

## **Clara Amfo, cherry & quinoa tabbouleh with goat's cheese and a cosmopolitan**

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

**NICK GRIMSHAW:** Oh, hello there, and welcome to Dish from Waitrose. I'm Nick Grimshaw.

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

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

**ANGELA HARTNETT:** Thank you.

**NICK GRIMSHAW:** How you feeling today?

**ANGELA HARTNETT:** Very well, thank you, and your good self?

**NICK GRIMSHAW:** Yeah, I'm good, I'm alright.

**ANGELA HARTNETT:** Like your top.

**NICK GRIMSHAW:** Thank you so much.

**ANGELA HARTNETT:** Very good top.

**NICK GRIMSHAW:** Thank you. Mesh really wanted me to give this one away.

**ANGELA HARTNETT:** Did he?

**NICK GRIMSHAW:** Which doesn't really work for a podcast, but I'm wearing a shirt with like zigzags on it and Mesh was like, 'It's time for the charity shop that.' I was like-

**ANGELA HARTNETT:** Really?

**NICK GRIMSHAW:** 'Excuse me?' He said, 'Wouldn't wear that to Dish.'

**ANGELA HARTNETT:** Wow.

**NICK GRIMSHAW:** I said, 'Why?' He went, 'A bit seen it.' I was like, alright...

**ANGELA HARTNETT:** God he is cruel, isn't he?

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

**ANGELA HARTNETT:** That's why he's never been invited around to my house, 'cause I would never let him upstairs to go-

**NICK GRIMSHAW:** Never let him upstairs.

**ANGELA HARTNETT:** -'Ange, what is this?'

**NICK GRIMSHAW:** 'Ange, can we get rid to the charity shop please?'

**ANGELA HARTNETT:** Really? No.

**NICK GRIMSHAW:** Speaking of clothes.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** Today's guest always looks good even when she's just doing the radio. Always makes an effort. Clara Amfo is gonna come and join us in a minute. Have you met Clara before?

**ANGELA HARTNETT:** Met her at your house.

**NICK GRIMSHAW:** Is that where you first met?

**ANGELA HARTNETT:** Either your birthday or Christmas party, one of your many parties.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Oh, I met her then, we had a lovely chat.

**NICK GRIMSHAW:** She's great, Clara, isn't she?

**ANGELA HARTNETT:** Very lovely.

**NICK GRIMSHAW:** She's good craic, as they say.

**ANGELA HARTNETT:** And now I follow her on Instagram.

**NICK GRIMSHAW:** Oh yeah? Do you ever have a little DM, ever a message?

**ANGELA HARTNETT:** Not yet, but yet I feel we may, after this.

**NICK GRIMSHAW:** You may after today.

**ANGELA HARTNETT:** We may after today.

**NICK GRIMSHAW:** Okay, good to know. So, of course you'll know Clara Amfo from Radio 1.

**ANGELA HARTNETT:** Of course.

**NICK GRIMSHAW:** And from doing the telly, she's done Strictly.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** I feel like she was robbed on Strictly.

**ANGELA HARTNETT:** She was, she was.

**NICK GRIMSHAW:** Actually robbed.

**ANGELA HARTNETT:** People love being interviewed by her.

**NICK GRIMSHAW:** Yeah, I think so.

**ANGELA HARTNETT:** She's incredible.

**NICK GRIMSHAW:** I think so. She knows what she's doing. And you know why she's good? Because she's a fan.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Like she loves pop culture, she loves-

**ANGELA HARTNETT:** Yeah. She's genuinely interested.

**NICK GRIMSHAW:** She's genuinely into it.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** You know, so that's why she's great. So she's gonna join us in a sec for some food. I've actually got involved in the kitchen for the first time ever.

**ANGELA HARTNETT:** Woo! Woo!

[Applause]

**ANGELA HARTNETT:** Oh my God.

**NICK GRIMSHAW:** Big deal.

**ANGELA HARTNETT:** Big deal.

**NICK GRIMSHAW:** Huge deal.

**ANGELA HARTNETT:** Did you?

**NICK GRIMSHAW:** And I've done that because I knew Clara loves, she's got a very sweet tooth Clara.

**ANGELA HARTNETT:** Okay, right.

**NICK GRIMSHAW:** Loves her dessert. So, sometimes if I go to Clara's for a cup of tea or whatever, or to watch telly.

**ANGELA HARTNETT:** Mmm.

**NICK GRIMSHAW:** I'll just get a selection of chocolate.

**ANGELA HARTNETT:** Aw nice, sweet.

**NICK GRIMSHAW:** And we'll both bosh it. Yeah, so we don't have like tea at Clara's. We just eat like chocolate.

**ANGELA HARTNETT:** Eat chocolate, yeah.

**NICK GRIMSHAW:** So I thought I'd do a dessert.

**ANGELA HARTNETT:** Very good.

**NICK GRIMSHAW:** But you're not mad for a dessert, so I've done something that will satisfy Clara 'cause it's a dessert and satisfy you because it's pistachio.

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

**NICK GRIMSHAW:** So it's not too sweet.

**ANGELA HARTNETT:** Thank you.

**NICK GRIMSHAW:** It's got salted pistachio on it, but we'll get into that later.

**ANGELA HARTNETT:** Okay. All right. And you made it all yourself? Brilliant.

**NICK GRIMSHAW:** Sort of. Before we get Clara in.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** I thought we could go through some of our reviews. One left, which has five stars.

**ANGELA HARTNETT:** Oh wow.

**NICK GRIMSHAW:** Thank you. If you are listening you can leave us a review, and the production team want me to say, 'It helps people find the podcast.' What we mean is, it makes us-

**ANGELA HARTNETT:** Ups our numbers.

**NICK GRIMSHAW:** Ups our numbers.

**ANGELA HARTNETT:** Come on, up our numbers.

**NICK GRIMSHAW:** Up our numbers. Five star review from someone called KACA8. Kacaeight. 'Great podcast. They're a great podcast couple. Love Angela MBE OBE, infectious laughter, and Nick's great stories, especially how he flipped his gangster car.'

**ANGELA HARTNETT:** Oh.

**NICK GRIMSHAW:** 'And I have a few requests'.

**ANGELA HARTNETT:** Oh, crikey.

**NICK GRIMSHAW:** Okay. 'First up, please, can you invite Miriam Margolyes around for dinner?'

**ANGELA HARTNETT:** Oh, she would be amazing.

**NICK GRIMSHAW:** Yes, I would love to have her round.

**ANGELA HARTNETT:** Yes. Slightly scary, I feel.

**NICK GRIMSHAW:** Oh, yeah.

**ANGELA HARTNETT:** She's formidable. She takes, no-

**NICK GRIMSHAW:** Have you ever met Miriam?

**ANGELA HARTNETT:** Never.

**NICK GRIMSHAW:** Never, me neither.

**ANGELA HARTNETT:** But I've seen her interviews, I mean, she silenced Graham Norton.

**NICK GRIMSHAW:** Yeah, yeah. Even Graham's like, wow.

**ANGELA HARTNETT:** Exactly.

**NICK GRIMSHAW:** What a woman.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** So yeah, we can do that.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Absolutely. We can do that. I saw her- did you see she just done that Vogue shoot?

**ANGELA HARTNETT:** Yes. She looks incredible.

**NICK GRIMSHAW:** And she's done the interview with Vogue.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** And it must be the first time ever, ever, that someone has said to Vogue, 'I'm just gonna fart now.'

**ANGELA HARTNETT:** Yes. Yes, it's true.

**NICK GRIMSHAW:** That's what she says in the video, Bella Hadid ain't saying that, is she?

**ANGELA HARTNETT:** She's not.

**NICK GRIMSHAW:** No. So yeah, Miriam Margolyes we can do. 'I think we would all love to hear from Mesh and Neil.'

**ANGELA HARTNETT:** Oh, crikey.

**NICK GRIMSHAW:** Would weee?

**ANGELA HARTNETT:** You said that.

**NICK GRIMSHAW:** Would we? Would we? Would Neil come on?

**ANGELA HARTNETT:** I think Neil would come on, but you know, I'm sure Mesh would, but I don't know, yeah, it feels a bit weird, doesn't it?

**NICK GRIMSHAW:** Yeah, a little bit weird. Like what we interview them?

**ANGELA HARTNETT:** Yeah. And they could give out information we really don't want publicly broadcast.

**NICK GRIMSHAW:** Yeah. Really don't wanna know, yeah.

**ANGELA HARTNETT:** I think there's enough Neil-

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** There's enough Neil and me, just keep the mystery.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Let's keep the mystery.

**NICK GRIMSHAW:** Vague mystery. Third and final request, 'Can you also make it an hour long, or could you do an unedited version too?'

**ANGELA HARTNETT:** Ooh.

**NICK GRIMSHAW:** I like that it's half an hour.

**ANGELA HARTNETT:** Yeah, I think so. I think it's quick and fun and it's produced brilliantly.

**NICK GRIMSHAW:** I like that it's half an hour, that's it. Because if I listen to anything longer than half an hour, if I've gotta go back and finish the episode-

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** -I never finish it.

**ANGELA HARTNETT:** So basically the only request we're doing here is Miriam Margolyes.

**NICK GRIMSHAW:** Is Miriam Margolyes.

**ANGELA HARTNETT:** Anything else you want?

**NICK GRIMSHAW:** Impossible.

**ANGELA HARTNETT:** No.

**NICK GRIMSHAW:** But do leave as a review so we can shut down your requests, please. One in three will get through. Miriam Margolyes is a yes, Mesh and Neil-

**ANGELA HARTNETT:** No.

**NICK GRIMSHAW:** Let's get Clara in, shall we?

**ANGELA HARTNETT:** Yes.

*[Dinner table sounds]*

**NICK GRIMSHAW:** Our guest today claims that she can't cook and that her role is to make you feel good about what you feed her, which is really major. Get ready for plenty of praise, Angela. Please welcome TV and radio royalty, Clara Amfo!

*[Applause]*

**CLARA AMFO:** Hello!

**NICK GRIMSHAW:** Hi Clara Amfo!

**CLARA AMFO:** I am beyond myself that I'm here. I'm so, so excited.

**ANGELA HARTNETT:** Oh.

**NICK GRIMSHAW:** Are you? Well we are excited.

**ANGELA HARTNETT:** It's lovely to have you here.



**NICK GRIMSHAW:** We're dead excited.

**CLARA AMFO:** Lovely to see you Ange- can I call you Ange?

**ANGELA HARTNETT:** You look amazing, of course you can.

**CLARA AMFO:** Thanks.

**NICK GRIMSHAW:** We've just been- you don't hear our beginning of the podcast until you listen to this, but we just spent like five minutes talking about how nice Clara Amfo dresses.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Always looks nice.

**ANGELA HARTNETT:** Gorgeous.

**NICK GRIMSHAW:** Always feel like a bit of a tramp next to Clara Amfo.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** Yeah. Always a bit like, oh, I should-

**CLARA AMFO:** Please.

**NICK GRIMSHAW:** -maybe I should cleanse more.

**ANGELA HARTNETT:** Yeah

**NICK GRIMSHAW:** Do something more with my hair.

**CLARA AMFO:** Oh, wow.

**NICK GRIMSHAW:** Yeah, so...

**CLARA AMFO:** Well, you both look great for the record.

**ANGELA HARTNETT:** Aw, that's very kind.

**NICK GRIMSHAW:** Aw, thank you, Clara.

**NICK GRIMSHAW:** Now you are judged harshly, honestly, by your mother.

**CLARA AMFO:** Yes, I am.

**NICK GRIMSHAW:** And we just took a little photo and sent it to Gracie, but for everyone that doesn't know about Gracie and the comments, please explain.

**CLARA AMFO:** So my mother, Gracie, is the light of and the bane of my life, which I think we can all agree is the case of most of our mothers, and you know, she got very strong opinions about what I wear. My kind of style as, you know, Grim, it flits between like mega feminine and we're talking like a, I like a short skirt, I like a tight top.

**NICK GRIMSHAW:** A strappy shoe.

**CLARA AMFO:** Exactly. Sometimes I dress like a fifteen-year-old boy, you never know. But for the days I don't dress like that my mum isn't particularly happy, particularly hosting red carpet events, if I show a bit of leg I'll send her a picture and the comments are always like, 'It's too short, it's not proper, you are not eighteen anymore,' and I'm just like, excuse me I am, thanks.

**NICK GRIMSHAW:** I am thank you.

**CLARA AMFO:** Thank you. And she just doesn't like things that I wear, and I share them on social media and she's become quite the sensation.

**NICK GRIMSHAW:** People love Gracie's comment.

**CLARA AMFO:** I do love her, I do love her.

**NICK GRIMSHAW:** People now await Gracie's review of your outfits.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** They used to be like, wow, amazing dress, now they're like, what's Gracie gonna-

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

**CLARA AMFO:** Basically, I think Anna Wintour is actually shaking. She's coming for her.

**NICK GRIMSHAW:** Yeah, big time.

**CLARA AMFO:** Truly. Truly.

**NICK GRIMSHAW:** So we just sent a picture to Gracie.

**CLARA AMFO:** Yes.

**NICK GRIMSHAW:** Of myself, Ange and Clara.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** So we'll keep this podcast going until Gracie-

**ANGELA HARTNETT:** Gracie replies there.

**CLARA AMFO:** There we go.

**NICK GRIMSHAW:** Well welcome Clara. We're going for a Cosmo because- we were gonna have wine, but you don't really do wine, do you?

**CLARA AMFO:** I'm not really a wine gal.

**NICK GRIMSHAW:** You're not really a wine.

**CLARA AMFO:** Spirits only.

**NICK GRIMSHAW:** No.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** So we thought we'd go for a Cosmo. Because my favourite thing about lockdown was the Clara Amfo Sex and the City Quiz. And what do they drink on Sex and the City?

**ANGELA HARTNETT:** Cosmopolitan.

**CLARA AMFO:** We love to be festive.

**NICK GRIMSHAW:** We love to be festive. So cheers.

**ANGELA HARTNETT:** Cheers.

**NICK GRIMSHAW:** And welcome.

**CLARA AMFO:** Cheers.

**ANGELA HARTNETT:** Cheers.

**CLARA AMFO:** Cheers. I love-

**ANGELA HARTNETT:** Cheers.

**CLARA AMFO:** So, for people that don't know, Lockdown 1 when we were all bored and locked in the house, I got on Instagram live a few times, maybe with a drink on me, maybe not.

**NICK GRIMSHAW:** Maybe.

**CLARA AMFO:** With my Sex and the City board game that my best friend Annie had bought me.

**ANGELA HARTNETT:** Right.

**CLARA AMFO:** And I was basically playing it with people that would watch my live. I was-

**NICK GRIMSHAW:** I loved it.

**CLARA AMFO:** Yeah, it was a good time. With every question I was basically having a shot, and then I was wasted by season two of Sex and the City,

**NICK GRIMSHAW:** [*Slurring*] Well, lemme... Miranda said...

**ANGELA HARTNETT:** But you are quite competitive, no?

**CLARA AMFO:** I mean, I do like to get quizzical, I can't you lie.

**ANGELA HARTNETT:** Oh, love it.

**CLARA AMFO:** And I don't like to lose.

**NICK GRIMSHAW:** No.

**ANGELA HARTNETT:** Oh.

**NICK GRIMSHAW:** She takes a quiz very serious.

**ANGELA HARTNETT:** Good. I love it.

**NICK GRIMSHAW:** And hey, last time I saw you was at the Beyoncé concert.

**CLARA AMFO:** Oh my God.

**NICK GRIMSHAW:** An epic concert followed by an epic, should have been sponsored, walk home.

**CLARA AMFO:** You know what, you and Mesh, the ultimate gentlemen, walked me all the way home from the venue, and it was a good what? About an hour and a half walk?

**NICK GRIMSHAW:** About an hour and a half, yeah.

**CLARA AMFO:** I think so.

**NICK GRIMSHAW:** Next day I was like, 'So tired,' and Mesh was like, yeah, 'cause we did a marathon on the way home.

**CLARA AMFO:** Got those steps in honey.

**NICK GRIMSHAW:** Uh-huh, got those steps in. But Beyoncé - a huge name, but you, Clara, really do interview, you know some of the, the biggest names in the biz, Kendrick, Jay-Z, Elton John.

**CLARA AMFO:** Mm.

**NICK GRIMSHAW:** Have you interviewed Beyoncé?

**CLARA AMFO:** I have met her briefly.

**NICK GRIMSHAW:** Uh-huh.

**CLARA AMFO:** So I hosted the premiere for the Lion King and like an idiot- I mean, she was very lovely, very warm. She smelt rich. Of just honey money and good decisions, like all pop stars should. And I asked her for a picture, she was so lovely and gracious and me, 'cause it was Lion King went, rrr.

**NICK GRIMSHAW:** Lion!

**CLARA AMFO:** In the picture, and she's there looking like Beyoncé and I'm there like, rrrr. Yeah. Real... really, really chic moment.

**ANGELA HARTNETT:** Yeah.

**CLARA AMFO:** Yeah.

**ANGELA HARTNETT:** Love that.

**NICK GRIMSHAW:** What a woman. And how was Elton?

**CLARA AMFO:** So I went to Elton John's house a couple of weeks ago.

**ANGELA HARTNETT:** Wow.

**CLARA AMFO:** Ahead of his big old Glastonbury performance, just to talk about, you know, the performance and what he's gonna do on stage and about new artists, and he was like playing me new music.

**ANGELA HARTNETT:** Oh fab.

**CLARA AMFO:** People that he rates, and he has just got this room, which is pretty much the size of this space now, and it's just full of records. We were just like playing tunes, having a lovely chat. He's a good time.

**NICK GRIMSHAW:** And how was it, did you just turn up and be like [*knock knock knock*]

**CLARA AMFO:** Basically like-

**NICK GRIMSHAW:** Does he answer the door?

**CLARA AMFO:** He doesn't answer the door, he's got like special, like, security, 'cause Elton John.

**NICK GRIMSHAW:** Elton.

**ANGELA HARTNETT:** Yeah.

**CLARA AMFO:** But then David Furnish obviously appears out of nowhere it's like, ah! But they're just really warm, like lovely people.

**ANGELA HARTNETT:** Yeah.

**CLARA AMFO:** You're just like...

**ANGELA HARTNETT:** And did you meet the kids - where they around?

**CLARA AMFO:** I've met the kids a couple of times. They're really sweet, they've got great manners. Cause you can always judge somebody by how their kids are.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Yeah.

**CLARA AMFO:** Especially really famous people.

**ANGELA HARTNETT:** Yeah.

**CLARA AMFO:** And the kids are very polite, look you in your eyes, shake their hand, like, yeah, they're cute kids.

**ANGELA HARTNETT:** Good, we like that.

**CLARA AMFO:** Yeah.

**NICK GRIMSHAW:** Elton John's got that thing, which we were saying, we think you're really good at your job because you are like a fan of pop culture and of music. And I think Elton, even though he's, you know, one of the most famous people in the world, do you feel like you could just have a chat to him?

**CLARA AMFO:** Oh, yeah.

**NICK GRIMSHAW:** And I think it's because he's a fan as well, like he loves new music and he loves putting new artists on, doesn't he?

**CLARA AMFO:** He really does. And he's delightfully shady.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** Yep.

**CLARA AMFO:** And I wish with all my heart I could share some of the shade that he, that he expressed about the current state of some pop artists.

**NICK GRIMSHAW:** Oh!

**ANGELA HARTNETT:** Ohhh.

**CLARA AMFO:** It's killing me that I can't-

**NICK GRIMSHAW:** Come on.

**CLARA AMFO:** I don't know if I'll ever be allowed back in his house ever again.

**NICK GRIMSHAW:** No, probably not.

**CLARA AMFO:** No, I wouldn't, but do you know what it is, he's just not fake. He's not a phony.

**NICK GRIMSHAW:** No.

**ANGELA HARTNETT:** Yeah.

**CLARA AMFO:** He loves what he loves and if he doesn't like something he'll say it, do you know what I mean? As we've seen. But yeah, he's a good time.

**NICK GRIMSHAW:** What a man.

**ANGELA HARTNETT:** Now I'm starting to think, I'm trying to think in my head who.

**NICK GRIMSHAW:** I know I'm- my brains like racking through like, bam bam bam.

**ANGELA HARTNETT:** Who who who. Brilliant.

**NICK GRIMSHAW:** We'll get it later.

**ANGELA HARTNETT:** Yeah.

**CLARA AMFO:** Give me some more Cosmos.

**NICK GRIMSHAW:** Yeah. Another round of Cosmos, please, for the Elton goss, yeah.

*[Cocktail making sounds]*

**NICK GRIMSHAW:** We had Chris on this a couple of weeks ago, Chris Evans, and I remember before I started doing breakfast, I thought oh I should read Chris Evans' book and he wrote in the book like, I didn't really do any prep, and he said he didn't really do anything before, so I just sort of closed the book and put it down. Do you do prep? Are you quite studious before or do you just like...

**CLARA AMFO:** I do and I don't, it really depends, like I used to over prep, that was my problem because I hate not knowing things.

**ANGELA HARTNETT:** Sure.

**CLARA AMFO:** It irritates me, but also I just like to know things. But I've just found over the years, like, I think when it comes to like pop stars, actors, like sports people, like whoever, everyone is essentially just doing their job.

**NICK GRIMSHAW:** Mm-hmm.

**CLARA AMFO:** And everybody wants to tell their story in a different way, do you know what I mean? And I think a lot of the time people are bored being like, so my album is out on this date.



**ANGELA HARTNETT:** Yeah.

**CLARA AMFO:** And I broke this world record. I wanna know about your childhood. I wanna know like, who your first crush was, like, I wanna know what, like you can't stand about getting public transport, like, those are things that I think are interesting, and so in that respect, I prep less now cause I just...

**ANGELA HARTNETT:** But that's why it sounds, yeah, it sounds more genuine though.

**CLARA AMFO:** Absolutely.

**ANGELA HARTNETT:** Cause that it isn't that sort of repetition of questions and all the rest of it.

**NICK GRIMSHAW:** Yeah.

**CLARA AMFO:** Exactly.

**ANGELA HARTNETT:** Do you ever get nervous? I mean, you've done lot- did you ever get nervous with, who is the one that scared you both?

**CLARA AMFO:** Actually I know, you were there for that one. Jay-Z.

**NICK GRIMSHAW:** Oh yeah, Jay-Z.

**CLARA AMFO:** I was quite nervous for that one.

**ANGELA HARTNETT:** You for Jay-Z.

**NICK GRIMSHAW:** Anyone that was famous when I was little.

**CLARA AMFO:** Yeah.

**NICK GRIMSHAW:** Like a Jay-Z, I'd sh\*t my pants.

**CLARA AMFO:** Yeah. And I know what you said about Cher and Stanley Tucci, like when you see somebody that is that famous in the wild or in real life, in a professional setting, but you almost just, it's like, it's like Medusa, it's like I can't look.

**ANGELA HARTNETT:** In case they disappear.

**CLARA AMFO:** And he was just- and it was really weird looking at him cause he's like, he's an icon.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Yeah.

**CLARA AMFO:** And he's created so many incredible memories. Like me, my mates, like my family, and I just- it was quite weird looking at him thinking, wow, every night you lie in a bed with Beyonce. Like you play fairies and dress up dolls with Blue Ivy.

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

**CLARA AMFO:** It's just really strange.

**ANGELA HARTNETT:** Yeah.

**CLARA AMFO:** But yeah, that, that did make me like quite nervous. But he was lovely though. He was really cool.

**ANGELA HARTNETT:** I bet.

**CLARA AMFO:** Yeah, I think it's people that you grew up with definitely make you nervous, people that you may find a little bit attractive...

**NICK GRIMSHAW:** Uh-huh.

**ANGELA HARTNETT:** Yes.

**CLARA AMFO:** You're like, oh-

**NICK GRIMSHAW:** Oh my God. Ughhhh.

**CLARA AMFO:** Ughhhh.

**ANGELA HARTNETT:** Yeah.

**CLARA AMFO:** You really need to give me some more of these drinks so I'll get talking.

**NICK GRIMSHAW:** You'll get talking.

**CLARA AMFO:** She will.

*[Dinner table sounds]*

**NICK GRIMSHAW:** So after we've done Dish.

**CLARA AMFO:** Yes.

**NICK GRIMSHAW:** You are gonna go to Radio 1.

**CLARA AMFO:** I sure am.

**NICK GRIMSHAW:** Angela and I shall be listening.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** Not going to Radio 1. So you do Radio 1 Monday to Thursday.

**CLARA AMFO:** Yep.

**NICK GRIMSHAW:** Six till eight.

**CLARA AMFO:** Mm-hmm.

**NICK GRIMSHAW:** How is evening life? How long have you been doing that now?  
It's three years?

**CLARA AMFO:** I think, coming up to three years.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Wow.

**CLARA AMFO:** It feels like just yesterday. So I took over from our good friend, Annie  
'Babe' Mac.

**NICK GRIMSHAW:** Babe.

**CLARA AMFO:** Babe. Babe.

**NICK GRIMSHAW:** Babe. Babe.

**CLARA AMFO:** Babe.

**ANGELA HARTNETT:** Babe.

**CLARA AMFO:** Babe. Took over from Annie a coming up to three years ago and yeah, it's been an interesting shift, because I essentially kind of start my day twice. I do lots of other things in the daytime.

**NICK GRIMSHAW:** Mm-hmm.

**CLARA AMFO:** And then go and do radio. But yeah, no, it's been really fun 'cause you know, obviously in the evenings it's not a playlisted show, like, you know what it is to do radio in the daytime there, there's a playlist you kinda have to stick to and like, you know, you'd get your occasional little like free plays here and there, that's when you'd hear like gangster rap, but you know. But it's really cool and like, it's just nice to like hear like new music that you can sort of control. We play new music from people that are already really established, it's like big returning artists, but then it's people that you've like never heard of, so never heard, it could be anything from like, I don't know, like a new Janelle Monáe record, or they're like- there's this band called STONE from Liverpool who are really cool.

**ANGELA HARTNETT:** Yeah.

**CLARA AMFO:** But I played Padam the other night, about that?

**NICK GRIMSHAW:** Oh, did you?

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

**CLARA AMFO:** Padam Padam. Because it's new and everyone's talking about it.

**NICK GRIMSHAW:** It is new and it's fantastic.

**CLARA AMFO:** Do you know what I mean? So-

**ANGELA HARTNETT:** It gives you more freedom, doesn't it, to do what you want.

**CLARA AMFO:** Exactly.

**NICK GRIMSHAW:** When did you first love radio? Was there something in your childhood that made you really love- 'cause you are from a family of all boys?

**CLARA AMFO:** Yeah. I got my half-sister, big up Susan, we're not leaving her out.

**NICK GRIMSHAW:** Sorry, can't leave out big Susan, sorry.

**CLARA AMFO:** Lemme put some respect on her, on her DNA.

**NICK GRIMSHAW:** Apologies for Susan.

**CLARA AMFO:** [*Singing*] 'My name ain't Susan.' It actually is. Anyway. No, no, we- I come from a big family and like we just, we are, are very, got quite a noisy family. But my, most of my memories of like radio, like long car journeys, like with my dad.

**ANGELA HARTNETT:** Yeah.

**CLARA AMFO:** Like we would just, like every weekend we'd just go and like visit relatives 'cause you know there's Ghanaians everywhere you will know this in life. I know I'm your favourite Ghanaian, I'd like to think so.

**NICK GRIMSHAW:** You are, yes.

**CLARA AMFO:** Angela, I hope I'm your favourite too.

**ANGELA HARTNETT:** You are, of course.

**CLARA AMFO:** Thank you very much. But yeah, we're everywhere. And on weekends, like my dad would always like drive us to go and see relatives like, like Brixton, Peckham, Camberwell, South London, but like, you know, these are like be really bloody long car journeys so we'd always have the radio on and I just remember thinking, oh, I'd like to do this, like just listening to people thinking, oh, so you just talk in between songs?

**NICK GRIMSHAW:** Yeah.

**CLARA AMFO:** That sounds fun. Good time.

**NICK GRIMSHAW:** What was your dad's radio station of choice?

**CLARA AMFO:** Oh gosh. He loved a bit of Classic FM.

**NICK GRIMSHAW:** Yeah.

**CLARA AMFO:** Loved Jazz FM.

**NICK GRIMSHAW:** Yeah.

**CLARA AMFO:** Sort of like local pirate, like, you get like West African stations, like- 'cause as you get further, like closer into the heart of South London.

**NICK GRIMSHAW:** Yeah, yeah.

**NICK GRIMSHAW:** Yeah.

**CLARA AMFO:** You just hear everything from like, okay, so from one minute it might be, I dunno, like Spice girls and all of a sudden it's like Fela Kuti 'cause sure, do you know what I mean? But we did listen to Capital quite a bit.

**NICK GRIMSHAW:** Yeah.

**CLARA AMFO:** Can I say that now?

**ANGELA HARTNETT:** Yes. Yeah.

**NICK GRIMSHAW:** Yeah.

**CLARA AMFO:** I can say, yeah, the C word.

**NICK GRIMSHAW:** C word.

**CLARA AMFO:** That BBC indoctrination. Don't say it, don't say it.

**NICK GRIMSHAW:** Don't say it! Don't mention any Kemps.

**CLARA AMFO:** Roman? Who's that? Don't know him, never worked with him. Don't know him. But yeah, it was listening to all those stations and just like hearing like, just great big pop music and power ballads and like classical music and all of that. And I'm remember just thinking, wow, this is really fun, I wanna be involved.

**NICK GRIMSHAW:** And did you get like the- because with me, with my brother and sister, they sort of- I learned my music from them.

**CLARA AMFO:** Oh my God.

**NICK GRIMSHAW:** Were they quite influential on what music you learned?

**CLARA AMFO:** Absolutely, oh my God. Like to this day, and even though it pains me to say so, 'cause he'll get a big old head, my brother Andy's one of the coolest people like I know, and when he was a teenager one of his mates had an uncle who worked at a record label. So he'd like bring home like loads of free CDs all the time. So when he'd go out raving with his mates, I would like creep into the room.

**ANGELA HARTNETT:** Aw.

**CLARA AMFO:** I'd give it like twenty minutes, make sure the coast was clear, and I would go into his room and I would like listen to like, all of his CDs, like yeah, N.E.R.D, Daft Punk, like Beck, like all of that stuff and be like, this is amazing. And then I'd like put it back carefully, make sure that everything was back-

**ANGELA HARTNETT:** Did he ever catch you out?

**CLARA AMFO:** Yeah, exactly. Oh, he like- looking back now, he blatantly knew.

**NICK GRIMSHAW:** Definitely.

**CLARA AMFO:** He knew.

**ANGELA HARTNETT:** Yeah.

**CLARA AMFO:** But he was just, he was kind enough to like not bad me up.

**ANGELA HARTNETT:** He must've been quite proud and chuffed that actually you were following him.

**NICK GRIMSHAW:** Do you remember like what you got into which was like, you found this.

**CLARA AMFO:** Ooh.

**NICK GRIMSHAW:** Cause I remember my brother and sister were really good at getting me into bands and house music and a lot of American rap, but they didn't like listen to garage.

**CLARA AMFO:** Oh my gosh.

**NICK GRIMSHAW:** At all. Cause I was like fifteen, fourteen maybe, so they were like mid-twenties and my brother used to be like, 'It's London music.'

**CLARA AMFO:** It is a-

**NICK GRIMSHAW:** 'London music.'

**CLARA AMFO:** But it's a north south thing, is it, yeah.

**NICK GRIMSHAW:** 'Why d'you like London music?'

**CLARA AMFO:** 'London music.'

**NICK GRIMSHAW:** But- and I remember-

**CLARA AMFO:** Also, shout out to your Andrew...

**NICK GRIMSHAW:** Okay. We have to talk about this. Clara fancies my brother, and-

**CLARA AMFO:** But every- but everyone fancies your Andrew.

**NICK GRIMSHAW:** And it icks me out.

**CLARA AMFO:** And I love, and I love how much it winds you up.

**NICK GRIMSHAW:** And Clara's always like, [*softly*] 'How's your Andrew?' And I'm like, don't do that voice near me.

**CLARA AMFO:** Your Andrew.

**NICK GRIMSHAW:** And it's Clara Amfo, and it's Yasmin Evans.

**CLARA AMFO:** And a few others.

**NICK GRIMSHAW:** And a few others.

**CLARA AMFO:** Everyone fanc-

**ANGELA HARTNETT:** A lot of your friends have said that to me, they fancy your brother.

**NICK GRIMSHAW:** Have they? To you?

**ANGELA HARTNETT:** Yeah. We're just chatting away and stuff.

**CLARA AMFO:** He's just got a certain je ne sais quoi.

**NICK GRIMSHAW:** Je ne sais quoi, I've heard. Anyway, back to you. Let's talk podcasting because as well as your many TV and radio commitments, you also have a podcast.

**CLARA AMFO:** Yes.

**NICK GRIMSHAW:** Called This City.

**CLARA AMFO:** Which you've been a great guest on.

**NICK GRIMSHAW:** Which I was a guest on. In a lockdown I think.

**CLARA AMFO:** I think so. It's all a bit of a blur now, isn't it, to be honest.

**NICK GRIMSHAW:** Yeah, can't remember, I remember staring at a wall.



**CLARA AMFO:** Good time though.

**NICK GRIMSHAW:** Great time we had. You've had some wonderful guests on there like Edward Enniful, and Bimini, and it's all about this city of London. Yeah, London memories and London stories and stuff. Have you got anyone on there that has been- I mean, not your favourite, 'cause I don't want you to say me, but has there been anyone on there that you've just like really, really loved and you could talk to forever?

**CLARA AMFO:** Ooh. Besides your good self, Louis Theroux was great.

**NICK GRIMSHAW:** Oh yeah.

**CLARA AMFO:** He was a really good- he was a really good talker, we kind of like got, really got into it- the thing about Louis Theroux though is that if you have him on your podcast, he will end up just interviewing you.

**NICK GRIMSHAW:** Yeah.

**CLARA AMFO:** And because you're so in awe of him you're just like, oh, yeah.

**NICK GRIMSHAW:** Yeah, let him do it.

**CLARA AMFO:** Okay, cool. And you're like, no, no, no, this is my thing.

**NICK GRIMSHAW:** Yeah, I'm in charge.

**CLARA AMFO:** But then you kinda wanna listen to him talk. But no, he shared really, really great stories. I loved having Little Simz on, but I just like the sound of Simz's speaking voice. It's like, it, it's so like comforting, do you know what I mean?

**NICK GRIMSHAW:** How's Edward to talk to?

**CLARA AMFO:** Oh, Edward was great. We only had half an hour with him, so I felt like it was a bit rushed. I almost wanna do a part two. But asking the question of, okay, who throws the best party? Naomi Campbell or Kate Moss? When I asked him, I could tell he was like, oh sh\*t.

**NICK GRIMSHAW:** Sh\*t.

**CLARA AMFO:** Might p\*\*\* off one of the supers. But I think he actually went with Kate.

**NICK GRIMSHAW:** Went with Kate?

**CLARA AMFO:** Yeah I know.

**NICK GRIMSHAW:** Really, interesting.

**CLARA AMFO:** He went with Kate. He says she throws a good party.

**NICK GRIMSHAW:** Interesting.

**CLARA AMFO:** You never know who's gonna roll through when, when she's planning, which I'm sure you can attest to.

**NICK GRIMSHAW:** I can attest to, yeah.

**CLARA AMFO:** Oh my God.

**NICK GRIMSHAW:** I had a tattoo with Annie Nightingale at one of her parties.

**CLARA AMFO:** Well, there you go.

*[Dinner table sounds]*

**NICK GRIMSHAW:** Food has arrived, Angela.

**ANGELA HARTNETT:** Okay.

**CLARA AMFO:** Indeed.

**NICK GRIMSHAW:** What are we having?

**ANGELA HARTNETT:** So we've got Cherry and Quinoa Tabbouleh with goat's cheese?

**NICK GRIMSHAW:** Okay, yum.

**ANGELA HARTNETT:** And then, because we know you like goat's cheese and stuff, we've done also a little garlic- confit garlic on goat's curd toast as well.

**CLARA AMFO:** Yeah...

**NICK GRIMSHAW:** Ooh yeah.

**CLARA AMFO:** Also, Angela, these glasses are fabulous.

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

**NICK GRIMSHAW:** Yeah, love them.

**CLARA AMFO:** Are they new?

**ANGELA HARTNETT:** Actually, I got these from Waitrose, believe it or not. No I did.

**CLARA AMFO:** No!

**ANGELA HARTNETT:** I did, genuinely. Waitrose sell glasses and I'm always losing and breaking them, so I've got about half a dozen pairs all scattered everywhere.

**NICK GRIMSHAW:** Oh wow.

**CLARA AMFO:** Those look fab.

**ANGELA HARTNETT:** Cars, bathrooms, the lot.

**NICK GRIMSHAW:** See, look at Tom, Tom is like, Angela...

**NICK GRIMSHAW:** If you wanna get those glasses, check out [waitrose.com](http://waitrose.com).

**PRODUCER TOM:** They also do garlic.

**ANGELA HARTNETT:** They also do garlic as well.

**NICK GRIMSHAW:** So, yeah-

**ANGELA HARTNETT:** Buy your glasses.

**NICK GRIMSHAW:** -we knew that you like goat's cheese. I did actually research just direct with Clara.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Just text like, what you wanna eat?

**ANGELA HARTNETT:** What do you wanna eat?

**CLARA AMFO:** Goat's cheese.

**NICK GRIMSHAW:** And she was like, I like goat's cheese.

**ANGELA HARTNETT:** There you go.

**CLARA AMFO:** Now, I learned recently that apparently I have my fork the wrong way around.

**ANGELA HARTNETT:** Most people do it in the right hand.

**NICK GRIMSHAW:** So right hand...

**ANGELA HARTNETT:** It's what you feel comfortable with.

**NICK GRIMSHAW:** Right hand fork.

**CLARA AMFO:** I've become really self-conscious of it lately-

**ANGELA HARTNETT:** Don't be.

**CLARA AMFO:** -at dinners and I've been like, oh, everyone does...

**NICK GRIMSHAW:** I'm gonna try it the Clara Amfo way.

**CLARA AMFO:** There we go.

**ANGELA HARTNETT:** I do it- I don't normally eat with a knife sometimes, so I've always got my fork in my right hand.

**CLARA AMFO:** Okay, well that's good to know.

**NICK GRIMSHAW:** In fact I do both on the right.

**CLARA AMFO:** Yeah.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** You cook a lot?

**CLARA AMFO:** Oh no.

**ANGELA HARTNETT:** You've got an amazing kitchen though.

**NICK GRIMSHAW:** Amazing kitchen.

**CLARA AMFO:** I've got a lovely kitchen, which I, I like-

**ANGELA HARTNETT:** I love the way you're downplay- I've got a lovely kitchen, not amazing.

**CLARA AMFO:** I've got cooking at the start of like, twenty- end of 22, 23. Like I had a surgery, so- and I, I don't mind talking about it, like I had my boobs done.

**ANGELA HARTNETT:** Right.

**CLARA AMFO:** I was joking, no I was joking.

**ANGELA HARTNETT:** I was just going with it.

**NICK GRIMSHAW:** I was like, w- did you??

**CLARA AMFO:** These are all natural. No, I had a fibroid surgery.

**ANGELA HARTNETT:** Okay.

**CLARA AMFO:** So fibroids are basically like these horrendous like, sort of cysts women can get on their wombs. So like I had a bunch of them like removed, but a lot of how you're supposed to look after yourself post-fibroid surgery is like maintain- like just being a bit healthier.

**ANGELA HARTNETT:** Yeah.

**CLARA AMFO:** Eating a bit better.

**ANGELA HARTNETT:** Sort of gut health in a way.

**CLARA AMFO:** Exactly. So I, I really got into cooking- well, I remember Grimmy, you came over to mine with a care package one day, didn't you?

**ANGELA HARTNETT:** Aw.

**NICK GRIMSHAW:** Mm-hm, I did.

**CLARA AMFO:** And you cooked for me.

**NICK GRIMSHAW:** Oh yeah. What did I do?

**CLARA AMFO:** You did me a really nice fish. It was like, I think it was a salmon, or a Dover sole or something like that, and we cooked loads of- I say we.

**NICK GRIMSHAW:** We did veg.

**CLARA AMFO:** You cooked.

**NICK GRIMSHAW:** I cooked loads of veg.

**ANGELA HARTNETT:** Aw.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** What a good guy.

**NICK GRIMSHAW:** And we had healthy chocolate.

**CLARA AMFO:** Yes.

**ANGELA HARTNETT:** Yeah, good.

**NICK GRIMSHAW:** That was sugar free-

**CLARA AMFO:** That's it.

**NICK GRIMSHAW:** -natural chocolate.

**CLARA AMFO:** Yeah. In the lovely kitchen that I don't-

**NICK GRIMSHAW:** It is an amazing kitchen.

**CLARA AMFO:** I do- I know, I do like it.

**NICK GRIMSHAW:** That is like the perfect spot there. So just say me and Ange are coming around for tea, what would you do? What's like you go to, which you're like, I can't mess this up.

**CLARA AMFO:** Salmon fillet, loads of lemon, big old salad- obsessed with rocket.

**ANGELA HARTNETT:** Right.

**CLARA AMFO:** Or arugula for the Americans. I don't like the sound of arugula.

**NICK GRIMSHAW:** I don't like the sound.

**CLARA AMFO:** I think rocket's-

**NICK GRIMSHAW:** It's like, medical.

**CLARA AMFO:** Exactly. Rocket packs a punch, like yeah, rocket.

**NICK GRIMSHAW:** What- who decided to call it rocket? Like, what should we call this leaf? Rocket?

**CLARA AMFO:** Yeah. No but it just works doesn't it, rocket.

**NICK GRIMSHAW:** And what about when Gracie comes round? Do you cook cook for Gracie or is Gracie like, I'll cook.

**CLARA AMFO:** Grace is cooking for me mate.

**NICK GRIMSHAW:** She cooks for you.

**CLARA AMFO:** That's her love language, you know? She loves to fuss and loves to cook for me, I'm just like, you know what, babe?

**NICK GRIMSHAW:** Do it.

**CLARA AMFO:** You knock yourself out.

**NICK GRIMSHAW:** And what does Gracie do?

**CLARA AMFO:** So she'll cook like Jollof rice.

**NICK GRIMSHAW:** Oh, yum.

**CLARA AMFO:** It's like very traditional- which I'm sure, yeah, you've probably tried over the years. Love the traditional...

**ANGELA HARTNETT:** Is it quite spicy?

**CLARA AMFO:** Yes, it's like a white long grain rice, flavoured with like a lot of tomato, a lot of spices, a Ghanaian spice called shito, which is never not funny-

**NICK GRIMSHAW:** Shito?

**CLARA AMFO:** -for a lot of people. Yeah. And then you have it with chicken on the side or maybe like a curry goat or whatever kind of meat you want. But that's my comfort food for me.

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

**CLARA AMFO:** I love it. And like yam as well.

**NICK GRIMSHAW:** Mm.

**CLARA AMFO:** Growing up, we spent a lot of our times in sort of West African like food markets like, like Brixton, Peckham, all those areas, because I grew up in Kingston and so I almost call my upbringing there like Monday to Friday upbringing, because at the weekend we were always-

**ANGELA HARTNETT:** You were in south.

**CLARA AMFO:** Yeah, basically because that's where like my mum could get food to like cook home meals for us, so like we never sort of lost our culture.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** But that's sort of interesting that you live west then in a way because most people gather to where they can sort of see the community, be with it.

**CLARA AMFO:** Yeah.

**ANGELA HARTNETT:** You know, like-minded.

**CLARA AMFO:** That's what they started when they first moved here, but then, you know, early seventies, kinda racist. My dad was like, you know what?

**NICK GRIMSHAW:** Don't sing kinda racist!!

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

**CLARA AMFO:** Let's just move a little bit over here, then guess what, it was still kinda racist. But no, we survived. But no, but those weekends they were really formative years particularly around food because it was just, you know, where I could see where like, where we really came from in that sense. And like my favourite memories as a kid is just like following my mum around, like particularly Tooting market, and my mum getting like the meats and the spices and the fish and all of that.

**ANGELA HARTNETT:** And I bet she was formidable, I bet she just argued with everyone-

**CLARA AMFO:** Oh my God, Listen, no one can haggle like Grace Amfo.

**NICK GRIMSHAW:** Go on.

**CLARA AMFO:** Let me tell you.

**ANGELA HARTNETT:** I've got to go shopping with Grace, I want to go shopping with her.



**CLARA AMFO:** Oh, yeah, yeah, no, she'll get you half price, anything you want.

**NICK GRIMSHAW:** Oh, go on Gracie,

**ANGELA HARTNETT:** Yeah, perfect.

**CLARA AMFO:** This is incredible by the way. Oh my God.

**NICK GRIMSHAW:** Yum, right?

**CLARA AMFO:** Mm-hmm.

**NICK GRIMSHAW:** So what this garlic toast you've just done, what is it like a goat's curd on toast?

**ANGELA HARTNETT:** So, in all honesty, the originality of this recipe- 'case I do believe there's only sixty recipes in the world and they all come from everywhere, it's Simon Hopkinson, who's this really great English chef. Grill the sourdough, put the goat's curd on top of it while it's slightly warm, and you confit this new season garlic, which is different from the dry stuff you get all year round.

**CLARA AMFO:** So when you say confit, please teach me.

**ANGELA HARTNETT:** Ah, sorry. Cook in oil.

**CLARA AMFO:** Ah.

**ANGELA HARTNETT:** Or fat.

**CLARA AMFO:** Confit. Right, okay.

**ANGELA HARTNETT:** So it's cooked in oil really slowly. How we do it at the French House is you just squeeze it all over-

**NICK GRIMSHAW:** Ah.

**CLARA AMFO:** Oh my God.

**ANGELA HARTNETT:** -like that you see, and then- and my poor nephew one time was in, and he sort of left the garlic and he was going, oh, I'm not, I just ate the toast, and Neil goes, no, made him another bit and made him eat it properly.

**NICK GRIMSHAW:** Eat it in.

**ANGELA HARTNETT:** And then he said he loved it.

**NICK GRIMSHAW:** And then you just spread it around.

**ANGELA HARTNETT:** Then you spread it over.

**NICK GRIMSHAW:** So it's not like the regular garlic, is it? It has to be new season garlic.

**ANGELA HARTNETT:** Well, you can do it with a regular, it's just nicer with the new season.

**NICK GRIMSHAW:** So how long are you doing that for, you get your pan, get the oil.

**ANGELA HARTNETT:** Just literally colour it slightly for 30 seconds and then until it literally is soft you can squeeze it, about forty-five minutes.

**NICK GRIMSHAW:** Just in the pan?

**ANGELA HARTNETT:** Yeah. But really low heat and long covered in oil.

**NICK GRIMSHAW:** So we're eating a full clove of garlic here.

**ANGELA HARTNETT:** Yeah. Full bulb.

**NICK GRIMSHAW:** So good for you, innit.

**CLARA AMFO:** Mm, my God.

**NICK GRIMSHAW:** My dad used have garlic tablets.

**ANGELA HARTNETT:** Did he?

**NICK GRIMSHAW:** Yeah, why?

**ANGELA HARTNETT:** That is good for you. Garlic is good for you.

**CLARA AMFO:** For your heart.

**NICK GRIMSHAW:** Oh, for his heart maybe, yeah, yeah.

**ANGELA HARTNETT:** My voice is going.

**NICK GRIMSHAW:** Try the Cosmo, take the edge off. That's not a Dish recipe is it? But the salad is.

**ANGELA HARTNETT:** So if you want the garlic recipe, yeah, it's pure self-promotion now.

**NICK GRIMSHAW:** Mm-hmm.

**ANGELA HARTNETT:** It's in Weekend Cook by Angela Hartnett.

**NICK GRIMSHAW:** Oh. Available now?

**ANGELA HARTNETT:** In brackets, Neil Borthwick.

**CLARA AMFO:** Go on Angela.

**ANGELA HARTNETT:** And- or the other ones are on the Waitrose website.

**NICK GRIMSHAW:** [Waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes).

**ANGELA HARTNETT:** There you go.

*[Dinner table sounds]*

**NICK GRIMSHAW:** You've done like a lot of traveling you're very adventurous. You don't just do your two weeks in Marbella. You get about. Have you been somewhere where you're like, that is my favourite food. I would happily eat this for the rest of my life.

**CLARA AMFO:** Not just saying it, but I do love Italy.

Mm.

**ANGELA HARTNETT:** Aw.

**CLARA AMFO:** Italian food, like is amazing. One of my best friends, Annie, she's married to an Italian man called Bruno. The food at that wedding.

**NICK GRIMSHAW:** Mm-hmm.

**CLARA AMFO:** I still dream about it. I remember they made, is it pacchieri, is that how you pronounce out it?

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

**CLARA AMFO:** Really, really thick, thick tube-y pasta that was- I've never tasted anything better in my life.

**ANGELA HARTNETT:** Where did they get married?

**CLARA AMFO:** They got married in Puglia.

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

**CLARA AMFO:** And it was lovely like, surrounded by all this like greenery and just the food just never stopped, like I didn't have to eat, I think for about five days afterwards.

**ANGELA HARTNETT:** That's true, they don't stop Italian wedd- I like it when you go with Brits to an Italian wedding, 'cause they get so excited and they sort of, you know, really help themselves to the first couple of courses and then forget. And we were there when my cousins were down, and I said in the nicest possible way, pace yourselves. And they were going, oh, it's delicious, I said, but this is coming round about six times and it will not stop in courses.

**CLARA AMFO:** We were warned.

**ANGELA HARTNETT:** Yeah.

**CLARA AMFO:** Still didn't listen.

**ANGELA HARTNETT:** Yeah.

**CLARA AMFO:** I was just like, ugh.

*[Drink pouring sounds]*

**NICK GRIMSHAW:** Hey, should we have dessert? Because I know you love desserts and you have a sweet tooth, but we've not done dessert for ages.

**ANGELA HARTNETT:** No.

**CLARA AMFO:** Okay.

**NICK GRIMSHAW:** Ange's not a big dessert-er. So I've made dessert.

**CLARA AMFO:** Okay.

**NICK GRIMSHAW:** I started it and I finished it, I didn't do the middle bit. I've done you a Honey and Pistachio Cheesecake, filo pastry one. So I sliced the filo pastry and then I layered the tin, buttered it, like brushed it with melted butter layered again, like so I did the architectural work of it.

**ANGELA HARTNETT:** The base, you did the base.

**CLARA AMFO:** Okay.

**NICK GRIMSHAW:** And then the filling, which was cream cheese, sugar, egg whites, crème fraîche, Sarah mixed up.

**CLARA AMFO:** Big up Sarah.

**NICK GRIMSHAW:** Big up Sarah.

**CLARA AMFO:** Right.

**NICK GRIMSHAW:** And put in my sort of filo basket, baked it, and then I dressed it. I did the styling.

**CLARA AMFO:** Fabulous.

**NICK GRIMSHAW:** So I crushed up pistachio nuts and honey and put it on the top.

**CLARA AMFO:** Well, big up you and Sarah. And I'll tell you what, as you know, that is ten times better than anything I've ever done, 'cause lest we forget, when I went on Celebrity Masterchef, I tried to make a cheesecake without the cream cheese.

**NICK GRIMSHAW:** It's just cake.

**CLARA AMFO:** And I ended up just making like a smashed meld of like buttery biscuit base and nothing else.

**ANGELA HARTNETT:** Quite astounding how you could forget the cheese.

**NICK GRIMSHAW:** Forgot the cheese in the cheesecake.

**ANGELA HARTNETT:** Awful.

**CLARA AMFO:** In my defence- well, not sure if...

**NICK GRIMSHAW:** In my defence.

**CLARA AMFO:** In my defence- no, no, no, I'm just, I just messed it up, but it was... I still got my apron though.

**ANGELA HARTNETT:** I love it.

**NICK GRIMSHAW:** Because you did Masterchef and Bake Off.

**CLARA AMFO:** Yes.

**NICK GRIMSHAW:** Both stressful.

**CLARA AMFO:** Both stressful. I did better in Bake Off, I did a choux pastry, I was really good at that.

**ANGELA HARTNETT:** Ooh.

**NICK GRIMSHAW:** Oh, yeah.

**CLARA AMFO:** Yeah, yeah, yeah.

**ANGELA HARTNETT:** Was that with Mary or Prue?

**CLARA AMFO:** It was with Prue.

**ANGELA HARTNETT:** Ooh.

**NICK GRIMSHAW:** Yeah.

**CLARA AMFO:** And feeling her and Paul Hollywood's eyes on me.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Mm-hmm.

**CLARA AMFO:** It's like- f\*\*\*\*\* stressful, mate.

**NICK GRIMSHAW:** No joke. No joke.

**CLARA AMFO:** Like really, like?

**NICK GRIMSHAW:** I thought it'd be a laugh when I went in and I was like, ah- no.

**CLARA AMFO:** They don't talk to you, like, they don't-

**ANGELA HARTNETT:** No.

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

**CLARA AMFO:** Like, there's no niceties.

**ANGELA HARTNETT:** They don't go, hi, how are you?

**CLARA AMFO:** Oh, no, no, no, no, no, no, no. It's just like, oh so, what you doing?

**NICK GRIMSHAW:** No.

**CLARA AMFO:** You doing it that way? Okay.

**ANGELA HARTNETT:** Oh Paul loves that, doesn't he, yeah.

**CLARA AMFO:** Interesting.

**NICK GRIMSHAW:** Yeah. Okay, should we have a little bit of dessert?

**CLARA AMFO:** Mm.

**ANGELA HARTNETT:** Yeah.

*[Cutlery sounds]*

**NICK GRIMSHAW:** Look! Oh!

**ANGELA HARTNETT:** Oh! Wow.

**NICK GRIMSHAW:** Wow.

*[Applause]*

**CLARA AMFO:** Yeah.

**NICK GRIMSHAW:** Yeah. Thanks- and half Sarah.

*[Cheers]*

**CLARA AMFO:** Yeah!

**NICK GRIMSHAW:** Yeah. We could actually do that. Like I do the structure, you do the filling.

**ANGELA HARTNETT:** I want to see-

**NICK GRIMSHAW:** Okay.

**CLARA AMFO:** I agree.

**NICK GRIMSHAW:** Should we have some? Ange taking a picture feels like pressure.

**ANGELA HARTNETT:** Yeah-

[Dessert crunches]

**ANGELA HARTNETT:** -oh, nice one.

[Room 'ooh's]

**NICK GRIMSHAW:** That was my knees. Have we got a slice?

**CLARA AMFO:** I actually, can't believe I'm watching you try and get a slice of cheesecake up with a carving knife and an egg flipper.

**NICK GRIMSHAW:** An egg flipper.

**CLARA AMFO:** This is quite something. Oh, hang on.

**NICK GRIMSHAW:** There's something wrong with it! I can't get it out.

**ANGELA HARTNETT:** I'm just now on a minute video of this.

**NICK GRIMSHAW:** I can't get...

**CLARA AMFO:** We're going on-

**NICK GRIMSHAW:** Oh no.

**ANGELA HARTNETT:** Is there a base?

**NICK GRIMSHAW:** No, there's no base.

**ANGELA HARTNETT:** No, it's just the-

**PRODUCER TOM:** Who did the base?

**NICK GRIMSHAW:** Me.

[Room laughter]

**NICK GRIMSHAW:** No, but you want a crispy base. I think it's just the first-



**ANGELA HARTNETT:** It's, it's just-

**NICK GRIMSHAW:** Just not cooked.

**ANGELA HARTNETT:** A little bit undercooked. Sorry.

**NICK GRIMSHAW:** Oh, undercooked.

**ANGELA HARTNETT:** Don't worry, don't worry.

**NICK GRIMSHAW:** Let's just pull it out, there we go. Oh. Oh- oh, oh, oh!

**ANGELA HARTNETT:** Hold on.

**NICK GRIMSHAW:** Oh, here we go.

**ANGELA HARTNETT:** There we go.

**NICK GRIMSHAW:** And then we're gonna do a little drizzle of honey.

**CLARA AMFO:** Okay.

**NICK GRIMSHAW:** It was longer to cut it than to cook it.

**ANGELA HARTNETT:** There we go.

**CLARA AMFO:** So Angela, when it comes to a baked cheesecake.

**ANGELA HARTNETT:** Yeah.

**CLARA AMFO:** Ideally, how long should you have it in the oven?

**NICK GRIMSHAW:** Longer than that.

**ANGELA HARTNETT:** But you see, I don't think it's, Nick's done anything wrong or Sarah, I think- I think they need more butter between each layer.

**CLARA AMFO:** Right, okay.

**ANGELA HARTNETT:** Cause you buttered every third layer.

**NICK GRIMSHAW:** Well, the recipe said do it every four layers.

**ANGELA HARTNETT:** Well, I think you should just, you know, butter's involved - every layer. That's the way to do it.

**NICK GRIMSHAW:** Okay. Let's give it a go.

**CLARA AMFO:** Mmmm. No, it's good.

**NICK GRIMSHAW:** You'd have to do a pity 'mm'. No? Is it good?

**CLARA AMFO:** It's Good. This is yummy.

**ANGELA HARTNETT:** Big up Grimshaw.

*[Applause]*

*[Dinner table sounds]*

**NICK GRIMSHAW:** Hey Clara, let's talk about quizzes.

**ANGELA HARTNETT:** Yeah.

**CLARA AMFO:** Go on.

**NICK GRIMSHAW:** You love a quiz?

**CLARA AMFO:** Mm-hmm.

**NICK GRIMSHAW:** Incredible. Get this, Clara Amfo was the winner on The Weakest Link, Pointless and The Hit List.

**ANGELA HARTNETT:** Wow.

**NICK GRIMSHAW:** Unheard of. Unheard of. Would you like to host a quiz show?

**CLARA AMFO:** I would love to host a quiz show.

**NICK GRIMSHAW:** Mm-hmm.

**CLARA AMFO:** That's on my to-do list for sure.

**NICK GRIMSHAW:** Mm.

**CLARA AMFO:** Something like a fun sort like pop culture quiz.

**NICK GRIMSHAW:** Yeah.

**CLARA AMFO:** I would love, love, love- or something just to do with like words.

**ANGELA HARTNETT:** We need something that's now instead of Never mind the Buzzcocks.

**CLARA AMFO:** Oh.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** That was amazing.

**NICK GRIMSHAW:** Amazing.

**CLARA AMFO:** Oh, iconic show.

**ANGELA HARTNETT:** That was genius.

**NICK GRIMSHAW:** Do you like a pub quiz?

**CLARA AMFO:** I do.

**NICK GRIMSHAW:** There's a really good pub quiz near us.

**CLARA AMFO:** Oh yeah.

**NICK GRIMSHAW:** On a Monday night. And you know what you can win?

**CLARA AMFO:** Go on.

**NICK GRIMSHAW:** A £1,000 bar tab. Right? Isn't that insane?

**ANGELA HARTNETT:** That is insane.

**NICK GRIMSHAW:** Imagine if you won a £1,000 on a Monday night in the pub.

**CLARA AMFO:** I'd be scared for everybody.

**NICK GRIMSHAW:** No one's ever won it though.

**ANGELA HARTNETT:** Oh.

**NICK GRIMSHAW:** So I think they make it like, it added up and added up. It was like hundred and it's added up and added up.

**ANGELA HARTNETT:** Oh, what, so every time everyone's lost, it goes to the kitty.

**NICK GRIMSHAW:** And now it's a thousand.

**ANGELA HARTNETT:** But what do you mean, someone must win the quiz each week.

**NICK GRIMSHAW:** Oh no, 'cause you can win the quiz, you can be the winner.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** But then there's like a special question, a gold question.

**ANGELA HARTNETT:** Oh, I see, so that's the one.

**NICK GRIMSHAW:** But I think we could get together like all past Dish people. Definitely Clara Amfo, you'd be good. Who else would we have on it?

**CLARA AMFO:** Ooh.

**ANGELA HARTNETT:** Chris Evans.

**NICK GRIMSHAW:** Chris Evans.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Miquita Oliver.

**CLARA AMFO:** Oh yes, yes, yes, yes.

**NICK GRIMSHAW:** Great at a quiz.

**ANGELA HARTNETT:** She's good, that's a good one.

**CLARA AMFO:** And Andi. Let's get Andi involved.

**ANGELA HARTNETT:** Andi.

**NICK GRIMSHAW:** Andi, yeah.

**CLARA AMFO:** Yeah.

**NICK GRIMSHAW:** Right, let's do that. Let's win that money. Well, speaking of quizzes.

**ANGELA HARTNETT:** Let's get one. Let's see.

**NICK GRIMSHAW:** Let's do one right now. Bearing in mind that we have a Cosmo in front of us and we loved your Sex and the City live streams during lockdown. Clara Amfo, how Sex and the City are you?

**CLARA AMFO:** Oh my God.

**NICK GRIMSHAW:** Please tell me which character in Sex and the City said the following quotes. 'Do any of you have a completely unremarkable friend or maybe a house plant I could go for a dinner with on Saturday night.'

**CLARA AMFO:** You've gone for the deep cuts.

**NICK GRIMSHAW:** Mmmm.

**ANGELA HARTNETT:** This is a worry, that is not a face that knows that answer.

**NICK GRIMSHAW:** This is the hardest one. This is the hardest one, I think.

**ANGELA HARTNETT:** Okay.

**CLARA AMFO:** Okay. It's giving...

**NICK GRIMSHAW:** Mm-hmm.

**CLARA AMFO:** Carrie or Miranda?

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** Ohh.

**CLARA AMFO:** I'm gonna go with Miranda.

**NICK GRIMSHAW:** Correct!

**CLARA AMFO:** Yay!

[Applause]

**CLARA AMFO:** Okay, cool. Phew

**NICK GRIMSHAW:** Yes. Yes, go on. Okay. Next up.

**ANGELA HARTNETT:** 'We finally have the penis working. I don't want to scare it.'

**CLARA AMFO:** Oh.

**NICK GRIMSHAW:** Who didn't wanna scare the penis?

**ANGELA HARTNETT:** Come on.

**CLARA AMFO:** This has to be Charlotte, surely?

**NICK GRIMSHAW:** Yes!

**ANGELA HARTNETT:** Yes!

[Applause]

**NICK GRIMSHAW:** Do you have a favourite Sex and the City, sort of, guest star, or?

**CLARA AMFO:** Oh, that is a great question. I mean, obviously Geri Halliwell or no-sorry, now Horner.

**NICK GRIMSHAW:** Oh yeah, yeah.

**CLARA AMFO:** We got the re-brand.

**NICK GRIMSHAW:** Yeah.

**CLARA AMFO:** Where she was doing the whole like, 'Oh my God! Samantha!'

**NICK GRIMSHAW:** '-Samantha!'

**CLARA AMFO:** That was fabulous.

**NICK GRIMSHAW:** When Geri was like, into yoga.

**CLARA AMFO:** Yeah, exactly.

**NICK GRIMSHAW:** Like that era, yeah. Okay, next up. 'If I was worried about what every b\*\*\*\* in New York was saying about me, I'd never leave the house.'

**CLARA AMFO:** '-I'd never leave the house.' That was Samantha.

**NICK GRIMSHAW:** Yeah. You did good on that.

**CLARA AMFO:** Yeah!

**ANGELA HARTNETT:** You did brilliantly.

**NICK GRIMSHAW:** Very good on that. You can keep the cheesecake.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Yeah.

**CLARA AMFO:** Thank you.

**NICK GRIMSHAW:** Finally-

**CLARA AMFO:** Yeah.

**NICK GRIMSHAW:** -we bring you this, the end of the show question for you.

**CLARA AMFO:** Ooh.

**NICK GRIMSHAW:** If you answer it honestly, you will win the Waitrose goodie bag, which is major.

**CLARA AMFO:** I'm scared to open his envelope.

**NICK GRIMSHAW:** Don't be scared.

**CLARA AMFO:** 'Clara - have you had romantic relations in your mind with a star and then interviewed them? How did it go?'

**NICK GRIMSHAW:** That ever happened, where you were like daydreaming of falling in love with someone and then had to actually interview them?

**ANGELA HARTNETT:** Yeah.

**CLARA AMFO:** No...

**NICK GRIMSHAW:** No?

**ANGELA HARTNETT:** I don't believe it.

**NICK GRIMSHAW:** No?

**ANGELA HARTNETT:** No.

**NICK GRIMSHAW:** No. Okay, great.

**CLARA AMFO:** Gonna have my cheesecake.

**NICK GRIMSHAW:** No. No.

**ANGELA HARTNETT:** I don't believe her.

**NICK GRIMSHAW:** No.

**ANGELA HARTNETT:** I absolutely don't believe her. Look at the way she's eating that cheesecake. There's no way.

**NICK GRIMSHAW:** I mean we don't have to name names.

**ANGELA HARTNETT:** Just say yes.

**NICK GRIMSHAW:** Just say yes.

**ANGELA HARTNETT:** No?

**NICK GRIMSHAW:** No?

**ANGELA HARTNETT:** No. She's leaving a little mystery.

**CLARA AMFO:** Yes.

**NICK GRIMSHAW:** Whey!

[Applause]

**NICK GRIMSHAW:** She's a professional.

**CLARA AMFO:** That's it.

**NICK GRIMSHAW:** Interviewer.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Mm-hmm.

**CLARA AMFO:** Correct.



**NICK GRIMSHAW:** Mm-hmm. Okay. Let's get that Waitrose goodie bag for Clara. Should we see if Gracie's got back to us?

**CLARA AMFO:** Ooh!

**NICK GRIMSHAW:** Ooh.

**ANGELA HARTNETT:** I'm very nervous about the Gracie approval.

**NICK GRIMSHAW:** I actually am quite nervous.

**CLARA AMFO:** 'Lovely. Beautiful colours. Nice summer looks indeed.' Thumbs up, heart emoji.

**NICK GRIMSHAW:** Yes Gracie!

**ANGELA HARTNETT:** Aw.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Aw.

**NICK GRIMSHAW:** I love the Gracie approval.

**CLARA AMFO:** There we go.

**ANGELA HARTNETT:** That feels like-

**NICK GRIMSHAW:** The relief.

**ANGELA HARTNETT:** Phew. It is relief.

**NICK GRIMSHAW:** I've been very tense for the past hour.

**ANGELA HARTNETT:** Gosh.

**CLARA AMFO:** I was a bit worried, I won't lie.

**NICK GRIMSHAW:** I know, imagine she was like-

**CLARA AMFO:** You're giving a bit of cleavage there.

**NICK GRIMSHAW:** Yeah.

**CLARA AMFO:** Both of you, d'you know what I mean?

**NICK GRIMSHAW:** We're quite a booby duo.

**CLARA AMFO:** Exactly.

**NICK GRIMSHAW:** We're like Melinda Messenger and Jodie Marsh.

[*Laughter*]

**ANGELA HARTNETT:** Oh gosh.

**NICK GRIMSHAW:** We've got a FHM shoot after this. A round of applause for our guest this week, Miss Clara Amfo!

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

**NICK GRIMSHAW:** Thank you, Clara.

**ANGELA HARTNETT:** Thank you. Amazing.

**NICK GRIMSHAW:** That was a very fun afternoon.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Little Cosmo and a little bit of Clara.

**ANGELA HARTNETT:** Come back every time.

**CLARA AMFO:** I would love to.

**ANGELA HARTNETT:** And we'll send you away with takeaway.

**CLARA AMFO:** Mm. Are you going home after this?

**NICK GRIMSHAW:** Yeah.

**CLARA AMFO:** Can you take it to yours? I'll come round and get it at the weekend.

**NICK GRIMSHAW:** Yeah.

**CLARA AMFO:** Or if you- yeah, is that alright? Thanks babe. There we go. [*Singing*]  
'That's why good neighbours-'

[Room sings] ‘-become good friends.’

**NICK GRIMSHAW:** Coming up next week, we have our first siblings.. Stephen and Anita Mangan

## CLIP

**Stephen Mangan:** I'll eat anything, I mean, that's the joy of food, you don't know what you're gonna get

**Anita Mangan:** I've eaten python and crocodile and zebra I think, is that bad?

**Nick Grimshaw:** That's a big day at London zoo for you.

**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.

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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, whatever they are, to [dish@waitrose.co.uk](mailto:dish@waitrose.co.uk)

**Voiceover:** Waitrose - Food to feel good about