER:** You had a whole-

**MIQUITA OLIVER:** I did the Times Wine, Wine Times, Will Lyons from the Sunday Times and he knows everything about wine, so it was really lovely and every episode I learned so much, but I can't remember any of it!

**NICK GRIMSHAW:** It's a lot of information, it's like learning a new language.

**MIQUITA OLIVER:** Will was telling me about days where he's like tasting sixty wines and he'd just be...

**NICK GRIMSHAW:** I got days to tell him about that too. It's called summer, Will.

**ANDI OLIVER:** It's called, it's called my twenties. I did that job. I did that job. I had that job.

**NICK GRIMSHAW:** Hey, I did that.

**ANDI OLIVER:** I must be a wine expert. I've done that.

**MIQUITA OLIVER:** But yeah, I learned a lot and it was nice to kind of like, at the time be soaking it all in.

**NICK GRIMSHAW:** Do you now like a shortcut? Cause when I wanna order wine and I know what I like and what I don't like, and I think that's pretty good enough. Do you know when you're going into like a wine shop or to dinner, like what to ask for? What's a good thing if anyone's listening?

**ANDI OLIVER:** No, I don't.

**MIQUITA OLIVER:** Yeah, we do now, we know we like a syrah.

**ANDI OLIVER:** A Syrah, we do, yes.

**MIQUITA OLIVER:** You've got quite a penchant for Chateauneuf-du-Pape as well.

**ANDI OLIVER:** I like a Fleurie.

**MIQUITA OLIVER:** Yeah.

**NICK GRIMSHAW:** Yes. And I also think when you are somewhere say, I kind of like a Sancerre, do you have that? Or if not, what's like that?



**MIQUITA OLIVER:** Yeah, what's like that? Do you know what in wine-

**NICK GRIMSHAW:** You just need a jump off point.

**MIQUITA OLIVER:** -you have to also not be afraid to ask questions.

**NICK GRIMSHAW:** Yeah.

**MIQUITA OLIVER:** You can say like, I don't really know much, but I know I like this and these tastes. I think there's a lot of snobbery within wine.

**ANDI OLIVER:** I don't like it too oaky.

**NICK GRIMSHAW:** Not too oaky.

**ANDI OLIVER:** No.

*[Cutlery sounds]*

**MIQUITA OLIVER:** God, this looks, so,

**NICK GRIMSHAW:** Really so good.

**ANDI OLIVER:** So what have we got, Angela?

**ANGELA HARTNETT:** So, we've got braised sweet and sour pork belly with mange tout, sugar snap peas and tenderstem broccoli. I know Andi's a big lover of pork, aren't you?

**ANDI OLIVER:** Yes.

**ANGELA HARTNETT:** And then it's all these lovely different spices that we reduce down with our pork belly, and basically you reduce it down to this light stock and then add your pork belly and then slow cook it in the oven for about two hours. So, yeah, and then we've just, in that pan, same pan where we've caramelised up the pork belly, we've then added our broccoli back in, our sugar snaps and then we've served rice on the side and a little bit of lime juice and some extra chilli.

**NICK GRIMSHAW:** Mm.

**ANDI OLIVER:** That is banging.

**ANGELA HARTNETT:** Is that alright?

**ANDI OLIVER:** That's my professional opinion.

**ANGELA HARTNETT:** Banging, I like that.

**NICK GRIMSHAW:** Absolutely. How is it cooking pork belly? I don't think I've ever cooked pork belly.

**ANDI OLIVER:** Pork belly's cool, it does it all its own work 'cause it's got lovely fat on it, so it emulsifies itself, it makes a lovely ju- all the juices and gorgeous things that come off it, gravy. It's really easy to cook.

**NICK GRIMSHAW:** Oh really?

**ANGELA HARTNETT:** Just buy good pork belly.

**NICK GRIMSHAW:** So you think if you go into Waitrose and go to like the meat counter, and go, how do you know what's a good bit?

**ANGELA HARTNETT:** What, a good bit of the pork belly or a good bit of pork?

**NICK GRIMSHAW:** A good bit of pork belly.

**ANGELA HARTNETT:** I think the thing is with Waitrose is, to be honest, they have a great welfare policy about their pork, and I think you would agree with me, pork used to have a really rough name in this country, and everyone was slightly obsessed - you had to cook it within an inch of its life, but our welfare standards are so good now, that our pork is, I honestly think it's the best in the world.

**ANDI OLIVER:** It's delicious - it's really, really good.

**MIQUITA OLIVER:** So have you been cooking a lot more since you started the Dish?

**NICK GRIMSHAW:** Mm. Who just made that guffaw and spit out noise? No, I definitely have, I definitely have. I was kind of always a bit like,

I don't know, too stressy about cooking. Miquita actually, you encouraged me a lot to cook and to experiment and stuff. Because you do that really good broth that I love.

**MIQUITA OLIVER:** Oh yeah.

**NICK GRIMSHAW:** And then when you start that at my house, it can go in any direction.

**MIQUITA OLIVER:** Yep.

**NICK GRIMSHAW:** So we could do like a chicken soup, it could be like a broth with a nice bit of fish.

**MIQUITA OLIVER:** Fish on top, he likes that.

**NICK GRIMSHAW:** And you're really good with a garnish.

**MIQUITA OLIVER:** Yeah, I love a garnish.

**NICK GRIMSHAW:** So I think the combo of you and Angela. Definite life-changing, game-changing.

**ANDI OLIVER:** That's good.

**MIQUITA OLIVER:** Wow. Oh my God.

**ANGELA HARTNETT:** Take that, take that.

**MIQUITA OLIVER:** Oh my God.

**NICK GRIMSHAW:** True story. Cause we love that, and your daal I love.

**MIQUITA OLIVER:** Oh yeah, I mean-

**ANDI OLIVER:** She makes a mean daal.

**NICK GRIMSHAW:** Really good.

**MIQUITA OLIVER:** But that's Neneh Cherry daal.

**ANDI OLIVER:** Is that Neneh's daal.

**NICK GRIMSHAW:** But Angela, yeah, is just like, it's only a bit of food, isn't it?

**MIQUITA OLIVER:** Yeah. Approach. Approach.

**ANDI OLIVER:** That's, I always say, it's just dinner. Just dinner, everybody relax and just make something delicious. I'm always saying go for something delicious, not something impressive.

**ANGELA HARTNETT:** Exactly.

*[Cooking sounds]*

**NICK GRIMSHAW:** Gotta talk about your book, Andi.

**ANGELA HARTNETT:** So, *The Pepperpot Diaries: Stories from My Caribbean Table*. Why pepperpot? Tell us - what's that about?

**ANDI OLIVER:** So pepperpot's the national dish of Antigua, which is where our family comes from, and I have my grandma's pepperpot recipe. There's different kinds of pepperpot; there's Guyanese, there's Antiguan, there's a Southern American one, but the first recipe in the book is my grandma's pepperpot recipe. She used to smoke her own oxtail to make the pepperpot. She was just a very cool woman and just having that recipe just feels like a direct line to her, do you know what I mean? I didn't even know her very well, 'cause she was in Antigua or she was in Canada most of the time, and it was so expensive back in those days. So I didn't really see her that much in my life, she used to send me little presents and messages and I just, I feel really connected to her and I love her so much. So I wanted to- it's a bit of a love letter to her, calling it the *Pepperpot Diaries*, really.

**ANGELA HARTNETT:** Awww, all these dishes you sort of think like, I've gotta ask about chocolate curry goat.

**NICK GRIMSHAW:** Mm. I love curry goat.

**ANGELA HARTNETT:** And, and I've- this sounds amazing, this rum dip crackling.

**ANDI OLIVER:** Oh my god, it really works.

**ANGELA HARTNETT:** Now I imagine you can do a lot of this prep the day before.

**ANDI OLIVER:** So there's a big thing in it called Weekend and Celebration cooking, and it's all about taking time for yourself in the kitchen, because I just think everybody's so obsessed with getting it done quickly. It doesn't always have to be like that. Obviously, we all rush around a lot and you need to have things in a repertoire that are quick and that are easy.

**ANGELA HARTNETT:** Yeah.

**ANDI OLIVER:** Which is what green seasoning is about. I have this jar of stuff in the fridge.

**MIQUITA OLIVER:** Oh my God. That you need to do.

**ANGELA HARTNETT:** Yeah.

**ANDI OLIVER:** It's like herbs and spring onions and oil and salt and chillies.

**ANGELA HARTNETT:** Yeah.

**ANDI OLIVER:** So it's blitzed up, in the fridge all the time, and it just makes loads of things a lot faster and quicker and easier. Also more delicious.

**MIQUITA OLIVER:** Is it like Caribbean salsa verde?

**ANDI OLIVER:** And it sort of is-

**ANGELA HARTNETT:** More spicy?

**ANDI OLIVER:** It's more like the mirepoix, the beginning of something. So you use it to start things off.

**NICK GRIMSHAW:** Ooh yeah.

**ANDI OLIVER:** Or you can put it on the top of a steak or a piece of fish-

**MIQUITA OLIVER:** Oh my God.

**ANDI OLIVER:** -or in eggs, or- it's really good to just have things like that in your fridge.

**NICK GRIMSHAW:** On veg, yeah, ready to go.

**ANGELA HARTNETT:** It's like a base seasoning in a way, sort of thing.

**ANDI OLIVER:** Base, because the thing you can't be bothered to do is peel garlic.

**NICK GRIMSHAW:** Yes.

**ANGELA HARTNETT:** Yeah.

**ANDI OLIVER:** You know, you've just got home from work it's like, oh, am I really gonna make the base? You just can't be bothered. But if you've got that there, you can whack that in and next thing you know, you've got something really, really quick and really nice sauce or whatever. I'm always trying to get people to shop a couple of days before.

**ANGELA HARTNETT:** Yeah.

**ANDI OLIVER:** Because I think people give themselves loads of stress that they don't need to have. Like they go, I'm having a dinner party on Saturday, so they go out and shop on Saturday morning. Don't do that.

**NICK GRIMSHAW:** It is the worst idea.

**ANDI OLIVER:** That's the worst thing you can ever do to yourself.

**NICK GRIMSHAW:** And then it's so exhausting and long, then you've gotta go back and cook it. You've always got to do it before.

**ANDI OLIVER:** And stress. And then you hate the people as they come through the door, which is not really the point.

**NICK GRIMSHAW:** It's so nice to just to open your fridge and be like, oh, the food's in.

**MIQUITA OLIVER:** We were just in Antigua and we got to hand deliver one of the books to my Aunt Ina, who's 88.

**ANGELA HARTNETT:** Oh amazing.

**MIQUITA OLIVER:** And just like on her doorstep and sit with her while she read it. And she just ran her hands over every page and it was just, it feels such a beautiful thing my mum's put out in the world, but really such a special thing that there are so many elder people in our family that are seeing this moment happen.

**NICK GRIMSHAW:** Wow.

**MIQUITA OLIVER:** But- and also as a family, but also to have a number one cookbook.

**NICK GRIMSHAW:** Number one! That's right!

[Applause]

**ANDI OLIVER:** I mean...

**NICK GRIMSHAW:** Sorry what was that number again?

**MIQUITA OLIVER:** That's number one. We found out when we were in Antigua, we decided to like just sing songs that had number one and we were like, 'Baby, you're my number one.' We were having a great time. But it's a Caribbean cookbook and it's number one in this country. And for our family to see my mum make a moment like that happen, beyond special, my grandma and all of our elder aunties and uncles, it's just a really big deal.

**ANGELA HARTNETT:** But it does feel slightly biographical in a way.

**NICK GRIMSHAW:** It does. It really does.

**ANDI OLIVER:** It is a bit.

**ANGELA HARTNETT:** Because you talk about your feelings and how you came about to do it and the history behind each recipe and who it's connected with.

**ANDI OLIVER:** I think I couldn't have really written it any other way, to be honest with you, because that's food and life and music. To me it's all linked up completely, do you know what I mean? So I wouldn't have really ever been able to just write, oh, these are how you make some chips and that's the end of it.

**NICK GRIMSHAW:** We love a little story.

**MIQUITA OLIVER:** No, you need the story.

**NICK GRIMSHAW:** Yeah.

**ANDI OLIVER:** Because food is life.

**NICK GRIMSHAW:** Exactly.

**ANDI OLIVER:** Like really, really though food really is life and food really is history and it is the future and it is how we come together in the most simple, beautiful ways, you know? That's why I love your food, Angela.

**ANGELA HARTNETT:** Yeah.

**ANDI OLIVER:** Because we talk about food in the same way because it comes from the same-

**ANGELA HARTNETT:** It's from the heart.

**ANDI OLIVER:** -intention.

**ANGELA HARTNETT:** Mm-hmm, yeah.

**ANDI OLIVER:** And how, I think the intention that you undergo anything creative is kind of everything really.

*[Dinner table sounds]*



**NICK GRIMSHAW:** I love the show, The Caribbean with Andi and Miquita.

**MIQUITA OLIVER:** That time, it was such a pivotal time in life, like your late thirties, to go back and to have the luxury of finding out who the hell you are and where you're from at our age and not in twenty years. It's a really important thing to do Grimmy.

**NICK GRIMSHAW:** Yeah, I think that that show was so incredible and, and so brilliant where you guys go to Antigua and go on a discovery and it was really, really special, that show. I love that you went together as well.

**ANDI OLIVER:** Oh my goodness, so special.

**NICK GRIMSHAW:** And it was like a mother daughter exploring and going on that journey together. What sort of reaction have you had from it and what's the reaction like when you were in Antigua?

**ANDI OLIVER:** Amazing. Like I was amazed at how much in the Caribbean, as well as here, because people come up to us and they're crying and saying, we're going with our family. But I went back to Barbados without you, and I promise you, I'm like One Direction. I am- I'm Harry, obviously.

**NICK GRIMSHAW:** Obviously.

**MIQUITA OLIVER:** Yeah, it's not like Niall strolling and it's like Harry's here, it's like wow.

**NICK GRIMSHAW:** So they lose it.

**MIQUITA OLIVER:** No, it's intense. It really is. But I have never made anything with that kind of reaction. Like something like Popworld was just loved and you, you're very much part of a zeitgeisty moment and that's a very exciting thing in TV and a wonderful thing to have in your career. But this was different. This was like we'd done our service to people, and I've never felt that so much so that I was like, oh, I kind of don't how to make TV when you don't feel like you're doing that.

**ANGELA HARTNETT:** Yeah.

**MIQUITA OLIVER:** We were talking about intent earlier. Our intent with the way we make things has completely changed since that. I don't wanna make things unless we feel like we're doing the right thing and giving the right thing to people, and our intent is very clear now.

**ANGELA HARTNETT:** But there were parts of it that must have been quite raw for both of you. Because you did go to the history of it.

**MIQUITA OLIVER:** Yeah.

**ANGELA HARTNETT:** And the roots of, you know, slavery, the history of the Caribbean and I mean, that must have been quite...

**ANDI OLIVER:** It was a lot.

**MIQUITA OLIVER:** I'd have to do a podcast about the Underground Railroad Barry Jenkins TV series and obviously the book.

**ANGELA HARTNETT:** Yeah.

**MIQUITA OLIVER:** And I- it was a really difficult process for me because I realised that I'd been running from that part of our history, my whole life.

**ANGELA HARTNETT:** Sure.

**MIQUITA OLIVER:** And just turning the other way, which I think we all do because it's just so ho- it's just filled with such horror. But it was a job, so I had to keep watching the next episode, I had to- I remember how shakey-

**ANDI OLIVER:** Yeah, it was really-

**MIQUITA OLIVER:** -I was holding mum and I was just like, I couldn't- I found it really difficult, but in life, everything's preparing you for the next bit. I just had all this new knowledge. Which was the horror, but it's like, because of that, it changes your intent when you're there. And I was ready. We were ready to be there.

**ANDI OLIVER:** We were, we were totally ready to be there. It was- when we got our DNA, I just started crying because it was just like, the DNA charts came up and then they flipped the screen and there were maps,

and they showed on the maps exactly where the boats had gone and how they started. I'd never seen it like that before, it was just heartbreaking. Like properly, genuinely heartbreaking. We were just, we spent the entire day crying.

**MIQUITA OLIVER:** Yeah.

**ANDI OLIVER:** But not like, mm. It was like, sort of like just hysterical.

**NICK GRIMSHAW:** Hysteria, yeah.

**ANDI OLIVER:** Basically just made us a little bit hysterical.

**NICK GRIMSHAW:** Yeah.

**ANDI OLIVER:** And then we went up into the mountains that day. You know? The universe can offer you just what you need when you need it. We went up in the mountain to see this amazing woman called Irika, and she runs this cultural centre and we got out of the car and there were all these drummers and they went, 'Welcome home.'

**ANGELA HARTNETT:** Aw.

**MIQUITA OLIVER:** It was deep.

**NICK GRIMSHAW:** Wow.

**ANDI OLIVER:** And it was the last day filming, I think.

**MIQUITA OLIVER:** Yes.

**NICK GRIMSHAW:** Oh wow.

**MIQUITA OLIVER:** So we were just like, emotionally. So when you go through that, making something you kind of forget about the fact that it's going out there. And then it went out there and it was just like [*explosion noise*] and it was just this 'love in' between us and the country and still, every day.

**ANGELA HARTNETT:** It reached people and I think it probably linked to Black Lives Matter.

**ANDI OLIVER:** Yeah. It did.

**ANGELA HARTNETT:** It probably linked to where the culture is at the moment, because there's a vision in that. It's still in my mind, where it's that really big white arena that you went to. And it was like, this is where the slaves were kept, this was a plantation. And that's still in my head, you know, and then everyone's consciousness. And I think more than anything, it resonated with people for once, rather than just being a tick box. It was like, Jesus Christ. How many kids didn't know that had happened?

**MIQUITA OLIVER:** Right. And you know why? When I was in the edit, I realised, yeah, we don't talk about this on television. We don't show it visually. And that felt like a really important thing to do.

**ANDI OLIVER:** I think that if you do the things that really matter to you and that really sit in your gut properly and in your heart properly, and really have a genuine truth for you, then that's when you're gonna move forward in your life and in your work and in the way that you want to do.

**MIQUITA OLIVER:** Yeah.

**ANGELA HARTNETT:** Yeah.

**MIQUITA OLIVER:** Rather than strategically making plans it was like, I think.. we got a bit Oprah on it, didn't we? We were like, right, our intent has changed. We were like, right, there's work to be done.

**NICK GRIMSHAW:** Well, that's why it was good, because it was so honest. That's why it was good, 'cause you probably went out there expecting one thing and then something else happened and it was so honest and open and emotional.

**ANDI OLIVER:** What was interesting was to get feedback from people. Like I got a message from this Polish guy saying, I'm with my mum, my seventy-year-old mother, and she's talking about our stories of migration and our stories of movement. Because you forget that this country is a country full of migrants.

**ANGELA HARTNETT:** Yes.

**ANDI OLIVER:** From all over the world. So there were people talking, you know, Italian stories and Polish stories and Czech stories and American stories, and just getting that from so many different people was incredibly, incredibly rewarding.

**MIQUITA OLIVER:** It's nice to remember that TV can be really powerful still.

**ANGELA HARTNETT:** Yeah.

*[Eating sounds]*

**NICK GRIMSHAW:** Do you know what we actually need to talk about? The time we went to Andi's after we thought we'd go on a juice cleanse.

**MIQUITA OLIVER:** Ah yes, the disastrous juice cleanse.

**ANDI OLIVER:** How long did you last, like a day?

**MIQUITA OLIVER:** It's very important why we escaped, because we looked around and realised we were in a room full of lots of people sitting around drinking bad soup, hoping for a miracle.

**NICK GRIMSHAW:** Yes.

**MIQUITA OLIVER:** And we are action people, I was like, I can't just sit here and wait to get thin with these women. It's never gonna happen.

**NICK GRIMSHAW:** We were like, let's run somewhere.

**MIQUITA OLIVER:** Yeah, yeah, like let's get the hell out of here.

**NICK GRIMSHAW:** So we left and I remember before we went, Andi was like, that's ridiculous.

**ANDI OLIVER:** Yeah, it sounded like a terrible idea.

**ANGELA HARTNETT:** Stupid idea.

**NICK GRIMSHAW:** And then we went and we had to escape, because I think they get a lot of people wanting to escape anyway.

**ANGELA HARTNETT:** Of course they do ... why would anyone want to be there?

**MIQUITA OLIVER:** Yeah, so we were all like, we're out.

**NICK GRIMSHAW:** We're gonna go.

**MIQUITA OLIVER:** And they were like-

**NICK GRIMSHAW:** You can't go.

**MIQUITA OLIVER:** How come you're leaving?

**NICK GRIMSHAW:** And we were like, we're just gonna head out.

**ANGELA HARTNETT:** Go for a walk.

**MIQUITA OLIVER:** So we had to-

**NICK GRIMSHAW:** We had to lie.

**MIQUITA OLIVER:** We lied.

**ANDI OLIVER:** Did you lie your way out?

**MIQUITA OLIVER:** We had to add a little sprinkling.

**NICK GRIMSHAW:** We were like it- something bad's happened.

**ANGELA HARTNETT:** Did you make up a story?

**MIQUITA OLIVER:** We pretended-

**ANGELA HARTNETT:** Who's grandmother died or something?

**MIQUITA OLIVER:** Yeah, exactly.

**NICK GRIMSHAW:** No we didn't use family.

**MIQUITA OLIVER:** We used the dog.

**NICK GRIMSHAW:** We used the dog.

**ANGELA HARTNETT:** The dog, aw.

**MIQUITA OLIVER:** I didn't care. I was like, we're getting out.

**NICK GRIMSHAW:** We're getting out of here. And then we went straight to Andi's restaurant and ate a delicious meal and we were both like eating a bit of fish and we were like-

**MIQUITA OLIVER:** Energy bowls.

**NICK GRIMSHAW:** We were like, this is what we should be eating.

**MIQUITA OLIVER:** Yeah. This will get us thin.

**NICK GRIMSHAW:** We need this.

**ANDI OLIVER:** Energy bowls like roasted cauliflower, good greens, good grains...

**MIQUITA OLIVER:** Pick your protein.

**NICK GRIMSHAW:** Exactly. Can't have just a bad soup. And my, my other memory was, and I love this. I don't know if you ever noticed this, Andi, but when Miquita and I would go out in our twenties.

**ANDI OLIVER:** Yes.

**NICK GRIMSHAW:** Which was every day.

**ANDI OLIVER:** I was gonna say, I tried not to look.

**NICK GRIMSHAW:** Every night, when we'd leave a particular club in Soho, it used to have a reception cause it'd be open in the day and it'd have like newspapers in there, and they'd sort of put the newspapers out at like 5am or whatever be- for, you know, the people who were gonna be in at 7am for a breakfast. And we'd be leaving and Miquita would always get a newspaper and put it under our arm like this and walk out, 'cause they would always be paparazzi and she'd carry a newspaper like this. And the ploy was, she thought it made her look professional.

**ANDI OLIVER:** That she'd just had a breakfast meeting.

**MIQUITA OLIVER:** Less drunk, less drunk. I was like, it looks like I've just had a meeting.

**NICK GRIMSHAW:** It looks like I had meeting.

**MIQUITA OLIVER:** It's like one in the morning.

**NICK GRIMSHAW:** She thought the newspaper was like-

**MIQUITA OLIVER:** Let's go.

**NICK GRIMSHAW:** She's not wasted. She's a businesswoman.

**MIQUITA OLIVER:** She's, she's got the Evening Standard under her arm.

**NICK GRIMSHAW:** She wouldn't be drinking if she's reading the Financial Times. How to spend it.

**MIQUITA OLIVER:** I so thought I had a cover.

**NICK GRIMSHAW:** You really did.

**ANDI OLIVER:** Bless your heart.

**NICK GRIMSHAW:** I reckon if you Google or go on like Getty images at that time, I would love to see how many newspaper pictures.

**MIQUITA OLIVER:** How many.

**NICK GRIMSHAW:** Nice times, those days.

**MIQUITA OLIVER:** Oh God, it was a great time to be alive.

**NICK GRIMSHAW:** Great time to be alive. Still dehydrated.

**ANDI OLIVER:** Still, still trying to drink water.



**MIQUITA OLIVER:** Can I just say, thank God we did it all then, otherwise we'd be sad cases doing it now.

**NICK GRIMSHAW:** Yeah. I think that.

**MIQUITA OLIVER:** So we got it done.

**NICK GRIMSHAW:** We got it done. We got all these days done.

**MIQUITA OLIVER:** Done. And it's only on Getty, not Instagram.

**ANGELA HARTNETT** Yes.

**MIQUITA OLIVER:** Yes.

**ANGELA HARTNETT** Smart.

*[Drink pouring sounds]*

**NICK GRIMSHAW:** It's almost that magical time of year when I say Miquita, are you coming to Glastonbury? And she goes, no, but my mum is! Every year.

**MIQUITA OLIVER:** Every year.

**NICK GRIMSHAW:** Every year. I think I've been every year since I was seventeen, eighteen.

**MIQUITA OLIVER:** God.

**NICK GRIMSHAW:** But I've only been there once with you.

**MIQUITA OLIVER:** Yeah, yeah, yeah.

**NICK GRIMSHAW:** Cause you don't really...

**ANDI OLIVER:** She's rubbish at Glastonbury.

**NICK GRIMSHAW:** Rubbish.

**MIQUITA OLIVER:** I'm just- I've just written a piece about it, so now I understand it more.

**NICK GRIMSHAW:** Right.

**MIQUITA OLIVER:** Like my journey with it.

**NICK GRIMSHAW:** Yeah. Why don't you like it before?

**MIQUITA OLIVER:** We've had a lot of time working at festivals our whole like twenties. Like seven a year- sorry, seven in the summer, you know, your life is festivals in the summer. The carnival has always been more in my heart.

**NICK GRIMSHAW:** Mm-hmm.

**ANGELA HARTNETT:** Sure.

**MIQUITA OLIVER:** Cause I like things like more on the streets and the ends. I don't mean like on the streets, I mean I like, genuinely like parties on streets.

**ANGELA HARTNETT:** Yeah.

**ANDI OLIVER:** I don't know why you're looking at me like that.

**MIQUITA OLIVER:** Because basically what happened is the family became intertwined deeply within the kind of building of a certain part of Glastonbury called Shangri-La. So it became like, too mixed, like it was just too intensely my family, and they like to like go for it and I just don't know wanna be near that!

**NICK GRIMSHAW:** I know what you hate about it.

**MIQUITA OLIVER:** Okay, should we just-

**ANDI OLIVER:** She's a flakey part-timer.

**MIQUITA OLIVER:** No, no, no.

**ANDI OLIVER:** Is what I don't like about-

**MIQUITA OLIVER:** One year I was sent a picture of Grimmy bogle-ing in the mud with my mum and our friend Fifi and I was like-

**ANDI OLIVER:** That's a good picture.

**MIQUITA OLIVER:** -this is now just for them. This is their thing.

**NICK GRIMSHAW:** Really good picture.

**MIQUITA OLIVER:** But this year I'm returning-

**NICK GRIMSHAW:** I got so drunk at that year, I dunno if you remember this, me, you and our friend Fifi walked up to a bar, and we got so drunk that me and my friend Fifi ended up working in the bar. And it got to about six-thirty in the morning, I said, what are we doing? And Fifi was like, we've done like a three hour shift.

**ANDI OLIVER:** I like that I'd obviously left you there.

**NICK GRIMSHAW:** And we were like, 'Right, so what we got, yeah two gin and tonics, yeah pint, yeah, that's £16, yep, thank you.'

**MIQUITA OLIVER:** Oh, I love that.

**NICK GRIMSHAW:** What were we doing?

**MIQUITA OLIVER:** Did I just leave you there? I must have got bored.

**NICK GRIMSHAW:** Yeah, you left us there, well we were busy at work.

**MIQUITA OLIVER:** Made it your role.

**NICK GRIMSHAW:** I know what you hate about festivals.

**MIQUITA OLIVER:** Tell me.

**NICK GRIMSHAW:** You hate when a crowd put their hands up and they sway from side to side in sync.

**MIQUITA OLIVER:** Everyone hates that.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** Yeah, everyone does hate that.

**ANGELA HARTNETT:** Lighters and all that, or iphones now, god!

**MIQUITA OLIVER:** Yeah. I also, I just find it hard, like I like having a role, like a job to do. Otherwise what, we're here just making memories?

**NICK GRIMSHAW:** Yeah, that's right.

**ANDI OLIVER:** Yeah. Fun with your family and friends.

**MIQUITA OLIVER:** Pointless.

**NICK GRIMSHAW:** So hang on, are you gonna go this year?

**MIQUITA OLIVER:** I'm returning and she's bailing.

**NICK GRIMSHAW:** What?

**ANDI OLIVER:** No, I'm working.

**MIQUITA OLIVER:** Yeah, she's working.

**ANDI OLIVER:** I'm filming.

**MIQUITA OLIVER:** But last year she went and she went in a very different way. She had a hotel room at the Pig and sort of, she was 'Glastonbury adjacent'.

**ANDI OLIVER:** That's what I was calling it, 'Glastonbury adjacent'. I was- I'm a bit more GA now, because I'm sixty and I could hurt myself in the mud.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** She's GA.

[Cutlery sounds]

**ANDI OLIVER:** Now I know you've got to wrap things up but I just would like to bring something up, which is that I met Angela first....

**NICK GRIMSHAW:** Mm-hmm.

**ANDI OLIVER:** But she totally likes Miquita more than she likes me. She's always like, 'You're great, you're great, how's your daughter? She's so amazing. I mean, I love you Andi, but Miquita's so amazing.' Every time, every time, every time she's been a little bit thirsty, she lets it out.

**NICK GRIMSHAW:** Oh, really.

**ANDI OLIVER:** Miquita's her favourite Oliver.

**MIQUITA OLIVER:** It's- oh no.

**NICK GRIMSHAW:** Yeah, but do you know what? Every time-

**ANGELA HARTNETT:** I love you, you know, I love you-

**ANDI OLIVER:** See, see? And that's what she does. Just like, just gimme-

**ANGELA HARTNETT:** But you know why? Cause when we chat, we see each other, we always talk family. And then you- I goes, how is she? Because we, I've known a few boyfriends, let's be honest. And then I-

**MIQUITA OLIVER:** Angela just-

**ANGELA HARTNETT:** Do you want my advice?

**MIQUITA OLIVER:** Angela just wants me to be happy.

**ANGELA HARTNETT:** And I want her to be happy. So I'm like, who's she dating? Do I app- I feel I need to approve.

**MIQUITA OLIVER:** I agree.

**NICK GRIMSHAW:** Oh yeah.

**MIQUITA OLIVER:** Are they chefs? Angela?

**ANGELA HARTNETT:** There's one chef. She can't do anymore chefs anymore. We've gotta move on.

**MIQUITA OLIVER:** Gotta move away

**NICK GRIMSHAW:** Moving on, out the kitchen. Hey, tell us about your new podcast, guys.

**ANDI OLIVER:** Eeeee!

**MIQUITA OLIVER:** Yes.

**NICK GRIMSHAW:** When does that start?

**ANDI OLIVER:** 29<sup>th</sup>.

**MIQUITA OLIVER:** Of June.

**NICK GRIMSHAW:** Oh, soon.

**MIQUITA OLIVER:** Mm-hmm.

**ANDI OLIVER:** We started recording.

**MIQUITA OLIVER:** Yes. It's called Stirring It Up. God, it's hard naming a podcast. Do you know what it is? It's like the- me and Grimmy have talked about this quite a lot actually, when what we both remember is like a sort of lullaby in our childhood, was falling asleep to the sound of the parents downstairs.

**ANGELA HARTNETT:** Oh, having fun.

**MIQUITA OLIVER:** And that's- that we really wanted to make a podcast that was that sound. Because a lot of the time in my life, in the week, I'm like, oh, I'd love to go to a dinner party, but I don't really want to go. But it'd be nice to listen to like one.

**NICK GRIMSHAW:** If I was rich enough, I'd have someone just have constant dinner party downstairs, as I slept, I'd be like, right get the actors in.

**ANDI OLIVER:** Downstairs. That sound, atmosphere, yeah.

*[All make the sounds of a dinner party]*

**MIQUITA OLIVER:** And that's actually- you can, you can have our podcast on constantly, 'cause that's hopefully what it'll be like.

**ANDI OLIVER:** And then our guest gets to bring a guest.

**NICK GRIMSHAW:** I love that.

**ANGELA HARTNETT:** That's, that's a great idea.

**ANDI OLIVER:** So they bring their favourite person with them, whether it's their mum, their dad, their cousin, their agent, their best mate, and whoever, partner, whoever it is. And I- the thing that seems to be working really well about that is that they open up immediately because whoever it is, when they're that close, they can't be their like TV self.

**NICK GRIMSHAW:** Yeah. They can't be like on.

**ANDI OLIVER:** Yeah. Because they might be going, why are you being weird?

**MIQUITA OLIVER:** Yeah, yeah.

**NICK GRIMSHAW:** Why did you Graham Norton us?

**MIQUITA OLIVER:** Yeah. And we just had Elizabeth Day and her husband, which is-

**ANGELA HARTNETT:** Oh, lovely.

**MIQUITA OLIVER:** Yeah. It was really interesting because I've known Elizabeth, like, for a few years through mum, and I see her as such an individual, but she is married, so it was really nice to kind of see who she is in her- in a relationship.

**ANGELA HARTNETT:** Yeah. And you cook every time?

**ANDI OLIVER:** Yep.

**ANGELA HARTNETT:** Fab.

**NICK GRIMSHAW:** And Keets?

**MIQUITA OLIVER:** Yep. Cocktails.

**ANDI OLIVER:** She does cocktails.

**MIQUITA OLIVER:** But you know, actually I'm also doing teas. But tell us, is it a good world, the podcast world, is it safe here?

**ANGELA HARTNETT:** It's fun. It's really good fun.

**NICK GRIMSHAW:** It's a safe world. It's a nice world.

**ANGELA HARTNETT:** Safe.

**NICK GRIMSHAW:** We have come to the end of the show question. So there's a question here that me and Angela haven't seen, written by someone on the team, and you can open it, look at the question. If you choose to read it out loud and read it, you win a goodie bag each. And it is good, there's no rubbish in there.

**ANDI OLIVER:** 'Andi and Miquita, please describe Nick's cooking skills in three words or less.'

**NICK GRIMSHAW:** Oh no, not here. Have I ever cooked for you, Andi?

**ANDI OLIVER:** Uhh...

**NICK GRIMSHAW:** No, no.

**MIQUITA OLIVER:** Uh- aw, I'd say-

**ANDI OLIVER:** I feel like I've eaten salad-y bits at your house.

**NICK GRIMSHAW:** Salady bits



**MIQUITA OLIVER:** Yeah, I would say-

**ANDI OLIVER:** I wanna say-

**ANGELA HARTNETT:** You must have had cheese.

**ANDI OLIVER:** I want I wanna say, 'Tries hard, means well.'

**ANGELA HARTNETT:** Aw.

**NICK GRIMSHAW:** I do try hard and mean well!

**MIQUITA OLIVER:** I was gonna say too, I was gonna say 'dedicated'....

**NICK GRIMSHAW:** Yes.

**MIQUITA OLIVER:** 'Committed'.

**ANDI OLIVER:** Oh, there you go.

**MIQUITA OLIVER:** 'Getting there'.

*[Laughter]*

**MIQUITA OLIVER:** That's four.

**ANGELA HARTNETT:** Not one of those descriptions was 'Delicious.'

**NICK GRIMSHAW:** It's- no, it's getting there.

**ANDI OLIVER:** Totally, cause you're so committed. You, you keep going. You keep going.

**NICK GRIMSHAW:** I'm getting there. Come on.

**MIQUITA OLIVER:** Keep going.

**NICK GRIMSHAW:** I've got the A-team here, do you know what I mean? You're the A team. Congratulations. You answered the question and slagged off my cooking, so you win a bag each. Andi and Miquita Oliver, thank you for joining us on Dish.

**ANGELA HARTNETT:** Yes - the best!

**NICK GRIMSHAW:** That was the dream lunch

*[Applause]*

**ANDI OLIVER:** Thank you. It's been delight. It's been delight.

**NICK GRIMSHAW:** It has, hasn't it.

**ANDI OLIVER:** I loved that.

**NICK GRIMSHAW:** Joining us next week on Dish is Chris Evans.

**CHRIS EVANS:** Cher came to work with us on TFI Friday and we did this thing called 'At home with Chris and Cher' and there were those sketches ...Albert and Costello were always in bed, and Morecambe and Wise were always in bed, so we did this thing where I was married to her, that was the joke. And I had this Smash Hits award and I said 'night night sweetie, night night Cher' and then I would proudly get my Smash Hits award and put it on my night stand, and she would then get 2 Oscars.. things like that!

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

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

**NICK GRIMSHAW:** If you don't, just listen to something else. We can't all have a Michelin-star chef in the kitchen, but you can get some Michelin-star advice. Email your questions for Angela, wherever they are to [dish@waitrose.co.uk](mailto:dish@waitrose.co.uk).

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