

**Ruby Wax, a spiced cauliflower & pomegranate salad and a mimosa mocktail.**

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

**NICK GRIMSHAW:** Hello and welcome to Dish from Waitrose. Big week this week on Dish because Dish is one year old.

**ANGELA HARTNETT:** Awww. What have you bought me?

**NICK GRIMSHAW:** Can you believe it?

**ANGELA HARTNETT:** Where's my present?

**NICK GRIMSHAW:** There's no gift, Angela.

**ANGELA HARTNETT:** Oh. What's the point?

**NICK GRIMSHAW:** The- well, I think that what we shouldn't do- don't do gifts, but I do think that we do need to celebrate it.

**ANGELA HARTNETT:** Okay.

**NICK GRIMSHAW:** And I think that we should celebrate it by having a night out with everyone.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** Don't you think?

**ANGELA HARTNETT:** Done. Where we going?

**NICK GRIMSHAW:** Well, we could go to one of yours.

**ANGELA HARTNETT:** Could go one of mine.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** But I don't want you to be like, feel weird 'cause everyone will be like, 'The boss is here!'

**ANGELA HARTNETT:** We could do that, yeah, we could go to Bermondsey.

**NICK GRIMSHAW:** Or go to a local pub round here.

**ANGELA HARTNETT:** Yeah, pub round here.

**NICK GRIMSHAW:** Or can we go to one of yours?

**ANGELA HARTNETT:** Yeah, we could go to Bermondsey one, then we can all sit outside if it's a nice night.

**NICK GRIMSHAW:** Ooh, I'd love to do that.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Also, we won't have sloppy service would we- not that you ever would in a Murano property.

**ANGELA HARTNETT:** I dunno if they have their moments. Occasionally.

**NICK GRIMSHAW:** When you are there, it's gonna be tip top that, innit.

**ANGELA HARTNETT:** Tip top.

**NICK GRIMSHAW:** Tip top. Well, it's our birthday, so thanks for listening everybody, for a year now.

**ANGELA HARTNETT:** Amazing. Thank you so much. And all your comments, all your tweets, retweets of Nick's tweets.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** And my tweets.

**NICK GRIMSHAW:** And your tweets.

**ANGELA HARTNETT:** Lots of tweets and tweets.

**NICK GRIMSHAW:** And the questions.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** And the listening and the nice messages. Means a lot so thank you. Thanks for listening.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** And what's funny is today, that our birthday, but the day that we recorded this it's actually our guest's birthday.

**NICK GRIMSHAW:** Hey, Holly's been on. 'Hi there. Huge fan of your podcast, and I've been lucky enough to enjoy some of Angela's delicious food at Limewood.' Me too, Holly. 'So I can absolutely imagine how good the food is.' Truly is really good. Not even saying it. You think I'm lying every week?

**ANGELA HARTNETT:** No, I don't. I don't.

**NICK GRIMSHAW:** It is banging.

**ANGELA HARTNETT:** It's 'cause you always go, 'This is really-'you always sound surprised.

**NICK GRIMSHAW:** No, but it's because what you make is simple.

**ANGELA HARTNETT:** Oh, you don't expect it to-

**NICK GRIMSHAW:** But tastes delicious.

**ANGELA HARTNETT:** Okay. Alright. I'll let you off.

**NICK GRIMSHAW:** Do you know what I mean?

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** So it's like fish and veg, I've done that, not like that. Holly says, 'You're both a match made in podcasting heaven, and I love listening and laughing along to you both.' Thanks, Holly. 'There was one particular dessert I had, and to this day about five years later, I still

reminisce about Angela's dessert. It was some sort of honey and milk tart. I've often tried looking for a similar recipe, but to no avail.' She wants to recreate it herself. 'Is there any way you'd be prepared and willing to share the recipe Angela? I would love you even more.'

**ANGELA HARTNETT:** Aw, bless her.

**NICK GRIMSHAW:** Honey and milk tart. Do you remember this?

**ANGELA HARTNETT:** I think she's talking about either a salted caramel tart.

**NICK GRIMSHAW:** Mm-hmm.

**ANGELA HARTNETT:** Or she's talking about a muscovado tart.

**NICK GRIMSHAW:** Mmm.

**ANGELA HARTNETT:** So a muscovado tart is like a vanilla tart, so it's a set cream base tart, but then we've put a caramel sort of muscovado flavouring through it. I think that's what she's talking about, 'cause I don't really remember honey and sort of milk tart, but that's what I think she meant.

**NICK GRIMSHAW:** And is the muscovado tart easy or is that... no it's not?

**NICK GRIMSHAW:** No, it's not.

**ANGELA HARTNETT:** No, it's not not easy, it's just, it is pastry, which always makes things a little bit more complicated.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** But you make your pastry case or buy your pre-made pastry and then you just need to make sure you cook that enough, and then it's that judgement of knowing when the tart's cooked, 'cause everyone will shake and think, oh, it's not cooked and actually it is, and then you take it out, but then if you leave it five or ten minutes longer, it's scrambled.

**NICK GRIMSHAW:** Oh, we don't want scrambled egg tart.

**ANGELA HARTNETT:** Or just come back to Limewood, you know.

**NICK GRIMSHAW:** Yeah, the answer is Holly, eat out.

**ANGELA HARTNETT:** Yeah, eat out. Come back to Limewood and get them to do it.

**NICK GRIMSHAW:** Or have a Caramac or something.

**ANGELA HARTNETT:** Exactly, yeah. Lovely.

**NICK GRIMSHAW:** Tastes quite similar. Very excited about our guest today, Ruby Wax, who I feel quite nervous about meeting and interviewing Ruby Wax.

**ANGELA HARTNETT:** You've never met Ruby?

**NICK GRIMSHAW:** Never met Ruby. Have you met Ruby?

**ANGELA HARTNETT:** She was at the Connaught years and years ago, with I think, Jennifer Saunders, I'm pretty sure Nigella Lawson. There was three of them there and they were doing some private interview for something, so I met her right- I mean, she will not remember that, years and years and years ago. But yeah, she's formidable.

**NICK GRIMSHAW:** She really is.

**ANGELA HARTNETT:** Super smart. Super intelligent, you know, met everyone and anyone. She met Trump for God's sake.

**NICK GRIMSHAW:** Mm-hmm. Very sharp and very funny, as well. And very honest.

**ANGELA HARTNETT:** Yeah, I think she might take the mickey a bit.

**NICK GRIMSHAW:** Mm-hmm.

**ANGELA HARTNETT:** But that's fine.

**NICK GRIMSHAW:** That's fine. We can handle it.

**ANGELA HARTNETT:** I'm with you all day, I'm used to that.

**NICK GRIMSHAW:** We can handle it. But yeah, I- Ruby, I remember being like omnipresent on the telly.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** And like me and my mum really loving her.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** And making sort of, really like ground-breaking telly, like I'd never sort of seen anyone so...

**ANGELA HARTNETT:** She was shocking.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** But that was what was brilliant, yeah.

**NICK GRIMSHAW:** Brilliant. I can't wait to meet her.

*[Dinner table sounds]*

**NICK GRIMSHAW:** Today, very excited and delighted to welcome our guest, on the day of their birth, no less. She is a comedian, author, and mental health campaigner, and also I feel like someone who tops the list, you know when you get asked that really uninspired question, 'Who would you have around for dinner?' I feel like everyone would say-

**RUBY WAX:** No.

**NICK GRIMSHAW:** -Ruby Wax!

*[Applause]*

**RUBY WAX:** No.

**NICK GRIMSHAW:** Yeah!

**RUBY WAX:** Thank you!

**NICK GRIMSHAW:** Happy birthday, Ruby Wax.

**RUBY WAX:** Yeah.

**NICK GRIMSHAW:** Do you like a fuss on your birthday? Cause-

**RUBY WAX:** No, I don't even wanna mention it. Yeah.

**NICK GRIMSHAW:** Here on a regular day is Ruby Wax!

[Applause]

**NICK GRIMSHAW:** Yeah Ruby!

**RUBY WAX:** Yeah.

**NICK GRIMSHAW:** So it's not your birthday today?

**RUBY WAX:** Not at all.

**NICK GRIMSHAW:** No.

**RUBY WAX:** No.

**NICK GRIMSHAW:** Welcome.

**RUBY WAX:** I know, I don't believe in them.

**NICK GRIMSHAW:** We've made you a alcohol free mimosa, or a take on a mimosa.

**RUBY WAX:** Yeah.

**NICK GRIMSHAW:** To start, which is like, raspberry, pummelled-

**ANGELA HARTNETT:** Pummelled.

**NICK GRIMSHAW:** -orange juice.

**RUBY WAX:** Pummelled.

**NICK GRIMSHAW:** Alcohol-free sparkling wine, so cheers.

**ANGELA HARTNETT:** Cheers.

**RUBY WAX:** Cheers.

**NICK GRIMSHAW:** Cheers.

**RUBY WAX:** Do we- but not for any-

**ANGELA HARTNETT:** To life.

**NICK GRIMSHAW:** But not for any reason.

**RUBY WAX:** No.

**ANGELA HARTNETT:** No.

**NICK GRIMSHAW:** It's just a day.

**RUBY WAX:** A day.

**NICK GRIMSHAW:** Yeah.

**NICK GRIMSHAW:** Ooh, that is good.

**RUBY WAX:** Oh, that's really good.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** I like how you get those things in- you know, there's like, many sensations on your tongue. It's like an orgy of sensations. Thank you.

**ANGELA HARTNETT:** It's all going on.

**NICK GRIMSHAW:** There's fizz, and sharp.

**RUBY WAX:** It's happening in there.



**NICK GRIMSHAW:** Everything. So how's life? What's been going on, Ruby Wax?

**RUBY WAX:** You really wanna know? I came back from Japan last night after sixteen hours.

**NICK GRIMSHAW:** Wow.

**RUBY WAX:** And look at me.

**NICK GRIMSHAW:** You look fantastic.

**RUBY WAX:** Fresh as a daisy.

**NICK GRIMSHAW:** You really do.

**RUBY WAX:** Really?

**NICK GRIMSHAW:** I'm not even kidding.

**RUBY WAX:** In an hour I'm gonna be out conscious, out dribbling on whatever you give me to eat.

**NICK GRIMSHAW:** How was Japan? How is she?

**RUBY WAX:** Japan's fine. She's fine, she sends her love, yeah.

**NICK GRIMSHAW:** Yeah. I've not seen her.

**RUBY WAX:** She gives great massage and you take baths with other people.

**ANGELA HARTNETT:** Oh, I love those baths.

**RUBY WAX:** Do you? I was a little weirded out.

**ANGELA HARTNETT:** Did you get all your slippers right though?

**RUBY WAX:** No, they're huge and you end up falling flat on your face.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** I've sucked in so hard, I mean, my cervix is in my mouth.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** It was a hike through the middle of- so it was, went from Tokyo to Kyoto.

**NICK GRIMSHAW:** Oh wow.

**RUBY WAX:** So my feet hurt a little bit.

**NICK GRIMSHAW:** Wow.

**RUBY WAX:** And I threw up on the bullet train. You know, it's supposed to be so fun? You cannot see telegraph poles going past.

**NICK GRIMSHAW:** Oh no [*retching sound*]

**ANGELA HARTNETT:** Like g-force, you are sort of back a bit.

**NICK GRIMSHAW:** Wow. How long were you out there?

**RUBY WAX:** Two weeks.

**NICK GRIMSHAW:** Oh wow. Just walking?

**RUBY WAX:** Well, walking some- I don't usually walk in my life 'cause my legs are very short, they scuttle. So I did, maybe three days.

**ANGELA HARTNETT:** Okay.

**RUBY WAX:** Four days of walking.

**ANGELA HARTNETT:** Fantastic.

**NICK GRIMSHAW:** Wow. Amazing trip.

**RUBY WAX:** I'm shrined out though.

**NICK GRIMSHAW:** Cause you love Japan don't you, Ange? You always rave about it.

**ANGELA HARTNETT:** I love Japan. It- and we're going there in a couple of years again for like, you know, three weeks and we are gonna do more outside. I went with my mum years ago to the baths, and because, you know, very rare people speaking English back then, so it was probably about fifteen years ago.

**RUBY WAX:** They don't speak English now. But I-

**ANGELA HARTNETT:** And the the slippers, she was actually shouted at 'cause she had the wrong slippers on in these baths, I mean they [*shouting sounds*]. Yeah, go on.

**RUBY WAX:** But I learned to do the geisha thing.

**ANGELA HARTNETT:** Did you?

**RUBY WAX:** I put rubber bands on my feet and I'd scuttle.

**ANGELA HARTNETT:** Wow.

**RUBY WAX:** Yeah, they really weren't impressed.

**ANGELA HARTNETT:** Oh yes.

**RUBY WAX:** It was really insulting.

**ANGELA HARTNETT:** But me and Neil used to do- 'cause you watch the Larry David, I don't know whether you did, the one where it's the good bow and the s\*\*\* bow, and Neil and I were going, that's a good bow.

**RUBY WAX:** Good bow.

**ANGELA HARTNETT:** That's not so good, that bow.

**RUBY WAX:** Oh, you gave reviews?

**ANGELA HARTNETT:** Yeah, we'd give- like, hm, no give me a better bow.

**RUBY WAX:** I give reviews to the people who do the safety instructions on the plane, like attitude.

**ANGELA HARTNETT:** Yeah?

**RUBY WAX:** And the whistle blowing was not- is not an A-list.

**ANGELA HARTNETT:** Yeah, yeah, yeah, you-

**RUBY WAX:** I give criticism to them.

**ANGELA HARTNETT:** I feel you might do that to us after this.

**RUBY WAX:** More enthusiasm.

**NICK GRIMSHAW:** Yeah. I like it when they really go for it on the plane.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** Many times.

**NICK GRIMSHAW:** Not really. They're very like, [*mumbling*].

**RUBY WAX:** No, no, but if you get, you know, somebody who's of the gay persuasion.

**NICK GRIMSHAW:** Yes.

**RUBY WAX:** They really know how to give it.

**NICK GRIMSHAW:** Yeah, they can put on a show.

**ANGELA HARTNETT:** It's a performance.

**RUBY WAX:** They do a show. They swagger those hips. When they talk about sliding down on the ramp, they get really excited.

**NICK GRIMSHAW:** That and, 'take off your heels, 'they're like, 'Never.'

**RUBY WAX:** Never.

**NICK GRIMSHAW:** 'How dare you.' Well, thank you for coming straight from Japan today.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** Thank you.

**NICK GRIMSHAW:** And not joking like, you know, I feel like someone that people would love to have round at dinner is Ruby Wax, me included. I loved you growing up watching you on the telly, me and my mum-

**RUBY WAX:** See, everybody, what- you know, how old was I? They all go, 'My grandmother loved you.' And I go-

**NICK GRIMSHAW:** No!

**RUBY WAX:** I said, come on, I was a foetus, come on.

**NICK GRIMSHAW:** I get that, I get, 'Can I have a picture? My mum loves you.'

**RUBY WAX:** Yeah.

**NICK GRIMSHAW:** I get that.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** It's upsetting.

**NICK GRIMSHAW:** I'm always like, your mum's twenty-five? But you know, I really, really, really was really obsessed with you. So today I did feel quite nervous about...

**ANGELA HARTNETT:** Yes

**RUBY WAX:** No.

**NICK GRIMSHAW:** Yeah.

**NICK GRIMSHAW:** But the, the thing of having people round at dinner, we were saying that's always a question that's asked, like, who would you have round for dinner? But you must have gone to weird dinners that were like dream dinner parties, you know, like you must have had dinner with all kinds of...

**RUBY WAX:** Well, I- the stipulation for doing my shows all those years ago, we'd have to have dinner.

**ANGELA HARTNETT:** Right.

**RUBY WAX:** So that by the time I started interviewing, we were intimate.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** So that was in the deal.

**NICK GRIMSHAW:** Was there anyone that you really noticed at dinner like, that's a weird dinner? Cause I went to dinner at Simon Cowell's house once, I couldn't stop laughing because I was like, it's like judge's houses, and he was like, 'Darling, it is a judge's house.' But it was like, you went in the garden and had dinner around a table that was surrounded by fire.

**ANGELA HARTNETT:** Did he light it with his cigarette? I bet he was like, tossing-

**NICK GRIMSHAW:** Yeah, I think it's like, warm, he loves smoking, he goes outside. But I felt like when the people go and they're auditioning to be on the X-factor and you had to sit opposite him.

**ANGELA HARTNETT:** Intimidating.

**NICK GRIMSHAW:** But he loves like really simple food, which I love, like school dinners.

**RUBY WAX:** So the lawn is on fire, but you're eating like peanut butter?

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Yeah, or like sausage and mash or-

**ANGELA HARTNETT:** Chips and beans.

**NICK GRIMSHAW:** -like cottage pie.

**RUBY WAX:** What did you have?

**NICK GRIMSHAW:** I think we had like a shepherd's pie or a cottage pie, like a normal-

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** And then later on when everyone was like, it got to like, you know, one in the morning everyone wanted a snack, someone made like ham and cheese sandwiches and hula hoops. Like really like sort of like, kiddy food in this dramatic environment. Like Hula Hoops over a moat.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** That's exciting. Do you know who Elaine Stritch is?

**NICK GRIMSHAW:** No.

**RUBY WAX:** She was very famous. She was in all these Stephen Sondheim musicals.

**NICK GRIMSHAW:** Right.

**RUBY WAX:** 'Here's to the Ladies Who Lunch.'

**NICK GRIMSHAW:** Right.

**RUBY WAX:** She sang that and was very famous and was in films. A real tough broad. And she was on my show, so we had dinner. And I was mentioning, I was on some show, and she said, 'I don't know what you're talking about.' And then I said it again - and she was a heroine of mine.

**ANGELA HARTNETT:** Yes.

**RUBY WAX:** I said- I tried to say the story again, thinking maybe, you know, I was mumbling and I, she went, 'I don't know what you're talking about.' Jump cut, I'm saying it over and over, 'I don't know what you're talking about.' She said every pronounce- 'I don't know what you're talking about.' And it went on and on, and then she mumbled a little bit and said, 'I'm a diabetic,' and I- and she was having a fit, so a man was going by with the smoked salmon and the triangles of brown bread, so I grabbed a handful and I stuffed it down her throat until she was just a wall of brown bread. And then I realised she was choking to death. Elaine Stritch was choking to death, so I had to reach down her gullet and pull out the bread.

**ANGELA HARTNETT:** Oh my God.

**RUBY WAX:** And then she- I had to get her insulin and like shoot her up.

**ANGELA HARTNETT:** Oh God!

**RUBY WAX:** Anyway, then the next day she was on my show. I said, 'Can we please re-enact that?'

**ANGELA HARTNETT:** Alive and kicking still.

**RUBY WAX:** 'Can we re-enact that event?'

[*Cutlery sounds*]

**NICK GRIMSHAW:** Angela, a wonderful platter of food has arrived.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** Wow.

**NICK GRIMSHAW:** What?

**ANGELA HARTNETT:** So, we got roasted cauliflower with pomegranate, chickpeas and potatoes. Spiced roasted cauliflower.

**NICK GRIMSHAW:** Delicious.

**ANGELA HARTNETT:** Are you hungry?



**RUBY WAX:** You know, I'll eat anything you put in front of me, really.

**ANGELA HARTNETT:** Perfect.

**RUBY WAX:** Thank you.

**ANGELA HARTNETT:** You're a great guest, that's-

**RUBY WAX:** Thank you.

**ANGELA HARTNETT:** Is that enough? Are you good there.

**RUBY WAX:** That's enough for me, thank you.

**NICK GRIMSHAW:** Oh yeah. I'll have a little bit as well.

**RUBY WAX:** And so you'll hear me chew and speak? That's a delightful sensation.

**ANGELA HARTNETT:** We like that.

**NICK GRIMSHAW:** Yeah. There's a— people really enjoy it. Thank you.

**RUBY WAX:** Oh, this is good. So you'll tell me how you make it, and I'll glaze over.

**ANGELA HARTNETT:** Yeah. It's what Nick does all the time.

**RUBY WAX:** Or are you gonna give us a recipe?

**ANGELA HARTNETT:** Well you can find it on Waitrose.

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

**RUBY WAX:** Oh, sorry, I've interrupted.

**NICK GRIMSHAW:** Yeah- don't worry.

**RUBY WAX:** Do we say Waitrose a lot?

**NICK GRIMSHAW:** Yeah- well, as much as we want.

**RUBY WAX:** We could go, 'Waitrose!' like I have Tourettes or something.

**NICK GRIMSHAW:** That would be really good

**RUBY WAX:** It just come outta my- Waitrose!

**NICK GRIMSHAW:** Yeah. This is yummy. What do you like to eat, Ruby? What's your favourite sort of food?

**RUBY WAX:** This is my favourite sort of food, when it's like a mish mash.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** Yeah. And chicken bones. I eat the whole thing.

**NICK GRIMSHAW:** No, you do not.

**RUBY WAX:** Give me a bone, it'll go straight down.

**NICK GRIMSHAW:** No you do not.

**RUBY WAX:** I gnaw it, and my grandmother did- no, I gnaw on that sucker and then it's gone, and at dinner parties - I always say, just take the meat off and gimme the bone.

**ANGELA HARTNETT:** Yeah. But how do people react to that?

**NICK GRIMSHAW:** And long are we talking? Is it like a good few hours?

**RUBY WAX:** No, I can get it down pretty quick.

**NICK GRIMSHAW:** Oh wow.

**RUBY WAX:** And if it's like a steak or something, I'll huddle in the corner and eat it like, you know, an animal.

**NICK GRIMSHAW:** Wow.

**RUBY WAX:** Yeah. Like an animal.

**NICK GRIMSHAW:** We should've done chicken. I'd love to watch that.

**ANGELA HARTNETT:** We should've just had a big steak with it on the bone.

**RUBY WAX:** I've done that.

**ANGELA HARTNETT:** You know who is a mate of yours, who I always see do that-

**RUBY WAX:** Who?

**ANGELA HARTNETT:** -is Nigella, who- I've been out to dinner with Nigella and...

**RUBY WAX:** And she does that.

**ANGELA HARTNETT:** She'll just take the bone and just sit there and gnaw away at it. And why not?

**RUBY WAX:** Why not?

**ANGELA HARTNETT:** We did it the other day with Prue, we had lamb bones.

**RUBY WAX:** Love her.

**ANGELA HARTNETT:** Love it. It's the best part of the animal, you know, when you eat it.

**RUBY WAX:** When you scrape your teeth against it.

**ANGELA HARTNETT:** Next time we'll just give you a plate of bones.

**RUBY WAX:** And then you dig a hole and bury it.

**ANGELA HARTNETT:** Yeah.

*[Frying sounds]*

**NICK GRIMSHAW:** This is really delicious. I feel like I could make this.

**ANGELA HARTNETT:** Definitely.

**NICK GRIMSHAW:** Easy. It's spiced cauliflower and pomegranate salad. If you want to go and make this, then go on [waitrose.com](https://www.waitrose.com)-

**RUBY WAX:** Waitrose!

**NICK GRIMSHAW:** Waitrose! -.com/dishrecipes.

**ANGELA HARTNETT:** Indeed.

**NICK GRIMSHAW:** Is there anything that you need to know, if you're listening right now and you're like, do you know what Ruby Wax has really sold this salad to me, I'm gonna make that right now - is there a top tip Ange?

**ANGELA HARTNETT:** So just roast your potatoes first for about ten minutes, then add your cauliflower, then add your chickpeas, finish roasting, all together it'll be about half an hour roasting. Add your garam masala and then finish it after out the oven with your seasoning, your pomegranate, little bit of walnut and coriander-

**RUBY WAX:** Yogurt!

**ANGELA HARTNETT:** Yogurt!

**NICK GRIMSHAW:** And yogurt!

*[Dinner table sounds]*

**NICK GRIMSHAW:** We're not having a wine, but if you do want a wine the pairing suggestion is a Cave de Beblenheim (Pinot Gris Reserve)

**RUBY WAX:** You're classy.

**NICK GRIMSHAW:** Thank you.

**RUBY WAX:** Which is nice aromas of pears, it says here, and honey and rich smoky flavours. So quite nice with this sort of Indian spice that we've

got going on in the salad. I wanna talk to you about the book, but I wanna wrap up the telly part before we get onto talking all about your book. Because your show where you did the interviews with everyone, it was- like a revisit was on recently on BBC, was that like at the beginning of the year, was that on or last year?

**RUBY WAX:** I don't know, I don't remember time.

**NICK GRIMSHAW:** No. What made you want to do the, the revisiting of the-

**RUBY WAX:** I didn't. I was in an interview with Louis Theroux-

**NICK GRIMSHAW:** Yes.

**RUBY WAX:** -and he said, why don't they do that? And I said, I'm not going on your show to push that one.

**NICK GRIMSHAW:** Mm-hmm.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** You know, 'cause I've moved on, you know, I got a life that I'm more proud of than the first life.

**NICK GRIMSHAW:** Uh-huh.

**RUBY WAX:** And so he pushed it a little bit.

**NICK GRIMSHAW:** Yeah.

**RUBY WAX:** And so they did that.

**NICK GRIMSHAW:** Because I was saying, I listened to that podcast of you and Louis.

**RUBY WAX:** Yeah.

**NICK GRIMSHAW:** I love that interview so much 'cause it was so honest and so interesting, and if you watched Ruby on the telly and loved those interviews, it was just really interesting hearing your perspective on them

all. And Louis was like, you should revisit it, and initially you were like, no, I don't wanna do that.

**RUBY WAX:** I mean he- what a sweet guy to do that.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** Cause he was my nemesis for all the, that time 'cause I thought he took my job and I was quite bitter and angry, and then I had to give him two BAFTAs, not one, but two, so I forbade my children to ever use the name Louis.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** It's forbidden. And then, and then we went on and I thought, I'm not going to, you know, bullshit, I'm gonna just say, listen, I projected this on you. It isn't who you are, but this is what you represented, of taking food out of my mouth and my children's, so I have a bit of a- you know, this is a good chance for me to work it out.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** You know what I mean? To be authentic is kind of to forgive and he-

**ANGELA HARTNETT:** To be honest, yeah.

**RUBY WAX:** He was sort of taken and sent it right back.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** So look what he did, he put the show back on. But that was not my mission.

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

**NICK GRIMSHAW:** No. And then how was it- 'cause you know, you both had stuff to say to each other on that podcast. How was it like afterwards? Did you chat ever? Do you have a relationship with Louis now?

**RUBY WAX:** No, but he did email me and say, I'm gonna push this show to put your stuff on.

**NICK GRIMSHAW:** That's on iPlayer, you can watch that now.

**ANGELA HARTNETT:** It is brilliant.

**NICK GRIMSHAW:** It's so brilliant.

**RUBY WAX:** Thank you.

**NICK GRIMSHAW:** It really, really is. And so, let's talk about your book, I'm Not as Well as I Thought I Was, your seventh book, which is out right now.

**RUBY WAX:** Yeah.

**NICK GRIMSHAW:** Tell us about the book.

**RUBY WAX:** Oh God. It's really hard to explain. The premise of the book when I first pitched it to the publisher was that I was gonna- especially after lockdown, a lot of people said, I wanna change my life, I wanna give myself something a little deeper, I wanna break the same old, same old. So I did that too, and I thought, I'm gonna go on the most extraordinary journeys I can find and see if it inspires me to change my life. So I did that, you know, but it was like a travel book and it really- you thought, where's she going with this? Even if I wrote it in an Adrian Gill kind of funny way, it's still, it's just journeys. It could have been in any magazine. But what happened, coincidentally, and this- what's funny about it is you've kind of got a smile on your face, so this is going to take the smile right off.

**NICK GRIMSHAW:** I know what's coming.

**RUBY WAX:** You know what's coming.

**NICK GRIMSHAW:** I read the Amazon precursor.

**RUBY WAX:** So what happened, which I wasn't expecting, it's- but it, it's kind of in a dark way funny, is that I was looking for meaning and I ended up in a mental institution, you know, which imagine my surprise.

Because for twelve years I haven't had a depression, and then suddenly, after a few of these journeys, I got more and more ill, and I'm not using this as a kind of- well, I don't know what I'm using it as, but the book is much better when it's written from a mental institution.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** Because I can be quite funny about it now, and dark, you know because that's the only way to present this kind of stuff.

**ANGELA HARTNETT:** But why do you think that...

**RUBY WAX:** So, it's somebody who's in a mental institution who is finding stuff out.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** That I didn't know because my shrink said, you cannot change medication unless you do trauma work.

**ANGELA HARTNETT:** Right.

**RUBY WAX:** And I said, I don't have a trauma, you know, that's an Oprah word.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** And it only happens to people who were in war, but because he made me see a shrink who did a certain type of thing, I found out something that's really kind of unbelievable.

**ANGELA HARTNETT:** Right.

**RUBY WAX:** So there's a journey in me, but there were journeys outside too.

**NICK GRIMSHAW:** Mm-hmm.

**RUBY WAX:** And the two play against each other. So you are getting the journeys I went on but as seen from somebody in a mental institution. So in a way, there's two stories going on.



**ANGELA HARTNETT:** Like two books running parallel.

**RUBY WAX:** But you know, that's still the stories of trying to find meaning, trying to find compassion. I went, you know, to get people out of Afghanistan to feel joy, I went swimming with whales as they were migrating, I ended up in a Christian monastery. All of them were really poignant, but something was really wrong that was kind of going on underneath.

**NICK GRIMSHAW:** Wow.

**RUBY WAX:** Yeah. Isn't that something?

**NICK GRIMSHAW:** Yeah, it really is.

**ANGELA HARTNETT:** But it feels like something triggered.

**RUBY WAX:** I don't know. I, you know, you'll never know, chicken or egg. You know, maybe it was time to be ill and this just happened. You can never say, 'cause depression is not situation dependent. You can win an Oscar and still feel pretty suicidal.

**ANGELA HARTNETT:** Sure.

**RUBY WAX:** So just 'cause I was going on these journeys, didn't predicate the depression.

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

**RUBY WAX:** It's just, what a time to happen. And, I mean, part of what would stress anybody out is once I said I wanna do this book, I started making them about a week apart. So I'd go on a thirty-one day silent retreat and the next week I was doing psilocybin. I didn't- I couldn't go on that particular trip 'cause I got covid. But then the next trip, I did it as if you were doing a historical programme.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** And you can't go on these heavyweight things and not consolidate what happened.

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

**NICK GRIMSHAW:** Yeah.

**RUBY WAX:** But that doesn't give you depression.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** It just means you are crazy for doing that.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Yeah. On these literal journeys, was there a set mission when you were on those journeys? Were you like, I'm searching for..

**RUBY WAX:** Well, there was a vague thing of, I know what would happen, I've done silent retreats before, but I never did thirty days. You know, something's gonna happen, you know, 'cause it's too daring.

**NICK GRIMSHAW:** Yeah.

**RUBY WAX:** It could be enlightenment, it could be insanity. I didn't know which one, but it has a remarkable outcome. If you're trying to get people out of Afghanistan, I went for compassion. Then I went for faith when I went into a Christian monastery. There were certain things I was looking for that I don't have, I mean, I have a little bit, but meanwhile I was tripping up. And then ended up in this institution and then, didn't just end up there, but somebody took me down the rabbit hole and I find out some stuff.

**NICK GRIMSHAW:** Uh-huh. Wow.

**RUBY WAX:** Yeah. It's a good one, isn't it?

**NICK GRIMSHAW:** It's a good one. It's a juicy one.

**ANGELA HARTNETT:** Yeah. And you are gonna take this on tour in- the book on tour?

**RUBY WAX:** Well, the book isn't-

**ANGELA HARTNETT:** Do a one woman show about it.

**RUBY WAX:** -the show.

**ANGELA HARTNETT:** Right.

**RUBY WAX:** It's a play.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** So there's no similarity between reading a book and somebody acting in a play.

**NICK GRIMSHAW:** Mm-hmm.

**RUBY WAX:** I'm not doing a David Sedaris, just get up at a podium and read out your stuff. I mean, it's theatrical. Yeah.

**NICK GRIMSHAW:** And how do you find the writing process, Ruby? Do you- are you someone that writes like all the time and like has to write? Or do you find it like, I've got to sit down.

**RUBY WAX:** No, it's gruelling. It's like- and each time it's like I'm having a baby. And you think never again.

**NICK GRIMSHAW:** Mm-hmm.

**RUBY WAX:** And then suddenly you're-

**NICK GRIMSHAW:** You forget.

**RUBY WAX:** -you're pregnant somehow. Somebody inseminated you in the night.

**ANGELA HARTNETT:** What did I do?

**RUBY WAX:** But this one was a real, you know, this was, it was- you know those kinds of documentaries where it starts off, they're just following a guy and he ends up in the end confessing that he killed somebody? That's a little bit like this book. I started off in one area and then something else happened.

**NICK GRIMSHAW:** Tell us about some of these experiences, because some real once in a lifetime things.

**RUBY WAX:** Well, when you go on a thirty-day retreat, and it's not just- people thought you were at a spa, but you just shut up, but it's a Vipassana which means it's thirteen hours of meditation a day. So you start at five and then you end at ten o'clock at night.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** So it's gruelling. And the first four days you think, please tear out my limbs. It's like being in hell. It's doing Iron Man.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** So what happens like day one?

**RUBY WAX:** Day one, they tell you what you can't do, which is you can't have sex, you can't do alcohol or drugs, you can't kill, which was a surprise to me 'cause that's what I went for.

**NICK GRIMSHAW:** Hey.

**RUBY WAX:** And then, and then the gong goes and it announces, let's say five o'clock in the morning that f\*\*\*\*\* gong goes off and you think you're gonna lose- I'm never up at five unless it's an all-nighter.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** And then you start- but you have to also do two hours of work a day, and I mean, it is funny, I went on the dish washing team. There was two other people, me and an older guy, and she called us, she said, I'll do the easy stuff and you two elders-

**ANGELA HARTNETT:** Ooh.

**RUBY WAX:** -can do the other stuff. And I luckily they said no killing, 'cause I would have throttled her.

**ANGELA HARTNETT:** Throttled her.

**NICK GRIMSHAW:** Otherwise...

**ANGELA HARTNETT:** She wouldn't have survived.

**RUBY WAX:** Uh-uh. So in silence she was doing like, kind of, zen dishwashing, to show us how evolved she was, right?

**ANGELA HARTNETT:** Right.

**RUBY WAX:** B\*\*\*\*

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** Okay. So I went even slower than her. To show her how cool I was. You know, cause-

**ANGELA HARTNETT:** Prove it.

**RUBY WAX:** So we were doing sacred dishwashing.

**ANGELA HARTNETT:** Yes.

**RUBY WAX:** But it lasted hours and hours. Then she thought, oh, maybe she's not such an elder, right? And so she gave me a little namaste bow, and then we walked out and we like gave the finger to that old guy, poor old guy. My mission there- you get little missions, was to make like- I'd be her bestie.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** This is all without talking.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** And you realise as you go on, when you're not talking, you start fantasising. You give people parts around you, and you realise you do that in real life too. Like maybe you- somebody I know wore that sweater and they have your eyes, so I start treating you that way.

**ANGELA HARTNETT:** Right, yeah.

**RUBY WAX:** Because I was sure the guy next to me was in love with me.

**ANGELA HARTNETT:** Right.

**RUBY WAX:** I never actually saw him. And at the end of thirty days I said to him, 'Did you ever notice I was there?' Cause I had a whole thing like that, he would catch glimpses of me. And then at one point I found some chocolate on my plate and I thought, 'He's given it to me.' And let me tell you what I'm wearing. I'm wearing galoshes, I'm wearing a yak hat, like a whole thing. I didn't take a bath for like twenty days, and I'm thinking he likes me. He likes me. So all these fantasies go on. Another person I just hated 'cause she wore purple and I hate her guts. And when you finally do start speaking, you got everybody wrong.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Yeah.

**RUBY WAX:** And you watch what a mind does when everything's taken from it. Like I would go shopping for stones because I needed to shop, so I'd find like a stone I really liked and I'd take it home and the next day I decide to return it, so I took it back on the- and you watch what happens when everything's taken from you and you're watching yourself.

**ANGELA HARTNETT:** God.

**RUBY WAX:** But there's teachers, right?

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** Who are making sure you're okay.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** Because you could flip.

**NICK GRIMSHAW:** Yeah.

**RUBY WAX:** And then after about two weeks- 'cause you're not talking anymore, when you eat, you see everybody sitting there with their eyes rolled back and food becomes delicious.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** Because you don't have to go, 'And what do you do?' And so literally people have their eyes rolled back. I broke my silence, I ran into the kitchen, said, 'How did you make this egg?' And they said, 'With an egg and boiling water.' Because I'd never- and a digestive- I took a little bite and then I saved it. Saved it.

**ANGELA HARTNETT:** Aw.

**RUBY WAX:** You're really- you're tearing from granola, and you taste everything in there.

**ANGELA HARTNETT:** That's not an expression you would've ever thought you'd say.

**RUBY WAX:** And I'm not saying that it stays like that. Then you'll get hell again, then it goes out again, then you suddenly are watching an ant, and you're tracking it going all the way up the tree an all, and your hours go by, you're fascinated and gradually your mind, it's like arm wrestling.

**NICK GRIMSHAW:** Mm.

**RUBY WAX:** One of the arms goes down and your brain starts to rest.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** Because it's like you've battled it to death, and so there's moments of just ecstasy, you know- it's probably why people do certain drugs.

**ANGELA HARTNETT:** Sure.

**RUBY WAX:** Because you get that flatline.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** I mean your voice suddenly comes in and goes, 'You idiot, call Eckhart Tolle and tell him how present you are. Hi, Eckhart, It's me Ruby.'

**ANGELA HARTNETT:** Yeah. Whatever.

**RUBY WAX:** Yeah. The minute you think about, that you're evolved, it's gone.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Yeah.

**RUBY WAX:** So you're really trained to don't hold onto it, you know, let it go, let it go, let it go. But then there are moments where you feel things you never get in real life and by the time you leave you're weeping 'cause you love them so much.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** And you've never spoken to them.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** You're weeping and saying, can we stay in touch? You've never said a word. But this is a community that really support each other. And you're closer to them than you are people that you yapped at.

**NICK GRIMSHAW:** Wow.

**RUBY WAX:** So, I left and just you were uplifted. And then the last day I got a note from my agent. You're always looking for your name on the bulletin board in case there's a crisis. So there was my name the last day on the board, meaning go to the office, you can talk. So, I went to the office and I said, what, what? And they gave me an email from my agent saying, in twenty-four hours we've accepted a potato chip - or crisp- ad for you 'cause it's really lucrative. Twenty-four hours later, and I was gonna go, how dare you? Do you know how evolved I am? But they said your husband agreed, it's really lucrative. And so I said, I'll take it. Now, you don't get on a plane in that condition.



**NICK GRIMSHAW:** Would you do it again, the silent retreat?

**RUBY WAX:** I'd never done a month again.

**NICK GRIMSHAW:** Yeah.

**RUBY WAX:** But I do it every morning.

**NICK GRIMSHAW:** Yeah.

**RUBY WAX:** And I've done two weeks.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** I don't know, a month is pretty gruelling.

**NICK GRIMSHAW:** It's pretty hardcore.

**RUBY WAX:** Yeah.

**NICK GRIMSHAW:** And you do something which I guess is maybe easier for people listening than doing a silent month, is the cold water therapy.

**ANGELA HARTNETT:** Cold water swimming.

**RUBY WAX:** Oh, yeah.

**NICK GRIMSHAW:** But do you do that every day? Is that like a practice?

**RUBY WAX:** No, I can't, I can't find any water.

**NICK GRIMSHAW:** Oh!

**RUBY WAX:** Yeah. Where am I going?

**ANGELA HARTNETT:** You wouldn't go up to the heath or something.

**RUBY WAX:** It takes too long.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** But I mean, I've done it.

**NICK GRIMSHAW:** Mm-hmm.

**RUBY WAX:** And I don't know why, 'cause this is a woman who- you know, I wouldn't get in a pool if it was slightly cold, but it's addictive.

**NICK GRIMSHAW:** Yeah.

**RUBY WAX:** You get a hit. Have you done it?

**NICK GRIMSHAW:** I have done it. I didn't get the hit.

**RUBY WAX:** Oh, you get a hit.

**NICK GRIMSHAW:** But my friend does it and she like, loves it and she's like all energised.

**RUBY WAX:** I mean they- you could find out that it gives you heart attacks in a little while, but it does give you a buzz.

**NICK GRIMSHAW:** I bet it does.

**ANGELA HARTNETT:** It does. Your whole skin feels like tingly.

**NICK GRIMSHAW:** You do it?

**ANGELA HARTNETT:** I've done it- whenever, like you, if there's cold water, I'll do it.

**RUBY WAX:** If there's cold water, I'll get in it.

**ANGELA HARTNETT:** I did it in Norway.

**RUBY WAX:** Did you break the ice?

**ANGELA HARTNETT:** Well not- it wasn't that bad, but I did go in, and the only way to go in I thought was back flip in. Cause I thought start going-

**NICK GRIMSHAW:** Do gymnastics too?

**ANGELA HARTNETT:** You've got to.

**RUBY WAX:** Are you doing a backflip, and you can make cauliflower?

*[Dinner table sounds]*

**NICK GRIMSHAW:** So, Ruby's book is available right now, and of course tickets as well, if there's any left, I feel like there won't be.

**RUBY WAX:** Okay.

**NICK GRIMSHAW:** Ruby, you're gonna be on tour from September 14th, all around the UK.

**RUBY WAX:** All around the UK.

**NICK GRIMSHAW:** How do you enjoy a tour?

**RUBY WAX:** I love a tour.

**NICK GRIMSHAW:** Do you?

**RUBY WAX:** Yeah.

**NICK GRIMSHAW:** Do you enjoy like tour life? Like the bits off stage.

**RUBY WAX:** I love tour life, yeah. I like going to the hotel. But I don't ask for fancy ones.

**NICK GRIMSHAW:** You don't?

**RUBY WAX:** I like the ordering the food up. And then sometimes I wake up and I'm smeared in chocolate. Smeared. My favourite thing is just sitting there and- that's my happy place.

**NICK GRIMSHAW:** That's your place

**RUBY WAX:** Yeah.

**NICK GRIMSHAW:** Hey, please can we come and see you when you do the London show, me and Ange?

**RUBY WAX:** It is gonna be at the Soho Theatre.

**NICK GRIMSHAW:** Okay.

**ANGELA HARTNETT:** Oh, fantastic, I love that place.

**NICK GRIMSHAW:** Please let's go.

**RUBY WAX:** Oh, please.

**ANGELA HARTNETT:** Yes, let's go.

**RUBY WAX:** Okay.

**NICK GRIMSHAW:** Yeah, we'll bring the cauliflower.

**ANGELA HARTNETT:** Yeah. We'll bring you some snacks.

**RUBY WAX:** I'll bring the free book.

**NICK GRIMSHAW:** Yeah!

*[Drink pouring sounds]*

**NICK GRIMSHAW:** So Ruby, we get to the end of the show question right now. I have a question here, sealed in this envelope, that neither Angela nor I have seen.

**RUBY WAX:** Uh- huh.

**NICK GRIMSHAW:** You can open this question and read it to yourself. If you want to read it aloud and you wanna take the jeopardy, then you will win a goodie bag. If you don't want to, that's fine. We'll just keep the goodie bag.

**ANGELA HARTNETT:** Yeah.

**RUBY WAX:** Okay. Oh, I won't get this.

**NICK GRIMSHAW:** So the question is, 'So Ruby, to win a Waitrose goodie bag, you must identify this extremely random mystery voice.'

**MYSTERY VOICE:** Hello, Ruby. It's been a long time since we spoke, thirty-five years I'd say. We could have had a professional liaison, but it wasn't to be.'

**NICK GRIMSHAW:** Any idea?

**RUBY WAX:** I'm only thirty-five, so she's lying.

**NICK GRIMSHAW:** All you've gotta do is tell us if it's one of these three people: is it a hairdresser who lived in Froxfield, Wiltshire? Is it a car insurance saleswoman from Plumstead? Or is it a Cook Cadet on the TV show Planet Cook on CBBC?

**RUBY WAX:** I'm saying, gonna just say one.

**NICK GRIMSHAW:** The hairdresser in Froxfield?

**RUBY WAX:** I don't know where Froxfield is.

**NICK GRIMSHAW:** No, it's incorrect. It was actually the car insurance saleswoman from Plumstead.

**RUBY WAX:** She's lying. I've never bought car insurance.

**NICK GRIMSHAW:** When we said Ruby Wax is coming on Dish, George who works in the Dish office was like, have I got a story about Ruby Wax and the story was, my mum spoke to Ruby Wax on the phone to sell her car insurance.

**RUBY WAX:** I never bought it. That's how good she was.

*[Applause]*

**RUBY WAX:** Here's the bag. Oh, thank you, thank you.

**ANGELA HARTNETT:** All those delights.

**NICK GRIMSHAW:** Ruby, that was-

**RUBY WAX:** Thank you- oh my God, canned good. No, this is delicious. Thank you.

**ANGELA HARTNETT:** Pleasure.

**NICK GRIMSHAW:** Ruby, thank you so much. That was so, so fun.

**RUBY WAX:** Thank you.

**ANGELA HARTNETT:** Thank you for coming.

**RUBY WAX:** It was really fun.

**NICK GRIMSHAW:** I'm Not as Well as I Thought I Was, the book from Ruby Wax, available now-

**RUBY WAX:** Oh, I thought you were gonna tell- I thought I'm not as well as I thought I was was a personal comment.

**NICK GRIMSHAW:** No, that it is, but it's also your book. It's both. It's both. Ruby Wax, everybody!

*[Applause]*

**NICK GRIMSHAW:** Coming up next week we have podcasting legends, big in the game, Chris and Rosie Ramsey, join us on Dish.

**NICK GRIMSHAW:** Shall we talk about your podcast. Over 100 million downloads.

**CHRIS RAMSEY:** Nearly 150

**ANGELA HARTNETT:** Your idea?

**ROSIE RAMSEY:** Yes

**CHRIS RAMSEY:** I famously poo-pooed it

**ANGELA HARTNETT:** Really?

**CHRIS RAMSEY:** Yes

**ANGELA HARTNETT:** How many times do you remind him of that?

**ROSIE RAMSEY:** Oh all the time. Every argument - you're living this life because of me!

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

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

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

Waitrose. Food to feel good about.