

DISH - Maggie Aderin-Pocock, spiced lamb & plum tagine and prosecco

NICK GRIMSHAW: This podcast may contain some strong language and adult themes.

NICK GRIMSHAW: Oh, hello, and welcome to Dish from Waitrose. I am Nick Grimshaw.

ANGELA HARTNETT: And I'm Angela Hartnett.

NICK GRIMSHAW: And we are here together around the Dish table to have a bit of food, welcome a guest, bit of cooking. I saw that Florence Pugh, off of Hollywood movies, likes to post when she's cooking and says, 'Just having a chop, chat, and cook.'

ANGELA HARTNETT: Oh.

NICK GRIMSHAW: And I was like that's what we do, isn't it?

ANGELA HARTNETT: A wee chop and chat.

NICK GRIMSHAW: And today's guest, joining us for a chop and a chat, mainly just chat, no chopping, is an astonishing woman, someone I'm really excited about meeting, and we've not had anyone like this before on Dish, have we?

ANGELA HARTNETT: No!

NICK GRIMSHAW: No.

ANGELA HARTNETT: Totally different.

NICK GRIMSHAW: Her name is Maggie Aderin-Pocock and she is a professional stargazer. And you know it was something that she just loved as a kid, like she just fell in love with it from her bedroom window in London, and then I was like, wow, I'm really interested in the stars, gonna make that my career.

ANGELA HARTNETT: Yeah, amazing.

NICK GRIMSHAW: I got really into her book.

ANGELA HARTNETT: Yeah, it's fantastic.

NICK GRIMSHAW: I read the book the other Sunday.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: I got back to London, I'd been away, and Mesh had fallen down the stairs.

ANGELA HARTNETT: Oh gosh.

NICK GRIMSHAW: He'd managed to fall forwards, banging his head on a door frame and then backwards, ricocheting off it and banging the back.

ANGELA HARTNETT: Poor guy.

NICK GRIMSHAW: So I was like, 'I think we need to go to the hospital because you've got a massive cut on your head and he's like, 'I think I'm fine.' I was like, 'Let's just go.' So we went to A&E.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And I sat in A&E and read Maggie Aderin-Pocock's stargazing book, and I was- I was- and I took a pen-

ANGELA HARTNETT: Making your notes and stuff.

NICK GRIMSHAW: -and I was like, let me highlight the interesting bits. I was desperate for a doctor to notice.

ANGELA HARTNETT: And did they?

NICK GRIMSHAW: I was really like...

ANGELA HARTNETT: Oh yes, here I am.

NICK GRIMSHAW: Just reading a scientist's book. But they didn't even notice. It's like they had lives to save. So, Maggie's going to be in to talk about that book, and before she gets here, because I will say this to her, but, I never thought I'd be able to sit and read a book by someone that studied physics at Imperial.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And enjoy it. And I did. I got about 80% of it.

ANGELA HARTNETT: Well done!

NICK GRIMSHAW: And there was bits I really didn't, but you know.

ANGELA HARTNETT: There's lots.

NICK GRIMSHAW: Nice try. So Maggie's on the way. What are we having with Maggie today?

ANGELA HARTNETT: We're having a [spiced lamb & plum tagine](#).

NICK GRIMSHAW: Okay, delicious.

ANGELA HARTNETT: Yeah. Do you make tagine?

NICK GRIMSHAW: I do, yeah. And I always dry it out. It's always, I always ruin the meat. So to be discussed.

ANGELA HARTNETT: Marvellous.

NICK GRIMSHAW: Alright, let's see who has been in touch this week. We have an email from Katie, who's been on, Katie Ward, née Hewlett. Katie's been on to say, 'Hi Angela and Nick. I thought I'd reminisce with Angela about a scandalous cooking-based story from our school days together.' So you went school with Katie.

ANGELA HARTNETT: Yeah. She was a couple years younger than me.

NICK GRIMSHAW: Yeah. She says, 'My sister Fi won the Victoria sponge competition at The Sacred Heart 1985 Summer Fête with a spectacular bake, rising higher than any other cake ever had. When our home economics teacher, Mrs. Staples, asked what her secret was, she said that it was just double sifting, when in fact, she had totally cheated and used a packet mix.' Scandal.

ANGELA HARTNETT: Packet mix.

NICK GRIMSHAW: Packet mix.

ANGELA HARTNETT: Wow.

NICK GRIMSHAW: 'So, Angela, is it time after forty years of living this lie that my sister should admit this and return the £5 book voucher?' I mean, that actually is a scandal.

ANGELA HARTNETT: That is a scandal.

NICK GRIMSHAW: That is a scandal.

ANGELA HARTNETT: Poor Mrs Staples.

NICK GRIMSHAW: That is a scandal. I know, Mrs Staples being like, 'Wow, it's delicious.'

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Double s, double

ANGELA HARTNETT: I bet there were quite a few of those things that went on like that.

NICK GRIMSHAW: Yeah, definitely.

ANGELA HARTNETT: Definitely a few packets were used.

NICK GRIMSHAW: Sometimes, not on the same level, but sometimes if I get a dessert from, you know, Waitrose, or mince pies or summat, I just like, shake the box a bit so it looks a bit bashed, so it looks like I've done it.

ANGELA HARTNETT: So it looks like you've made it. Yeah, well done.

NICK GRIMSHAW: And you just don't say anything. You don't say I've done it and you don't say it's from pre-made.

ANGELA HARTNETT: It's the thing to do.

NICK GRIMSHAW: But you just like drop it just from about five centimetres.

ANGELA HARTNETT: Mm. Yeah.

NICK GRIMSHAW: Just to give it a bit of a rustic feel.

ANGELA HARTNETT: Yeah, nice. I'll notice that.

NICK GRIMSHAW: Yeah. So what do you reckon? Do you reckon Katie needs to call up The Sacred Heart and let them know about the Victoria sponge?

ANGELA HARTNETT: I think they might have moved on from it, but I think she should definitely make her sister do something as penance.

NICK GRIMSHAW: Yeah, I think so.

ANGELA HARTNETT: Yeah, sure.

NICK GRIMSHAW: I think she should make a sponge, yeah.

ANGELA HARTNETT: Make a Victoria sponge, a proper one, yeah, no packet.

NICK GRIMSHAW: Yeah, and then it'll be judged for what it is.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah. 'Sending loads of love to you both, but especially Angela, who was my brother once in a play about the ghost of St. Hilda.' What?

ANGELA HARTNETT: Hm. Now that I don't remember.

NICK GRIMSHAW: So you played a gentleman-

ANGELA HARTNETT: Well, I always had a deep voice, so I always played the- but it's an all-girls school, so someone had to play the blokes.

NICK GRIMSHAW: Ah, okay, right, right, okay, yeah, right.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Okay, and the ghost of St. Hilda? Don't know that one.

ANGELA HARTNETT: Wow, God, she's got a good memory, Kate.

NICK GRIMSHAW: Great memory there.

ANGELA HARTNETT: Nice to see you, Kate. Lovely to hear from you.

NICK GRIMSHAW: Thank you, Katie. Thank you. If you do want to email us about the history of Angela's acting career, dish@waitrose.co.uk is the way to get in touch. It don't have to be about food.

ANGELA HARTNETT: No, doesn't. It can be about that.

NICK GRIMSHAW: It can be about-

ANGELA HARTNETT: We need someone from your school. What school did you go to?

NICK GRIMSHAW: Oh my god, I went to Our Lady's Roman Catholic High.

ANGELA HARTNETT: Oh, we both went to Catholic schools.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: So was it all boys?

NICK GRIMSHAW: No, mixed.

ANGELA HARTNETT: Do you still keep in touch with any of them?

NICK GRIMSHAW: No, not really.

ANGELA HARTNETT: No, okay.

NICK GRIMSHAW: No.

ANGELA HARTNETT: Right, shall we get her? Let's get Maggie.

NICK GRIMSHAW: Yeah, let's get Maggie in.

[Dinner table sounds]

NICK GRIMSHAW: Right, the humming of the oven has began.

ANGELA HARTNETT: It means the podcast is beginning.

NICK GRIMSHAW: It means the podcast.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And most importantly, it means our guest is here.

ANGELA HARTNETT: Indeed.

NICK GRIMSHAW: Because the oven is on. A round of applause please, for the wonderful Maggie Aderin-Pocock.

[Applause]

NICK GRIMSHAW: Hi, Maggie.

ANGELA HARTNETT: Hi Maggie.

MAGGIE ADERIN-POCOCK: Thank you.

NICK GRIMSHAW: Welcome.

MAGGIE ADERIN-POCOCK: Thank you so much.

NICK GRIMSHAW: How are you?

MAGGIE ADERIN-POCOCK: Oh fi- I can smell some amazing things.

NICK GRIMSHAW: It does smell really good in here today, especially. I mean, it often does smell good when you're with Ange.

MAGGIE ADERIN-POCOCK: Yes, yes.

NICK GRIMSHAW: But today, mmm it's a good one.

ANGELA HARTNETT: Alot of spices in the kitchen, I think, yeah.

NICK GRIMSHAW: It is a good one. It is a good one. And how are you? How is life?

MAGGIE ADERIN-POCOCK: Life? Manic. Chaotic. But I think that's the nature of me, really. Manic and chaotic.

NICK GRIMSHAW: Right, that's you, not life.

MAGGIE ADERIN-POCOCK: I think it's a combination.

NICK GRIMSHAW: Right, okay, yeah, nice combination. I like that straight after this you're off to Denmark.

MAGGIE ADERIN-POCOCK: Yes, yes.

NICK GRIMSHAW: Which, that does feel chaotic.

ANGELA HARTNETT: Yeah, well nice to travel.

NICK GRIMSHAW: Tagine and then Denmark.

ANGELA HARTNETT: Copenhagen?

MAGGIE ADERIN-POCOCK: Uh, no. I'm going to pronounce it badly: Billund.

ANGELA HARTNETT: Oh, okay.

NICK GRIMSHAW: Oh, yeah.

ANGELA HARTNETT: Right.

MAGGIE ADERIN-POCOCK: Cause I must admit, when I think of Denmark, I think of Copenhagen.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah.

MAGGIE ADERIN-POCOCK: But yeah, so this is- actually I've never been to Denmark, so I'm really looking forward to it.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Oh, you'll have great food.

NICK GRIMSHAW: Yeah, have you been?

ANGELA HARTNETT: Loads of times, yeah. Only Copenhagen, but it's a great cycling place, Denmark, and they do the most wonderful open sandwiches.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Like, you know, if you're into stuff like that.

NICK GRIMSHAW: I personally prefer a lid on a sandwich.

ANGELA HARTNETT: Oh do you, ooh.

MAGGIE ADERIN-POCOCK: Rather than open format.

NICK GRIMSHAW: Yeah, what about you Maggie? Do you like a lid, or...

MAGGIE ADERIN-POCOCK: Well you see, a lid means more bread.

NICK GRIMSHAW: Yeah. So yeah, we're, yeah...

ANGELA HARTNETT: I think you'd quite like it.

NICK GRIMSHAW: I'll give it a go, I'll give it a go, I'll give it a go.

ANGELA HARTNETT: Think about it.

NICK GRIMSHAW: Maggie, we're gonna have a prosecco, on the basis that we have heard that you are a big prosecco fan.

MAGGIE ADERIN-POCOCK: This is true. In fact, a few years ago when my daughter was at school, there was a sign saying, sort of, 'Cheese and Prosecco'. My daughter went up to her teacher and said, 'My mum loves prosecco!'

NICK GRIMSHAW: 'Alright! shh Alright, shh!'

MAGGIE ADERIN-POCOCK: 'Quiet love, quiet.'

NICK GRIMSHAW: Don't mention it like that. So we are going for this one, which is an award winning prosecco from Waitrose, of course. Oh my God, I can't open it. Ooh.

ANGELA HARTNETT: Be careful. Now we're at our third person trying to open, Mark has now taken over.

MAGGIE ADERIN-POCOCK: Oh, he's got a tea towel as well.

NICK GRIMSHAW: Oh, there we go.

NICK GRIMSHAW: Well done, Mark.

MAGGIE ADERIN-POCOCK: Yes, I can see movement. We've got movement. We have lift-off.

ANGELA HARTNETT: Yes.

[Cork pops]

ANGELA HARTNETT: Yay!

NICK GRIMSHAW: There we go.

MAGGIE ADERIN-POCOCK: See that is a lovely sound.

NICK GRIMSHAW: That was worth the anticipation. There you go Maggie.

MAGGIE ADERIN-POCOCK: Lovely, thank you.

NICK GRIMSHAW: Get involved. I know that you're gonna have this forever, I feel like being you, Maggie, must be like being a hairdresser or being a chef, that whenever you're in a social situation people have to ask you a question about hair, food, or space.

ANGELA HARTNETT: Yes, I'm sure.

NICK GRIMSHAW: Do we have any record of anyone drinking alcohol in space?

MAGGIE ADERIN-POCOCK: Ooh.

NICK GRIMSHAW: Do we know?

MAGGIE ADERIN-POCOCK: It's generally frowned upon.

NICK GRIMSHAW: Yeah. They're like trying to control a ship.

MAGGIE ADERIN-POCOCK: Yes. They go, weee!

NICK GRIMSHAW: Yeah.

MAGGIE ADERIN-POCOCK: 'Why did you crash into Earth?'

ANGELA HARTNETT: Yeah.

MAGGIE ADERIN-POCOCK: Prosecco! Party! But I'm pretty convinced people have.

NICK GRIMSHAW: Right.

MAGGIE ADERIN-POCOCK: But I think it's pretty unofficial.

NICK GRIMSHAW: It's unofficial. Alright, okay, well cheers to a grounded prosecco consumption.

ANGELA HARTNETT: Yes, wonderful to see you.

NICK GRIMSHAW: Cheers Maggie.

MAGGIE ADERIN-POCOCK: Cheers, thank you so much.

NICK GRIMSHAW: Thanks for coming to see us.

MAGGIE ADERIN-POCOCK: Thanks. I haven't eaten much in anticipation of the meal, so I'm going to drink this and keel over.

ANGELA HARTNETT: No, you'll be fine.

NICK GRIMSHAW: Let's talk about your new book, because I did say at the start of this podcast, before you joined us, I was chatting to Angela, and please don't take offence in this, this is me thinking I'm stupid. I thought I'd never be able to sit and enjoy a book about physics and space and the planets, and I started reading it on Sunday and I loved it. And I was like maybe I'm going to be a scientist, like a-

MAGGIE ADERIN-POCOCK: We got one! We got one!

NICK GRIMSHAW: I'm not- I just really enjoyed it, and I loved the way you write and it, it felt really inviting for someone like me who doesn't know anything about that. I thought it was a great introduction to that world.

ANGELA HARTNETT: It's a great approachability, isn't it? That's it.

NICK GRIMSHAW: Yeah, great approach, yeah.

MAGGIE ADERIN-POCOCK: You cannot give me a better compliment. Cause I'm a science communicator, and I like to try and get the message across in a sort of an accessible way. So thank you so much.

NICK GRIMSHAW: It really got me. It really got me.

ANGELA HARTNETT: But that is it. It feels accessible. And you're right, you sort of feel like, I could do this, you know, it's not- but there's something amazing about how you write it, I think.

MAGGIE ADERIN-POCOCK: I think there's an inner scientist in everyone. Well, but as a chef, to me, that's chemistry, that's science, that's creativity.

ANGELA HARTNETT: Yeah, but I'm rubbish at pastry, honestly, you know. And that is the science bit that I'm like, what is going on? Help! No, but your brain must work on another level. Sorry, it's got to. Just to understand that and, you know, be- I mean, I was blown away by it.

MAGGIE ADERIN-POCOCK: But you see, it's funny people think that, but I think your brain must work on another level, and your brain must work on another level. Each one of us has a sort of a niche, an area in which we excel.

ANGELA HARTNETT: Yeah.

MAGGIE ADERIN-POCOCK: And I think when we're lucky, we find the areas that our brain is akin to, and if we work in that area, then we can really thrive. But, but it's funny, because I think it's scientific notation, and science has this aura of sort of a distantness, and sort of, you know, you have to have the brain the size of a small planet, and I don't think it's true. I truly believe that there is an inner scientist in everyone, and that if, as scientists, we can explain it properly, then we can get more people involved.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: I felt that when I was reading it. Don't get me wrong, there's a lot we had to read back and be like, 'Right, everyone, shh.'

MAGGIE ADERIN-POCOCK: 'I'm focusing.'

NICK GRIMSHAW: 'Let me just read this bit back again.' But what I loved, I was really fascinated when you talked about the ancient Egyptians and how someone just thought, 'Oh my god, that star's always there when the Nile's overflowing,' and they worked out the timing of that, I was like, oh my god, blew my tiny mind that, Maggie.

MAGGIE ADERIN-POCOCK: But I think that's one of the nice things about the stars. They actually have an impact on us on Earth. I'm not talking about astrology, but it's just sort of seeing the stars and looking at the movement of planets and things like that can have a sort of bearings on what we do on Earth.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah, it was fascinating. It really, really was. Can't recommend it enough. You mentioned astrology there.

MAGGIE ADERIN-POCOCK: Yes, yes.

NICK GRIMSHAW: Yeah. Not even thought about that in our Maggie research.

MAGGIE ADERIN-POCOCK: I'll just open the door.

NICK GRIMSHAW: Yeah, like really have.

ANGELA HARTNETT: Reel them in now.

NICK GRIMSHAW: Do you read your stars? Do you ever read your stars?

ANGELA HARTNETT: I do, but I don't think I'm... Well, you know where my birthday is, but I'm not a Virgo. I never think I'm a Virgo, if you go by what people think, you know, perfectionist, organised, you know, everything a lit- that is not me at all.

NICK GRIMSHAW: No.

ANGELA HARTNETT: No.

NICK GRIMSHAW: Is the word astrology ever mentioned in a physics degree at Imperial?

MAGGIE ADERIN-POCOCK: Ooh. No, it isn't. But, but at the same time, I...

NICK GRIMSHAW: Good to know.

MAGGIE ADERIN-POCOCK: Although it's quite lovely, because sometimes people come up and say, 'Hey, hey, aren't you the astrologer?' And I think, well... But I don't get upset about it at all, because astrology sort of came first. Most of sort of, scientific endeavour has been trying to predict the future, what's going to happen. And that's what people were doing with the stars, and that's why people started observing them quite so closely. So astronomy sort of came out of astrology, so it's, it's, it's our heritage, so I can't knock it.

[Drink clinking sounds]

NICK GRIMSHAW: So talk to us about how it all began for you and how you first fell in love with the stars. Cause you, you talk about that in the book and it's, it's like a movie the way you talk about it, how you first fell in love with the stars.

MAGGIE ADERIN-POCOCK: Yes. Well it's funny, I can't remember a time where I wasn't fascinated by space. And for me, it sort of goes way back, and I was born in 1968, and in 1969 the moon landings happened, and so I think that had an important part- I don't remember, people say I was taking my first wobbly steps as Neil Armstrong was taking his giant leap.

ANGELA HARTNETT: Aw.

MAGGIE ADERIN-POCOCK: So I don't remember, but it had an effect. And then, that sort of evolved, and I started watching, I don't know if you're familiar, The Clangers.

ANGELA HARTNETT: Yes, I remember those.

NICK GRIMSHAW: Oh yeah!

MAGGIE ADERIN-POCOCK: See The Clangers have a special place in my heart.

ANGELA HARTNETT: Yeah.

MAGGIE ADERIN-POCOCK: In fact, because The Clangers were recently rebooted. And when they were rebooted, I was a bit nervous, because I thought there might be a digital and high tech, and I was like, no, I want the little Clangers. But my daughter and I, we went to Altrincham where they make the new Clangers, and I met the woman who actually knits The Clangers.

ANGELA HARTNETT: Aw, amazing.

MAGGIE ADERIN-POCOCK: And I held the Soup Dragon in my hands, and little tears *[high-pitched talking]* And my daughter said, 'Mum, it's a puppet.' Yes, but *[high-pitched talking]*.

ANGELA HARTNETT: Get a grip, come on, yes.

MAGGIE ADERIN-POCOCK: And so The Clangers played an important part.

ANGELA HARTNETT: Yeah, sure.

MAGGIE ADERIN-POCOCK: And actually, as a child, I wanted to go out and sort of go to the moon, just like Neil Armstrong had done, and sort of visit The Clangers. And my crazy dream came true, because a few years ago they made an episode of The Clangers, and they made a little Maggie doll.

ANGELA HARTNETT: Oh!

NICK GRIMSHAW: Oh!

MAGGIE ADERIN-POCOCK: And I got to actually shake hands with The Clangers. It's an episode called The Visitor and it's available on YouTube.

NICK GRIMSHAW: Oh wow.

MAGGIE ADERIN-POCOCK: And it's where my crazy dream came true.

NICK GRIMSHAW: Oh wow.

ANGELA HARTNETT: That's brilliant, that.

MAGGIE ADERIN-POCOCK: So it turns out The Clangers are a bit of a gateway.

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: Yeah.

MAGGIE ADERIN-POCOCK: And suddenly I was watching hardcore science fiction.

NICK GRIMSHAW: Yeah.

MAGGIE ADERIN-POCOCK: Things like Star Trek.

[Dinner table sounds]

NICK GRIMSHAW: Ooh, Angela.

MAGGIE ADERIN-POCOCK: Yeah, that's a beautiful dish as well.

ANGELA HARTNETT: I know.

NICK GRIMSHAW: I don't know if it's just because Maggie's here, but when you lowered that tagine pot, it felt like a spaceship. It did.

MAGGIE ADERIN-POCOCK: It does. The aliens are amongst us.

NICK GRIMSHAW: It did. It's quite Clanger-y, the way it came in.

MAGGIE ADERIN-POCOCK: Yeah, it does, it does. It's got that shape.

NICK GRIMSHAW: Yeah. It really did. Oh my god. Oh wow, that looks so good, Ange.

ANGELA HARTNETT: Thank you.

MAGGIE ADERIN-POCOCK: Is it mint on top?

ANGELA HARTNETT: Mint on top and pistachios, yeah.

NICK GRIMSHAW: Oh wow, Ange.

ANGELA HARTNETT: There's plenty, Maggie.

MAGGIE ADERIN-POCOCK: Thank you very much.

NICK GRIMSHAW: Okay, what have we got here, Ange?

ANGELA HARTNETT: So we have Martha Collison's Spiced Lamb and Plum Tagine, served with couscous.

NICK GRIMSHAW: Oh, delicious. Now Maggie, you like a tagine, don't you, or like a stew?

MAGGIE ADERIN-POCOCK: Yes, I do.

NICK GRIMSHAW: That's why we've gone for this today.

MAGGIE ADERIN-POCOCK: Yes, especially tagine, because all the spices are warming. And with the weather closing in and stuff, this just feels perfect.

NICK GRIMSHAW: Perfect for this, yeah, really does, yeah. I love, like, a tagine, like a fruit with meat.

ANGELA HARTNETT: Well, we've got plums in this you see, so it's that lovely plummy with the lamb. And, you know, and you just cook it like a stew. And then put the plums in towards the end of the cooking and they marinate down, and yeah, delicious, I hope.

NICK GRIMSHAW: Now I- when I've made a tagine before.

ANGELA HARTNETT: Yeah, go on.

NICK GRIMSHAW: I have dried out the meat. What have I done wrong? And I'm like, oh, it's not as yummy as I'd have liked.

ANGELA HARTNETT: Not enough stock or cooked too long.

NICK GRIMSHAW: Cooked too long maybe.

ANGELA HARTNETT: Cooked too long.

NICK GRIMSHAW: How long are we talking to do?

ANGELA HARTNETT: This cooked two hours, just under two hours.

MAGGIE ADERIN-POCOCK: Oh, okay. This is divine.

ANGELA HARTNETT: Thank you.

NICK GRIMSHAW: This is really delicious.

MAGGIE ADERIN-POCOCK: It is.

ANGELA HARTNETT: Yeah, I like it actually, I like that sweetness with the plums coming through at the end.

MAGGIE ADERIN-POCOCK: And also the lamb is so tender. Cause I try and make my lamb tender but one thing I mentioned I'm a bit chaotic and I'm not very patient as well, so sort of hour, hour and a half, yeah that'll do.

NICK GRIMSHAW: That'll do.

MAGGIE ADERIN-POCOCK: But the pistachios as well, sort of sprinkled on top gives it a crunch.

ANGELA HARTNETT: Little bit of crunch there, yeah. And then use a, you know, a cut of meat like the shoulder or something that's really- lends itself to slow cooking and slow braising so you can really, it's really struggle to overcook it to be honest.

MAGGIE ADERIN-POCOCK: Oh, yes.

ANGELA HARTNETT: Just a long time and it'll be great.

NICK GRIMSHAW: And low, quite low.

ANGELA HARTNETT: Long and slow.

NICK GRIMSHAW: Long and slow.

ANGELA HARTNETT: Long and slow, yeah.

NICK GRIMSHAW: What is your pro tip about doing a tagine at home? Is it stirring it? Is it taking time? Is it ingredients? What is it.

ANGELA HARTNETT: I think the tagine, well, the tagine, the name is after the pot. That's why it's called tagine. So it's basically based on a lot of North African, Moroccan type of cooking, and it's the sweet and sour. You know, we were talking about it earlier. Loads of cuisine have the sharpness and then the sweetness. And that's what you get there. You've got that sort of sharpness in a way of the plums and the sweetness, and then you've got that little, you know, the sort of fattiness of the lamb coming through.

NICK GRIMSHAW: Do you ever do a tagine at home, Ange?

ANGELA HARTNETT: I've never done a tagine at home.

NICK GRIMSHAW: Really?

ANGELA HARTNETT: Never. I've made stews, which is basically what a tagine in lots of ways is.

NICK GRIMSHAW: Is this your first tagine?

ANGELA HARTNETT: It's my first tagine.

NICK GRIMSHAW: Are you joking?

MAGGIE ADERIN-POCOCK: Oh my goodness.

NICK GRIMSHAW: It's delicious.

MAGGIE ADERIN-POCOCK: Wow. I know. How can you do that? It's a first time...

NICK GRIMSHAW: First one. Wow. I've made a few and they've never been this good.

MAGGIE ADERIN-POCOCK: No.

NICK GRIMSHAW: If you want to try this recipe, Martha's Spiced Lemon Plum Tagine with couscous, [Waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes) is the way to do it. There's a wine pairing with this, a red wine, [Côtes du Rhône](#), [Blason du Rhône](#). And this pairs really well with like the fruity element of the tagine and also it's a bit herbal as well, so nice with the warm spices that you get in the tagine as well.

MAGGIE ADERIN-POCOCK: It is an amazing combination, I just had a slurp.

NICK GRIMSHAW: Yeah, slurp away! Yeah, they work well together, really yummy. Also, love a pistachio.

ANGELA HARTNETT: Do you?

NICK GRIMSHAW: Ohhh I love a pistachio.

ANGELA HARTNETT: That's your thing, you love it.

NICK GRIMSHAW: It's the best nut, it's also my favourite colour. My favourite ice cream.

MAGGIE ADERIN-POCOCK: So lime green or sort of lime...

NICK GRIMSHAW: Yeah, like sort of washed-out lime green, yeah. I love it, yeah. My favourite nut. My favourite ice cream. My only ice cream to be fair.

ANGELA HARTNETT: Is it?

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: How can it be your only ice cream? There's so many great ice cream flavours.

MAGGIE ADERIN-POCOCK: See, I like sorbets, because of the dairy.

ANGELA HARTNETT: Oh yeah, of course.

MAGGIE ADERIN-POCOCK: Because they're so fruity and I love them.

NICK GRIMSHAW: Hey, we should speak about nuts and dairy.

ANGELA HARTNETT: Yeah.

MAGGIE ADERIN-POCOCK: Yes.

NICK GRIMSHAW: Because we got the, the warning email that was like, beware brazil nuts.

ANGELA HARTNETT: Yeah.

MAGGIE ADERIN-POCOCK: Ooh, yes.

NICK GRIMSHAW: Talk us through your allergies and how they affect your day to day eating out life.

MAGGIE ADERIN-POCOCK: Yes. So the brazil nuts was there from the get go, and I discovered the hard way when my mother offered me a brazil nut.

NICK GRIMSHAW: Right.

MAGGIE ADERIN-POCOCK: And I ate it and my throat swelled up.

ANGELA HARTNETT: Oh crikey.

MAGGIE ADERIN-POCOCK: And it was quite terrifying because you think okay, it's swelling up, but when will it go down? But my mum wasn't sure, so she gave me another one, and yes, yes, it was definitely brazil nuts.

NICK GRIMSHAW: Not another one.

ANGELA HARTNETT: Oh my god, let's just check if you can't speak.

MAGGIE ADERIN-POCOCK: Scientific process, you know.

NICK GRIMSHAW: Just in case.

ANGELA HARTNETT: And then did you, like, avoid all nuts then?

MAGGIE ADERIN-POCOCK: No, no.

ANGELA HARTNETT: No, so, okay.

MAGGIE ADERIN-POCOCK: So I love peanut butter and things like that.

ANGELA HARTNETT: Right, okay.

MAGGIE ADERIN-POCOCK: It seems very specific to Brazil nuts.

ANGELA HARTNETT: Right, okay.

NICK GRIMSHAW: Wow.

MAGGIE ADERIN-POCOCK: But they're quite easy to avoid.

ANGELA HARTNETT: Yeah.

MAGGIE ADERIN-POCOCK: Because they only appear in mince pies and Christmas and things like that.

ANGELA HARTNETT: Yeah, yeah, sure.

NICK GRIMSHAW: Is there anything that a Brazil nut is in that you're like, I loved that and now it's gone.

MAGGIE ADERIN-POCOCK: No, no, not really. You see, they're pretty rare.

NICK GRIMSHAW: I think that's the best nut to be allergic to.

MAGGIE ADERIN-POCOCK: Yes, yes, yes. If you've got a choice, go for brazil nuts.

ANGELA HARTNETT: They are huge, brazil nuts.

MAGGIE ADERIN-POCOCK: But when my daughter was born thirteen years ago, for some women what happens is, when you're carrying the foetus, your immune system is suppressed so you don't attack the foetus, but then after the foetus is born, well, when the baby's born, your immune system is meant to go back to normal, but sometimes it just picks random allergies. And mine picked dairy.

NICK GRIMSHAW: Oh, not dairy.

MAGGIE ADERIN-POCOCK: But dairy in all forms.

NICK GRIMSHAW: Oh, wow.

MAGGIE ADERIN-POCOCK: So ghee, the protein, the carbohydrates, all forms of dairy.

NICK GRIMSHAW: Wow.

MAGGIE ADERIN-POCOCK: And that's a little harder to avoid.

ANGELA HARTNETT: That's hard.

NICK GRIMSHAW: That's tough. Wow, that's so interesting. I never knew that happened.

ANGELA HARTNETT: No, I didn't.

MAGGIE ADERIN-POCOCK: Not to many- it's quite rare.

NICK GRIMSHAW: Right.

MAGGIE ADERIN-POCOCK: But I have met other women who've had random allergies, like plastic shoes. what?

NICK GRIMSHAW: What?

ANGELA HARTNETT: Yeah.

MAGGIE ADERIN-POCOCK: Actually, maybe it's just plastic rather than just the shoes.

NICK GRIMSHAW: Just plastic shoes, yeah. Specifically.

MAGGIE ADERIN-POCOCK: That's quite- that's very specific.

NICK GRIMSHAW: Yeah. So then how does that affect family life and dinner time at your house?

MAGGIE ADERIN-POCOCK: So I've learned to adapt. And fortunately, my allergy isn't sensitive enough that if, so I can make sort of a cheese on toast for my daughter. But every so often, I remember when she was young, she used to have a sort of a milk bottle, like a sippy cup. And I remember going to give a talk to school and sort of undoing the lid and sort of topping it up and then getting it on my hand, then rubbing my eye. My eye just ballooned.

NICK GRIMSHAW: Oh no.

ANGELA HARTNETT: Gosh

MAGGIE ADERIN-POCOCK: And it's like, yeah. Sort of like, like Quasimodo. 'Hello, kids.' You know.

[Drink pouring sounds]

NICK GRIMSHAW: Do you ever like to go and look at the stars, Ange?

ANGELA HARTNETT: I love looking at the stars. It's that favourite moment on holiday, because it's hot.

NICK GRIMSHAW: Mm, yeah.

ANGELA HARTNETT: It's still hot at night, and you all lie out there, and you just look up at the sky. Yeah, it is. My brother, we went out to see him in the States, and he lives out by the sea. And bizarrely he put us in a tent. That's another story.

NICK GRIMSHAW: In a tent?

ANGELA HARTNETT: But actually, one of the great things is Neil and I would just, before we would go to bed we'd just lie by the pool and just look up at the stars, you know, and I think I find it very therapeutic.

MAGGIE ADERIN-POCOCK: And take it in.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: It's very relaxing.

NICK GRIMSHAW: Really something calming and also something like really life affirming and romantic about it.

MAGGIE ADERIN-POCOCK: Yes, yes.

ANGELA HARTNETT: Yeah, and also it makes you sort of, because you do think, are there other planets? We all think it's just us, but there's got to be other people out there. There's got to be other planets. There's got to be other universes that have what we're having.

MAGGIE ADERIN-POCOCK: Yes, yes.

ANGELA HARTNETT: You know, one would hope.

MAGGIE ADERIN-POCOCK: Yeah, well, it's funny because I get asked that, you know.

ANGELA HARTNETT: I'm sure.

MAGGIE ADERIN-POCOCK: Are the aliens out there?

ANGELA HARTNETT: Yeah. Yeah.

MAGGIE ADERIN-POCOCK: I would say yes.

ANGELA HARTNETT: Yeah.

MAGGIE ADERIN-POCOCK: Almost definitely because-

ANGELA HARTNETT: There's a lot here as well.

MAGGIE ADERIN-POCOCK: I'm one of them.

ANGELA HARTNETT: You know, but anyway, go on.

MAGGIE ADERIN-POCOCK: If you look at our galaxy. We live in a galaxy called the Milky Way. And the Milky Way, if you asked me ten years ago, I would say the Milky Way contains 200 billion galaxies. But then we sent a space probe up called Gaia, and it was doing a survey of the stars, a billion stars in our galaxy, and we realised we were 50% out. There's actually 300 billion stars in our galaxy.

ANGELA HARTNETT: You can't equate it, can you?

MAGGIE ADERIN-POCOCK: But each one of those stars is a sun like our sun.

ANGELA HARTNETT: Yeah.

MAGGIE ADERIN-POCOCK: And now, in the last sort of ten years or so, we've been detecting what we call exoplanets. So we're actually able to detect the planets going around those stars.

NICK GRIMSHAW: Wow.

MAGGIE ADERIN-POCOCK: It's really hard, because planets don't give out light, they only reflect light from their local star.

ANGELA HARTNETT: Right.

MAGGIE ADERIN-POCOCK: And because even our closest star is 40 trillion kilometres away - I've gone from billions into trillions now, another three zeros on top - we can't actually see the planet, or we need really big telescopes to see the planet.

ANGELA HARTNETT: Mm.

MAGGIE ADERIN-POCOCK: So- but we are detecting these exoplanets, we've detected about 5,000, and the more we look, the more we see. So, it seems that most stars out there have planets going round it. And so that 300 billion stars in our galaxy, let's say just an average two planets going around each one of those stars in the whole of the universe, 200 billion galaxies, I think would be conceited to think we're the only ones?

ANGELA HARTNETT: Yeah, of course.

MAGGIE ADERIN-POCOCK: It's just we always do that, you know, 'Earth is the centre of the universe, yes, everything goes around us.' And then, 'Oh, no, it's the sun.' 'Oh, no.' And the more we look, the more insignificant we realise we are.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah. Which I find. Relaxing. Like some people freak out about that, but I'm like, I- I'd love aliens.

ANGELA HARTNETT: Yeah.

MAGGIE ADERIN-POCOCK: Ooh, me too. Well, I think so.

NICK GRIMSHAW: I'd be well up for it.

MAGGIE ADERIN-POCOCK: That's often a question I ask, if we had a news report, you know, 'We are hearing,' you know, 'We've got the latest. Aliens have landed. The aliens are here.' A) who would freak out and who would be excited? And I'd put both hands up, because...

NICK GRIMSHAW: Like, a bit of both.

MAGGIE ADERIN-POCOCK: Me, yeah!

NICK GRIMSHAW: For anyone who's listening to this who thinks, wow, I really need to have a nosy at those stars, pay attention. What are your top tips for stargazing? Say in the UK, where do you think is the best place?

MAGGIE ADERIN-POCOCK: So there are actually places which are designated Dark Sky areas. Places like sort of Dartmoor, and there's large expanses of land where the cities and the towns are sort of a long way away.

ANGELA HARTNETT: Yeah, no pollution I suppose.

MAGGIE ADERIN-POCOCK: Yes, if you look up the Dark Sky, sort of status, and it's actually an official status.

NICK GRIMSHAW: Oh, it's an official status.

MAGGIE ADERIN-POCOCK: Yes.

ANGELA HARTNETT: Oh, wow.

MAGGIE ADERIN-POCOCK: Yes, and they're all over the country. Also, if people are interested, you can just go out and look. I lie on my daughter's trampoline and just sort of look up. Usually, a glass of prosecco.

NICK GRIMSHAW: Yeah.

MAGGIE ADERIN-POCOCK: So slightly dangerous.

NICK GRIMSHAW: Very scientific.

MAGGIE ADERIN-POCOCK: But yes, and just sort of look up. And even, because like when I was in London, you can go to a window and look out. So hopefully it's accessible to most people. You just need the clear night.

NICK GRIMSHAW: Do you go do it in Scotland, don't you?

ANGELA HARTNETT: Well, no, we, we were up in Scotland, right, right sort of up near the Highlands, near Torridon, and they, and as we were driving, massive skies, and then everyone was saying, 'There's the space station.'

MAGGIE ADERIN-POCOCK: Oh, yes.

ANGELA HARTNETT: Because that's up in Scotland, isn't it, yeah? Am I right in thinking that?

MAGGIE ADERIN-POCOCK: Ah, so we're building a spaceport in Scotland.

ANGELA HARTNETT: Ah, that's what it wa- yeah, ah.

MAGGIE ADERIN-POCOCK: Which is incredibly exciting. Because in the UK, we do lots of space science, and we bat well above our population, let's put it that way.

ANGELA HARTNETT: Right, okay.

MAGGIE ADERIN-POCOCK: But the UK is very odd because it's the only country to have launched one satellite into space on its own rocket.

ANGELA HARTNETT: Yeah.

MAGGIE ADERIN-POCOCK: So it did it once, then it sort of gave up.

ANGELA HARTNETT: Yeah.

MAGGIE ADERIN-POCOCK: And this was sort of back in the sort of 1960s, 1970s. But now we want to do that again, because there's so many space scientists in the

UK beaver away, making sort of these amazing small satellites that can do so much in space, we want to launch them from British soil.

ANGELA HARTNETT: Oh, right.

MAGGIE ADERIN-POCOCK: So, Scotland's one place we're looking at doing it, and Cornwall is another.

ANGELA HARTNETT: Oh, fantastic.

MAGGIE ADERIN-POCOCK: It's funny, these places often coincide with really clear skies.

ANGELA HARTNETT: Yeah. Funny that, yeah.

MAGGIE ADERIN-POCOCK: Yes. But yes, and so this is an opportunity for the future.

[Salt grinder sounds]

NICK GRIMSHAW: I want to talk to you about food in space.

ANGELA HARTNETT: Yeah.

MAGGIE ADERIN-POCOCK: Ooh, yes, yes.

NICK GRIMSHAW: You know the movie The Martian with Matt Damon?

MAGGIE ADERIN-POCOCK: Yes.

NICK GRIMSHAW: Where he gets stuck and he grows food on the-

MAGGIE ADERIN-POCOCK: Potatoes.

NICK GRIMSHAW: Grows potatoes, from his very own manure.

MAGGIE ADERIN-POCOCK: Yes, emissions, yes.

NICK GRIMSHAW: Do we think that could be a possibility? Do you think we could grow food on other planets?

MAGGIE ADERIN-POCOCK: I'd say yes.

NICK GRIMSHAW: Yeah?

MAGGIE ADERIN-POCOCK: In fact, an experiment was done quite recently. Heinz, they got a warehouse in, I can't remember where in America, and what they did is they filled it with what is the equivalent to the sort of- I won't say soil, but the sort of things you'd find on Mars.

ANGELA HARTNETT: Right.

MAGGIE ADERIN-POCOCK: So what they call the Martian regolith. Yeah. And so Mars is a red planet, so it has- it's quite rusty, it's got iron oxide in it. So they sort of got all this, you know, put it in a warehouse, added other elements to it, not, not Matt Damon's poo, but other things, and they were able to grow tomatoes. And they actually made space ketchup. I so wanted to get a bottle.

NICK GRIMSHAW: Did you not get one?

MAGGIE ADERIN-POCOCK: No, no.

ANGELA HARTNETT: That's terrible.

MAGGIE ADERIN-POCOCK: I'm still working on it.

ANGELA HARTNETT: Heinz, come on.

NICK GRIMSHAW: Come on. If Maggie's not got one, who the hell's got one?

ANGELA HARTNETT: Yeah, yeah, yeah.

MAGGIE ADERIN-POCOCK: So they actually sort of created conditions as they would be on Mars and grew these plants and they say the ketchup tastes just as good as Earth ketchup.

ANGELA HARTNETT: Wow.

MAGGIE ADERIN-POCOCK: And so I think if you went to Mars tomorrow, it would take actually about eight months to get there but you could actually yeah mix things into the soil and actually sort of make sort of the right nutrients. Now, also, Mars has virtually no atmosphere, so everything would have to be in a biodome. Because Mars is further away from the sun, you'd need more light so the plants can photosynthesise. But apart from that, yes, I'm pretty convinced.

ANGELA HARTNETT: You could grow, you know...

NICK GRIMSHAW: And would you go and do a space trip, Maggie?

MAGGIE ADERIN-POCOCK: Yeah, yeah-

ANGELA HARTNETT: Of course.

MAGGIE ADERIN-POCOCK: It's my life's mission to get out there. In fact, should we all go to Mars? Cause we could live a nice- you could do the cooking.

NICK GRIMSHAW: I'd so go.

ANGELA HARTNETT: It'd be quite a big allotment trip, wouldn't it? 'I'm just going to the allotment,' eight months later. 'I'm there.'

NICK GRIMSHAW: They're off by the time you get back.

ANGELA HARTNETT: 'I've just got the artichokes, I'll be back in eight months.'

MAGGIE ADERIN-POCOCK: You plant, you come back.

NICK GRIMSHAW: You bring tomatoes back to Angela. She's like, 'They're actually out of season, so...'

MAGGIE ADERIN-POCOCK: Sorry.

ANGELA HARTNETT: So, how near are you getting to space? Come on, they must have...

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: No. Or are you not allowed to say?

MAGGIE ADERIN-POCOCK: One of the reasons I started sort of doing sort of TV and things like that is to raise my profile and increase the probability of me getting into space.

NICK GRIMSHAW: Respect.

MAGGIE ADERIN-POCOCK: I know, it's just been a mad passion. And it's quite interesting because, um, I mentioned my love of Star Trek.

ANGELA HARTNETT: Mm.

MAGGIE ADERIN-POCOCK: Well, William Shatner, went up, the Canadian actor, he went up into space, uh, a few years ago and he was ninety.

ANGELA HARTNETT: Yeah.

MAGGIE ADERIN-POCOCK: So obviously, I've got, I've got time.

ANGELA HARTNETT: You've got loads, yeah.

MAGGIE ADERIN-POCOCK: But yeah, I'm looking for opportunities.

NICK GRIMSHAW: Oh my God. If you are listening to this podcast and you're thinking, 'We'd love to send someone to space.' Would you go Ange?

ANGELA HARTNETT: I think I would actually.

NICK GRIMSHAW: Because a lot of people would be terrified of it.

ANGELA HARTNETT: I would go with someone like Maggie.

NICK GRIMSHAW: Yes. Yes.

ANGELA HARTNETT: Because then you've got someone who you know, you trust. I wouldn't be like, you know...

NICK GRIMSHAW: Not with me.

ANGELA HARTNETT: Well, yeah, with all the respect and love in the world, you know as much as me, so I need- we need someone who knows more than both of us.

MAGGIE ADERIN-POCOCK: See, it's like teamwork. We each bring different things to the table. So, you know, we could transform cooking in space.

ANGELA HARTNETT: We could. Can you imagine? That would be...

[Dinner table sounds]

NICK GRIMSHAW: So, there's a lot of lyrics about stars and about space and spacemen. We just wanted to see, Maggie, as you are here, do these make sense or is it just poetic licence? So, we begin with David Bowie, 'There's a starman waiting in the sky.' Is there?

MAGGIE ADERIN-POCOCK: I think you would say there are a few star men and women waiting in the sky because they're the astronauts.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: So yes David.

MAGGIE ADERIN-POCOCK: Right from Yuri Gagarin, since then, we've had a number.

ANGELA HARTNETT: There we go. Marvellous.

NICK GRIMSHAW: Oasis famously sung of a champagne supernova in the sky.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Does that make sense? Because surely it could only be in the sky.

MAGGIE ADERIN-POCOCK: Yes.

NICK GRIMSHAW: A bit obvious, guys.

MAGGIE ADERIN-POCOCK: Yes, so a supernova is when a star explodes and it is the brightest thing in the universe, and so I think a champagne supernova, it's sort of the colours, it's sort of emerging could be, it's quite evocative, so I can imagine that. But yeah, it does need to be out there. You can fit 1.3 million Earths into your local star, the sun. So yeah, it would definitely have to be out there.

ANGELA HARTNETT: One point... oh my gosh.

MAGGIE ADERIN-POCOCK: 1.3 million Earths, yeah. The sun's big.

NICK GRIMSHAW: The sun's so big. How old's the sun? Twenty-five billion years old?

MAGGIE ADERIN-POCOCK: Oh no, our sun is about four and a half billion years.

NICK GRIMSHAW: Four and a half billion years old.

MAGGIE ADERIN-POCOCK: And it's about halfway through its life cycle. So suns, stars, they're born, they live, they die. A supernova is when a big star dies and it sort of spews out matter into the universe. Our sun is just going to get sort of a bit fat in middle age.

NICK GRIMSHAW: Aw.

MAGGIE ADERIN-POCOCK: A bit like me.

NICK GRIMSHAW: Just like me.

MAGGIE ADERIN-POCOCK: And its tummy, well, it will sort of just actually get bigger and bigger and bigger and it will sort of gobble up Mercury, gobble up Venus, gobble up Earth eventually.

NICK GRIMSHAW: Oh.

MAGGIE ADERIN-POCOCK: Yeah. Again, no panics. Four billion years. We've got time.

NICK GRIMSHAW: Okay, we've got time.

ANGELA HARTNETT: And then what happens once it's gobbled everyone up? What replaces it?

MAGGIE ADERIN-POCOCK: It will just stay there as a sort of a- a what we call a red giant, just this huge nebulous....

ANGELA HARTNETT: And then do you get another Mars or another Earth and stuff then?

MAGGIE ADERIN-POCOCK: Well, see, when stars go supernova, they do spew out all the, all the elements that have been forged inside the star. And then from those elements, new stars are formed. And so, you, me, everything else in this room, we're all stardust.

ANGELA HARTNETT: Yeah.

MAGGIE ADERIN-POCOCK: Because of the elements in our bodies were made in- well actually, maybe not even just one or two stars, but maybe three or four stars. So we really are, you know, the elements of the stars.

NICK GRIMSHAW: Wow.

ANGELA HARTNETT: God.

MAGGIE ADERIN-POCOCK: That's why we're all so special.

ANGELA HARTNETT: Yes!

NICK GRIMSHAW: Wow. Aretha Franklin once sang, 'There's a star for everyone.' Is there?

MAGGIE ADERIN-POCOCK: Yes, and more so.

NICK GRIMSHAW: And more.

MAGGIE ADERIN-POCOCK: Yes. Because the population of planet Earth is about seven and a half billion? 300 billion stars in our galaxy, and then 200 billion galaxies, yeah, we've got more than enough.

NICK GRIMSHAW: We've got more than enough Aretha.

MAGGIE ADERIN-POCOCK: I know.

NICK GRIMSHAW: Don't worry.

MAGGIE ADERIN-POCOCK: Well covered.

NICK GRIMSHAW: Paris Hilton, I guess the Aretha Franklin of our time, said, said, 'Stars are blind.' Remember that song?

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: It was, it was rubbish, but it's actually- when you listen back to it, it's actually quite good now. I quite like it, yeah.

MAGGIE ADERIN-POCOCK: I'm gonna have to look it up now. Well you see, 'Stars are blind,'

NICK GRIMSHAW: Stars are blind.

MAGGIE ADERIN-POCOCK: Well, you see, blind implies sight and looking. Could stars be sentient? Could they sense us? I don't know. We see stars as sort of inanimate objects, but who knows?

NICK GRIMSHAW: Who knows? Paris Hilton might know.

MAGGIE ADERIN-POCOCK: Maybe she does.

NICK GRIMSHAW: She knows, she's got the-

MAGGIE ADERIN-POCOCK: 'That star's looking at me.'

NICK GRIMSHAW: 'He's looking at me.'

MAGGIE ADERIN-POCOCK: 'And he's looking funny.' I don't know why she's got that accent, but anyway.

NICK GRIMSHAW: She's from Yorkshire.

MAGGIE ADERIN-POCOCK: Heritage. Heritage.

NICK GRIMSHAW: Heritage. Well Maggie, thank you so much for coming to see us.

ANGELA HARTNETT: Yes, brilliant.

NICK GRIMSHAW: That was so much fun. We seriously need Maggie's number.

ANGELA HARTNETT: Definitely. More Maggie in our lives, that's what we want.

NICK GRIMSHAW: Can we have a round of applause please for Maggie Aderin-Pocock!

[Applause]

NICK GRIMSHAW: Thank you Maggie. And Maggie's book, The Art of Stargazing, you can get right now.

ANGELA HARTNETT: Brilliant.

NICK GRIMSHAW: So make sure you do. I loved it. Thank you, Maggie. Thank you so much.

NICK GRIMSHAW: Join us next week on Dish, it's me and you Ange, it's a cheese and wine special with Helen McGinn.

NICK GRIMSHAW: That is really good, i need that

ANGELA HARTNETT: And it's in its traditional truckle. Do you know what a truckle is...? Don't look at your notes.

NICK GRIMSHAW: A truckle.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Is that like the case it comes in? The netty waxy thing.

ANGELA HARTNETT: Yeah very good, smart arse

NICK GRIMSHAW: Bought cheese before, Ange...

ANGELA HARTNETT: Details of all the delicious meals I've cooked on Dish can be found at waitrose.com/dishrecipes All the links are in our show notes.

NICK GRIMSHAW: We love reading your reviews, don't we Ange? Ange?

ANGELA HARTNETT: Yep.

NICK GRIMSHAW: Please keep them coming and you know, the bigger, the better!

ANGELA HARTNETT: Leave us a review on Apple podcasts, Spotify or wherever you are listening today.

NICK GRIMSHAW: Don't be a stranger, you can email us now Angela is on a hand, as am i, if you want, to answer any questions dish@waitrose.co.uk

ANGELA HARTNETT: Dish is a S:E Creative Studio production.

VOICEOVER: Waitrose food to feel good about