

## **Chris Evans orange and herb butter spatchcock chicken & a Burgundy**

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

**NICK GRIMSHAW:** Hello and welcome to Dish from Waitrose starring me, Nick Grimshaw.

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

**NICK GRIMSHAW:** That's right, Angela Hartnett.

**ANGELA HARTNETT:** I am. Attentive. I'm here, I'm ready, doing it.

**NICK GRIMSHAW:** You've been banging your forehead against a mic, which doesn't bode well for today's episode.

**ANGELA HARTNETT:** I'm very excited about our guest.

**NICK GRIMSHAW:** Me too.

**ANGELA HARTNETT:** Well, to be fair, I mean, there's three people in my life- well, there's two people in my life that talk a hell of a lot, and this other person talks a hell of a lot, so I feel I could just sit there in the corner, do me emails, play my Sodexo-

**NICK GRIMSHAW:** Sudoku.

**ANGELA HARTNETT:** Play Sudoku, not Sodexo, that's a catering company.

**NICK GRIMSHAW:** Is it? Shout to Sodexo.

**ANGELA HARTNETT:** And you could just chat away.

**NICK GRIMSHAW:** It's Chris Evans by the way, if you've not read-

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** -on the thing, who is it. He can really, really talk.

**ANGELA HARTNETT:** But that's your skills as broadcasters and DJs.

**NICK GRIMSHAW:** Yeah. He can talk more than me, but I'm well excited he's coming on. I loved Chris Evans when I was younger, when I was growing up.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** -always one of my favourites. Yeah, TFI Friday.

**ANGELA HARTNETT:** That's it, yeah.

**NICK GRIMSHAW:** And then he did breakfast show on Radio 1, and Big Breakfast.

**ANGELA HARTNETT:** And also I think he's fantastic when you go on his show as a guest.

**NICK GRIMSHAW:** Yes. So, where did you first meet Chris Evans?

**ANGELA HARTNETT:** I think I probably met him through Gordon maybe, at one stage.

**NICK GRIMSHAW:** Mmm.

**ANGELA HARTNETT:** We were both at a mutual friend's dinner party one time, and this mutual friend is very, I'm not gonna go into it, OCD about everything, you had to take your shoes off when you got into the house and all the rest of it. And me being a bit nervous and a bit clumsy, I managed to spill red wine on a cream carpet.

**NICK GRIMSHAW:** Angela!

**ANGELA HARTNETT:** I've never seen anyone-

**NICK GRIMSHAW:** Ugh!

**ANGELA HARTNETT:** No but I tell you what, the people that work for this guy were so quick, I've never seen people with spritz and fizzy water and salt and everything. And I was like, [*gasp*], Neil's going, I can't believe you've just done that.

**NICK GRIMSHAW:** I can't believe- well, I can but can't.

**ANGELA HARTNETT:** Yes, you can.

**NICK GRIMSHAW:** So Chris Evans on the way, but first I thought we could go through our reviews. Do you know when you listen to a podcast, you can leave a review? Salwen88's been on, actual name. They say me and you are the new Richard and Judy.

**NICK GRIMSHAW:** 'Nick is quite clearly Judy.' No, he doesn't say that. It says, 'Nick and Angela are a perfect match. Their conversation style along with their personalities gel perfectly. Great set of guests and quality conversations really round it off. More seasons, please.' Is this not enough? Anytime you do anything, people are like, can I have more? Write a book, 'Are you gonna write another one?' F\*\*\*\*\* finish that one.

**ANGELA HARTNETT:** Yes! Yes, Grimshaw.

**NICK GRIMSHAW:** 'Any more seasons?' Well yeah, we've not finished this one yet.

**ANGELA HARTNETT:** Very demanding.

**NICK GRIMSHAW:** No, there'll be no more after this, so enjoy it Salwen.

**ANGELA HARTNETT:** Yeah, yeah. Done.

*[Dinner table sounds]*

**NICK GRIMSHAW:** On the podcast today, the tequila is in, the capers are on ice, please a round of applause, welcome to Dish, the one and only Chris Evans, everybody.

*[Applause]*

**CHRIS EVANS:** Goodness, I can't believe I'm at Dish. I am so excited. Hi, Angela, hi Nick.

**NICK GRIMSHAW:** Hello Chris, you're on Dish.

**CHRIS EVANS:** Are you with Waitrose?

**NICK GRIMSHAW:** Yeah!

**CHRIS EVANS:** I know, well here's the thing, I thought you'd changed though your sponsorship to Gregg's, right? Because I was passing the Gregg's billboard today and it said 'More dish for your dosh', and I thought, I thought they've gone up from Waitrose, they've given them more dosh, they've extended Dish, we're gonna be here all day. But you're still with Waitrose?

**NICK GRIMSHAW:** We're still with Waitrose.

**CHRIS EVANS:** Thank crikey for that.

**NICK GRIMSHAW:** I'd quite like every week Angela makes a sausage roll. This week, a sausage roll!

**ANGELA HARTNETT:** We could do it.

**NICK GRIMSHAW:** No, still with Waitrose.

**CHRIS EVANS:** Okay.

**NICK GRIMSHAW:** Hey, thanks for coming to see us.

**CHRIS EVANS:** I've got a present for you.

**NICK GRIMSHAW:** You have?

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

**CHRIS EVANS:** Yes.

**NICK GRIMSHAW:** Nice choice.

**CHRIS EVANS:** Well, I think so. So your story about George Clooney's tequila is hilarious.

**NICK GRIMSHAW:** Mm-hmm.

**CHRIS EVANS:** I know you've told it before on the show, can you do it really quickly so?

**NICK GRIMSHAW:** So someone came around to mine at Christmas and they brought me a bottle of tequila, and it was when George Clooney's tequila brand was brand new, Casamigos, never heard of it, you could only get it in America. And my friend brought it round and presented it to me like this and I was like, oh my God, wow, 'cause it's signed by George Clooney. So, I kept this bottle for five years in the house being like, oh my God, how nice, a signed bottle of tequila from George Clooney. And then I realised that's the logo and it's on every single bottle.

**CHRIS EVANS:** Right, so, Sir Rod Stewart has his own whiskey out.

**NICK GRIMSHAW:** Oh.

**ANGELA HARTNETT:** Oh wow.

**NICK GRIMSHAW:** Whoa.

**CHRIS EVANS:** And this is it, it's Wolfie's whiskey. It's his own brand of whiskey, it's just out now.

**NICK GRIMSHAW:** Wow.

**CHRIS EVANS:** This is from Rod Stewart in a flight case, and it is signed by Rod Stewart.

**ANGELA HARTNETT:** Whoa!

**NICK GRIMSHAW:** Whoa!

**NICK GRIMSHAW:** Really nice to see Rod Stewart's signature.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** So actually Rod-

**ANGELA HARTNETT:** Talking of Rod, yeah.

**NICK GRIMSHAW:** We need to talk about Rod because we were dead excited that you were coming on because you like Dish, you talk about Dish on the radio.

**CHRIS EVANS:** I love this podcast. I think it's fantastic. It's brilliant, it's lively, it's funny, it's informative, it's upbeat, it's positive, it's colourful. I want to be there.

**ANGELA HARTNETT:** You are here.

**CHRIS EVANS:** I know, I know.

**NICK GRIMSHAW:** And now you're here. So tell us about Rod, Rod's coming to yours.

**CHRIS EVANS:** We do this thing called the Dine & Disco once a year. So I had a pub and it did all right.

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** But what it did best at was actually hosting these, this Dine & Disco every year. And we started off in 2005 with just me playing literally on the wheels of steel, playing vinyl and said to some people, we were doing a show, do you wanna come and spend the night with us, we'll get somebody to cook some stuff, it was 40 couples and it raised some money. And then we got a band to play and then the bands got better and then Tom Jones came and played and then Paul McCartney came and played in the garden in the pub, and he just went on and on and on. And we thought last year was our last one, Elton John, because we'd literally run out of people who were good enough to do this stuff, to raise all this money. And so- but I'd asked Rod about three years ago, and then I was at this charity do about two months ago, and he said, 'Oi, oi, Evans, come over here,' and I said, 'What?' He said, he said, 'June 17<sup>th</sup> any good?' I went, what? 'The thing you asked,' I said, 'Rod, that was four years ago.'

**NICK GRIMSHAW:** Come on Rod.

**CHRIS EVANS:** And he's such a dude, man.

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** I mean, you know what he does for the NHS, what he does for good causes, what he does for the potholes in the streets.

**NICK GRIMSHAW:** Potholes.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** Yeah, got to do the potholes-

**ANGELA HARTNETT:** He's the man.

**CHRIS EVANS:** Have you heard the story about that?

**NICK GRIMSHAW:** I love this.

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** So the story is that he's got a Ferrari and the potholes were messing with his Ferrari, 'cause it's got quite a low ground clearance and he thought, these potholes are playing hell with my Ferrari, but I can't really cause a stink 'cause it's a Ferrari and it's my fault for owning one. But then next day an ambulance got stuck and I thought, now we can talk.

**ANGELA HARTNETT:** Saving people.

**CHRIS EVANS:** And then Arnold Schwarzenegger over in America had the same issue and he saw what Rod had done online so he did the same thing.

**NICK GRIMSHAW:** Arnie did the same.

**ANGELA HARTNETT:** Arnie, I love the fact-

**NICK GRIMSHAW:** If Rod's doing the pothole and then you've got Penny on the beat.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** She is a policewoman.

**ANGELA HARTNETT:** Yeah. They are all caring for the community.

**NICK GRIMSHAW:** They're really giving back.

**CHRIS EVANS:** They're so cool. And we've done a few things, NHS auctions during lockdown, you know, and they were the first to step forward with- gave us a Cartier watch and they gave us all this stuff and- because they joined in, everybody else joined in and then we did something for Ukraine, did the same thing, and he's doing this now. And I asked him about it and I said, you know, he has always been very big-hearted.

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** He's been really rock and roll. All his life. But he's been very big-hearted, he's always kept himself really fit, even though he's partied hard but he's always, he's always kept himself fit 'cause of football and things like that. And when he is at the craziest parties, he says, I need to go home cause I've got a match tomorrow. So, you know, he has this sort of accountability with his fitness to keep fit. And I said, but now you're a bit more sort of front and centre public facing with these things you're doing, I said, I said, 'Is there a reason for that mindset shift?' And he said, 'Chris, to be honest, It's ever since I was knighted, I just feel a bit more responsible.'

**ANGELA HARTNETT:** Really?

**CHRIS EVANS:** Isn't that cool?

**ANGELA HARTNETT:** He's moving back, isn't he? He's coming back to the UK?

**CHRIS EVANS:** Well, he lives here now, but he's selling his house in Los Angeles for an extraordinary amount.

**ANGELA HARTNETT:** Go on.

**NICK GRIMSHAW:** Lot of money.

**ANGELA HARTNETT:** Lots of zeros after that.

**NICK GRIMSHAW:** Do you think your MBE changed you, do you feel more responsible?

**ANGELA HARTNETT:** It's an OBE now.

**NICK GRIMSHAW:** OBE.

**ANGELA HARTNETT:** Come on, Nicholas.

**NICK GRIMSHAW:** Sorrrrryyy

**ANGELA HARTNETT:** You're not taking it seriously, I'm taking it seriously.

**NICK GRIMSHAW:** No, I'm not sorry. Seriously, do you think it has?

**ANGELA HARTNETT:** I don't know necessarily more responsible...

**NICK GRIMSHAW:** Do you wave a bit differently now?

**ANGELA HARTNETT:** I I do, yeah.

**CHRIS EVANS:** I love the fact when you asked about that on an episode a couple of weeks ago, who did you get, 'cause you don't know who you're gonna get to get.

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

**CHRIS EVANS:** I got the King.

**ANGELA HARTNETT:** The King.

**CHRIS EVANS:** Drop the mic right there, why don't you.

**ANGELA HARTNETT:** My mum was the best though 'cause she- you walk in with your family and then of course you get your award and then you'll walk out together, and my mum came out, she goes, 'Well, why didn't I have a word with the King? I wanted to have a chat and talk to him about housing policy'.

**CHRIS EVANS:** That's why we're not allowed anywhere near the King.

**ANGELA HARTNETT:** That's why you're not allowed near him.

**NICK GRIMSHAW:** That's why mum.

**ANGELA HARTNETT:** Being rugby tackled to the floor as you approached him. Bless her.

**CHRIS EVANS:** Is it a letter?

**ANGELA HARTNETT:** You get, yeah. You get told ahead, you get a letter written.

**CHRIS EVANS:** Sheila Hancock was on the show last week. She's ninety and she skipped, she bounced in? Her skin looked beautiful.

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** Her eyes were sparkling, her energy was amazing, her voice was strong, her book is amazing. Her book is called Old Rage.

**NICK GRIMSHAW:** Amazing.

**CHRIS EVANS:** And she opens it with getting the letter from the Queen about becoming a Dame.

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** Should get her on, by the way.

**NICK GRIMSHAW:** We should get her on.

**CHRIS EVANS:** She's ama- she's a great guest.

**NICK GRIMSHAW:** Yeah, we should get her on.

**CHRIS EVANS:** And she loves her food and she loves her wine.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** I loved how her and John Thaw met.

**ANGELA HARTNETT:** They fell in love, like literally stars that fell in love. They were with other people, I'm pretty sure, and just fell in love, they have three beautiful girls and he died too early.

**CHRIS EVANS:** Yeah.

**ANGELA HARTNETT:** You know, and you can feel she's still in love with him all the time.

**CHRIS EVANS:** She's still in love with him and she wrote a book before this one called *The Two of Us*.

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** Which I haven't read, but because I talked to her again, I've now bought it and it's gonna be my beach read and it's already in my case for summer, I can't wait to read that story.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** When you meet a lady of Sheila Hancock's age, does it make you feel like you wanna work forever? Cause sometimes I'm like, oh, I'm tired, and we had Prue Leith on. I'm like, I'm tired, and we had-

**CHRIS EVANS:** No, you're just drunk.

**NICK GRIMSHAW:** I'm tired! But we had Prue on and Prue's what, eighty-three?

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Prue was telling us about like, the book she's wrote, the parties she's hosting, the Bake Off, they're doing the American Bake Off. Do you think you'll be like that Chris, and you'll just like love doing what you do forever?

**CHRIS EVANS:** Well, it's interesting that you bring this up 'cause I think this is the real conversation en vogue at the moment, especially in our business. Because you look at Sheila, Sheila's ninety, right? She's in her tenth decade.

Unbelievable. Then you look at Rod and you think, oh, Rod's only seventy-eight, no wonder he's still cracking on.

**NICK GRIMSHAW:** Yeah. Only seventy-eight.

**ANGELA HARTNETT:** What, 'cause you think that's young?

**NICK GRIMSHAW:** Yeah.

**CHRIS EVANS:** Yeah. Paul McCartney smashed Glastonbury last year. Eighty.

**NICK GRIMSHAW:** Mm-hmm.

**CHRIS EVANS:** Elton John's just rounding off a 400-date world tour. Joni Mitchell just played in upstate Washington and she did a three hour gig at her own festival called Joni Jam. What, what is going on with these unbelievable performers who keep going and going and going, but you look at the people who are still around and they've always looked after themselves.

**NICK GRIMSHAW:** Mm-hmm.

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** So you look at Paul McCartney, he's always been very conscious of his fitness and what he eats. Rod famously loves chocolate, and even when he was in the Faces in the seventies, he would have one square of Cadbury's Dairy Milk at three o'clock every day. So he's been that conscious of things.

**NICK GRIMSHAW:** Uh-huh.

**ANGELA HARTNETT:** There's a discipline with them, in a way.

**CHRIS EVANS:** It's a discipline thing.

**NICK GRIMSHAW:** Yeah.

**CHRIS EVANS:** And I think the reframing of the question is, does it make you wanna go on that long? What it makes you wanna do is look after myself now.

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** Just so that might be an option.

**NICK GRIMSHAW:** And you do do that, don't you? You run in?

**CHRIS EVANS:** Yeah, no, I don't stop, to be honest.

**NICK GRIMSHAW:** Cycled here.

**CHRIS EVANS:** Cycled twice today already. I'll run later, lots of, you know, have an ice bath, I'm very lucky to have an ice bath.

**NICK GRIMSHAW:** And you do it every day, you work at every day?

**CHRIS EVANS:** Every day.

**NICK GRIMSHAW:** And were you always like that?

**CHRIS EVANS:** No. So I started running when I was forty-seven.

**NICK GRIMSHAW:** Okay.

**CHRIS EVANS:** And I was, I was driving past Virginia Water in Windsor where I live. I literally heard a voice from God, it was a divine intervention. And I was driving past, I was in this old Mercedes and something or somebody, or- literally the words, 'Pull into the car park, run around that lake.' There's a lake there called Virginia Water. And I got outta the car and I tried to run around the lake and I couldn't. And I tried the next day and I couldn't. And on the third day I managed to just about shuffle around without stopping and that I have never stopped running since. And I have no idea why that happened.

**ANGELA HARTNETT:** Had you had your kids by then, your young ones?

**CHRIS EVANS:** So forty-seven, fifty-seven, yes. I had two of them.

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** Two of the younger ones hadn't had the twins yet..

**ANGELA HARTNETT:** It wasn't like a father thing, got to be fit for those, con- no?

**CHRIS EVANS:** No, but I think it might be now. I think- but, and also you get, you know, there is this high- get high on your own supply thing, you know, you can, there is another kind of high.

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** You know, and it's like, whether it's fitness or your microbiome or sleep or whatever it is, they say 90% of going to the gym is getting there.

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** And 10% is what you do once you've arrived or pack in your bag or putting your running shoes on to get out the door, you know, and get it getting moving. And it's never as bad as you think, and you never regret the runs you do or the exercise you do, you only regret the time you don't do it. But there does come a time and it's like an epiphany where, one day if you don't do exercise, you feel like you used to before you had to do exercise. And with the microbiome, if you start eating healthier, you don't have to then make healthier choices because all these little microbiomes scream for better food.

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** And you go, w-

**ANGELA HARTNETT:** It's natural, yeah.

**CHRIS EVANS:** It's mad.

**NICK GRIMSHAW:** I'm so bad if I stop exercise, if I have a week off it's like I've never ever done it before.

**CHRIS EVANS:** Yeah, yeah.

**NICK GRIMSHAW:** And I can never get back into it. But when I'm on it-

**ANGELA HARTNETT:** Then you're disciplined.

**CHRIS EVANS:** So why stop? So there's this theory, it's easier to stay warm than get warm. It's easier to stay fit than get fit. It's easier to stay friends and have to

remake friends. If you've bothered to get to a certain level of something that's good for you, just maintain it.

**ANGELA HARTNETT:** Just don't lose it, yeah.

**CHRIS EVANS:** It's so much easier than having to start it again.

**NICK GRIMSHAW:** Speaking of health, you may have seen on the Dish menu here we have a starter, a main, and then a wine, but the starter is just tequila.

**CHRIS EVANS:** Yeah.

**NICK GRIMSHAW:** Now tequila- you asked for tequila.

**CHRIS EVANS:** Mm-hmm.

**NICK GRIMSHAW:** Is that right?

**CHRIS EVANS:** Mm-hmm.

**NICK GRIMSHAW:** Yeah? Is that right?

**ANGELA HARTNETT:** Maybe?

**NICK GRIMSHAW:** We have tequila, and I got it specially signed for you by George Clooney.

**CHRIS EVANS:** No way.

**NICK GRIMSHAW:** Yeah!

**CHRIS EVANS:** Well, I'm not gonna open that, I'm gonna keep it for years.

**NICK GRIMSHAW:** Keep it for five years. Sorry but that does look like he signed it, does it not?

**CHRIS EVANS:** Well, he's- I've got a confession. So you talk about the menu and the signature and the label and the bottle. I actually can't see them 'cause these glasses don't have real lenses in.

**ANGELA HARTNETT:** Why?

**NICK GRIMSHAW:** Are they just there 'so they look like Chris Evans glasses'?

**CHRIS EVANS:** Yes. It's pathetic. When I started off with telly, all the people used to do this kind of sh\*t.

**ANGELA HARTNETT:** Yeah, yeah, yeah.

**CHRIS EVANS:** I was like-

**ANGELA HARTNETT:** Ridiculous.

**CHRIS EVANS:** I'm never gonna do that.

**NICK GRIMSHAW:** I'm never gonna do that. But we're gonna have a tequila. So tequila's your- is that your favourite?

**CHRIS EVANS:** I'm not gonna have one.

**NICK GRIMSHAW:** You're not gonna have one?

**CHRIS EVANS:** I'm off the booze.

**ANGELA HARTNETT:** He's off the booze.

**NICK GRIMSHAW:** Right. How long have you been off the booze?

**CHRIS EVANS:** Since Adam Hills came on your show and said *off the booze* as a phrase works.

**NICK GRIMSHAW:** Yeah, it does work.

**ANGELA HARTNETT:** Oh.

**NICK GRIMSHAW:** Does work.

**CHRIS EVANS:** But I'm happy to smell it. Do you know the nostril thing?

**ANGELA HARTNETT:** No?

**CHRIS EVANS:** So the reason where people who know about drinks nose their drinks like this, from side to side, it's because you have one nostril that's more sensitive than the other.

**ANGELA HARTNETT:** I did not know you had one nostril more sensitive.

**CHRIS EVANS:** Do you know you don't breathe through both nostrils at once?

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** You know you alternate.

**NICK GRIMSHAW:** Do you?

**CHRIS EVANS:** Yeah. Abso- a hundred percent.

**NICK GRIMSHAW:** What?

**CHRIS EVANS:** A hundred percent, left, right, left, right, left, right, left, right. But you will have a stronger nostril like you have a stronger foot.

**NICK GRIMSHAW:** Uh-huh.

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** Same with your nostrils.

**NICK GRIMSHAW:** Oh, go on, give us a go. Let me see if I can...

**CHRIS EVANS:** And mine is my right nostril is, is definitely loads better.

**ANGELA HARTNETT:** Is yours your-

**NICK GRIMSHAW:** We'll, we'll have a little sniff.

**ANGELA HARTNETT:** The snifter.

**CHRIS EVANS:** And a lot of the taste is in the nose anyway.

**ANGELA HARTNETT:** Yeah, yeah. I think so.

**CHRIS EVANS:** And also now can I tell you something else about-

**ANGELA HARTNETT:** Or visually as well

**CHRIS EVANS:** -how you're nosing that, can I tell you one more thing? Just do that again, please, again, if you don't mind.

**NICK GRIMSHAW:** Yeah, sure will do.

**CHRIS EVANS:** Okay.

**ANGELA HARTNETT:** It's like a magic trick.

**CHRIS EVANS:** When you're smelling wine or spirits you need to do it with your mouth open because you get a lot of smelling through your mouth as well as your nose.

**NICK GRIMSHAW:** Does it look good?

**CHRIS EVANS:** Right, Nick looks like he's had a bottle of tequila now.

**NICK GRIMSHAW:** You do it. Open your mouth.

**ANGELA HARTNETT:** But I actually sniff.

**CHRIS EVANS:** No, that's okay. But you should still pick up a stronger nostril.

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

**CHRIS EVANS:** Which one?

**ANGELA HARTNETT:** This one.

**CHRIS EVANS:** Yeah. So you're left, I'm right. What about you?

**NICK GRIMSHAW:** I think I'm a lefty.

**ANGELA HARTNETT:** You are a lefty, I'm a lefty.

**NICK GRIMSHAW:** Yeah. I'm a lefty with you, Ange.

**CHRIS EVANS:** Do you like it?

**NICK GRIMSHAW:** Yeah, do like it.

**CHRIS EVANS:** That's good tip. And also, if you go to wine tasting or any kind of spirits tasting or smelling, how would you reset your palate?

**ANGELA HARTNETT:** Well, I just bite something else, eat something else

**CHRIS EVANS:** If you smell the back of your hand.

**ANGELA HARTNETT:** Oh, I've never done it like that.

**CHRIS EVANS:** So your own skin will neutralise your smell for the next nose, or...

**NICK GRIMSHAW:** I love when you've got facts. I love when you do your facts on the radio. Problem is with me, I always remember half of one. I'll be like, 'Do you know what we know when you get tequila?' And I'll remember half of it.

**CHRIS EVANS:** By the way, well done for super subbing on the radio.

**NICK GRIMSHAW:** I loved it.

**CHRIS EVANS:** Virgin radio, sixty-thirty through til ten, when I'm not there Nick is.

**NICK GRIMSHAW:** Yeah, loved it. I really, really enjoyed it, thanks for asking me to do that. Did you listen Ange?

**ANGELA HARTNETT:** I did.

**NICK GRIMSHAW:** Did you?

**ANGELA HARTNETT:** Not every day.

**NICK GRIMSHAW:** No.

**ANGELA HARTNETT:** But I did listen in, I listened in.

**NICK GRIMSHAW:** My mum said, I tuned in at half-nine.

**ANGELA HARTNETT:** Yeah. Well done mum.

**NICK GRIMSHAW:** Ends at ten.

**CHRIS EVANS:** We'll take half an hour.

**NICK GRIMSHAW:** Yeah, half an hour.

**CHRIS EVANS:** Will you do it again?

**NICK GRIMSHAW:** I'd love to, yeah.

**CHRIS EVANS:** Ideal.

**NICK GRIMSHAW:** Yeah, when you go on holiday?

**NICK GRIMSHAW:** Yeah.

**CHRIS EVANS:** Soon. Really soon.

**NICK GRIMSHAW:** The book's packed.

**CHRIS EVANS:** Yeah.

**NICK GRIMSHAW:** Sheila Hancock's in the case.

*[Cutlery sounds]*

**NICK GRIMSHAW:** What have we got here, Ange? Give us the, give us the official title of our chicken.

**ANGELA HARTNETT:** So orange and herb butter spatchcock chicken with salad, french fries, and sriracha aioli.

**CHRIS EVANS:** Thank you. Thank you. Thousand thank yous. So would you roast this whole, or would you chop it up like the Italians do?

**ANGELA HARTNETT:** I roasted it whole, but spatchcock, so flat.

**CHRIS EVANS:** Oh yeah, of course you did. The clue is in the title.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** And then-

**NICK GRIMSHAW:** And do you do that yourself?

**ANGELA HARTNETT:** Well, no, I made- asked Neil to do it last night.

**NICK GRIMSHAW:** What, he spatchcocked the chicken?

**ANGELA HARTNETT:** Yeah. He's better at things like that, butchery, so he just-

**NICK GRIMSHAW:** So what does it mean to spatchcock? You make it flat?

**ANGELA HARTNETT:** So basically you flatten it out.

**NICK GRIMSHAW:** Yeah. How do you do that?

**ANGELA HARTNETT:** Yeah, you take it out the, the sort of little wishbone. And then you basically cut down the backs and then crush the carcass.

**CHRIS EVANS:** Splay it.

**ANGELA HARTNETT:** Yeah, in a way, yeah. Do you want some extra juices?

**CHRIS EVANS:** Yes, please.

**NICK GRIMSHAW:** We never do a roast chicken, do we?

**CHRIS EVANS:** This is so juicy. It's so gorgeous Angela.

**NICK GRIMSHAW:** Angela.

**CHRIS EVANS:** I know. She's the best.

**NICK GRIMSHAW:** She is the best.

**NICK GRIMSHAW:** If you wanna try this recipe or any of the recipes you hear on Dish, go on [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes)

**ANGELA HARTNETT:** And I've got to do credit.

**NICK GRIMSHAW:** Yes.

**ANGELA HARTNETT:** This recipe is by Ed Smith on Waitrose.

**NICK GRIMSHAW:** Okay.

**ANGELA HARTNETT:** So it's his amazing chicken recipe with the Sriracha mayonnaise.

**NICK GRIMSHAW:** Okay. Well, thank you Ed Smith.

**CHRIS EVANS:** Angela, can I ask you a question please?

**ANGELA HARTNETT:** You can indeed Chris.

**CHRIS EVANS:** What comes first, the moisture or the crisp? Cause you've got a crispy, moist chicken here. That's just weird. It's what we want, but none of us can do it apart from you.

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

**NICK GRIMSHAW:** Yeah, how'd you do it?

**ANGELA HARTNETT:** Buy the best chicken you can afford. You know, chicken's aren't cheap necessarily. High oven first, get nice crispy skin.

**CHRIS EVANS:** Right.

**ANGELA HARTNETT:** Turn it down slightly. And then you put the butter inside, under the breast if you can, or inside the cavity if you're leaving it whole, and you know, I like to keep it raised above on a little skillet so the juices, you know, so it crisps all around.

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

**CHRIS EVANS:** Oh.

**ANGELA HARTNETT:** And then the key is rest, rest.

**CHRIS EVANS:** Rest, right.

**ANGELA HARTNETT:** Everyone always takes meat and chicken out and everything and then tucks in. Let it rest.

**CHRIS EVANS:** And it carries on cooking, residual heat, blah blah blah.

**ANGELA HARTNETT:** It does, and then all the juices goes through, and then all the other juices, that's all the cooking juices.

**CHRIS EVANS:** Where are you on turning a bird upside down?

**ANGELA HARTNETT:** Oh, no, God.

**CHRIS EVANS:** Because they- that- self basting is what they say, isn't it?

**ANGELA HARTNETT:** Yeah, and basically, I mean, if it was a turkey I'll bring it out and start basting, but a chicken, I'd just leave and I sometimes cover with foil and turn it right down so it's just slow and longer.

**CHRIS EVANS:** Slow and low.

**ANGELA HARTNETT:** Yeah Yeah. Slow and low. No faffing around, I don't like faffing.

**CHRIS EVANS:** No faffing.

**ANGELA HARTNETT:** No faffing.

**CHRIS EVANS:** You're very good at the non-faffing stuff I love whenever you sort of let slip about Gordon Ramsey, he doesn't know what he's doing.

**NICK GRIMSHAW:** Load of nonsense.

**CHRIS EVANS:** It's so cool when you do that. I've cooked with Gordon Ramsay. I cooked with him in Claridges.

**ANGELA HARTNETT:** He's brilliant. He's great.

**CHRIS EVANS:** I was talking the other day about Marco Pierre White.

**ANGELA HARTNETT:** Oh yeah.

**CHRIS EVANS:** To another very famous chef who used to work for him, and I said, when you went for your interview, did you get the fried egg test? If you wanted to work in his kitchen, he would say, fry me an egg.

**NICK GRIMSHAW:** Mm-hmm.

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** Because if you can't do, do simple things well, you're not allowed in this kitchen. You know, you can hide behind the fancy, can't you?

**ANGELA HARTNETT:** Exactly, yeah.

**CHRIS EVANS:** Can you fry an egg well? And it's the same with roasting a chicken.

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** There's a few things like that, isn't there Ange?

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

**CHRIS EVANS:** Pasta, same kind of thing.

**ANGELA HARTNETT:** And making a salad dressing, all those simple things.

**CHRIS EVANS:** Yes.

**NICK GRIMSHAW:** Chris, what would you do if Ange came around for a tea at yours?

**CHRIS EVANS:** Fried egg.

**NICK GRIMSHAW:** One fried egg, one fried egg

**CHRIS EVANS:** So what I'd do with the fried egg. Really hot frying pan, really really hot and then the best eggs you can get...

**ANGELA HARTNETT:** Of course

**CHRIS EVANS:** and then I would put some unsalted butter so it doesn't burn, maybe a bit of olive oil in there as well and then I'd put the fried egg in and I'd crisp it up round the side and then I get a spoon and I start to basically baste it, baste it around the white first and then right at the death, over the yolk and then I'd take it off the heat, cold butter out of the fridge, on the bread ok, and then I'd put the egg right in the middle so the yolk and also I would sort the yolk out in the pan, so it's in the middle of the egg and then I would get the catching slice, so you'd slice it up into quarters, that's what my mum used to do, none of the triangular nonsense, by the way

**NICK GRIMSHAW:** No triangles

**ANGELA HARTNETT:** I like it

**CHRIS EVANS:** And then as you go to bite in, then you get the catch in... that's what I would do

**ANGELA HARTNETT:** You know what you can add to that which posh's it up a bit but it makes a difference.

**CHRIS EVANS:** She's good!

**CHRIS EVANS:** Sage!

**NICK GRIMSHAW:** Sage!

**CHRIS EVANS:** Of course

**ANGELA HARTNETT:** Put a bit of sage leaves in with the butter and that takes a fried egg to another level, just sage.

**NICK GRIMSHAW:** Look at them ...Ohhhhhh

*[Cork popping sound]*

**ANGELA HARTNETT:** Right the wine ...

**NICK GRIMSHAW:** a Mâcon Villages. Which is a white Chardonnay, which apparently has a nice buttery feel, which I really like as a word to describe wine. Bit buttery.

**CHRIS EVANS:** Yeah. Bit buttery, oaky, vanilla.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** But buttery I really like.

**CHRIS EVANS:** Yeah. I like that too

**NICK GRIMSHAW:** I'm gonna try it just for Waitrose.

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** Good for you.

**NICK GRIMSHAW:** Ugh. No, it's really good. Okay. It's great, really good, really good, really good. Really delicious. Really delicious.

**NICK GRIMSHAW:** When do you have a drink? Do you, do you just do, like, do you do waves where you're like, I'll have a bit of drinking time, bit off, or are you like Rod Stewart, like with your one cube a day?

**CHRIS EVANS:** We were on Friday and Saturdays.

**NICK GRIMSHAW:** Mm-hmm.

**ANGELA HARTNETT:** Mm-hmm.

**CHRIS EVANS:** So we were Friday night's wine, blah, blah blah. And then Saturday we'd do fire pit outside. Fifty-two weeks a year. Get a fire pit.

**ANGELA HARTNETT:** Wow.

**CHRIS EVANS:** Cause they're great, that's what they're for. And then we run every Saturday morning. So Tash and I do a trail run every Saturday morning and we were just finding it harder to do and we were loving the trail run so much, we're doing it for a couple of years now. So then we just went to Saturday nights and we love it so much more for that and we really forward to it.

**NICK GRIMSHAW:** Yeah. Cause then you get excited about it.

**CHRIS EVANS:** But guess what happens? The less you do it, the more you feel the effect of it. And now I think we might end up not bothering.

**NICK GRIMSHAW:** Wrap it up.

**ANGELA HARTNETT:** Really?

**CHRIS EVANS:** I don't know. I don't know.

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** And that's why I was really interested to hear Adam Hills on the show.

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** Because he just said he knocked it on the head.

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** So obviously, you know when you are younger, you drink, you have a great time, you party, recovery is unbelievable. You can go on, you can

crack on whatever you can do, you know, we've all done that. Well, most of us have done that. I know us three have done that and we've had a great time doing it. And then you get to a point where you go, okay, it's the end of the week, it's the finish line if you like, you know, so it changes the mood, it's like an invisible arch that you go through and it's, you know, this closure to the week and it takes the edge off.

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** You know that phrase? Well now I'm finding it takes the shine off.

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** And I like being shiny. So there is no edge, but I like being shiny.

**NICK GRIMSHAW:** Yeah, I get you.

**CHRIS EVANS:** And on Sunday morning I'm thinking, oh, this is making Sunday morning a bit more difficult. And I really like with the kids and all this kind of stuff- I don't know, never say never, but I was really interested to hear Adam Hills on the show talking about it.

**ANGELA HARTNETT:** But actually lots of people- there's about three or four people recently in my life. That have just knocked it on the head in that sense.

**CHRIS EVANS:** Yeah.

**ANGELA HARTNETT:** They just had a one big night and they just said, that's it, I'm not drinking tomorrow. And then, and it- who always said it was DJ Fat Tony, said, don't say I'm not drinking ever, just say I'm not drinking tomorrow and then I'm not drinking tomorrow. And it's just day by day.

**CHRIS EVANS:** Yeah, yeah.

**ANGELA HARTNETT:** And then it doesn't become an issue. And it's actually more what Adam said, it's all the people around that go, 'Why aren't you drinking?'

**NICK GRIMSHAW:** 'Why aren't you having a drink?'

**CHRIS EVANS:** I mean, I can't say anything 'cause I've been, I've been that person saying it to other people for years and years and years, so I'm just gonna keep my mouth shut. However, having said that, you know, the zero beers are blooming gorgeous.

**NICK GRIMSHAW:** Yeah, they're good.

**ANGELA HARTNETT:** But the Happy Saint is a great non-alcoholic beer. That's brilliant.

**CHRIS EVANS:** Oh, Lucky Saint.

**NICK GRIMSHAW:** Oh, Lucky Saint. Oh, I have, yeah.

**ANGELA HARTNETT:** Happy Saint. I'm always getting it wrong.

**CHRIS EVANS:** That's 'cause you're half-cut.

*[Dinner table sounds]*

**NICK GRIMSHAW:** What was food like when you were growing up at home, Chris, who was the main cook in your house?

**CHRIS EVANS:** Mum.

**NICK GRIMSHAW:** Your mum?

**CHRIS EVANS:** My mum, yeah. But I mean, very basic, you know, lots of chips, chip pan on the stove.

**NICK GRIMSHAW:** Are they banned now? You don't see a chip pan, do you?

**CHRIS EVANS:** No, you don't really.

**NICK GRIMSHAW:** We used to have a big orange chip pan.

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** And did was the lard always in it?

**NICK GRIMSHAW:** Always in it.

**ANGELA HARTNETT:** Yeah, always in.

**CHRIS EVANS:** And it set every day.

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** Yeah. And then so mum would warm the chip pan up, and just the smell of it.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** You knew it was suppertime, or dinnertime, exactly.

**CHRIS EVANS:** It was suppertime, it was like Pavlov's dogs, wasn't it?

**ANGELA HARTNETT:** Yeah. Exactly.

**CHRIS EVANS:** So no, we'd have chips mostly with things, but the best thing my mom ever made us, and it's the thing I would have if the last meal I would be, hotpot.

**ANGELA HARTNETT:** Okay, right, yeah.

**CHRIS EVANS:** She made this hotpot and, and Tash- because Tash is such an amazing human being. She knew when my mum was like, you know, when it was coming to the end, she somehow got my mum in the kitchen one more time- this gonna make me cry.

**ANGELA HARTNETT:** Aw.

**CHRIS EVANS:** To, to show her how to make the hotpot.

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** So she could carry on making it for me, my mum's hotpot.

**ANGELA HARTNETT:** Aw.

**NICK GRIMSHAW:** Making the hotpot.

**CHRIS EVANS:** And it's with the cheapest cut of meat cause it's from the war-

**ANGELA HARTNETT:** Of Course.

**CHRIS EVANS:** -and all this kinda stuff.

**ANGELA HARTNETT:** Of 'course, yeah.

**CHRIS EVANS:** And, and so-

**ANGELA HARTNETT:** But the tastiest cut of meat, you know, because it's- yeah.  
Aw.

**CHRIS EVANS:** Yeah.

**NICK GRIMSHAW:** But we used to have that, we called it tater 'ash though.

**CHRIS EVANS:** Yeah.

**NICK GRIMSHAW:** Do you call it tater 'ash?

**CHRIS EVANS:** My-

**NICK GRIMSHAW:** Is that different?

**CHRIS EVANS:** It might be different.

**NICK GRIMSHAW:** Yeah.

**CHRIS EVANS:** Sliced potatoes on top.

**NICK GRIMSHAW:** Yeah.

**CHRIS EVANS:** Yeah. And a shortcrust pastry sometimes over the top of the bowls.

**NICK GRIMSHAW:** Over the top, over the bowl.

**CHRIS EVANS:** And dumplings in there.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** I love a dumpling.

**NICK GRIMSHAW:** Hey, just one more thing about you mentioning, you know, war food, then-

**CHRIS EVANS:** War food.

**NICK GRIMSHAW:** My dad used to mention war food-

**CHRIS EVANS:** War food.

**NICK GRIMSHAW:** -every single day.

**CHRIS EVANS:** Right.

**NICK GRIMSHAW:** Every single day. And he'd go, 'We were war babies. We never had anything like this.' And he'd point at a salad. He was born in 1941.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** So anything we ate, we had to be so grateful for. Cause, 'We were war babies.' Yeah. Didn't have any of this.

**ANGELA HARTNETT:** He's right.

**NICK GRIMSHAW:** And he used to do a lard butty, like a dripping butty.

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** Yeah.

**NICK GRIMSHAW:** Which was so disgusting. But now I think I'd quite get into it.

**ANGELA HARTNETT:** Quite like that, hangover.

**NICK GRIMSHAW:** Could we do war food special?

**ANGELA HARTNETT:** Yeah, let's do it.

**CHRIS EVANS:** Dripping was a thing though, wasn't it?

**NICK GRIMSHAW:** Dripping.

**ANGELA HARTNETT:** People don't use that. We use lard still, but people don't, they think there's something wrong with it. There's nothing wrong with it.

**NICK GRIMSHAW:** You use that on your potatoes, I use that on potatoes on a Sunday roast.

**ANGELA HARTNETT:** Roasting, yeah. Make pastry with it. Lard's good.

*Drink Sounds*

**NICK GRIMSHAW:** Should we talk about CarFest?

**CHRIS EVANS:** Yes, please.

**NICK GRIMSHAW:** Yeah!

**ANGELA HARTNETT:** Yes.

**CHRIS EVANS:** You're coming.

**ANGELA HARTNETT:** Yes I am.

**NICK GRIMSHAW:** You're going?

**ANGELA HARTNETT:** Yep.

**NICK GRIMSHAW:** Why am I not going?

**ANGELA HARTNETT:** Dunno.

**NICK GRIMSHAW:** When is it?

**CHRIS EVANS:** Bank Holiday weekend, August 25th to August 27th. It's our twenty-first CarFest. Twenty-one CarFests!

**ANGELA HARTNETT:** It's a big one.

**CHRIS EVANS:** One big CarFest! Twenty-one stages, twenty-one bands, all the greatest chefs in the world including Angela Hartnett, we've got FoodFest We've got Jimmy Carr, we've got Russell and Laura Brand, we've got Richard Hammond, we've got Lee Mack, we've got Rob Brydon, we've got Anton Du Beke. We've got Rick Astley playing. We've got Craig David playing. We've got The Feeling playing. We've got Texas playing. We've got the actual Village flipping People. We've got McFly playing. [CarFest.org](http://CarFest.org), even if you hate me, check out the website.

**NICK GRIMSHAW:** That was a sell

**CHRIS EVANS:** 25 million pounds for kids' charities and counting.

**NICK GRIMSHAW:** Wow.

**CHRIS EVANS:** If you're gonna go to one festival this year, come to CarFest.

**NICK GRIMSHAW:** Yeah. Wow, wow, wow, wow, wow.

**ANGELA HARTNETT:** That ticks every box there.

**NICK GRIMSHAW:** That was pretty good

**CHRIS EVANS:** That's CarFest talked about.

**NICK GRIMSHAW:** Yeah, that is that wrapped up.

**CHRIS EVANS:** How do you feel about that, Car Fest?

**NICK GRIMSHAW:** That's our questions done.

**CHRIS EVANS:** Yes.

**NICK GRIMSHAW:** 24 million.

**CHRIS EVANS:** 24/25 million.

**NICK GRIMSHAW:** 25 million.

**CHRIS EVANS:** Well, whatever I, the point is it's over 20 million, it might be twenty-six. I don't know, I don't check, to be honest, I just know it's all great, every single penny profit goes to children's charities.

**ANGELA HARTNETT:** Charity, yeah.

**CHRIS EVANS:** It's awesome, and I love everybody for coming.

**ANGELA HARTNETT:** But there's two isn't there?

**CHRIS EVANS:** Used to be. So this is the first ever one big CarFest.

**NICK GRIMSHAW:** Right.

**ANGELA HARTNETT:** Right, okay.

**CHRIS EVANS:** Because we need to make more money. And it's at Jody Scheckter's farm, and he's around for his organic farming.

**ANGELA HARTNETT:** Love Jody, yeah.

**CHRIS EVANS:** Obviously he won the F1 championship in 1979. So it's the perfect coming together of all-

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** -cultures. But please, please, [CarFest.org](http://CarFest.org), I just ask you to check it out cause you'll be really surprised.

**NICK GRIMSHAW:** And Ange, what are you doing down there? Performing or cooking?

**ANGELA HARTNETT:** Er, both. I perform-cook.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** No, I'm doing a demo and then I think-

**NICK GRIMSHAW:** Oh are you, with like the headset?

**ANGELA HARTNETT:** Yeah. Yeah. Well, I dunno, are there headsets?

**CHRIS EVANS:** Madonna Mics yep

**NICK GRIMSHAW:** Yeah, Madonna mic, come on. You gotta get the Madonna mic.

**ANGELA HARTNETT:** But with Andy. Andy's doing all the set-up, the chef, he's brilliant.

**CHRIS EVANS:** Yeah, he's great.

**ANGELA HARTNETT:** And then we might be even doing something about the Cafe Murano Book Club. We might be even cooking and interviewing another chef, we've got a little thing- Chris has been really kind, he's letting us promote other stuff there.

**CHRIS EVANS:** Yeah, no-

**ANGELA HARTNETT:** Which is amazing.

**CHRIS EVANS:** Cause it's all about that-

**ANGELA HARTNETT:** It's, you know-

**CHRIS EVANS:** -spread the love. Michael Caines is coming, The Happy Pear are coming, Matt Tebbutt's coming.

**NICK GRIMSHAW:** Oh fab.

**CHRIS EVANS:** But it's a big-

**ANGELA HARTNETT:** It's a great weekend.

**CHRIS EVANS:** It's a great weekend and please come along 'cause I promise you'll have a great time. And so all the costs are sorted, so every ticket that gets sold now it's just, boom. There you go. It's like, you know, in the restaurant, Ange, once you put the second bottle of wine on the table-

**ANGELA HARTNETT:** You- yeah, you're making money.

**CHRIS EVANS:** You've covered your costs and you're making your money.

**ANGELA HARTNETT:** It's a huge-

**CHRIS EVANS:** It's a big Murano.

**NICK GRIMSHAW:** It's a big night at Murano. It's a big outdoor Murano. We actually have, speaking of CarFest, a little message for the pair of you. Here we go.

**STEPHEN FLYNN:** 'Hi Angela, it's Stephen from the Happy Pear here. Okay, here's the kitchen dilemma. So you're cooking food for a wedding for 150 people, you're an hour away from service, you go to put the dish that you've been working all day on into the oven, and you find out the oven doesn't work. Dun, dun, dun. What do you do? This actually happened to us, so curious to see how you'd approach it. Anyway, there you are. Loads of love. Bye.'

**NICK GRIMSHAW:** Okay.

**CHRIS EVANS:** Great question.

**NICK GRIMSHAW:** Great question and what a dilemma.

**ANGELA HARTNETT:** Crikey.

**CHRIS EVANS:** Run.

**NICK GRIMSHAW:** What would you do?

**ANGELA HARTNETT:** Run, yeah.

**NICK GRIMSHAW:** Leg it.

**ANGELA HARTNETT:** Run.

**CHRIS EVANS:** Taxi for Angela.

**ANGELA HARTNETT:** Exactly, I'm not here. Firstly, you would suss out who's the gonna- the best person to talk to, either the best man or the father.

**NICK GRIMSHAW:** Yeah, who'd you break the news to?

**ANGELA HARTNETT:** Basically, you gotta break the news to someone that you're gonna have to delay the timings and make it work, and then do everything you can to make it work. You know, taxis, send people out, add an extra course in if you need to, and then kill the person who didn't check the oven.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** That is ultimately, you know-

**NICK GRIMSHAW:** In that order. That must have happened to you, you must have had a nightmare before. Have you ever had anything-

**ANGELA HARTNETT:** I've had moments like, you know, when you do big events, you know it sounds ridiculous, but you need to count. You know, if you are serving 120 people all fish, you need to count you've got 130 portions to make sure. And I never rely on anyone. It's an awful thing to say, but I count all the plates myself and I count, and the odd time I have, I've watched the plates go down and I'm carving the meat and the plates are going down and the meat's getting less and I'm looking, I've got more plates to meat.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** And I literally was doing a dinner for ninety people, and I got to like fifteen plates and I said, 'Where's the rest of the lamb?' And they go, 'That's it,' and I went, 'Right.' And then they all start telling me, 'Yeah, we counted it, we did-' I said, 'Doesn't matter, I don't really care about your excuses now. Just get in that fridge and find me some meat,' and I said, 'and someone go and get me Dan, who I need to talk to, to tell him we're gonna have to do his table.' I said, 'After that, you can b\*\*\*s\*\*\*t me as much as you

like,' I said, 'but ultimately someone didn't count the lamb properly, that's what's happened, there's no excuse.'

**NICK GRIMSHAW:** I would hate to be told off by Angela Hartnett.

**CHRIS EVANS:** Some people would pay to be told off.

**NICK GRIMSHAW:** Yeah.

**CHRIS EVANS:** But I suspect some do.

**ANGELA HARTNETT:** You must have had things go wrong on the radio, mics go down on something.

**CHRIS EVANS:** Yeah but things going wrong on the radio, a) it proves it's live, b) the fun-

**NICK GRIMSHAW:** It's quite funny.

**ANGELA HARTNETT:** People don't care.

**CHRIS EVANS:** It's not like that.

**ANGELA HARTNETT:** Yeah, yeah.

**CHRIS EVANS:** The first thing I would do in that situation is just tell- tell the waiter, 'Give them more booze now.'

**NICK GRIMSHAW:** 'More wine.'

**ANGELA HARTNETT:** Yeah, that would be-

**CHRIS EVANS:** Just tell them they've eaten. They've forgotten.

**NICK GRIMSHAW:** What are you on about? You've ate.

**ANGELA HARTNETT:** What do you mean, we're on dessert already.

**CHRIS EVANS:** Shame them. 'You're so drunk, you don't realise we served it, it was amazing.'

**NICK GRIMSHAW:** Did you enjoy it?

**CHRIS EVANS:** Yeah.

**NICK GRIMSHAW:** We have another question.

**BRIONY MAY WILLIAMS:** 'Hello, It's Briony May Williams here, and I have the honour of hosting the Kitchen stage at CarFest this year, can't wait. So my kitchen dilemma is sometimes when I make Italian meringue buttercream it goes really sloppy, the meringue goes sloppy and I can't quite bring it back. So yeah, I was just wondering if you could help me out with that 'cause I'd really love to fix it if I can. Thanks so much.'

**NICK GRIMSHAW:** Do you ever have that problem Chris, when you're making Italian meringue?

**CHRIS EVANS:** Sometimes. Sometimes when I'm making-

**ANGELA HARTNETT:** Do you have a sloppy meringue?

**CHRIS EVANS:** -something really like weird.

**NICK GRIMSHAW:** Italian buttery meringue, yeah. Hate when that happens.

**CHRIS EVANS:** Every Tuesday when I'm trying to create miracles in my own domestic kitchen.

**ANGELA HARTNETT:** So she's making the Italian meringue, which is-

**NICK GRIMSHAW:** What's Italian meringue?

**ANGELA HARTNETT:** It's a cooked meringue. So basically you heat sugar and a bit of water to 120 degrees. At the similar time you are whipping your egg whites up, and then you have to pour the sugar onto the egg whites at the same time. And then that cooks the egg whites - questions after - and then you have to blend it until- well, whip it up until it goes cold.

**NICK GRIMSHAW:** Right.

**ANGELA HARTNETT:** Now, if she has undercooked her sugar, that's why it's going sloppy. Yes. Question from the back, Chris Evans?

**CHRIS EVANS:** I have a question about the question and I didn't want to interrupt you which is why I put my hand up.

**ANGELA HARTNETT:** Yes, go on.

**CHRIS EVANS:** Okay. You don't get told these questions beforehand.

**ANGELA HARTNETT:** No.

**CHRIS EVANS:** You just knew all that.

**ANGELA HARTNETT:** Well, I know how to make an Italian meringue.

**CHRIS EVANS:** Yeah but all the details- round of applause for Angela.

**NICK GRIMSHAW:** Come on.

**CHRIS EVANS:** It was so good, Ange. I know, I know it's what you do for a living, but it never gets unimpressive.

**ANGELA HARTNETT:** But I think they'll believe me when I say people tell- I do get told stuff and Claire did text me something this morning, but I never listen to any of it.

**NICK GRIMSHAW:** So you did get prepped for that, but you just chose not to... Can't be a\*\*\*\*.

**ANGELA HARTNETT:** I was like, why is she texting at 7:30? I'm trying to get out of the house.

**NICK GRIMSHAW:** So CarFest, you have to go to-

**ANGELA HARTNETT:** Done, tick.

**NICK GRIMSHAW:** If you've not got a ticket, get them, [carfest.org](http://carfest.org) NOW

*[Drink pouring sounds]*

**NICK GRIMSHAW:** Now, normally when we do an interview with a guest on Dish, we see it and that there's things that we need to tick off and blah, blah, blah. But we were like, you know what? We love Chris Evans. Genuinely we really, really do.

**CHRIS EVANS:** Thanks Nick.

**NICK GRIMSHAW:** And everyone here really does, and we were dead excited about you coming on. So we were like, why don't we just get Chris Evans tell us some of the best stories that exist in Chris Evans' world.

**CHRIS EVANS:** Oh my gosh. Alright, okay.

**NICK GRIMSHAW:** So we've done a list all for some of our favourite things here. Some good stuff that when we were going through, were like, these are all so mad.

**CHRIS EVANS:** Yes.

**NICK GRIMSHAW:** We've gotta cover them.

**CHRIS EVANS:** Yes, yes.

**NICK GRIMSHAW:** So you worked as a Tarzanogram.

**CHRIS EVANS:** Yes.

**NICK GRIMSHAW:** Well, the hell's that?

**CHRIS EVANS:** It's a kissogram. So for-

**NICK GRIMSHAW:** But Tarzan?

**CHRIS EVANS:** Yes.

**ANGELA HARTNETT:** Dressed as Tarzan.

**NICK GRIMSHAW:** You dressed as Tarzan?

**CHRIS EVANS:** Yes.

**NICK GRIMSHAW:** Okay.

**CHRIS EVANS:** Why are you so disbelieving?

**NICK GRIMSHAW:** I just think Tar- I, I just can't- I just imagine him more Mediterranean

**CHRIS EVANS:** Yeah. So Tarzanograms, kiss-ograms, were these big butch guys.

**NICK GRIMSHAW:** Yes.

**CHRIS EVANS:** The thing was when a Tarzanogram landed at a party, then the big laugh was when they arrived.

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

**CHRIS EVANS:** But after that, to be honest, it tailed off.

**NICK GRIMSHAW:** Yeah. It's not funny.

**CHRIS EVANS:** So I arrive looking pathetic, clearly. So we were called Kinky's Kissograms: The skinniest Tarzans in town. That's what we-

**NICK GRIMSHAW:** Oh, okay. So like a niche market.

**CHRIS EVANS:** And we arrived and obviously it was funnier than the big guy come in. I didn't care. And then we had various routines and I had a song and we spoke about the person, and when we landed it was funny, and then it hopefully got funnier.

**NICK GRIMSHAW:** And when was this?

**CHRIS EVANS:** It was just after Top Gear.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Yeah.

*[Laughter]*

**CHRIS EVANS:** Things went a bit lean for a moment.

**NICK GRIMSHAW:** Next up, you were Timmy Mallett's assistant.

**CHRIS EVANS:** I was.

**NICK GRIMSHAW:** Timmy Mallett? I forgot about Timmy Mallett until Claire said to me, he was Timmy Mallett's assistant.

**CHRIS EVANS:** Yeah.

**NICK GRIMSHAW:** Love Timmy Mallett.

**ANGELA HARTNETT:** But then you followed him, that was the thing.

**CHRIS EVANS:** Yeah, so he did this thing called Funday Sundays, which was their version of the Radio 1 Roadshow. And so I just passed my driving test and he was doing this radio roadshow and so I followed him back to wherever he was going, hoping that I could see him or say something to him. And he happened to going back to the studios, he wasn't going home, and so he got out of his car, I got out of my car and I said, you know, 'Can I get into radio? Is there anything I could do, I'll do everything and anything for nothing.' Which I think is a great thing. You really love something, write that down and send it to someone, you, you might get a meeting.

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** And he said, come and see me tomorrow. So I went back tomorrow and then the kid who was working for him at the time was going back to university that day, and I basically took over his job there. I didn't get paid, but it didn't matter, you know, because you'd pay for the experience. And then that guy went on to be the European CEO of Disney.

**ANGELA HARTNETT:** Wow.

**CHRIS EVANS:** And then was in charge of opening all the Disney parks.

**ANGELA HARTNETT:** Oh my God.

**NICK GRIMSHAW:** Oh wow.

**CHRIS EVANS:** Lots of people who worked for Timmy went on to do amazing things.

**NICK GRIMSHAW:** Amazing things.

**CHRIS EVANS:** And Timmy, his show was-

**NICK GRIMSHAW:** Was it The Mallet. Was there some power in that, do you think?

**CHRIS EVANS:** Well, yeah, the power of the Mallet, and when Smash Hits had the top ten radio shows every year, they were all national shows, but there was one regional show that used to get in there and Timmy's shows used to get in there 'cause it was absolutely awesome.

**NICK GRIMSHAW:** Mm-hmm.

**CHRIS EVANS:** Monday through Thursday, Fridays off. I learned so much from him.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** I love Fridays off.

**CHRIS EVANS:** Fridays off-

**NICK GRIMSHAW:** That's a good one. Very. That's a big one, Fridays off, love Fridays off, Fridays off. It says here, you once spent twelve hours in a bed with Cher.

**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, - you know, Abbott and Castello were always in bed, Morecombe and Wise were always in bed, so we did this thing where we- basically, I was married to her. That was the

joke. And, I had this Smash Hits award one night and I was just, um, 'Night night, sweetie. Night night, Cher,' and then I would proudly get my Smash Hits award and put it on my nightstand, and then she would just get two Oscars and put them... Things like that. Oh, we had such a laugh.

**NICK GRIMSHAW:** Did you know what I remember you doing when you presented the BRITs?

**CHRIS EVANS:** Yes.

**NICK GRIMSHAW:** When Madonna performed, and I remember you introduced her and you went, 'Right next performing at the BRITs, it's my old flatmate Madonna!' And I believed, as an innocent child, that you lived with Madonna. And I remember telling people like, Chris Evans lives with Madonna, at school, and they were like, I don't know... my sister was like, I think it was a joke, I was like, no, no, no.

**ANGELA HARTNETT:** 'He said it, he said it.'

**NICK GRIMSHAW:** And I really believed that for my childhood thing.

**CHRIS EVANS:** The scary thing is that I believed it too.

**NICK GRIMSHAW:** Yeah.

**CHRIS EVANS:** Which is why I said it.

**NICK GRIMSHAW:** Yeah, you really believed it.

**CHRIS EVANS:** There's a great story about the flag at the BBC by the way.

**NICK GRIMSHAW:** The flag at the BBC.

**CHRIS EVANS:** Yeah. So when I was at Radio 1 for about a second.

**NICK GRIMSHAW:** How long? Two years?

**CHRIS EVANS:** I think it was a year.

**NICK GRIMSHAW:** Was it?

**CHRIS EVANS:** It was ridiculous, it was-

**ANGELA HARTNETT:** You were longer on Radio 2, weren't you?

**CHRIS EVANS:** Much, yeah, I was like fifteen years on Radio 2, but it was about- honestly it was fifteen years. There was so much spare office space at the BBC before they revamped Broadcasting House, that they used to rent it out to other companies. And so, the first series of TFI Friday, we produced that in Radio 1 and we rented office space off the BBC. It was hilarious, right? And it just so happened that the part of the BBC building where we were had a balcony and a flagpole. So we had a Ginger Productions flag made by a proper flag maker, and we hoisted it above the BBC. So for about a second it looked like we'd taken over the BBC.

**NICK GRIMSHAW:** Taken it over.

**CHRIS EVANS:** And in about forty-five minutes, we got this call from security saying, you have to take that flag down? It was like, really?

**NICK GRIMSHAW:** Oh, okay, fair's fair.

**ANGELA HARTNETT:** Oh, I always love that one you talk about, when you took over from Terry Wogan, and he said to you about, they'll either like you or they won't?

**CHRIS EVANS:** Yeah. That was in an Italian restaurant in Beaconsfield. And I said, Terry, you know, tell me one thing. And it was late, it was a late night and he was hosting the Radio 2 Breakfast Show.

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** And I was hosting the Radio 1 Breakfast Show the next day.

**ANGELA HARTNETT:** Mm-hmm. Yeah.

**CHRIS EVANS:** You know, and obviously he was considerably older than me and I was like, Terry, we need to go to bed now. And we've been out all day, we had lunch at his house, then we played some golf, I think in between, and then I thought we were going home, he said, come on, we've got a table booked for dinner. I was like, this is the greatest day of my life. And it got to half-ten, 11

o'clock, and I thought, Terry, we need to go. He said, oh, Christoph- Christy, he goes, 'Oh, Christy, they either like you or they don't.'

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** Okay. And the rest of it was a blur, but then again, I got up the next day. We started at six. He wasn't on until half seven.

**NICK GRIMSHAW:** That is a job.

**CHRIS EVANS:** Half-seven till half-nine, he read lots of letters out from listeners. I mean, he read them out very well, don't get me wrong.

**NICK GRIMSHAW:** Yeah, yeah, yeah.

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** I think we had three live bands, five guests.

**NICK GRIMSHAW:** Yeah.

**CHRIS EVANS:** Two competitions. Like, oh, God.

*[Dinner table sounds]*

**NICK GRIMSHAW:** Chris, we come to the end of the show question. A question for you here-

**CHRIS EVANS:** I knowww...

**NICK GRIMSHAW:** -in this gold envelope.

**CHRIS EVANS:** I love this.

**NICK GRIMSHAW:** If you get this question correct you win a Waitrose goodie bag.

**CHRIS EVANS:** I know.

**NICK GRIMSHAW:** Yeah.

**CHRIS EVANS:** Can't wait.

**NICK GRIMSHAW:** 'Chris. It is forty years this year since you began your career at Piccadilly Radio in Manchester.'

**CHRIS EVANS:** Yes.

**NICK GRIMSHAW:** 'To commemorate this, we have got some T-shirts printed with your face on them.'

**CHRIS EVANS:** Okay.

**NICK GRIMSHAW:** Can you guess how many of our crew are wearing them today under their clothes?

**CHRIS EVANS:** Hang on a minute. You normally ask a question that they just-it's like an interview question.

**NICK GRIMSHAW:** We're mixing it up. We're mixing it up.

**ANGELA HARTNETT:** Yeah.

**CHRIS EVANS:** This is gonna right or wrong, I risk losing this question.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** So, how many, look around at this crew. There's 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11 crew in here. How many-

**ANGELA HARTNETT:** Can I just say, more crew than your radio show, yeah.

**CHRIS EVANS:** Right.

**NICK GRIMSHAW:** How many...

**CHRIS EVANS:** Just.

**ANGELA HARTNETT:** Just.

**NICK GRIMSHAW:** Well half of them cook the food.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Joking, joking. Angela does it.

**CHRIS EVANS:** Nick, you're not that funny.

**NICK GRIMSHAW:** Angela does it. Joking.

**CHRIS EVANS:** Well, you've just given me a clue.

**NICK GRIMSHAW:** Okay.

**CHRIS EVANS:** Because I now notice that they're all wearing shirts and sweatshirts. And it's one of the hottest days ever.

**ANGELA HARTNETT:** Yeah, yeah, exactly.

**CHRIS EVANS:** So I'm gonna for all of them.

**NICK GRIMSHAW:** You're gonna go for all of them.

**CHRIS EVANS:** Yeah, I'm going for all of them.

**NICK GRIMSHAW:** We're going for all eleven. Crew, please reveal if you are wearing a Chris Evans commemorative- Okay, we got one.

**CHRIS EVANS:** One.

**NICK GRIMSHAW:** We got two, three.

[Counting together] 3, 4, 5, 6, 7. 8, 9, 9, 10-

**NICK GRIMSHAW:** Eleven! There we go, Chris Evans, everybody.

**CHRIS EVANS:** Oh my goodness me. Thank you very much indeed. It's been a joy and a pleasure, this show is awesome.

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

**CHRIS EVANS:** Can I just say you need to sober up, the pair of you!

**NICK GRIMSHAW:** what?!

*Laughs*

**NICK GRIMSHAW:** Next week on DISH, we are going to welcome to our table, the wonderful Tim Minchin

**TIM MINCHIN:** Oh my god.

**NICK GRIMSHAW:** That is tasty.

**TIM MINCHIN:** This feels like it's been made by somebody who knows what they're doing. Is that possible?

**ANGELA HARTNETT:** Maybe. A tad.

**NICK GRIMSHAW:** Wow, that is so tasty.

**TIM MINCHIN:** Oh I love red peppers, too.

**ANGELA HARTNETT:** We're ticking all your boxes.

**TIM MINCHIN:** Oh you're ticking my boxes.

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

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**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).