

Rose Matafeo, marmalade pork belly with soy and ginger and an Asahi

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

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

ANGELA HARTNETT: And I'm Angela Hartnett.

NICK GRIMSHAW: Hi, Angela Hartnett.

ANGELA HARTNETT: Hello, Nicholas Grimshaw.

NICK GRIMSHAW: How are you?

ANGELA HARTNETT: Very well thanks, and your good self?

NICK GRIMSHAW: Yeah, really good thanks, me.

ANGELA HARTNETT: What have you been up to?

NICK GRIMSHAW: I've been away filming.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: So I've not been around, and I've not been at home, so it feels like a real treat.

ANGELA HARTNETT: Was it fun?

NICK GRIMSHAW: It was really fun, really enjoyed it, can't say what it is.

ANGELA HARTNETT: Okay.

NICK GRIMSHAW: It's not like a Marvel film or anything, it's not that exciting. But do you know what I missed, which I've never ever missed before?

ANGELA HARTNETT: Me?

NICK GRIMSHAW: Well, you, obviously. But I really missed cooking.

ANGELA HARTNETT: Oh.

NICK GRIMSHAW: And I think it was because I was away from home and like long days away from home and not sleeping in my bed, like, I wanted some sort of-

ANGELA HARTNETT: And were you in a hotel the whole time?

NICK GRIMSHAW: I was in a hotel.

ANGELA HARTNETT: So you didn't have a little Airbnb to do your own food?

NICK GRIMSHAW: No, I didn't have any cooking and it was tough for Deliveroo as well in the area, shall we say.

ANGELA HARTNETT: Right, right.

NICK GRIMSHAW: So I, yeah, that was what I really missed. It made me feel really at home once I started making food, so that's what I did this weekend.

ANGELA HARTNETT: Oh, lovely.

NICK GRIMSHAW: Let me show you, this is what I made, see what you think. I did our old mate Ottolenghi, I found this recipe.

ANGELA HARTNETT: I love the way it actually looks like you're at Ottolenghi.

NICK GRIMSHAW: Don't it?

ANGELA HARTNETT: In the big plate.

NICK GRIMSHAW: So I did salmon-

ANGELA HARTNETT: Where's the salmon?

NICK GRIMSHAW: -pan fried salmon, underneath, and then I did a salsa. I didn't measure this out which is why there's too much.

ANGELA HARTNETT: Obviously, you can't actually see the salmon.

NICK GRIMSHAW: Yeah, I just thought I'd freestyle that. So it was celery, pine nuts, sultanas, lemon zest-

ANGELA HARTNETT: Black sultanas?

NICK GRIMSHAW: Yep.

ANGELA HARTNETT: Right.

NICK GRIMSHAW: Capers, olives.

ANGELA HARTNETT: Nice.

NICK GRIMSHAW: All chopped up.

ANGELA HARTNETT: Agrodolce, they call that.

NICK GRIMSHAW: What do they call it?

ANGELA HARTNETT: Sweet and sour.

NICK GRIMSHAW: Agrodolce?

ANGELA HARTNETT: It's like the Italian, sort of keeping that sweet and sweet and sour.

NICK GRIMSHAW: But I did too much.

ANGELA HARTNETT: Can I give you a tip?

NICK GRIMSHAW: Please.

ANGELA HARTNETT: Did you roast the salmon?

NICK GRIMSHAW: No, pan fried it.

ANGELA HARTNETT: So skin was crispy?

NICK GRIMSHAW: It really was.

ANGELA HARTNETT: But then you've covered all that lovely crispy skin. Should have put it underneath, and then it makes it soggy.

NICK GRIMSHAW: With the salsa, I know, I should have done it underneath.

ANGELA HARTNETT: Little top tip there.

NICK GRIMSHAW: But I didn't have a picture because I screenshot it ages ago, so I didn't know what it was meant to look like. Then I made this, which I've freestyled. So I did tomato, fig, goat's cheese, I did- slice the tomatoes, season them with salt and

pepper and then oil and basil, mused all them up in a bowl and let them just like hang out for a bit.

ANGELA HARTNETT: Right.

NICK GRIMSHAW: Then I put that on the plate.

ANGELA HARTNETT: Lovely.

NICK GRIMSHAW: Then I put the figs and the goat's cheese on top.

ANGELA HARTNETT: So you had all that dressing and juice from the tomatoes.

NICK GRIMSHAW: But just on the tomatoes.

ANGELA HARTNETT: Lovely.

NICK GRIMSHAW: Because I thought, do I want olive oil on a fig?

ANGELA HARTNETT: You can have olive oil on a fig, it goes, but it's- I think it's probably the better choice because then they kept firm.

NICK GRIMSHAW: Yeah, it was all right.

ANGELA HARTNETT: Cheese gave it the saltiness.

NICK GRIMSHAW: And then I used-

ANGELA HARTNETT: How many people were you catering for?

NICK GRIMSHAW: Five.

ANGELA HARTNETT: Okay, fair enough.

NICK GRIMSHAW: So then I did sweet potatoes with chilli and a spice from Waitrose.

ANGELA HARTNETT: Very nice.

NICK GRIMSHAW: Like one of them Cook's Ingredients things.

ANGELA HARTNETT: Oh, look at you!

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Very nice. And round of applause from your guests?

NICK GRIMSHAW: I loved it, but do you know what? Everyone was happy apart from Mesh. Because he's like, 'Cooking such a faff, there's mess everywhere and everyone just eats it, what's the point?'

ANGELA HARTNETT: 'And no meat, where was the meat?'

NICK GRIMSHAW: Yeah, 'No meat.' I was like, shut up Mesh. So yeah, he's still, he's still not loving it.

ANGELA HARTNETT: Not convinced.

NICK GRIMSHAW: He's like, he thinks it's too much effort.

ANGELA HARTNETT: Well it messes up his surfaces.

NICK GRIMSHAW: Exactly. I'm like, it is a house, it is a kitchen.

ANGELA HARTNETT: Oh my God.

NICK GRIMSHAW: You're meant to like, actually use these things.

ANGELA HARTNETT: I mean, I know you keep saying to me you're worried if I come, I don't think I could invite Mesh around to our house.

NICK GRIMSHAW: Why?

ANGELA HARTNETT: Well 'cause there's mess, and things aren't tidy.

NICK GRIMSHAW: When I was cooking, I did think, I think I'm almost ready to have Ange over.

ANGELA HARTNETT: Wow.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Well, I saw a pasta sauce one.

NICK GRIMSHAW: This was your puttanesca.

ANGELA HARTNETT: Oh God, yeah.

NICK GRIMSHAW: It's not enough sauce.

ANGELA HARTNETT: No.

NICK GRIMSHAW: It wasn't a textbook one. I was talking too much. I really thought I was like giving it you on Saturday Kitchen and I'm still, I need to concentrate.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Because then all of a sudden it was like, not enough, and it was like, near a jelly texture, and was like, I don't know what I've done here.

ANGELA HARTNETT: It's a puttanesca jam.

NICK GRIMSHAW: Yeah. Because I don't like reading a recipe, and let me know if you're listening to this and you feel the same too. I like to pretend when my guests know that I'm not reading the recipe, and I'm like, 'Oh yeah, yeah, oh yeah, yeah'. So I don't want to look like I'm reading the recipe. I don't know why, but it feels shameful.

ANGELA HARTNETT: You feel like you're cheating.

NICK GRIMSHAW: Yeah, so I felt like I wasn't concentrating.

ANGELA HARTNETT: There's nothing wrong with doing that, reading the recipe.

NICK GRIMSHAW: I know, I know, I know, I know. Well, we're gonna come around yours, aren't we, for Christmas Dish?

ANGELA HARTNETT: Christmas Dish, yes. I think so yeah, last year was your place, this year it's my place.

NICK GRIMSHAW: That's fun.

ANGELA HARTNETT: I know, if Chris gets the painting done on time.

NICK GRIMSHAW: Oh yeah, what's still to do?

ANGELA HARTNETT: He's there now doing the utilities.

NICK GRIMSHAW: Oh God. It's alright.

ANGELA HARTNETT: Shouting out the window. No, we've just had the kitchen done so it's all lovely. And now I'm just decluttering, I haven't put anything back, so the house is- I mean, I think I might send Mesh a picture and just see- I think he'll have a nervous breakdown because there's so much stuff.

NICK GRIMSHAW: He- genuinely, and not just saying this as a hilarious skit on a podcast, he would genuinely come around and organise it for you. He loves it.

ANGELA HARTNETT: Yeah, that would freak me out.

NICK GRIMSHAW: He loves it. Alright, let's talk about our guest today. We have Rose Matafeo.

ANGELA HARTNETT: Lovely.

NICK GRIMSHAW: She is very funny. Have you ever met her?

ANGELA HARTNETT: No, never, but watched her shows.

NICK GRIMSHAW: Yep.

ANGELA HARTNETT: Would love to see her live.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: I think she'd be brilliant live. I think she's all about, like most comedians, but she really puts herself out there, doesn't she?

NICK GRIMSHAW: Well, let's get her in, shall we? Cause, as ever, I'm starving.

ANGELA HARTNETT: Good.

[Dinner table sounds]

NICK GRIMSHAW: We have comedian, writer, actor, who also goes by the name of Goldie Overhill of No Bottle, but you may know her as Rose Matafeo, everybody!

[Applause]

ROSE MATAFEO: Thank you so much.

ANGELA HARTNETT: Wow.

NICK GRIMSHAW: Hi Rose!

ROSE MATAFEO: I've never been clapped at a dinner table before. Apart from when I finished my food when I was a kid.

NICK GRIMSHAW: Well done Rose!

ROSE MATAFEO: Empty plate! Empty plate!

NICK GRIMSHAW: Empty plate!

ROSE MATAFEO: Empty plate!

NICK GRIMSHAW: How are you?

ROSE MATAFEO: I'm good. I wouldn't say goes by Goldie Over- like, as if I introduced myself as that.

NICK GRIMSHAW: Yeah, what the hell is Goldie Overhill of No Bottle?

ROSE MATAFEO: It's my hobbit name.

NICK GRIMSHAW: Okay.

ROSE MATAFEO: Hobbit name generator era of the internet when I was a kid.

NICK GRIMSHAW: Oh.

ROSE MATAFEO: When I was very into the Lord of the Rings.

NICK GRIMSHAW: Right, okay.

ROSE MATAFEO: And I wanted to find out my hobbit name.

NICK GRIMSHAW: Okay, and that's your hobbit name.

ANGELA HARTNETT: So, hold on, how did you find out your hobbit name?

NICK GRIMSHAW: Just a hobbit generator.

ROSE MATAFEO: Yeah, a hobbit name generator. A random, probably - a nerd on the internet decided-

NICK GRIMSHAW: Let's do yours.

ROSE MATAFEO: Yeah, yeah, search it. You know, it was back in the days when there were like four websites, you know what I mean? Like, in the late nineties.

ANGELA HARTNETT: Back in the good old days.

NICK GRIMSHAW: The good old days.

ANGELA HARTNETT: The way I like to look at it.

ROSE MATAFEO: A bit simple, you know what I mean?

NICK GRIMSHAW: Yeah, when you would log on and be like, Where should I go right now?

ROSE MATAFEO: Exactly.

NICK GRIMSHAW: Like, what is this?

ROSE MATAFEO: Where should I go right now?

NICK GRIMSHAW: No, it's like, ah!

ROSE MATAFEO: I know.

NICK GRIMSHAW: Okay, I'm doing yours now, Angela.

ANGELA HARTNETT: Are you? Brilliant.

ROSE MATAFEO: Oh, exciting.

NICK GRIMSHAW: You are- oh my god, funny. You are Rosie Posie Proudfoot of Standelf.

ANGELA HARTNETT: I like that.

ROSE MATAFEO: That's so- Rosie Posie's my nickname. My nickname.

ANGELA HARTNETT: That is weird.

ROSE MATAFEO: That's so weird.

(Cocktail sfx)

NICK GRIMSHAW: We have a whisky cocktail for you. Why not?

ROSE MATAFEO: I love it.

NICK GRIMSHAW: It's 1pm in the afternoon. You like a whisky?

ROSE MATAFEO: I do like a whisky.

NICK GRIMSHAW: Well we've gone for a Japanese whisky because of our Japanese menu today.

ROSE MATAFEO: Lovely.

NICK GRIMSHAW: And so we've gone for a Mizuwari, which is Nikka Days blended whisky with ice, with soda and bit of lemon. Easy as that. So we are gonna have a Japanese-

ANGELA HARTNETT: Inspired lunch.

NICK GRIMSHAW: -menu, inspired menu today.

ROSE MATAFEO: Wonderful.

NICK GRIMSHAW: So you can enjoy your whisky cocktail.

ROSE MATAFEO: Thank you.

NICK GRIMSHAW: Flown straight in from Japan via Waitrose. Cheers Rose.

ROSE MATAFEO: Cheers.

ANGELA HARTNETT: Cheers.

NICK GRIMSHAW: Cheers. Welcome to Dish.

ROSE MATAFEO: Thank you.

NICK GRIMSHAW: Cheers.

ROSE MATAFEO: Lovely.

[*Cutlery sounds*]

NICK GRIMSHAW: Now, let's talk about your life growing up. When you were younger, what sort of food was going on in your house? What are your strong food memories Rose?

ROSE MATAFEO: Truthfully, and I know my mother will listen to this, she'll be the first to admit that she was just like, was annoyed she had to make dinner every night. Like, she would, she would, like- you know what I mean? Like, I mean, I can imagine for three kids, by default, being the one that had to make the dinner, she just was bored of it. She didn't have a, like, a love for, like, cooking in the kitchen. But she, you know, she liked cooking. She taught us very good things. I think the thing, it

might be a New Zealand thing, but if you can learn to make a good white sauce, a roux or whatever, that will take you far, because you can pop any veggies in there, you can pop anything in there.

ANGELA HARTNETT: Pour it over anything.

ROSE MATAFEO: Leeks and white sauce over some sausages.

ANGELA HARTNETT: Marvellous.

ROSE MATAFEO: Take you far. It'll take you far. And my memories of food in our house were that we learned to cook ourselves quite early as kids, and were put in charge of like a night of the week to cook, and I got very good lasagnes.

NICK GRIMSHAW: Hey, I like the idea of offloading to the children.

ANGELA HARTNETT: It's very smart of your mother to share that load, isn't it, yeah?

ROSE MATAFEO: Totally. I think it's important, but it also makes sense, it's like, I would get so bored if I had to be the one cooking every day. My mum went away for like three months on a trip and my dad was like in charge of, you know- in charge of the three kids. I can't even believe I said that. He was my dad. He parented. He was in charge for a couple of months.

ANGELA HARTNETT: He took responsibility for a few weeks

ROSE MATAFEO: Yeah, but then, to be fair, it did feel like that. I was like, this is different.

NICK GRIMSHAW: This is weird.

ROSE MATAFEO: This is strange.

ANGELA HARTNETT: We're out in a restaurant.

ROSE MATAFEO: Exactly.

NICK GRIMSHAW: My brother calls it babysitting when he has to look after his own kids.

ROSE MATAFEO: Oh no, no, no, no.

NICK GRIMSHAW: I'm like, it's not babysitting.

ROSE MATAFEO: It ain't.

ANGELA HARTNETT: Yeah.

ROSE MATAFEO: What was funny about him is that he kind of- he spent the entire week's food budget on the Sunday roast. So the whole week we would be eating like not much, like really like very- either no dinner or just sort of-

ANGELA HARTNETT: Water.

ROSE MATAFEO: Exactly. Rolled oats. By the time I was about seventeen, I was the youngest kid, I loved it because my mum was like, she kind of just gave up on making dinner. She was like, it's sandwiches for dinner. Like, sandwiches, and make your own sandwich. I'm done. I'm done. And that, you know...

NICK GRIMSHAW: Fair enough.

ROSE MATAFEO: Fair enough.

NICK GRIMSHAW: She'd put a shift in.

ROSE MATAFEO: Exactly.

NICK GRIMSHAW: Was it like that at yours? Because that was the same at mine. Like, my dad never, ever, ever made dinner.

ANGELA HARTNETT: Yeah.

ROSE MATAFEO: Really?

NICK GRIMSHAW: Never once.

ROSE MATAFEO: Wow.

ANGELA HARTNETT: No, to be fair, we were lucky. My mum did cook every night and she was good at it.

ROSE MATAFEO: She liked it?

ANGELA HARTNETT: Yeah, she liked it.

ROSE MATAFEO: Yeah.

ANGELA HARTNETT: It was just part of what we did. She liked cooking. I always had to be a helper. My brother did nothing.

ROSE MATAFEO: Really?

ANGELA HARTNETT: Nothing.

ROSE MATAFEO: Can I ask, would your brother at least do the washing up?

ANGELA HARTNETT: Oh, please.

ROSE MATAFEO: Really?

NICK GRIMSHAW: Did he do nothing?

ROSE MATAFEO: Who did the washing up?

ANGELA HARTNETT: I mean, this is to the point that, you know, we do this Italian dish and my grandmother would put it in the freezer and we'd have it all at Christmas, he was living in Tokyo. In March, his portion was still in the freezer. I said, 'Oh Nonna, can we have this anellini?' 'No, it's for your brother when he comes home.' I'm like, 'But he's thousands of miles away.'

ROSE MATAFEO: Yeah.

ANGELA HARTNETT: But no, the boys, the son, you know, oh my God, the Italians, you know what they're like.

ROSE MATAFEO: Well, even the Scottish grandmothers, like my nan has made me smuggle tomato chutney up to the northern hemisphere for my brother in Berlin.

ANGELA HARTNETT: Grandmothers like a bit of smuggling.

ROSE MATAFEO: They do, they do.

ANGELA HARTNETT: She'd open my suitcase, take out clothes that I actually wanted and put in olive oil and salami.

ROSE MATAFEO: There's a reason at Border Force shows, it's always grandmothers. It's always grandmothers with a leg of lamb. You're like, what the heck do you want, are you taking that?

NICK GRIMSHAW: Do you want some edamame?

ROSE MATAFEO: Oh, sorry, yeah.

NICK GRIMSHAW: Edamame going on.

ANGELA HARTNETT: So this is all part of the new Waitrose Menyū range

NICK GRIMSHAW: What do you do with this Ange, just steam it?

ANGELA HARTNETT: Steam it and then we've got a little salt, a little sprinkling of garlic and chilli salt on there.

ROSE MATAFEO: It smelled really good.

ANGELA HARTNETT: Yeah, and Waitrose have done this, they've done these lovely little packets. Here, take some. And then you have all the salt mixed and just steam them, or you can zap them in a little microwave quick and then sprinkle the salt on top.

ROSE MATAFEO: It's kind of a real horrific before and after - a beautiful bowl of edamame and then they're just the ragged, tatty, empty pods and you're like - and have you ever experienced when someone's going in for the...

ANGELA HARTNETT: Empty pod.

ROSE MATAFEO: Yes.

NICK GRIMSHAW: I've even gone as far as having a used one in my mouth and I'm so sad.

ANGELA HARTNETT: Oh no.

ROSE MATAFEO: So sad.

NICK GRIMSHAW: So disgusting.

[Dinner table sounds]

NICK GRIMSHAW: Let's talk about Edinburgh 2018 you won Best Comedy Show at the Edinburgh, which is the big one, isn't it?

ROSE MATAFEO: Yeah, it's the big one, it's the one you want.

NICK GRIMSHAW: That's the one you want.

ROSE MATAFEO: It's the one you want.

NICK GRIMSHAW: You want Best Comedy Show at Edinburgh.

ROSE MATAFEO: Yeah, yeah.

NICK GRIMSHAW: And that was for Horndog.

ROSE MATAFEO: That was for Horndog, yeah.

NICK GRIMSHAW: Best name ever, for a show.

ROSE MATAFEO: It was very clear that I didn't know I was gonna win, didn't even comprehend that I could win, by firstly, the speech I made to accept the award, which was garbled. I managed to thank the Prime Minister of New Zealand for some reason. And then just people I saw in the room. But I think secondly is the fact that I called the show Horndog, I think reflects how few aspirations I had for that show to be the show that would be engraved on an award for the rest of my life.

NICK GRIMSHAW: Yeah, like the engraver having to write Horndog.

ROSE MATAFEO: Horndog.

NICK GRIMSHAW: 'And is it Horndog one word?'

ROSE MATAFEO: Exactly.

NICK GRIMSHAW: Is it a hyphen?

ROSE MATAFEO: Is it a brand? Is it a, you know? Yeah, so I'm glad that's followed me around in my career.

NICK GRIMSHAW: And then how does life change after you win like the best comedy award at Edinburgh?

ROSE MATAFEO: At that time I was writing like the pilot for Starstruck as well, so it was helpful in getting that kind of off the ground. It changed a lot. I got- won £10,000.

NICK GRIMSHAW: Oh, what did you spend the 10 grand on?

ROSE MATAFEO: I bought, I bought two things. I bought a chair, eventually, and a frying pan.

NICK GRIMSHAW: And were you like, when I win this, I'm gonna buy a nice pan or was it like, pan panic?

ROSE MATAFEO: No, it wasn't pan panic, 'cause it was just like, what's- what am I going to buy that I'm going to use all the time?

NICK GRIMSHAW: Yeah. Sit in your chair and use your pan.

ROSE MATAFEO: Eat my beans out of my pan. I- yeah, and I thought- 'cause I never really, I think also when you first move to London, or you're going, you know, you're in student life and all that, you always accrue these, just this, these like horrible kind of, you know, band of terrible pans you inherit from like the people who lived in the flat before you, or people who left it in the flat before you. Just non-stick that's scratched to high heaven, you know what I mean? Like, and you don't know how you get them and the real adult move is like, I'm letting go of that, you know...

NICK GRIMSHAW: Of that shoddy...

ROSE MATAFEO: The jangling pan, right? Although I do still have a cast iron pot that I found on the street a couple of years ago, so.

NICK GRIMSHAW: That you use?

ROSE MATAFEO: Yeah, I use, yeah.

NICK GRIMSHAW: You found it on the street?

ROSE MATAFEO: Usually, yeah, yeah, yeah. For years, Emma Sidi- I lived with Emma Sidi, she found our toaster on the side of the street.

NICK GRIMSHAW: No way!

ROSE MATAFEO: It sparked a lot.

NICK GRIMSHAW: Yeah, I'm sure.

[Cooking sounds]

ROSE MATAFEO: Oh my goodness! Jeez.

NICK GRIMSHAW: Wow, food is here.

ROSE MATAFEO: The food is here. Oh my god, I am so hungry

NICK GRIMSHAW: I'm starving.

ROSE MATAFEO: Yes, ask me so many questions while I look at these buns.

NICK GRIMSHAW: Ange, this looks delicious. What have we got going on here?

ANGELA HARTNETT: So this is all part of the Waitrose new menu range. So they've got these fantastic new Japanese products. So in the centre, we've got these lovely little dips, which is a teriyaki vegan mayo, the firecracker chilli, and then you've got the soy and ginger. Then we've got these steamed pork buns, so we've got pork belly, which we've marinated with marmalade, soy and ginger in the steamed buns, a little bit of leek in there and reduce the sauce, and then we've got a lovely little pickled salad on the right.

ROSE MATAFEO: Yum!

NICK GRIMSHAW: Yum!

ANGELA HARTNETT: So enjoy.

ROSE MATAFEO: Thank you.

NICK GRIMSHAW: Let's talk about this recipe. So marmalade pork belly with soy and ginger. Marmalade - is that a traditional Japanese ingredient?

ANGELA HARTNETT: No, I don't think so, I don't think so, but it's got all the stuff that you would want, which is that sort of sweetness with the sharpness, that sort of sweet and savoury.

NICK GRIMSHAW: It really works.

ANGELA HARTNETT: So it works.

ROSE MATAFEO: I have so much marmalade that I need to use up because I don't love marmalade on toast.

ANGELA HARTNETT: There you go, this is it.

ROSE MATAFEO: Would, would you just put it in with the pork belly and what else?

ANGELA HARTNETT: So you make a marinade, a little bit of soy sauce, you put some garlic in there, the sugar, and then you put the marmalade in and then, what they do do- and then- so start off with your pork belly, slice it all up, season it in a way with lemon juice, which is bizarre, so leave it for ten minutes there, but it sort of cleans it. And then literally you do the old fashioned way that they do in Japan and a lot in Asia where they clean the pork and they put boiling water on it. So you clean it over the sink and then you simmer it in this marinade, and then what I did was keep the fat from the pork belly, the skin, and then I cooked that separately in the oven and then diced it up to put it in the salad, so you have a bit of crunchiness.

ROSE MATAFEO: This is really good.

NICK GRIMSHAW: It's really good.

ROSE MATAFEO: Thank you so much, oh my gosh.

NICK GRIMSHAW: If you want to try this recipe from Chef Yuki Gomi or any of the meals that Angela has made on the podcast, [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes)

NICK GRIMSHAW: If you didn't want to use pork Ange.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: What could you use in these buns?

ANGELA HARTNETT: Chicken thighs would be good.

NICK GRIMSHAW: Oh, chicken thighs would be good.

ANGELA HARTNETT: Chicken thighs, yeah, and you could do the same thing that we did with the crackling. Take off the skin, roast that in the oven, and then sprinkle that on top as well.

ROSE MATAFEO: I just went, mm!

NICK GRIMSHAW: Mm!

ROSE MATAFEO: Sometimes I try and buy chicken skins from the butcher to do crispy chicken skin.

NICK GRIMSHAW: There you go.

ANGELA HARTNETT: Oh, look at you.

ROSE MATAFEO: Well, they just give it to you for free.

NICK GRIMSHAW: Oh really?

ROSE MATAFEO: Yeah, yeah, yeah.

NICK GRIMSHAW: How do they hand that to you?

ROSE MATAFEO: In the hand.

NICK GRIMSHAW: Envelope.

ROSE MATAFEO: Yeah, yeah, yeah. They give with one and then shake your hand with the other.

ANGELA HARTNETT: Yeah, yeah, yeah.

ROSE MATAFEO: Chicken necks as well, you can get for free.

ANGELA HARTNETT: Oh, yeah, yeah.

ROSE MATAFEO: Sorry. I don't want to just butt in by being an expert about all the offal of chicken.

NICK GRIMSHAW: Yeah if you want a chicken neck, you can get it from the butchers.

ROSE MATAFEO: I know a guy. I know a guy if you want some chicken necks.

NICK GRIMSHAW: And also you could do this- if you don't want the buns, you could do it like steamed rice, couldn't you?

ANGELA HARTNETT: Yeah, of course.

NICK GRIMSHAW: You could do like a little rice situation.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And it's a fancy, you know, doing it like that and stuff.

ANGELA HARTNETT: Little bit of rice, lovely.

NICK GRIMSHAW: Also, I've gotta say, while we're on rice, I had the nicest rice ever the other day.

ANGELA HARTNETT: Where was that?

NICK GRIMSHAW: Miquita made it - our former guest on Dish.

ANGELA HARTNETT: Yep.

NICK GRIMSHAW: And she came around and made it and she just put lots of butter in with it.

ANGELA HARTNETT: Oh, butter and rice is lovely.

NICK GRIMSHAW: And then like fresh thyme and rosemary. So it was like buttery, thyme-y rice.

ROSE MATAFEO: Yum!

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And it was so good. And then we ate and then Mesh got in from work late and I said, do you want some of this leftovers? He said, yeah. And he was like, wow. Who made that rice? Cause, not you.

ROSE MATAFEO: It's delicious. Butter, thyme, and what?

NICK GRIMSHAW: Rosemary.

ANGELA HARTNETT: Butter with rice is lovely.

ROSE MATAFEO: I put butter in rice. Have you ever had the Persian Tahdig? Which is crispy rice?

ANGELA HARTNETT: Oh, when they do it in the- yeah.

ROSE MATAFEO: So fricking good. Here's a question can I ask you though? Real quick. I ask a lot of people this. If you had to give up one thing for the rest of your life, would you give up bread or rice?

NICK GRIMSHAW: Bread or rice?

ANGELA HARTNETT: Bread.

ROSE MATAFEO: You would give up bread?

ANGELA HARTNETT: I think so, yeah.

ROSE MATAFEO: I'm so thankful that you've seen that because I often say that I would give up bread over rice and people, I've been nearly, I've been like, I've been attacked. I was attacked in a green room recently for saying that. Everyone was like, 'You can't live without bread, you know bread's the best, bread rocks.'

ANGELA HARTNETT: You can.

ROSE MATAFEO: I know. What would you choose?

NICK GRIMSHAW: I mean, I think I'd have to choose bread. So, should I go?

ANGELA HARTNETT: You can leave.

ROSE MATAFEO: Yeah, yeah, yeah, you can leave.

NICK GRIMSHAW: I just, yeah, bread is embedded in my family. All anyone talked about in my house from nought to seventeen when I moved out was-

ROSE MATAFEO: It's bread.

NICK GRIMSHAW: 'There's no bread.' 'We need to get some bread.' 'Someone get some bread.' 'There's no bread!' So I can't not, I can't not have bread.

ANGELA HARTNETT: It'd be like dissing your family, wouldn't it?

NICK GRIMSHAW: Also, I was s*** at cooking rice.

ANGELA HARTNETT: Mm.

ROSE MATAFEO: Right.

NICK GRIMSHAW: So my rice relationship- I love rice when I go out but I'm always-

ROSE MATAFEO: Did you just say my rice relationship?

NICK GRIMSHAW: My rice relationship.

NICK GRIMSHAW: Have you been to Japan, Rose?

ROSE MATAFEO: I have, yeah.

NICK GRIMSHAW: How was it? Because I'm desperate to go, and Ange you always say it's your best food ever.

ANGELA HARTNETT: Yeah, it's one of the best places I've been.

ROSE MATAFEO: So good. I went in sort of like winter time, which was a great time to go, like not in the height of summer and stuff.

ANGELA HARTNETT: Yeah.

ROSE MATAFEO: I had the best beef of my life there.

ANGELA HARTNETT: Yeah.

ROSE MATAFEO: Like, just, you know when- like, it's very rare when you have full food memories where, like, real Ratatouille style, you know? Where you're- I can completely remember exactly where I ate the best beef of my life. Kyoto's awesome. Went to the Cup Noodle Museum in Osaka. That's awesome, you get to make your own cup noodle and they package it and everything. It was not great when I ate it.

NICK GRIMSHAW: But fun experience.

ROSE MATAFEO: Yes it was really cool.

NICK GRIMSHAW: I want to talk to you about, what's the thing called the, it used to be like a trend, and you got obsessed with it, with people like eating loads of stuff on camera.

ROSE MATAFEO: Mukbang.

NICK GRIMSHAW: Mukbang.

ROSE MATAFEO: Yeah.

NICK GRIMSHAW: So I found out that you love this and I'd never heard of it.

ROSE MATAFEO: Mm-hm.

NICK GRIMSHAW: And then I mentioned it to Mesh, my boyfriend, and he is like, oh my God, I love mukbang. And he got, he was really into it as well. So am I right in saying this is sort of a filmed eating competition and someone picks a food and they live stream they're just eating?

ROSE MATAFEO: No competition element involved.

NICK GRIMSHAW: Oh, it's just-

ROSE MATAFEO: I think early versions of mukbang were live streams of people.

NICK GRIMSHAW: Yeah.

ROSE MATAFEO: And you would um kind of watch and just watch someone eat an immense amount of food.

NICK GRIMSHAW: Right.

ROSE MATAFEO: It's Korean, a Korean, you know genre.

ANGELA HARTNETT: There's always huge portions and stuff.

ROSE MATAFEO: Always huge portions.

NICK GRIMSHAW: So you got into watching it and then you did your own mukbang stream?

ROSE MATAFEO: I did one for, it was a New Zealand sort of website at the time and they were like, you should do a mukbang. And so we did a big order from a Chinese takeaway and I did it, and it was harder than I, harder than, than I expected. And these people like can put, put away some food.

NICK GRIMSHAW: Mm-hmm.

ROSE MATAFEO: Some serious food. And it really gave me a newfound respect, I think.

NICK GRIMSHAW: If there's one, one food Rose, if you had to give it another go - we're not gonna make you do it now.

ROSE MATAFEO: Mm.

NICK GRIMSHAW: What do you think you'd go for? What do you think you'd go for Ange, where you could just eat it and eat it. I suggested Pringles. I could do like the Eurotunnel filled with Pringles.

ROSE MATAFEO: I had a tube of salt and vinegar Pringles the other day. I think I got third degree burns. It was horrible! Because the shape of the Pringle with the salt and vinegar, I genuinely got like a rash.

NICK GRIMSHAW: Yeah.

ROSE MATAFEO: It was quite awful.

NICK GRIMSHAW: They really gripped the tongue.

ROSE MATAFEO: I know!

NICK GRIMSHAW: Yeah.

ROSE MATAFEO: It was, it was too much.

NICK GRIMSHAW: Okay, so maybe not a Pringle. What would you do, Ange?

ROSE MATAFEO: Oh God, you know, I woke up in the morning to a tube of Pringles on my bed.

NICK GRIMSHAW: Oh.

ROSE MATAFEO: It was horrific.

ANGELA HARTNETT: That's sad.

ROSE MATAFEO: It was sad. It was not as bad at the time as I woke up after a night out and I thought I'd p***** myself because I woke up with a wet patch on my bed and I was like, oh man.

ANGELA HARTNETT: God.

ROSE MATAFEO: And then I pulled back the duvet and it was just a bag of party ice. And I remember- and then I had a flashback to jumping really high on the dance floor the night before, twisting my ankle, and buying party ice on the way home.

ANGELA HARTNETT: Oh, because you'd hurt yourself.

ROSE MATAFEO: I found a photo on my phone of me holding a bag of party ice, like, eh, in a corner shop, and it all made sense. So I was like, thank- it was funny, it was like a downgrade, like, thank God I didn't p*** myself. I've just rolled my ankle, not remembered it, and left a bag of party ice in my goddamn bed.

NICK GRIMSHAW: If you were to do a mukbang, Ange, what would you do?

ANGELA HARTNETT: Probably fried chicken, I think.

ROSE MATAFEO: Really?

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: So how many do you reckon you could do? If we got you like a KFC bargain bucket.

ANGELA HARTNETT: No!

NICK GRIMSHAW: What?

ANGELA HARTNETT: I don't think I could- I could only eat so much of anything.

ROSE MATAFEO: Well this is the whole point of the mukbang-

NICK GRIMSHAW: It's a challenge!

ROSE MATAFEO: -you've got to choose a moreish thing, what are you talking about?

NICK GRIMSHAW: Yeah!

ROSE MATAFEO: You can't just choose something you want to eat right now.

NICK GRIMSHAW: Angela launching modest mukbang. Where she just has one chicken leg.

ROSE MATAFEO: Now today we're learning about restraint, people.

ANGELA HARTNETT: No, I dunno.

NICK GRIMSHAW: Go on, what could you do?

ANGELA HARTNETT: I don't know, I honestly- it would be crisps then, that would be the thing, I'd just eat loads of crisps.

NICK GRIMSHAW: Ooh yeah.

ROSE MATAFEO: Yeah, I know.

ANGELA HARTNETT: Cause that is just...

NICK GRIMSHAW: I could do cereal.

ANGELA HARTNETT: Cereal, no.

ROSE MATAFEO: Really?

NICK GRIMSHAW: I feel like cereal, once I start cereal, I can do a box. I could do a box of Fruit & Fibre.

ANGELA HARTNETT: Could you?

NICK GRIMSHAW: A hundred percent.

ANGELA HARTNETT: Jesus.

ROSE MATAFEO: A whole box of Fruit & Fibre?

NICK GRIMSHAW: I do that quite regularly.

ROSE MATAFEO: Jeez, you'd have to cancel your plans for the day.

ANGELA HARTNETT: Don't be ridiculous.

NICK GRIMSHAW: I do.

ANGELA HARTNETT: Are you talking about the like, little box like that?

NICK GRIMSHAW: No, a full box.

ROSE MATAFEO: You're like Jerry Seinfeld, jeez. That's wild. That's a lot of milk.

NICK GRIMSHAW: That's a lot of milk.

ROSE MATAFEO: That's a lot of milk.

NICK GRIMSHAW: Hey, we have a listener email from Clemmie. Clemmie says, 'Dear Angela and Nick, I've gobbled up every Dish episode-' gobbled because it's food, '-I've gobbled up every Dish episode on my walks home from work here in Luxembourg.' So she walks home from Luxembourg every day.

ROSE MATAFEO: Amazing.

NICK GRIMSHAW: So far.

ROSE MATAFEO: Oh my God, her steps must be crazy.

NICK GRIMSHAW: So far. 'Living on my own, I find it nearly impossible to cook for myself. Either I make a sad a** pasta portion, frequently misjudging a normal amount and having to eat it for three days, or I buy one cauliflower and it lasts me three weeks. Do you, Angela, have any dishes which are ideal for cooking and shopping for a single gal pal? Lots of love, Clemmie,' who's walking back from Luxembourg. Yeah, is there anything that-

ANGELA HARTNETT: Dunno, it's a hard one, that.

NICK GRIMSHAW: Because when I'm in on my own, I don't want to cook for myself, because I think, I don't deserve it.

ROSE MATAFEO: I'm the queen of this. I live alone.

NICK GRIMSHAW: Are you?

ROSE MATAFEO: I live alone. Pastas are okay. I think, I've got a lot of freezer stuff. I'm a big on eggs. Dumplings. Dumplings are really good because you can just take out the portion that you want. Rice is where it's at girl, because you just make some rice. Make a frickin' protein and veg, and you're done.

NICK GRIMSHAW: There you go.

ROSE MATAFEO: It's about planning.

NICK GRIMSHAW: It's about planning.

ROSE MATAFEO: It's about planning. We're thinking.

NICK GRIMSHAW: Prep it. Plan it. Get a rice cooker for one.

ROSE MATAFEO: Yeah, I know.

[Salt grinder sounds]

NICK GRIMSHAW: Hey, let's talk about Starstruck.

ROSE MATAFEO: Oh, sure.

NICK GRIMSHAW: Please.

ROSE MATAFEO: Yeah.

NICK GRIMSHAW: Because people really love it. I love it. And the crew are really, are very obsessed with Starstruck.

ROSE MATAFEO: Oh, that's good!

NICK GRIMSHAW: It's very real. It's very funny. So for anyone that's not seen the show, tell us about Jessie and tell us about the journey that Jessie's on. Because the premise for the show is genius.

ROSE MATAFEO: I don't know, I don't know if anyone else has ever done this premise before, but... But it's a normal person has sex with a celebrity. That is the premise of this first series, my character Jessie.

NICK GRIMSHAW: Well, what I love is she doesn't know that.

ANGELA HARTNETT: Yeah, exactly.

NICK GRIMSHAW: And then she's like, hang on.

ANGELA HARTNETT: Hold on.

ROSE MATAFEO: She realizes, Nikesh Patel's character, Tom, is a big, big movie star, and that's the first series. And then, you know, the next two progress with that kind of on again, off again relationship. And then, yeah, the third series now is a bit of a time jump from the last time we saw them in series two, which was them like kissing in a lake. As you do.

NICK GRIMSHAW: Is it right that it was inspired by your love of the rom com. Is that what made you write it?

ROSE MATAFEO: I never really thought about doing a rom com until the idea came to me. I've always wanted to write and direct and like do films and I think it was a really great genre to tap into in a TV format that you could, because essentially if you watch it back-to-back, it feels like a rom com film. And my co-writer, Alice Snedden, she's very rom com obsessive as well.

NICK GRIMSHAW: And did you write it on a plane? Or you started writing it on a plane?

ROSE MATAFEO: Yeah, this is the story is, I drank too much whisky on a plane and my agent was like, just one more idea. I was like, 'Oh, I got an idea for you.' And that's where it kind of came about.

NICK GRIMSHAW: And did you know when you started writing that, Oh, this is going to be good and people are going to love this.

ROSE MATAFEO: No, because I don't think about that about anything I make.

NICK GRIMSHAW: Oh, okay.

ROSE MATAFEO: I, I'm like-

NICK GRIMSHAW: Totally healthy.

ROSE MATAFEO: I enjoyed the process. I loved writing it, and I think we were writing something that we liked. I just think nothing is really promised in kind of, the biz of this especially, you know TV and comedy and all that. I feel the same way with stand-up as well. It might just be a symptom of very low self-esteem, but I think that's the great thing about the show, it's really changed throughout the series. I think yeah, that series is very very different to the first series. It's really weird time capsule as well of me going from the actual age of, you know, I'm twenty-six, twenty-seven, to now. I had dinner with Emma last night who plays Kate. She was like, 'I was watching back the first series, we're babies. Like we're tiny. We look so young.' And there's this time jump with the third series, and it kind of really rings true, like so much has happened in those years. We were in lockdown the first series, like that was shot in lockdown. And that feels like a million years ago in a way. I really didn't

know that it was going to be as like, wonderfully like, really lucky for it to be as popular and speak to as many people as it has, it seems. I think it's a sure-fire hit when you're doing like a love story, do you know what I mean? Like...

NICK GRIMSHAW: Yeah, and also it's so real, which is why it's so funny. And it's just so naturally funny. Obviously you had to, you know sit and write that, but I just love how easy it is to watch and how effortlessly funny it is.

ANGELA HARTNETT: And the scenes feels like there's bits that reflect your life. Like you imagine the scene that you just talked about with the ice in your bed. That could happen.

NICK GRIMSHAW: That could be in it.

ROSE MATAFEO: That's actually almost too messy for Jessie's character. That's a real Rose special there. Yeah, it is cool. I think that was like the vibe that we have as, you know, as writers and wanting to make that as a very naturalistic kind of, tone to what is quite an over the top like premise, you know what I mean? And definitely like by the third series, it's kind of exploring things about ageing and getting into your thirties and people's lives moving on, and it's all stuff I'm going through now as well. So yeah, everyone's having babies and getting married. And I'm fine with it!

NICK GRIMSHAW: Well, it's an amazing show, congrats on it. You can see all seasons of Starstruck on BBC iPlayer, so do go watch it, because it's very funny and very brilliant.

[Dinner table sounds]

NICK GRIMSHAW: Right, we have come to the end of the show question Rose. Here's your question- it's gone a bit soggy 'cause I had my drink on it.

ROSE MATAFEO: For listeners, it's sopping wet.

NICK GRIMSHAW: Yeah, it's like the one you get from the butcher with your chicken.

ROSE MATAFEO: Yeah, yeah, yeah.

NICK GRIMSHAW: Soggy, soggy envelope.

ROSE MATAFEO: I wish I received my chicken necks in a gold envelope. Fantastic.

NICK GRIMSHAW: 'When you moved to the UK in 2015, you shared a place with one of our favourite Dish guests, Mr. Nish Kumar.'

ANGELA HARTNETT: Love Nish.

NICK GRIMSHAW: Love Nish Kumar. And so we thought we could play a game called Nish the Dirt.

ROSE MATAFEO: Oh, wow, okay!

NICK GRIMSHAW: I love 'Okay!'

ROSE MATAFEO: Okay!

NICK GRIMSHAW: So we reached out to Nish and he has sent a question for you.

NISH KUMAR: 'Hello Rose, it's Nish here, your former flatmate. As one of Angela and Nick's favourite ever guests - their words not mine - I've been asked to tell you the end of the show question and it's a simple one. Please tell them about the time when you did the Royal Variety performance and inform them of what happened next. Thank you very much. God bless you.'

ANGELA HARTNETT: Wey!

ROSE MATAFEO: No, don't clap him.

ANGELA HARTNETT: Oh I love Nish.

ROSE MATAFEO: Can I just say that that is the only time he's spoken to me respectfully. Like I'm, I'm shocked. Like it disturbs me to hear him be so polite.

ANGELA HARTNETT: Wow.

NICK GRIMSHAW: Right. Normally...

ROSE MATAFEO: Screaming at me.

NICK GRIMSHAW: Right.

ROSE MATAFEO: Screaming at me.

ANGELA HARTNETT: There's another side to Nish Kumar.

NICK GRIMSHAW: Tell us about life with Nish.

ROSE MATAFEO: Oh, you don't know. You don't know the real Nish Kumar.

NICK GRIMSHAW: So that's not the real Nish Kumar.

ROSE MATAFEO: Are you kidding? Silly little head boy Nish Kumar, 'Oh, I've got a question for you. Oh, I'll be, I'll be good. I'll do-' Oh my God. He- no, to be fair, living with him was fantastic. It was good. What he's referencing.

NICK GRIMSHAW: Yes.

ROSE MATAFEO: The Royal Variety Gala. Was where I performed stand-up comedy in front of a, I'm gonna say, a sea of white haired people. In front of a, you know, a gorgeous, gorgeous audience, uh, expecting comedy, not expecting the sort of whimsical anti-comedy of myself. I did really bad Christmas cracker jokes. Which were intentionally bad.

NICK GRIMSHAW: Yes.

ROSE MATAFEO: Many people came up to me afterwards going, 'Stay at it.' 'Keep going, girl.' So I think the irony of it really was lost. It was Harry and Meghan as well.

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: Oh, God.

ROSE MATAFEO: Yeah. She kind of glided over. It was almost like she was like on a hoverboard. She glided over like Mrs. Danvers, and she was like, 'You must be so proud.' And I was like, of what? Of dying on my a***. Yeah, I'll be writing home about that. Um, but um, I was doing that, I was doing that show, Greg Davis was hosting, Alex Horne was on and I got very, very drunk. I'd moved out by this point to- with my friend Emma, you know, to Northeast London and then got there, figured out that I had left my keys inside.

NICK GRIMSHAW: So what did you do?

ROSE MATAFEO: Realised the only person who would be up at that time would be Nish Kumar, my former flatmate. So that is why I went back to my old flat, knocked on his door and he let me in. Nish took a picture of me in my sort of the outfit that I had on and just drinking a glass of water, feeling very embarrassed.

NICK GRIMSHAW: Oh! Claire has the picture.

ROSE MATAFEO: Oh, really?

NICK GRIMSHAW: Yeah, great. Oh, there we go!

ROSE MATAFEO: No!

NICK GRIMSHAW: Printed out onto A4.

ROSE MATAFEO: Oh my God.

NICK GRIMSHAW: There you are.

ROSE MATAFEO: Didn't spring for colour, that's fine. You know, black- yeah, that's me.

NICK GRIMSHAW: I think that looks very fab.

ROSE MATAFEO: But yeah, that's me. Thanks Nish for bringing back that memory.

NICK GRIMSHAW: Yeah, thanks Nish.

ANGELA HARTNETT: Yeah, brilliant.

NICK GRIMSHAW: Well, Rose, you answered the question, which means you win the Waitrose goodie bag! Yes! All the things from Waitrose.

ROSE MATAFEO: Oh my god!

ANGELA HARTNETT: Woah! Love it.

NICK GRIMSHAW: Oh my God.

NICK GRIMSHAW: So it's basically we did the big shop for you.

ROSE MATAFEO: Oh my god, I've never, I've never won-anything.

ANGELA HARTNETT: Would you like to thank anyone?

ROSE MATAFEO: I'd like to thank my mum, I'd like to thank the Prime Minister of New Zealand. Oh God. Thanks for having me, guys.

NICK GRIMSHAW: Hey, that was a lot of fun.

ANGELA HARTNETT: It's been brilliant.

NICK GRIMSHAW: Make sure you watch Starstruck on the telly, please. All seasons are on the BBC iPlayer now

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: And a round of applause for Rose Matafeo, everybody!

ANGELA HARTNETT: Woo!

[Applause]

ROSE MATAFEO: Thank you! Thank you for the food!

NICK GRIMSHAW: Thanks Rose

ANGELA HARTNETT: Ooh.

ROSE MATAFEO: Olive oil in a little tin. I love it. Oh, thank you so much.

NICK GRIMSHAW: You're welcome, that was so fun, Rose.

ROSE MATAFEO: Aw, thanks for having me. It was fantastic.

NICK GRIMSHAW: Next week on Dish it's Sara Cox.

SARA COX: Well at the farm if it was hay making, there would be piles of ham butties...

NICK GRIMSHAW: Hay..

SARA COX: Piles of hay that we all like to eat and my mum always does the joke, what sandwich do you want? and she'll go, I'll have an 'am, do do do do, I'll have an 'am do do do do, that's one of my mum's top jokes.

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. Like what you hear, then share the love. Leave us a review on Apple Podcasts, Spotify, or whatever you are listening today.

ANGELA HARTNETT: Dish is a SE Creative Studio production.

VOICEOVER: Waitrose, food to feel GOOD about.

