

DISH - Rob Delaney and braised leg of lamb with mint, parsley & almond pesto.

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

NICK GRIMSHAW: Hello and welcome to a brand-new series of Dish from Waitrose. We're back round a brand new Dish table.

ANGELA HARTNETT: Very big table.

NICK GRIMSHAW: How do you like this Ange?

ANGELA HARTNETT: We can't even meet, so far away. How are you?

NICK GRIMSHAW: I'm alright. Where the hell have you been?

ANGELA HARTNETT: Away, out of your life.

NICK GRIMSHAW: I know.

ANGELA HARTNETT: Living the dream.

NICK GRIMSHAW: Out of sight, out of mind, I tell you, with Angela Hartnett.

ANGELA HARTNETT: Hold on.

NICK GRIMSHAW: Yeah, it is. Unless it's contractually obliged, don't have sight nor sound of Angela.

ANGELA HARTNETT: Well, you know, I've got things to do. Busy people Just come back from a holiday.

NICK GRIMSHAW: You look really good. You look like you've been on holiday.

ANGELA HARTNETT: I went to Indonesia.

NICK GRIMSHAW: Oh nice.

ANGELA HARTNETT: Yeah. No trekking either. Just lovely relaxing, chilling.

NICK GRIMSHAW: Oh nice.

ANGELA HARTNETT: Eating good food. Swimming.

NICK GRIMSHAW: Did you miss me?

ANGELA HARTNETT: Not really, no.

NICK GRIMSHAW: I know you don't. I know you don't.

ANGELA HARTNETT: It's fine, I can watch your Instagram. I know you went to the dentist yesterday.

NICK GRIMSHAW: I did.

ANGELA HARTNETT: I know you went to the gym on Sunday. I know your life, I don't need to speak to you.

NICK GRIMSHAW: You had Indonesia, and I had the dentist. Been a great eight weeks away, but we're back. Great guest today, Rob Delaney is gonna be joining us, who I'm very excited to meet. I've never met him.

ANGELA HARTNETT: Oh.

NICK GRIMSHAW: Very funny and very interesting character.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Did you read his book?

ANGELA HARTNETT: Yeah, it was very emotional. It was an incredible book actually.

NICK GRIMSHAW: Yeah. Very emotional book, I'm too sensitive for it. It got me.

ANGELA HARTNETT: Yeah, I think-

NICK GRIMSHAW: Really got me.

ANGELA HARTNETT: I love the fact that Frankenstein is his go-to book for emotion.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Actually, as he explained- who wrote Frankenstein?

NICK GRIMSHAW: Mary Shelley.

ANGELA HARTNETT: Thank you, Mary Shelley.

ANGELA HARTNETT: Grieving mother, you know, so, so he was a grieving father and probably is still a grieving father. I don't think you ever get over that loss.

NICK GRIMSHAW: No.

ANGELA HARTNETT: Anyway, we're gonna talk to him about that.

NICK GRIMSHAW: We're gonna talk to him about that. And we're also gonna do him lamb.

ANGELA HARTNETT: I love the fact you still say we. Series three, Nick has yet to pick up a knife. But anyway-

NICK GRIMSHAW: I-

ANGELA HARTNETT: But yes, we are doing that.

NICK GRIMSHAW: Excuse me, I cut a little bit of ginger before.

ANGELA HARTNETT: Ooh.

NICK GRIMSHAW: I messaged you about lamb on Sunday, 'cause I went to the countryside.

ANGELA HARTNETT: Voice mail, even.

NICK GRIMSHAW: Yeah, I did you a voice note.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Urgent voice note. I got a lamb shank.

ANGELA HARTNETT: Okay.

NICK GRIMSHAW: What is that?

ANGELA HARTNETT: It's the top half of the lamb. It's like your sort of, thighs.

NICK GRIMSHAW: Thighs, yeah. So I got lamb shanks for me and Mesh.

ANGELA HARTNETT: Yeah. Slow cooking.

NICK GRIMSHAW: And I was just like, let me find something yum to do. And then I was like, hang on.

ANGELA HARTNETT: I'll call me mate.

NICK GRIMSHAW: I'll ask Angela. And I sent her a voice note being like, 'Hiya, got some lamb shanks, nice ones, what'd you do with them?' And I got a message that just said, 'At the football, can't listen to this.' I was like, fair enough.

ANGELA HARTNETT: I think the words were, 'I can't hear it properly,' 'cause I was at the Arsenal - Crystal Palace game

NICK GRIMSHAW: I love that you were at the Arsenal like, 'Whey!'

ANGELA HARTNETT: We were, we were at 4-1, just to put it out there.

NICK GRIMSHAW: Priorities, do you know what I mean? Priorities.

ANGELA HARTNETT: Arteta, Nick Grimshaw.

NICK GRIMSHAW: Exactly.

ANGELA HARTNETT: It was like, sorry.

NICK GRIMSHAW: Google your lamb shanks. And I did, actually.

ANGELA HARTNETT: You did? And how were they?

NICK GRIMSHAW: I don't know. I think I did 'em wrong, I needed you if I'm honest.

ANGELA HARTNETT: Did Mesh love them?

NICK GRIMSHAW: No, he didn't.

ANGELA HARTNETT: He didn't like it, like he loved my burger

NICK GRIMSHAW: Do you know what, they were fine.

ANGELA HARTNETT: Okay.

NICK GRIMSHAW: I think you've ruined my palate. Because everything I have now when I'm not recording Dish-

ANGELA HARTNETT: Okay, it's not up to scratch.

NICK GRIMSHAW: It's alright. It's not like yummy. So today I'm ready for the yumminess of lamb.

ANGELA HARTNETT: So today we're having braised leg of lamb with mint, parsley, and almond and pesto.

NICK GRIMSHAW: Oh, nice.

[Dinner table sounds]

NICK GRIMSHAW: Should we get our guest in then?

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: One we're very excited about, a very special one, not just saying it 'cause he can see me. But we're excited because we get to talk about some things that we love. We get to talk about Tom Cruise. We get to speak about peanut butter.

ROB DELANEY: The two things.

NICK GRIMSHAW: The two things that I like, that's it. What more could you ask for. It's comedian, actor and author Rob Delaney, everybody!

[Applause]

NICK GRIMSHAW: Hi Rob.

ROB DELANEY: Hello there.

NICK GRIMSHAW: How are ya?

ROB DELANEY: I'm really excited. I'm, I'm well, you know, generally baseline good. But now that I'm here, I'm very thrilled to eat.

NICK GRIMSHAW: Oh, good.

ROB DELANEY: Yeah.

NICK GRIMSHAW: It's going up.

ANGELA HARTNETT: Expectations.

NICK GRIMSHAW: So a lot to talk about today, we will get onto peanut butter and Tom Cruise, but first of all, comedy acting, an author as well. But you, you started musical theatre, right?

ROB DELANEY: I did, yeah. That's what I went to uni for.

NICK GRIMSHAW: What, the degree was musical theatre?

ROB DELANEY: I literally have what's called a Bachelor of Fine Arts in Drama. But all my classes were musical theatre.

NICK GRIMSHAW: Fab.

ROB DELANEY: Yeah.

NICK GRIMSHAW: So you're here to promote your brand new one man musical.

ROB DELANEY: My new musical. Called, uh-

NICK GRIMSHAW: And you're gonna perform a song at the end of the podcast, right?

ROB DELANEY: Yeah, it's based on- it's a mashup. It's a cross between like Oklahoma and Hungry, Hungry Hippos.

NICK GRIMSHAW: Oh, wow.

ROB DELANEY: Yeah. I just basically inflate and then I roll through the countryside, just eating whatever it comes in my path.

NICK GRIMSHAW: It is a really moving piece.

ROB DELANEY: Yeah

NICK GRIMSHAW: It's very moving. But that is actually how you started. And did you always love musicals when you were a kid? Were you like, 'I wanna do that'?

ROB DELANEY: You know, this is gonna sound so nerdy, but it's true, I thought like, well, all you have as an actor is like your body and your voice, so I should probably, you know, shuffle off to Buffalo and learn how to tap and jazz and all that stuff. So, and, and then singing- so I just figured that would be the best way to become a good actor would be musical theatre, rather than being like, 'Mm, I feel the orange,' you know, which, I mean, all acting training is ridiculous, but musical theatre is, at least is like, 'I'm ridiculous!' so that felt more suited for me. There's no subterfuge.

NICK GRIMSHAW: Do you like a musical, Ange?

ANGELA HARTNETT: I love a musical, actually.

NICK GRIMSHAW: Do you know there's a new musical, which I'm really obsessed with. I've not seen it, but I keep seeing the-

ANGELA HARTNETT: Oh, you're not gonna say what I think. Bake Off?

NICK GRIMSHAW: Bake Off the musical.

ANGELA HARTNETT: No.

NICK GRIMSHAW: I keep seeing it on the tube.

ANGELA HARTNETT: Seems wrong on so many levels.

NICK GRIMSHAW: I mean, I'm quite obsessed with the idea of it. My friend Ian got really obsessed with reading the reviews of it, and he got really into it. And then someone surprised him and took him to see it.

ANGELA HARTNETT: And?

ROB DELANEY: Wow.

NICK GRIMSHAW: And it said it's one of the weirdest nights out you could have.

ANGELA HARTNETT: It's got to be.

NICK GRIMSHAW: Cause the storyline is nuts.

ROB DELANEY: Yeah. I mean, you hear about it and you think, terrible idea, but then you go a little deeper and you think, well, I mean, the narrative that comes out of a lot of the people's experiences on the show is pretty special, you know? And then I would make the hosts the bad guys. And so, you've got a lot of drama to play with in there. So it could be good- I mean, I'm sure it isn't, but it could be good.

NICK GRIMSHAW: It could be good.

ANGELA HARTNETT: I'm going with, I'm sure it isn't.

NICK GRIMSHAW: Well do you know what, now we're back doing this, and this is the first episode of our brand-new series. I'm gonna treat you, Angela.

ANGELA HARTNETT: Thanks.

NICK GRIMSHAW: And take you to see Bake Off the musical.

ROB DELANEY: Oh my God. If I do a good job today, I hope I can come with you.

NICK GRIMSHAW: You can come as well Rob, yeah.

ANGELA HARTNETT: You can go instead, Rob.

NICK GRIMSHAW: And we've got to talk about Twitter because I feel like when Twitter was like an exciting new thing, you were like right in there. You were like, hey.

ROB DELANEY: Yeah, well it was very helpful because I was just talking to my friend Kumail Najjani the other night, who- he and I started doing stand up around the same time in the US and back then you didn't have to do like the morning radio shows- whoops, oh sh**! But in the United States... like not good. I'm gotta stay in this hole, but there's shows where you go, where the guy's like [*makes klaxon sound*]where it's like, 'Ricky and the Shoe!' and there's like a big weird guy named the Shoe in like Cincinnati and you have to like play his weird shoe game and, and tell like, 'And also come see me at the Ha Ha Hut,' you know? And they're like, 'Shut up!' you know. You know, 'Here comes the Pirates score!' and so, that's what you used to have to do. But then when Twitter came around, you didn't have to do that. You could just be like, 'I'm gonna be in Cincinnati!' And you could just sidestep, you know, normal route. So, if you were silly on Twitter and people followed you, then you amassed enough of a following where you could be like, 'Cincinnati, I'm coming,' and then you could sell tickets, and so it was so great. But it's funny, I haven't had like a pleasant thought about Twitter now in some years.

NICK GRIMSHAW: I was gonna ask.

ROB DELANEY: Cause now it's where you go to like, start a race war. Which you, I mean, I used to think like, maybe I'll start a race war, but then I went, I branched out in other directions.

ANGELA HARTNETT: Yeah.

ROB DELANEY: So, not being personally interested in stealing an election or starting an insurrection, I thought, you know, started doing other stuff, but it did used to be fun, and it was genuinely fun.

NICK GRIMSHAW: It did. And maybe kind, like a friendly...

ROB DELANEY: Yeah, I made good friends.

NICK GRIMSHAW: It's scary now.

ANGELA HARTNETT: It's not kind. Now it's vicious.

NICK GRIMSHAW: It's scary. You're very aggressive on Twitter Angela.

ANGELA HARTNETT: I'm not very aggressive. All I do is incite Tottenham fans, that's it. That's all my- that's my only thing. I love that. No, but you do have to watch what you do 'cause you know, sometimes you just, you're looking and flicking and you retweet stuff. And I suddenly retweeted, I hadn't looked at it properly and then suddenly I got all this abusive feedback.

ROB DELANEY: 'Oh, I thought you were better than that.'

ANGELA HARTNETT: Yeah, exactly, 'I thought you were better than that, 'and I'm like, what the hell have I just retweeted? Delete, delete, you know.

ROB DELANEY: Yeah. You know, you like retweet a recipe, you're like, that looks tasty, and they're like, 'uh, were you aware that in 1983....'. Yeah.

NICK GRIMSHAW: Let's talk about Catastrophe, because that show was so huge and so loved. Four series, it was in 130 countries.

ROB DELANEY: But you know, I see that stat and that's great, of course, but, that's like me saying there's 130 countries on earth. Yeah, alright. I hope most people can watch it in those countries, I'm sure they totally don't, you know, I'm sure there's like six countries where, you know, a few people are like, 'Yeah, it's great.' But anyway, why am I underselling it?

NICK GRIMSHAW: It's available to all 130 countries.

ROB DELANEY: Yeah, yeah.

NICK GRIMSHAW: Are we available in other countries?

ROB DELANEY: Yeah, let's quickly go through them.

NICK GRIMSHAW: If we could list them.

ANGELA HARTNETT: Find one listener in each one.

NICK GRIMSHAW: If we could list them, please. Do you get like hassled constantly to be like, do it again, do another series?

ROB DELANEY: Not really. I mean, I hope we don't, only because people reboot everything now. Like let it be. We stopped doing it because we had done four series that we were proud of and we could smell that we were getting in danger of repeating ourselves, and frankly, we said a lot about marriage and parenting in there, maybe Sharon might have some ideas. I totally don't. I like was scraped the barrel and was like, that's all I know. And so, if we did another one, I think it might be bad, or worse, a cash grab. I would rather starve to death. I don't want my kids to starve to death, but I would totally on principle be like, check it out, I starved to death 'cause it was cooler than trot out some... And then the ones that do reboot, like so many that reboot, you're like, I was fine with that not existing anymore and then it comes back and you're like, eh, so God help us if we ever did that.

ANGELA HARTNETT: So am I right in thinking that you just messaged Sharon Horgan and that's how it came about?

ROB DELANEY: Yeah. I had seen her show Pulling which blew my mind.

ANGELA HARTNETT: Yeah, brilliant.

ROB DELANEY: And still is, you know, I mean, good luck making a show that funny. Then she came and saw me do stand up and then we became friendly and then...

NICK GRIMSHAW: So, no on Catastrophe. Would you and Sharon maybe like do something else?

ROB DELANEY: Yeah, I mean she's so hilariously funny and gifted. So yes, the answer to that is yes.

NICK GRIMSHAW: And how do you guys write? Is there like rhyme or reason to it, do you like, write Tuesday, nine o'clock, let's be funny.

ROB DELANEY: We became quite regimented, yeah. Because people would ask like, so you- what do you like, improvise? And we're like, not at all. We would like attack other actors when they were like, 'Hey, could I just do this?' We were like, 'No. You don't say 'and' you say 'but', and there's an ellipse at the end, which yes, it's silent, but I want you to do an ellipse with your face.' Like we were so despotic about everything, and that's because we would totally like act it out in the room and we were like, oh, great, this is how we wanna do it. Plus, it's not like Game of Thrones where you have the kind of budget where you're like, Just shoot whatever! See what happens!' We had like, a tight schedule, you know, plus it

was on Channel 4, it wasn't on like a streamer where there were like, one episode can be 22 minutes, the other one can be 48, you know, like the, like Channel 4 it's like, come on, we gotta broadcast it on a real TV and so- which was great. So the pressure for that and the sort of strictures we had to adhere to were like the best way to make TV.

NICK GRIMSHAW: It always like blows my mind that comedy writing like how, you must have been days where you're like, I'm actually not funny this week.

ROB DELANEY: Yes. And that's okay because then you worry sort of about the storytelling fundamentals and then you can make it funnier later. One of- if there's anything I could impart to any young aspiring writer out there is that you can polish a turd. They say you can't- whoever said you can't polish a turd is insane because with writing, you create the turd and then you'd polish it, you know?

NICK GRIMSHAW: Yeah.

ROB DELANEY: So, people are afraid, I get it, you're afraid to write something bad, right? But you have to kill that fear before you can be a writer that's any good. You totally have to be like, it's bad, it's bad, and then look at it, figure out what's bad and change it. But a bad first draft is like, [*sniffs*] love it.

[*Cooking sounds*]

NICK GRIMSHAW: So, Angela, what are we having?

ANGELA HARTNETT: So we've got lamb, roasted leg of lamb with a lovely potato, broccoli, and green bean salad. Healthy-ish, and then I'm gonna put- I know you like loads of mustard, don't you?

ROB DELANEY: I do.

ANGELA HARTNETT: So, I'm gonna put a nice mustard dressing on it, so lovely dijon, olive oil, and then we've got a little bit of mint and parsley and almond pesto.

NICK GRIMSHAW: Oh, delicious.

ANGELA HARTNETT: So I'm just gonna season it all up and then toss it all together and serve you both.

NICK GRIMSHAW: If you fancy having the lamb with a little glass of wine, traditional wine with lamb is Rioja and we are suggesting having the Waitrose Blueprint Rioja Posadas Hispanas. Mm, delicious.

[*Drinks clinking sounds*]

NICK GRIMSHAW: Do you like to cook at home, Rob?

ROB DELANEY: I like to cook alone, like when my wife is like, 'Do you wanna cook something together?' I would totally rather be hit by a car. Like she can cook it a hundred percent and then I'll do all the dishes or vice versa.

NICK GRIMSHAW: Yes. With you on that.

ROB DELANEY: I don't know why that is. I just, maybe 'cause I'm ashamed of my cooking, I want to do it alone, like other things I do alone that I'm ashamed about, but I don't want to cook with- oh God, I would totally rather like walk through here nude than cook with a person for sure.

[*Cutlery sounds*]

NICK GRIMSHAW: This looks really good, Ange, really delicious. So we've got lamb, broccoli, potatoes. Do you know what? It sounds so simple, but that looks so cheffy.

ANGELA HARTNETT: Well, it's Easter, isn't it? I know- I sort of don't necessarily go with you have to have a lamb at Easter, but it's the new season lamb coming in.

NICK GRIMSHAW: Why do we have lamb at Easter?

ANGELA HARTNETT: It's the season. It's when new season lamb comes out.

NICK GRIMSHAW: Well, if you wanna check this out and do this recipe yourself, [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes), it's on there.

ANGELA HARTNETT: Go Rob, tuck in.

ROB DELANEY: Okay.

ANGELA HARTNETT: Don't worry.

NICK GRIMSHAW: This looks really good and there's nice chunky bits of garlic going on here, which I'm ready for.

ROB DELANEY: Mm-hmm. It's very wonderful, immediately.

ANGELA HARTNETT: I feel I'm getting a critique there. You're shutting your eyes here and sort of, you know, checking it out

ROB DELANEY: And the broccoli's incredible.

NICK GRIMSHAW: Yeah, how did you make that broccoli so yummy?

ANGELA HARTNETT: Mustard. It is that key. It honestly- mustard for me, mustard and vinegar changes dishes.

ROB DELANEY: It's a spectacular condiment.

NICK GRIMSHAW: You love a mustard, don't you?

ROB DELANEY: I really do.

ANGELA HARTNETT: I think we have a mutual comedian, we both like Seinfeld, which I love.

ROB DELANEY: Mm-hmm.

ANGELA HARTNETT: And you love your cereals.

ROB DELANEY: I do.

ANGELA HARTNETT: Are you a cereal breakfast, lunch, dinner, evening snack?

ROB DELANEY: I can if necessary. And I really love Honey Nut Cheerios, which, you know, I don't know why they're not available in this country, it's such a fantastic- they have Honey Cheerios, but where's the nut? You know, do, am I supposed to bring my own nut?

[Dinner table sounds]

NICK GRIMSHAW: Now alongside mustard, Rob, you are a man after my own heart who loves a peanut butter.

ROB DELANEY: I really do.

NICK GRIMSHAW: How is peanut butter treated in your household, does everybody love it? My boyfriend hates it, and he won't be- he hates the smell of it so he hates like when I've ate it, he's like, 'Ugh, you've ate it.'

ROB DELANEY: Hm-hmm, yeah.

NICK GRIMSHAW: Do you have that problem at yours, or is it...

ROB DELANEY: No, I mean, I'm accused routinely of smelling like peanut butter. Nobody else is as crazy about it as I am. Yeah, the other day my wife had the last little bit of peanut butter and I saw it in the rubbish bin and I was like, wow. That's like crazy that she would do that, you know?

ANGELA HARTNETT: Selfish.

ROB DELANEY: So- and it wasn't so much anger, as like shock, you know?

NICK GRIMSHAW: Yeah, like, wow.

ROB DELANEY: I think she was just like, no, I'm hungry. It's in the house. I'm gonna have some.

ANGELA HARTNETT: Fair enough.

ROB DELANEY: You know, was it calculated to hurt? You know, well, we can talk to her about that.

[Dinner table sounds]

NICK GRIMSHAW: Oh my god, I can't believe that we spoke about peanut butter before Tom Cruise. That's showbiz! You've worked with Tom Cruise, of course, but amazing people like the Rock and Ryan Reynolds and, and now Angela Hartnett, but, you know, how's it getting to work with Tom Cruise? Who I feel is like, you know a brand of a man.

ROB DELANEY: Oh, yeah. I mean, different from any other big star because he's so intensely involved in every aspect of the production, which isn't to like, denigrate any of the other people that I've worked with, but you know, he'll be like, oh, well we should use this lens, that actor in the background's hair should be an eighth of an inch shorter, like, like a computer, you know? So incredibly passionate. So, learning from him was amazing. You know, if we're filming this conversation, right, you know, frequently it'll be cameras behind me filming you guys, right? We'll do all blah, blah, blah, and then they'll switch and put the cameras here so that you can't see the cameras behind each other in a movie. In this, it's okay, 'cause we know that this isn't real, but in a movie, when you do that, it'll take say twenty minutes. And so, an assistant director will be like, 'Alright, we've got about probably twenty minutes, you can go back to your trailer,' Tom Cruise is like, 'We're gonna turn the cameras around. Everybody gather round and I'll tell some stories.' So, he's like telling stories about like Elizabeth Taylor and Richard Burton, you know, like those are his like stories- like where I'm like, yeah, I saw my friend Jeff at the match, and he is like, well, Elizabeth Taylor called me. And so just super fascinating and also the Mission Impossible movies are- were like the only franchise that I would actually go and see in the cinema. So, to get to be even a little bit involved in one of those was very exciting, and yeah, Tom Cruise - worth the hype.

NICK GRIMSHAW: Oh, really?

ANGELA HARTNETT: That's good to hear.

NICK GRIMSHAW: I like worth the hype.

ROB DELANEY: Yeah.

NICK GRIMSHAW: And this might sound like a stupid question, but I'm real- I'm serious. Does he really look like Tom Cruise? Like, is he like, leather jacket, like the hair, like, 'Hey, I'm Tom Cruise.'

ROB DELANEY: He is- well I guess, is he, did he just turn sixty? I think he may have, or he is close to it, right.

NICK GRIMSHAW: Wow.

ROB DELANEY: Yeah. But you can still see, even if he's in like a dress shirt, you know, like a smart shirt, you can still see like that he has not just these abs, but the ones that are here as well.

ANGELA HARTNETT: Right, okay.

ROB DELANEY: You know, the ones that I see on men and just get angry. I'm like, it's like a betrayal. Why are you, come on.

NICK GRIMSHAW: Yeah.

ROB DELANEY: Do I have to compete with that? So you can see every muscle through like a jumper. Yeah. But he looks great and he also looks like he is ageing, so you're not like, oh, he's obviously just, you know, having a surgery each day at lunch or anything like that, which you feel like some people that age might. But- so he looks real and handsome and lovely.

NICK GRIMSHAW: I've got a friend of a friend who worked on Mission Impossible in like the stunts, or they did something and then Tom took them skydiving as like a fun, thanks for being in the movie or something. I'd actually hate if we finished this and you were like-

ANGELA HARTNETT: Go sky diving.

NICK GRIMSHAW: 'I'd love to take you sky diving'

ROB DELANEY: [*Retching sounds*]

NICK GRIMSHAW: I'm like, I've just had lamb.

[*Drink pouring sounds*]

NICK GRIMSHAW: Do you want some more, Rob?

ROB DELANEY: Yes, I mean, am I- if I'm allowed to help myself?

NICK GRIMSHAW: Yeah, you help yourself there.

ROB DELANEY: Thank you.

ANGELA HARTNETT: You got enough dressing and stuff.

NICK GRIMSHAW: The table is little big.

ANGELA HARTNETT: It's a bit far, it's our new table.

NICK GRIMSHAW: It's our new table Rob.

ANGELA HARTNETT: You're our first guest christening this table.

ROB DELANEY: Thank you so much.

NICK GRIMSHAW: I'm gonna have a little bit more lamb.

ANGELA HARTNETT: Do you want some more?

NICK GRIMSHAW: What year did you move to the UK?

ROB DELANEY: 2014. So I've here for nine years.

NICK GRIMSHAW: Nine years.

ROB DELANEY: Which is bananas.

NICK GRIMSHAW: And culinary wise, did you notice any extreme differences? Was there anything you were like, 'Ew, what's that that they do over here?'

ROB DELANEY: Once in a while, like a beef and kidney pie would come across the table. I don't so much need kidney meat. I guess maybe if I had discovered it when I was younger, but now if you're giving me- like, you know what? That the ship has sailed.

ANGELA HARTNETT: Yeah, move on.

ROB DELANEY: My palate has hit a wall and the wall is made of kidney.

[Cutlery sounds]

NICK GRIMSHAW: So, Angela and I both listened to your book, *A Heart that Works*. It proper, you know, made me cry and really got me, and I, I found it kind of like brutal in parts, like I was really, you know you get the thing in your throat like that. And it's one thing, how is it going to like, record it and read the words about, you know, Henry's life on tape.

ROB DELANEY: Yeah. So for people who don't know what the book's about, it is about my son Henry, who died of a brain tumour five years ago, a little bit before he turned three. And it's about, you know, that whole experience with my family of him getting sick and then us taking care of him for a couple of years and then him dying. And so to answer specifically your question about reading through it, it felt good to do that because even when you're writing a book, it's rare to go from like A to Z all the way through. And that was one of the times I did that, like in essentially one sitting. I think I actually did take an hour and a half nap in the middle of it and just lay on the floor in the dark booth, I really did, and then, so yeah, it took one day to do. And I felt good doing that because then I was like, okay, this book is gonna devastate people, but it also makes sense, there's a through line. So honestly, reading it out loud, I was like, it doesn't stink. Also, I was even like- 'cause parts of it I'd written months before, I was like, 'Whoa, my God, I'm gonna put this out in the world? I mean, this is gonna wallop people.' And then I was like, good, because part of the book was, I wanted to do an unvarnished picture of grief and the anger that comes with it.

ANGELA HARTNETT: Because that's what it feels like, it was like a response to obviously Henry's death that this is, this has happened to me and I'm pissed off about it, and you all have to feel that.

ROB DELANEY: Well I felt honestly that it was, I know it- because it is an angry, brutal book, but I did feel like it was a loving thing to put that out there.

ANGELA HARTNETT: Oh definitely.

ROB DELANEY: I think it would've been much less kind to put out a book that was like, 'But then one day the sun did come out,' you know, and all this stuff. Because then somebody could read that and be like, oh, I guess maybe I'll be okay. And then something like that happens to them and you're just brutalised, you know, something said to me, make it difficult, make it heavy.

ANGELA HARTNETT: But it was absolute raw honesty.

NICK GRIMSHAW: Yeah that's what it is, the pure honesty, and the range of emotions as well.

ROB DELANEY: Thanks for thinking that. Yeah, that's definitely, that is what I wanted to do.

ANGELA HARTNETT: And you also felt the absolute love for Henry and your other sons.

NICK GRIMSHAW: And what about like stories to the boy, do the boys ask questions?

ROB DELANEY: They do, and they remember him, and they talk about him. And so, you know, there's a lot that's awful about the world right now but there are some things that are better, you know, we are moving in a good direction in some ways. And one of them is people talk more openly about grief, they get that if you don't talk about the thing that's killing you, you know, then you yourself can get, you know, stomach cancer or whatever. But if you do talk about the pain when it hurts, you know, try to let it move through you, then you can kind of weave it into your life. So, we're still sad. I'm sad. I want to be with him. But if I tell you that right now how I'm feeling, then I'll have a better day than if I was like, yeah, it's fine, or I don't wanna talk about it.

ANGELA HARTNETT: But also it makes them healthy as you know, they're children, but when they come into their teens, adulthood, the pressure now on young kids and now they've, you know, and I think it was one of your friends, wasn't it, that sort of, you know, you asked about how do I deal with this, my grief, and then looking after my children. Cause I think that's one of the other things that comes through is that you and Leah had a family.

ROB DELANEY: Yeah.

ANGELA HARTNETT: You know, you had to also be there for them as young adults and it was just love them. You know, the simplest thing, but the hardest thing probably at the time when you were feeling what you were feeling.

ROB DELANEY: Yeah. And so our older boys, are ten and twelve and they will do things here and there, not all the time, but here and there, like with their friends that are like so thoughtful, where I'm like, I can guarantee I didn't do anything like that or say anything like that when I was ten and twelve, where they'll be like, really loving or understanding when a friend is going through something. And that is there's no great there- I couldn't be prouder, that's way better than like a good report at school.

ANGELA HARTNETT: Yeah, of course.

ROB DELANEY: You know, to see your kid be kind, or to be told by another kid's parent or grandparent, that's like, I mean, I gotta go lie down. Wow.

ANGELA HARTNETT: Yeah. Is that the same child that you talk about in your stand up that says, 'I'm gonna make this other child hate you'?

ROB DELANEY: Yeah, yeah. No, but the two, I've gotten two recently, the two lovely reports on both of them from other people being like, just so you know.

NICK GRIMSHAW: Oh, nice. That makes me want to cry. I've never even met these kids. I could go here....But you do a great bit in Jackie, which you can watch on Amazon Prime if you want to go check it out. Not you, Rob, I mean, anyone listening - but you can Rob! Where you're saying that you're fielding like three kids at once and one punched the other one and the other one ate a snail, like when I- 'cause I don't have kids, when I see like those sorts of stories over, hear those sorts of stories, I'm like, wow. Parents and parenting, like hats off.

ROB DELANEY: It's pretty bananas.

NICK GRIMSHAW: It's pretty nuts pulling a snail out of someone's mouth.

ROB DELANEY: Oh yeah.

NICK GRIMSHAW: I mean, that's pretty ugh.

ROB DELANEY: I remember the youngest one ate a snail and I hear like crunch, you know, like the escargot slimy noises.

ANGELA HARTNETT: I love the fact you say escargot.

ROB DELANEY: But then this shell is still in his mouth.

NICK GRIMSHAW: That's rough.

ROB DELANEY: He's chewing it with his like two teeth, and then one of the older ones punches the other one, like punch, like boxer jab in the face, and I happen to be watering the lawn at that point so I just hosed him. If you have three kids, boys, under the age of like seven, that's just part of your life.

NICK GRIMSHAW: That's a lot of energy, it's a lot of energy. Have they like watched any of your stand up?

ROB DELANEY: I hope not.

NICK GRIMSHAW: No, okay. I was gonna say.

ROB DELANEY: One of them used a phrase the other day where I was like, that's not something people say often, and I sure said it in the filthy context. But I, you know what, I'll just sweep that under the rug. Like, I'll tell you all about my emotions, but like, oh, do I have to do homework that'll lead to me needing to do some parenting later? I'll just put that under the rug, I don't wanna do that. Pass the lamb, please.

NICK GRIMSHAW: Well, like I said, the book, I honestly found so moving and so touching and brutal like I said, it was, but it was, it's honesty. And then I also, we love Jackie.

ROB DELANEY: Oh, thanks for that.

NICK GRIMSHAW: So we, we are loving that you're bringing different emotions to us, Rob, you know.

ROB DELANEY: Well, people can handle a lot, I mean.

NICK GRIMSHAW: Some people just give us one feeling. You give me all.

ROB DELANEY: Well, both of what you guys do, I mean, if you think about the life circumstances of when you are feeding people, it's around the clock, you know, I mean, how important food is for grieving, you know, for getting energy in the beginning of the day. I mean, you learn that people can handle anything, you know, and as long as you sort of- I hate the word curate, it's quite popular now, not as much as I hate when people call themselves a 'creative' as a noun.

ANGELA HARTNETT: Yeah.

ROB DELANEY: Disgusting.

ANGELA HARTNETT: Love you Rob, love you Rob.

ROB DELANEY: But you know what I mean? Like you do pick what you're gonna tell people, you know what I mean? Like if you are the filter, then you know, you can put in like something sad here, something happy here, something silly, something profane, like people can handle a lot and they love variety. Variety's the spice - that's a food word - of life.

ANGELA HARTNETT: Nice. Very good, well done.

[Ice cubes clinking sounds]

NICK GRIMSHAW: Now we have for you, Rob, an end of show question.

ROB DELANEY: Ooh, exciting.

NICK GRIMSHAW: One question written by the production team, a gaggle of creatives, and I've not seen this, nor has Angela.

ANGELA HARTNETT: No.

NICK GRIMSHAW: All you've gotta do is answer this question to win yourself a goodie bag from the nice people at Waitrose.

ROB DELANEY: Ooh, exciting.

NICK GRIMSHAW: And I think it contains Easter eggs for your children.

ROB DELANEY: Woo!

ROB DELANEY: Because my wife knows where I am right now. I try to avoid that, but she knows...

ANGELA HARTNETT: You sounded like she knows time, but not normally.

ROB DELANEY: Cause like dinnertime in real life for normal people is approaching. She's like, *so you're gonna go be fed-*

ANGELA HARTNETT: And I've got three kids.

ROB DELANEY: *By a Michelin-star chef. You know, it's like, good for you, have a great time.* So if I leave here empty handed. on my way here, I was fantasising like I hope I leave here with something otherwise I'll literally have to go to a Waitrose and get some stuff.

NICK GRIMSHAW: Well, we'll save you a journey.

ANGELA HARTNETT: If you get the question right.

NICK GRIMSHAW: If you want to answer this question. Okay.

ROB DELANEY: Okay.

NICK GRIMSHAW: Which was more terrifying? The vasectomy – wow - or the bungee off the Manhattan Bridge?

ROB DELANEY: Ooh,

NICK GRIMSHAW: Ooh. Both juicy.

ROB DELANEY: Right. So, I think it might have been the vasectomy. I should do a commercial for vasectomies. My wife and I can have s*x whenever we want, we don't have to prepare. We don't have to go get a thing unless we want to, and nobody gets pregnant.

ANGELA HARTNETT: Yes!

ROB DELANEY: I love my vasectomy. I love it.

ANGELA HARTNETT: Great answer.

ROB DELANEY: Anyway. But also, I didn't enjoy getting it, but that's okay. So I think that was scarier because I ate food before the surgery and so, when I was like, you know what, maybe I will have those drugs, they were like, 'Yeah but you said you had breakfast?' And I was like, 'No, I didn't, no, I didn't have breakfast,' and they were like, 'Yeah, well we don't want you to aspirate, vomit and die.' Whereas jumping off the Manhattan Bridge should have been scary. It was illegal, like it wasn't sanctioned- I knew a guy who had a bungee cord and in the middle of the night he was like, 'You wanna go jump off the Manhattan Bridge?' And I was like, 'Yes.' And so, he was a theatrical rigger, so he like was good with ropes and I heard that other people had done it and nobody had died, so that should have been scarier. But I was like, early twenties.

ANGELA HARTNETT: I was gonna say, before you were a father.

ROB DELANEY: Yeah, now I won't even like- I'm like, 'Those stairs look dangerous', you know?

NICK GRIMSHAW: Well, you said vasectomy, so you win a goodie bag.

[Applause]

NICK GRIMSHAW: You did. Rob, thank you for coming round.

ANGELA HARTNETT: Yeah, thank you.

ROB DELANEY: Thank you, guys, this was wonderful.

ANGELA HARTNETT: Oh, pleasure.

NICK GRIMSHAW: It was very, very fun, thank you. Rob Delaney everybody!

[Applause]

NICK GRIMSHAW: Next week on Dish we are gonna be joined by [*sings theme tune*] Alex Jones, off of The One Show.

ANGELA HARTNETT: Very nice.

NICK GRIMSHAW: Love Alex Jones.

ANGELA HARTNETT: Love her.

NICK GRIMSHAW: She's good craic, you know Alex Jones.

(COMING UP CLIP OF ALEX)

ANGELA HARTNETT: She's hysterical, as is The One Show. Chaotic.

NICK GRIMSHAW: Well, we'll see you next week with Alex Jones.

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

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

NICK GRIMSHAW: If you don't, just listen to something else.

We can't all have a Michelin-star chef in the kitchen, but you can get some Michelin star advice. Email your questions for Angela whatever they are, to dish@waitrose.co.uk.

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