

Trinny Woodall, sea bass with peppers & red zhoug and a Gewurztraminer



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

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

ANGELA HARTNETT: And I'm Angela Hartnett.

NICK GRIMSHAW: That's right. Angela.

ANGELA HARTNETT: Nick.

NICK GRIMSHAW: Hi.

ANGELA HARTNETT: How are you?

NICK GRIMSHAW: I'm alright. How are you?

ANGELA HARTNETT: Very well, thank you, very well.

NICK GRIMSHAW: Now, the last time we saw each other, we were on Zoom.

ANGELA HARTNETT: Oh, yes, indeed.

NICK GRIMSHAW: To one another. I was in Hackney, you were in Italy.

ANGELA HARTNETT: I was.

NICK GRIMSHAW: What was going on there, please?

ANGELA HARTNETT: A little wine trip with a wine supplier, a few little restaurants.

NICK GRIMSHAW: Oh, work trip?

ANGELA HARTNETT: Work trip, but with a wine supplier, Metzendorff, they took us, because we make our own wine for the cafes and for Lime Wood and Murano-

NICK GRIMSHAW: Do ya?

ANGELA HARTNETT: Yeah,

NICK GRIMSHAW: What, Ange Wine?

ANGELA HARTNETT: And wine, our own olive oil- Ange wi- well not Ange Wine.

NICK GRIMSHAW: No.

ANGELA HARTNETT: Angela Hartnett Wine.

NICK GRIMSHAW: Angela Hartnett Wine.

ANGELA HARTNETT: And Lime Wood Wine and Murano Wine.

NICK GRIMSHAW: Wait, so you actually do that, so you go out there, meet the winemakers...

ANGELA HARTNETT: Meet the maker. Ali will go out in February and she'll sort of do the flavour profile with it. We went out and picked some grapes.

NICK GRIMSHAW: What was the best thing you ate in Italy?

ANGELA HARTNETT: We had this lovely ravioli made with parmesan, polenta and olive oil.

NICK GRIMSHAW: Mmm.

ANGELA HARTNETT: And so it's this lovely soft centre, lovely ravioli with a bit of cavolo nero under the base. It was delicious. Made by a woman who must have been about seventy, which is amazing. Lovely. Anna, about this high.

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: She's great. What about you? What have you been doing?

NICK GRIMSHAW: I've been in Paris.

ANGELA HARTNETT: Nice.

NICK GRIMSHAW: I got back yesterday.

ANGELA HARTNETT: God, you must be exhausted.

NICK GRIMSHAW: I actually feel alright.

ANGELA HARTNETT: Yeah? Good.

NICK GRIMSHAW: I think so, I think so. I think... no, I feel alright! I did not feel alright on Saturday-

ANGELA HARTNETT: Because?

NICK GRIMSHAW: Cause I went out on Friday.

ANGELA HARTNETT: Ah.

NICK GRIMSHAW: Late though, I didn't go out until like ten, because Mesh was working, so he didn't finish work until like ten, and then we went to a party, and I had two of these- which I was saying is the nicest cocktail I've ever had in my life.

ANGELA HARTNETT: And it- what's it called?

NICK GRIMSHAW: It was, it was kind of like a whisky sour, but with sake.

ANGELA HARTNETT: Yeah. Right.

NICK GRIMSHAW: And it had a pickled plum in it.

ANGELA HARTNETT: Lovely.

NICK GRIMSHAW: So it was like, plummy, sake, whisky, lemon-

ANGELA HARTNETT: Sour, bitter.

NICK GRIMSHAW: Bitter, but like, I was like, that is the nicest cocktail I've ever had in my life.

ANGELA HARTNETT: And?

NICK GRIMSHAW: Saturday, I had the worst hangover I've ever had in my life, ever.

ANGELA HARTNETT: [*laughs*]

NICK GRIMSHAW: Ever.

ANGELA HARTNETT: There's no mixer with it though.

NICK GRIMSHAW: No, and Mesh was like, 'You can't have a hangover, because we didn't go out till after ten, and we were home by two.' Like, Saturday was a write- I got out of bed at four.

ANGELA HARTNETT: Oh my god.

NICK GRIMSHAW: It was bad, bad.

ANGELA HARTNETT: What was in it? And sugar in there, that's the thing.

NICK GRIMSHAW: Yeah, there was sugar, yeah, the ingredients were sake, whisky, lemon, pickled plum, and sugar cane.

ANGELA HARTNETT: So there was no mixer of any description.

NICK GRIMSHAW: Yeah, yeah, so that's probably why.

ANGELA HARTNETT: I wonder if the barman-

NICK GRIMSHAW: I was like, this is delicious!

ANGELA HARTNETT: [*laughs*] But then you couldn't-

NICK GRIMSHAW: And then the next day, I found this in Paris to eat, which I felt was like, sent from-

ANGELA HARTNETT: Oh god.

NICK GRIMSHAW: -my ancestors. In Paris.

ANGELA HARTNETT: Yeah?

NICK AND ANGELA TOGETHER: Lancashire hotpot.

ANGELA HARTNETT: [*laughs*] Anneaux pomme de terre.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Anneaux pomme de terre.

NICK GRIMSHAW: Yeah. So I had-

ANGELA HARTNETT: Not bad for €25 for 100 grams. Bargain.

NICK GRIMSHAW: Yeah, that's alright.

ANGELA HARTNETT: That's alright.

NICK GRIMSHAW: So I found a little bakery near where we were staying.

ANGELA HARTNETT: Looks very good.

NICK GRIMSHAW: And they, I had that, and then I found a drink that was called Better than Botox.

ANGELA HARTNETT: Botox. Ooh.

NICK GRIMSHAW: So in that there was apple, pomegranate, cucumber, is that a beetroot?

ANGELA HARTNETT: Yeah, beetroot.

NICK GRIMSHAW: And aloe vera. Yeah, I like that beetroot in French is betterave.

ANGELA HARTNETT: Betterave, yes.

NICK GRIMSHAW: Betterave?

ANGELA HARTNETT: Better rave somewhere else.

NICK GRIMSHAW: I can't rave, I'm gonna be sick.

ANGELA HARTNETT: I like the fact they've got the pictures of it.

NICK GRIMSHAW: Yeah, so you know, yeah.

ANGELA HARTNETT: Oh yeah.

NICK GRIMSHAW: Although I think that cucumber's a little graphic.

ANGELA HARTNETT: Yeah, that, yeah, didn't look like a cucumber to me [*laughs*].

NICK GRIMSHAW: There was no need to put two slices either side of the main cucumber. Why did they do that? Right, before we get our guest in, let's have a question from one of our wonderful listeners. Lee in Liverpool. Hello to you, Lee. 'Hi Nick and Angela. I have two questions for Angela. Sorry to make you feel like you're on The Chase.' Are you ready for your questions? 'One, did you go to Glastonbury?' Cause we-

ANGELA HARTNETT: I didn't, you did.

NICK GRIMSHAW: I did, you didn't.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Next year is the last year before they have a year off.

ANGELA HARTNETT: Yeah, no, I need to go in three years.

NICK GRIMSHAW: Why?

ANGELA HARTNETT: For a big birthday.

NICK GRIMSHAW: For a big birthday. Is your birth-

ANGELA HARTNETT: With my mates.

NICK GRIMSHAW: That's fine-

ANGELA HARTNETT: We're relying on you to organise that, by the way.

NICK GRIMSHAW: We can do that. I can organise that.

ANGELA HARTNETT: Okay, fine.

NICK GRIMSHAW: Right?

ANGELA HARTNETT: There's like five of us.

NICK GRIMSHAW: Yeah, okay.

ANGELA HARTNETT: All girls.

NICK GRIMSHAW: Yeah, that's fine, yeah.

ANGELA HARTNETT: Perfect.

NICK GRIMSHAW: The second question from Lee is, 'What is the criteria for restaurants to be Michelin inspected? Can it happen at any restaurant? Wetherspoons, for example.' That is a good question, yeah, because we've talked on the podcast before about what it means to be a- get a Michelin star.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah, but how do they decide if it's not just going to be a waste of their time?

ANGELA HARTNETT: Well, I don't know how they decide which restaurants they want to go to. What they do look for is consistency in all aspects. That each time you go, the food is to a great standard, it's consistently cooked properly, etcetera, etcetera.

NICK GRIMSHAW: But how would they know that until they've gone?

ANGELA HARTNETT: Well, I mean, it's pretty obvious which restaurants probably want to hit for a star or a level, maybe?

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: But, yeah, I don't know. Why don't they go to Wetherspoons? That's a fair example, yeah.

NICK GRIMSHAW: Well I'd say McDonald's-

ANGELA HARTNETT: McDonald's.

NICK GRIMSHAW: McDonald's is consistent!

ANGELA HARTNETT: -is probably the most consistent restaurant ever! In the world!

NICK GRIMSHAW: That's why it's good.

ANGELA HARTNETT: That's why it's good, you see.

NICK GRIMSHAW: Those chips taste like those chips.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah, we don't know, but we'll find out for you, Lee.

ANGELA HARTNETT: Let's ask them.

NICK GRIMSHAW: We'll ask.

ANGELA HARTNETT: We'll ask.

NICK GRIMSHAW: Uh, Lee says, ‘Adore the both of you, thank you for making the mundane walks to work the highlight of the day.’

ANGELA HARTNETT: Aw, Lee from Liverpool.

NICK GRIMSHAW: Well thank you, Lee.

ANGELA HARTNETT: That's very sweet.

NICK GRIMSHAW: Thank you, very nice Lee. Um, right. We have Trinny coming on today.

ANGELA HARTNETT: I know. Have you met her before?

NICK GRIMSHAW: Never met Trinny.

ANGELA HARTNETT: Okay.

NICK GRIMSHAW: Really excited about having Trinny on.

ANGELA HARTNETT: Mmm.

NICK GRIMSHAW: I would always call her Trinny off of Trinny and Susannah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: But more recently I'm like Trinny, Trinny London.

ANGELA HARTNETT: [*laughs*] True. Fair enough.

NICK GRIMSHAW: And it's rare that people would have two things in their lifetimes I feel.

ANGELA HARTNETT: Yes. She's done amazingly well.

NICK GRIMSHAW: So well.

ANGELA HARTNETT: Have you worn any of her makeup?

NICK GRIMSHAW: Uh, never, have you?

ANGELA HARTNETT: No.

NICK GRIMSHAW: No, maybe she'll bring us some today.

ANGELA HARTNETT: Can you imagine? That'd be nice.

NICK GRIMSHAW: Oh, I'd love it. Right, let's get her in, shall we?

ANGELA HARTNETT: Yep.

[*theme music*]

NICK GRIMSHAW: On the show today, we welcome first someone who was a fashion icon telling us what *not* to wear, and these days she's a beauty icon telling us what *to* wear. Mainly, on our faces, and mainly, her own makeup. It's Trinny Woodall, everybody!

ANGELA HARTNETT: Woo!

[*applause*]

NICK GRIMSHAW: Trinny welcome!

TRINNY WOODALL: Hi, how are you?

NICK GRIMSHAW: How are ya?

TRINNY WOODALL: Good.

NICK GRIMSHAW: Hey, thank you for coming to see us.

ANGELA HARTNETT: Yes, thank you.

TRINNY WOODALL: I'm happy to be here because I'm going to get fed.

NICK GRIMSHAW: You are.

ANGELA HARTNETT: Yeah.

TRINNY WOODALL: And I haven't eaten today, so I'm like...

NICK GRIMSHAW: You're ready.

ANGELA HARTNETT: You're ready.

TRINNY WOODALL: Not the only reason I've come, but I'm starving.

ANGELA HARTNETT: [*laughs*]

NICK GRIMSHAW: No. You're here because you're excited, and the food.

TRINNY WOODALL: And the food.

ANGELA HARTNETT: Yes.

TRINNY WOODALL: Yes, exactly. Let me put it in the right order.

NICK GRIMSHAW: Yes, yeah.

TRINNY WOODALL: Yeah.

NICK GRIMSHAW: The food's just a nice byproduct.

TRINNY WOODALL: Mm-hm.

ANGELA HARTNETT: Just extra.

NICK GRIMSHAW: This is just going to be a really great lunch for you, where we ask you questions.

TRINNY WOODALL: Alright.

NICK GRIMSHAW: Basically. So like, let's go.

ANGELA HARTNETT: You won't be able to eat.

NICK GRIMSHAW: Yeah.

TRINNY WOODALL: Yeah, okay.

NICK GRIMSHAW: No, we, we will pause for eating.

TRINNY WOODALL: I am the person who always waits ‘til the end of the buffet ‘cause I eat too quickly, and I’ll always eat so quickly that by the time everyone’s sat down, I’ve finished and I’m like, what am I going to do now?

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Now what? Now what's happening?

ANGELA HARTNETT: And were you always like that? Eating quickly?

TRINNY WOODALL: Always, always, ‘cause I went to a boarding school when I was really young and you had to eat quite quickly. It was timed.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Oh.

TRINNY WOODALL: Yeah so it made me eat quickly.

NICK GRIMSHAW: Okay. What was the time limit? Ten seconds.

TRINNY WOODALL: Half an hour for lunch.

ANGELA HARTNETT: God.

NICK GRIMSHAW: Oh.

TRINNY WOODALL: So that meant everything. So if I wanted to go and like, call my mum afterwards or something, you had to kind of do that in the half an hour.

ANGELA HARTNETT: Yeah.

TRINNY WOODALL: So I'd eat in five minutes and then do the stuff I need to do before the next lesson.

NICK GRIMSHAW: Okay. This is going to be a quick podcast.

ANGELA HARTNETT: Yeah, very.

NICK GRIMSHAW: Real quick record.

ANGELA HARTNETT: Give her the food, she eats it, out.

NICK GRIMSHAW: It's a four- four minute special.

[cocktail making sounds]

NICK GRIMSHAW: Well, we thought we'd start today, we're gonna have a non-alcoholic cocktail.

TRINNY WOODALL: Cheers.

NICK GRIMSHAW: This is a Sipsmith non-alcoholic spirit with tonic. You know. Basically non-alcoholic gin and tonic.

ANGELA HARTNETT: Mm.

TRINNY WOODALL: I mean, to me, it's a gin and tonic.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: There you go.

NICK GRIMSHAW: That's good.

TRINNY WOODALL: I've haven't had one for a while, so I wouldn't know, but I, it's that tonic-iness.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: That bitterness.

ANGELA HARTNETT: Mm.

TRINNY WOODALL: Mm.

NICK GRIMSHAW: I like that.

TRINNY WOODALL: That, um, what is it called, that ingredient?

NICK GRIMSHAW: Mm, like-

ANGELA HARTNETT: The tonic?

TRINNY WOODALL: Yeah. What's it made from? It's made from that thing.

ANGELA HARTNETT: Oh, no idea, actually.

TRINNY WOODALL: Yes!

NICK GRIMSHAW: Oh, I have no idea.

TRINNY WOODALL: You used to use it if you lived in India in the 1800's and you were needing something to give you antiseptic naturally.

ANGELA HARTNETT: But sort of like a bitter herb or something?

NICK GRIMSHAW: Oh really?

ANGELA HARTNETT: Yeah.

TRINNY WOODALL: It's, it's... quinine. Quinine!

NICK GRIMSHAW: Oh, quinine. Yes.

ANGELA HARTNETT: Oh, okay.

NICK GRIMSHAW: Yeah, yeah, yeah.

TRINNY WOODALL: Quinine. Malaria. Quinine.

NICK GRIMSHAW: Oh.

TRINNY WOODALL: Isn't quinine in, in tonic?

NICK GRIMSHAW: Is that what it's-

PRODUCER: Yeah.

ANGELA HARTNETT: There we go.

NICK GRIMSHAW: Yeah. There we go, yeah. Well, yeah, no malaria.

ANGELA HARTNETT: Learn something new every day. Perfect.

TRINNY WOODALL: When was the concept of a gin and tonic invented?

NICK GRIMSHAW: I have no idea.

TRINNY WOODALL: I have absolutely, it could for me be, thirties-

NICK GRIMSHAW: My mum's house?

[laughter]

NICK GRIMSHAW: She talked about them quite a lot in the eighties.

TRINNY WOODALL: Really, okay. I think it would have, I don't know, cocktails were like the twenties, weren't they?

ANGELA HARTNETT: Yeah, I think so.

TRINNY WOODALL: The Savoy cocktail bar-

NICK GRIMSHAW: Yeah, Savoy, yeah.

ANGELA HARTNETT: F. Scott Fitzgerald or something-

TRINNY WOODALL: -all that stuff, yeah.

ANGELA HARTNETT: -he was there with Zelda.

NICK GRIMSHAW: All that era. All that era.

ANGELA HARTNETT: I'd like that.

NICK GRIMSHAW: We'd like to talk about your food dislikes.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: What would be your no go's? If you turned up today Trinny, and there was something out here, you'd be like, oh my god, I'm turning around?

TRINNY WOODALL: I have a very bad relationship with liver and I have some very bad memories around it.

NICK GRIMSHAW: [*laughs*] Okay.

ANGELA HARTNETT: Okay. Through school is that?

TRINNY WOODALL: Yeah, it was my second bad school. First bad school was like at six and a half, second bad school was at ten.

NICK GRIMSHAW: [*laughs*]

TRINNY WOODALL: And, um, it's a boarding school. There was this woman who was our English teacher, who was really scary, called Miss Coggan. And she wore cashmere twin sets and matching skirts. She had three sets.

NICK GRIMSHAW: Okay, quite fab.

TRINNY WOODALL: But this woman was six foot one, and she had, because we stole her bra once, size fifty-two breasts.

[*laughter*]

NICK GRIMSHAW: Wow!

TRINNY WOODALL: Like, like, really like, she- her breasts greeted you in the room, and then she came on after.

NICK GRIMSHAW: Oh, she's here!

TRINNY WOODALL: She was this really scary woman. Um, and so, you always had a teacher at the end of the table.

ANGELA HARTNETT: Yeah.

TRINNY WOODALL: And there was nothing you shouldn't be eating, and I sat next to Miss Coggan once and it was liver and I said, 'Miss Coggan, I can't eat liver,' and she said, 'Everyone has to eat everything.' I said, 'I really, I feel really sick if I have liver.' So I ate it because she made me eat it, and she was sitting next to me, and then I knew I was going to chuck. And I found her lap with that lovely cashmere skirt, and I went...

ANGELA HARTNETT: Oh!

NICK GRIMSHAW: Oh my god!

[laughter]

TRINNY WOODALL: Into her lap. And I remember she was so elegant because she stood up, all six foot three of her.

ANGELA HARTNETT: Yeah.

TRINNY WOODALL: And she had on very old-fashioned stay up tights-

ANGELA HARTNETT: Yeah.

TRINNY WOODALL: -you know, this is like the seventies, I should think.

ANGELA HARTNETT: Yeah.

TRINNY WOODALL: And she held her skirt up, so we saw her knees for the first time ever, and she walked quite elegantly out the dining room and then whenever I sat next to her, and I just thought let me see how much I can push it, and it was you know, sweet potato, 'I don't eat that,' she goes, 'Fine.'

[laughter]

TRINNY WOODALL: So liver. Liver is my killer.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Okay.

NICK GRIMSHAW: No liver.

TRINNY WOODALL: Liver's my killer. Um... what else?

NICK GRIMSHAW: We had on our list here from you, duck-

ANGELA HARTNETT: Brussel sprouts?

TRINNY WOODALL: Brussel sprouts! Ugh.

NICK GRIMSHAW: Yeah, brussel sprouts. I quite like a brussel sprout now.

ANGELA HARTNETT: Yeah.

TRINNY WOODALL: Now, but you know, if you have the memory of school, of soggy and four days old.

NICK GRIMSHAW: Yeah, yeah, yeah.

TRINNY WOODALL: You're never going to fall in love.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah, true.

TRINNY WOODALL: And I used to live abroad and at Christmas we'd find ourselves in the mountains, and they had these sweets called Sugars, which I loved, they were like Opal Fruits.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Yeah.

TRINNY WOODALL: I loved them so much. And I was quite controlled in my sugar intake.

[laughter]

TRINNY WOODALL: Cause it's so addicting. And so my dad said, 'If you eat five Brussel sprouts tomorrow, you can have five Sugars.'

ANGELA HARTNETT: Right, okay.

NICK GRIMSHAW: Deal.

TRINNY WOODALL: ‘But you have to eat your brussel sprouts.’ And so it was always a negotiation over the Brussel sprout.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah. I feel like they were just cooked wrong.

ANGELA HARTNETT: Yeah. Over-cooked mush.

NICK GRIMSHAW: Because like, they were al- I always hated them, I always hated, like my mum... I don't know if it was a, I think she inherited from her Irish mum of like, boiling veg for like, forty minutes.

TRINNY WOODALL: Seventeen hours.

ANGELA HARTNETT: Yeah, exactly, yeah.

NICK GRIMSHAW: And like, the house would smell of sprout, and it was like, disgusting, and then-

TRINNY WOODALL: Yeah. And cabbage and sprout together, it's not a great...

NICK GRIMSHAW: It's not a great smell. And then all of a sudden, you go to any restaurant now-

ANGELA HARTNETT: Any fancy pants.

NICK GRIMSHAW: -sprout's a go go.

ANGELA HARTNETT: They're a go go.

TRINNY WOODALL: And there's sort of things on them, like shallots, with some cinnamon-

NICK GRIMSHAW: Yeah, a raisin or something.

ANGELA HARTNETT: A little bit of hazelnut, people, love it. But the one I can't get my head 'round, and I love you dearly, is anchovies.

TRINNY WOODALL: [*breathes in*]

ANGELA HARTNETT: I mean we are like...

NICK GRIMSHAW: We are Mr and Mrs Anchovy.

TRINNY WOODALL: See, Susannah-

ANGELA HARTNETT: We've got them in our pockets-

TRINNY WOODALL: Susannah would have a threesome with you.

ANGELA HARTNETT: Yeah she would..

TRINNY WOODALL: She loves them so much.

ANGELA HARTNETT: Re- yes.

TRINNY WOODALL: She's like give me an anchovy, slither it down my throat.

NICK GRIMSHAW: Love.

ANGELA HARTNETT: Yeah!

TRINNY WOODALL: And I'm like, [*horrified noise*].

ANGELA HARTNETT: Oh my gosh.

TRINNY WOODALL: No I can't. And like if you know, caesar salad, you know, I hate to ask people who cook you something nice in a restaurant, 'Can you put that on the side and this in the moon and that one on the motorway?'

ANGELA HARTNETT: Sure.

[*laughter*]

TRINNY WOODALL: You know, and it's like so rude, if you go to a restaurant, eat the food in the restaurant or go to another restaurant.

ANGELA HARTNETT: Yeah, yeah.

NICK GRIMSHAW: Yeah, yeah, yeah.

TRINNY WOODALL: But then with anchovy- well, then I just won't order a caesar.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

TRINNY WOODALL: I don't order a caesar on that principle.

ANGELA HARTNETT: Course, yeah.

TRINNY WOODALL: And then it's usually not hidden.

ANGELA HARTNETT: Yeah.

TRINNY WOODALL: I mean, if it's hidden in plain sight, I just take it off.

NICK GRIMSHAW: Just throw it off.

ANGELA HARTNETT: Done.

TRINNY WOODALL: Flick it your way, darling.

NICK GRIMSHAW: Flick it over the way, yeah. And then what about your favourites? What are your, like, go-to's? What are the things you crave and look forward to eating?

TRINNY WOODALL: I had an iron deficiency when I was much younger, so a big bit of steak I actually like a lot.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Uh-huh.

TRINNY WOODALL: I love Italian food.

NICK GRIMSHAW: Mm-hm.

TRINNY WOODALL: There's a warmth and love and passion in how it's made, you know, Stanley Tucci's A Taste of Italy or whatever it's called. I was, like, gripped with every programme, in fact, I wrote to the producer saying, 'I'm going to Venice now, could you please give me the list of the places you went to?'

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Did you get the list?

TRINNY WOODALL: Yeah, I got the-

NICK GRIMSHAW: Oh my god.

TRINNY WOODALL: The producer, this junior producer, she sent me the list of every restaurant they've been to-

ANGELA HARTNETT: Oh my god, amazing.

TRINNY WOODALL: -and literally we re-enacted, you know, those funny little restaurants we went to.

ANGELA HARTNETT: Yeah.

TRINNY WOODALL: Then, I was in the States in my career a bit and a sort of diner breakfast?

NICK GRIMSHAW: Mm!

ANGELA HARTNETT: Oh, right.

TRINNY WOODALL: Can be quite nice, so the full enchilada of the waffle, with the banana, and the maple syrup.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yes.

TRINNY WOODALL: And you know, that is like *[slurp sound]*.

NICK GRIMSHAW: Yeah, mm-hm.

ANGELA HARTNETT: Yeah.

TRINNY WOODALL: And the bacon, the American bacon.

ANGELA HARTNETT: Yeah, 'course.

NICK GRIMSHAW: The American bacon.

TRINNY WOODALL: So bacon, love bacon.

NICK GRIMSHAW: Mm-hm.

TRINNY WOODALL: Um, cheese. Love cheese. Love every kind of cheese. Vacherin is my favourite.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Wow.

TRINNY WOODALL: Really smelly Mont Blanc, Vacherin. I have a little house in the mountains in France. Vacherin was literally invented in the Savoie, quite near me [*slurp sound*].

ANGELA HARTNETT: It's coming up to that season now.

TRINNY WOODALL: A really good, a really good overdone camembert.

NICK GRIMSHAW: Oh yeah.

TRINNY WOODALL: Oozing.

ANGELA HARTNETT: All the things we could have cooked you.

NICK GRIMSHAW: I could have cooked if that's what I knew you were into.

[*laughter*]

TRINNY WOODALL: Oh darling!

NICK GRIMSHAW: There you go, cheese, there we go.

[*cooking sounds*]

NICK GRIMSHAW: We spotted you recently in San Remo on a watercolour painting holiday.

TRINNY WOODALL: Yeah. Mm.

NICK GRIMSHAW: Obsessed with this idea.

TRINNY WOODALL: Ugh!

NICK GRIMSHAW: Tell me about this.

TRINNY WOODALL: So I went for three days to San Remo and I loved it, because all you think about is that little bit of paint.

NICK GRIMSHAW: Yeah.

TRINNY WOODALL: My brain was empty of everything else.

NICK GRIMSHAW: Wow.

TRINNY WOODALL: It was incredibly therapeutic.

NICK GRIMSHAW: Have you ever done anything like that before? Have you, when you do have those breaks from work, do you go on holiday and lie down or do you like to go and always do an activity or like learn a new skill?

TRINNY WOODALL: I'm not somebody who's good at lying down totally, but I know that it's important that we get that balance.

NICK GRIMSHAW: Mm-hm.

TRINNY WOODALL: But sometimes my relaxed time is for other people maybe still looking like an active time, but for me it's quite relaxed, yeah.

NICK GRIMSHAW: And would you do that again? Do you think next time you have a break, go and do a skill? Cause I always love the idea of that.

TRINNY WOODALL: Of learning a skill?

NICK GRIMSHAW: Love the idea of that.

TRINNY WOODALL: Yeah. What do you learn?

NICK GRIMSHAW: I mean, I literally this year was like, I'm gonna become a wine sommelier. I'm gonna learn Spanish. Not done either.

TRINNY WOODALL: Okay, but what have you done? Tell me something you've thought, I'm gonna do it and you've gone and done it.

NICK GRIMSHAW: No, I'm not. I'm really non-committal.

TRINNY WOODALL: Right, so we gotta make you commit.

NICK GRIMSHAW: I know, I love the idea of going on holiday and going on a watercolour trip.

TRINNY WOODALL: Yeah.

NICK GRIMSHAW: That's what I'd love to do.

TRINNY WOODALL: You love the idea.

NICK GRIMSHAW: But I get, you know, sidetracked.

TRINNY WOODALL: What do you get sidetracked doing?

NICK GRIMSHAW: Like, wine and things.

[laughter]

TRINNY WOODALL: So it's drinking, so what if you could paint the wine bottle?

[laughter]

TRINNY WOODALL: Or something.

NICK GRIMSHAW: You can drink it- I could do the brussel sprout trade off.

TRINNY WOODALL: You could.

NICK GRIMSHAW: You get a glass of wine, but then you must paint the wine, and things like that.

TRINNY WOODALL: Yeah, that could be your way of getting, and I think I need to send you some paints and you need to just try.

NICK GRIMSHAW: Yeah.

[dinner table sounds]

NICK GRIMSHAW: Angela, what do we have here?

ANGELA HARTNETT: So what we have is a sea bass with peppers and red zhoug.

NICK GRIMSHAW: Ooh.

TRINNY WOODALL: What's zhoug?

NICK GRIMSHAW: Yeah, what's a zhoug?

ANGELA HARTNETT: So a zhoug, it's lovely flavours of cumin, coriander, cardamom seeds that we've roasted down. We've mixed them with some chillies, which we've chopped very finely, some lemon, garlic and olive oil. And it's a Yemeni, um, sort of condiment.

TRINNY WOODALL: It's so delicious.

ANGELA HARTNETT: So it's slightly spicy, that's why we've given you the yoghurt.

TRINNY WOODALL: Mm-hm.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: And then you basically, we roast these peppers, a little accompaniment, and I've basically put a little bit of the zhoug with the peppers, with some coriander and some mint as well.

NICK GRIMSHAW: Mm.

TRINNY WOODALL: How do you write the zhoug? How do you write that?

ANGELA HARTNETT: Z H O U G.

NICK GRIMSHAW: Zhoug. That is nice to say.

ANGELA HARTNETT: And it's a recipe by our lovely Diana Henry.

NICK GRIMSHAW: Oh, lovely.

ANGELA HARTNETT: Who writes a lot for Waitrose.

NICK GRIMSHAW: Mmm.

ANGELA HARTNETT: Bon appétit.

NICK GRIMSHAW: Delicious.

TRINNY WOODALL: This is really yummy.

NICK GRIMSHAW: Really good. I feel like this is like when we had Yotam Ottolenghi on. He came and he brought gifts, he made a little seed mix for us, and he made like a hot chilli sauce, kind of like this zhoug, which I took home.

ANGELA HARTNETT: [*with mouth full*] Mm, I remember...

NICK GRIMSHAW: -and I had that on everything, and I just like had it and kept it, and was just like...

TRINNY WOODALL: Yeah, I remember that stuff.

ANGELA HARTNETT: This is right up your street.

NICK GRIMSHAW: Love this sort of thing, yeah.

TRINNY WOODALL: I love thi- yeah.

NICK GRIMSHAW: Have it on eggs, salad, chicken, fish, anything.

TRINNY WOODALL: So good. I went to one of his first restaurants in Jerusalem.

NICK GRIMSHAW: Oh, wow.

TRINNY WOODALL: And I mean, the food there.

ANGELA HARTNETT: It's amazing.

TRINNY WOODALL: The change in the food there from twenty years ago to, it's, it's incredible.

[salt grinder sounds]

NICK GRIMSHAW: So we know what you'd have cooked for you. What about if you were in charge, Trinny? What would you be like, 'Okay, Ange, Nick, this is what I'm gonna do for you tonight.' What would be your go to?

TRINNY WOODALL: My repertoire is really limited, right, but I'm very good at summer salads that are unexpected, and I'm very good at sauces. Actually, I'm very good at a béchamel and I'm very good at just doing interesting dressings. My favourite dressing is a dressing where I do olive oil and white wine vinegar, horseradish, a ton of it.

ANGELA HARTNETT: Oh?

TRINNY WOODALL: Mustard, dijon mustard, honey, lemon, some chopped up chives, um, what else do I put in it? But it's kind of a mixture and it's quite frothy.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Ooh, yeah.

TRINNY WOODALL: But the horseradish-

ANGELA HARTNETT: Is the horseradish grated in?

TRINNY WOODALL: Creamed and some hot fresh as well.

ANGELA HARTNETT: Yeah. Oh god, wow.

NICK GRIMSHAW: Ooh, s***.

TRINNY WOODALL: I have a horseradish sort of section in my fridge.

ANGELA HARTNETT: Yeah.

TRINNY WOODALL: I love horseradish.

NICK GRIMSHAW: [*laughs*]

ANGELA HARTNETT: Sounds like it!

NICK GRIMSHAW: Yeah, oh my god.

TRINNY WOODALL: My horseradish addiction. I'll put it on nearly everything, I mean, I'll do it obviously with salmon, I'll do it with chicken sometimes.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm.

TRINNY WOODALL: Anything where it's also a bit bland, I'll throw in the horseradish.

ANGELA HARTNETT: Oh wow.

NICK GRIMSHAW: Yeah, get it on. Also, I think a really good salad, I love having a salad, making a really good substantial one with a good dressing. I don't mean like a rubbish salad, like a side salad in a hospital. I mean like one you'd get in the United States of America.

TRINNY WOODALL: I mean like chicken. I do like chicken with peaches and stuff.

NICK GRIMSHAW: Yes, yes.

TRINNY WOODALL: And some walnuts.

ANGELA HARTNETT: It's a meal, it's not just a salad.

NICK GRIMSHAW: No, yeah. Mesh goes like, 'Salad?!' I'm like, 'Just you wait.'

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Get ready.

ANGELA HARTNETT: Yeah, get ready.

NICK GRIMSHAW: I'm gonna use four pans to make this salad.

[laughter]

NICK GRIMSHAW: That sort of salad. That sort of salad.

ANGELA HARTNETT: That's what he can't cope with, it's the four pans.

NICK GRIMSHAW: The four pans.

[drink pouring sounds]

NICK GRIMSHAW: If you want to try this, then please do head to [waitrose.com/dish recipes](https://www.waitrose.com/dish-recipes).

ANGELA HARTNETT: Yep.

NICK GRIMSHAW: All the recipes that we do on Dish are on there. There is a wine pairing. What is the wine pairing, Ange?

ANGELA HARTNETT: Seifried Nelson Gewurztraminer, it's 'A rich, round wine with low acidity, full bodied, and no tannins. It will stand up to the red zhoug sauce.'

NICK GRIMSHAW: Mmm.

ANGELA HARTNETT: So it works. So we didn't do wine, but that's what you have with it.

NICK GRIMSHAW: Okay.

ANGELA HARTNETT: Slight sweetness there.

[dinner table sounds]

NICK GRIMSHAW: When we were chatting about you coming on, I thought, I wonder if you, and also you, Ange, had any sort of amazing makeup moments. Were you punks? Did you enjoy New Romantics? Was there any makeup looks that you both look back on and think, oh my god. I didn't really have it with makeup. Hair, yes, 'cause I'd follow, actively the haircuts of David Beckham.

ANGELA HARTNETT: Yeah.

TRINNY WOODALL: Yeah.

ANGELA HARTNETT: Oh right, okay, I get that.

NICK GRIMSHAW: So, you know, when he had a blonde mohawk, I had a blonde mohawk.

ANGELA HARTNETT: Oh, interesting.

NICK GRIMSHAW: When he had frosted tips, I had frosted tips.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: We looked different, facially.

ANGELA HARTNETT: Yes.

TRINNY WOODALL: Really?

NICK GRIMSHAW: But hair? Identical.

[laughter]

NICK GRIMSHAW: But were there any like makeup looks that you guys experimented with that you look back on and you're like, wow I really shouldn't have been a punk?

ANGELA HARTNETT: I didn't have punk. I had two moments where I remember going to a college where we went to the freshers ball, and for some reason, I don't know why, we had literally green, sort of bluey makeup like this, when I look back at that picture I'm just mortified and embarrassed about what we did with eyes. And the worst was when I did a haircut and I took in a

picture, of you know, you're taking a picture say you want it like that, and I came out and I thought, oh my god, I look like Deirdre Barlow!

[laughter]

ANGELA HARTNETT: I just cried, I just burst out crying.

NICK GRIMSHAW: Oh no.

ANGELA HARTNETT: I was a fourteen-year-old going, oh my god I look like that woman off Coronation Street with the big glasses.

NICK GRIMSHAW: Aw.

ANGELA HARTNETT: Only a few. No, I never really wore a lot of makeup as a kid. I barely wear that much now as an adult, never mind, so...

NICK GRIMSHAW: What about you Trinny? Were there any phases of-

TRINNY WOODALL: For me it's always skincare and makeup together.

NICK GRIMSHAW: Uh-huh.

TRINNY WOODALL: Because I had very bad skin.

NICK GRIMSHAW: Right.

ANGELA HARTNETT: Did you? That's surprising.

TRINNY WOODALL: I had acne from thirteen to thirty.

NICK GRIMSHAW: Ooh wow.

ANGELA HARTNETT: Oh wow.

TRINNY WOODALL: Which is I think why I became so obsessed with skincare.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Right.

TRINNY WOODALL: We do skincare, really more than makeup actually, at Trinny London.

ANGELA HARTNETT: Yeah.

TRINNY WOODALL: I remember when people talked to me, they wouldn't talk to my eyes because they were looking and studying a rather big spot.

ANGELA HARTNETT: Oh that's awful.

TRINNY WOODALL: You know, and they were quite prominent. So I thought, mm, I will do No. 7 Mousse Foam Tan in a bottle, which then was the mousse. It was only one colour, whatever your skin tone.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm-hm.

TRINNY WOODALL: And I put it on with a sponge, which I never washed.

[laughter]

TRINNY WOODALL: And I would, you know, think that if I cover my face in a lot of fake tan you wouldn't see my spots so much. You'd stay with people at the weekend, and they would call up my mum and say, 'Can she bring her own sheet? She's like the Turin Shroud.'

[laughter]

NICK GRIMSHAW: Oh my god.

TRINNY WOODALL: And I just did not... you know, it all came off, and then the bath always had that stain on it. I mean, it was disgusting. And it meant that I put it down when I was about thirty, I never have worn fake tan since, 'cause I just, I have a really uncomfortable relationship with it and bad memories.

NICK GRIMSHAW: And then were you always interested in skincare?

TRINNY WOODALL: Always.

NICK GRIMSHAW: Always from a young age? Yeah.

TRINNY WOODALL: Always, like I was fourteen in seventy-eight, and I'm in New York visiting my godmother.

ANGELA HARTNETT: Yeah.

TRINNY WOODALL: So she said, we're going to Lord & Taylor, which was like the Peter Jones-

NICK GRIMSHAW: Right.

TRINNY WOODALL: -of New York, Lord & Taylor. So it's down 5th Avenue, it's now closed. And I remember I went in and at the end of this, what felt like a cathedral, because in England in the seventies, we were like... it was s***.

[laughter]

TRINNY WOODALL: Every- my mother, I would have a spot, she'd go, 'Pond's Cream,' 'I've had a cracked nail,' 'Pond's Cream.' Everything, the answer was Pond's Cream. So I went there and there at the end was Clinique. You know, '3-Step,' I was like, it's like a computer. This thing moved, it was like mesmerising, and I was like, oh my god. And I got a routine.

ANGELA HARTNETT: Yeah.

TRINNY WOODALL: And from that age, from like fourteen, the concept that skincare meant a routine, which could then be a solution, was drilled in my head. And then every single year I would try two, three different brands and do them religiously, do the routine - I must have tried about seven, eight hundred pounds in the last forty years, before I then did Trinny London Skincare. So I was always thinking, what's that in that that might do something? Or is it just marketing?

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: You're now selling in John Lewis.

ANGELA HARTNETT: Yeah.

TRINNY WOODALL: We are selling in John Lewis.

NICK GRIMSHAW: Yeah. Amazing.

TRINNY WOODALL: And so we're gonna be in six John Lewis', and I've just finished the design of how it looks.

NICK GRIMSHAW: Ooh.

ANGELA HARTNETT: Oh, yes.

TRINNY WOODALL: Because also, I always felt when you go into a store, it's a them and us, you've got, you know, the counter and then somebody's behind there.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah, sure.

TRINNY WOODALL: And you'll sort of there, scrolling, and they're sort like, 'Yes, can I help you?' And you're like, unhh.

ANGELA HARTNETT: Yeah, yeah, yeah.

TRINNY WOODALL: And so we made these tables that you just go around by yourself, and if you want help you get help. But there's this sense of a little journey and I like creating journeys.

NICK GRIMSHAW: Oh, I love that.

[*dinner table sounds*]

NICK GRIMSHAW: Can we talk about What Not to Wear?

ANGELA HARTNETT: Yes.

TRINNY WOODALL: Yeah.

NICK GRIMSHAW: Because this I feel was like a formative part of my televisual experience.

TRINNY WOODALL: Darling, you were probably two.

NICK GRIMSHAW: I like loved it. Me and my mum loved it. I think it was a really good mother son bonding moment.

ANGELA HARTNETT: Aw.

TRINNY WOODALL: I've heard that from a few mothers and sons..

NICK GRIMSHAW: We really, really loved it.

TRINNY WOODALL: Yeah.

NICK GRIMSHAW: We really loved it. We really loved it. What were your memories of that show? Cause there's a few shows that I think people vividly remember, and truly an iconic, like you could do an impression of Trinny and Susannah.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Like that's an iconic TV show. What are your memories of making that show and what it was like for you in that time?

TRINNY WOODALL: Mainly really good memories.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

TRINNY WOODALL: Very good crew, and it was a tight crew-

NICK GRIMSHAW: Yes.

TRINNY WOODALL: -and there was lots of stuff going on, gossip and chat, and it was great, and it has to be because you're, you're on the road a lot. Um, the people who we did, there were a lot of people who stayed in my mind and we kept in touch with.

ANGELA HARTNETT: Oh, that's lovely.

TRINNY WOODALL: And that was great. The thing that I can't believe that we got away with was the husband saying, 'Yes, you can video record, secretly, my wife getting changed in the bedroom,' you know, sort of like...

NICK GRIMSHAW: Did that happen? Yeah...

TRINNY WOODALL: It did, I remember Vanessa-

ANGELA HARTNETT: Would that happen today?

TRINNY WOODALL: I think Vanessa was our first or second show, and we had hidden cameras to see what she would- how she'd get dressed in the morning.

ANGELA HARTNETT: Yeah.

TRINNY WOODALL: I mean, what the editor would have had to look through to get to a place where she was just trying on a yellow top!

[laughter]

TRINNY WOODALL: It's like, no way!

NICK GRIMSHAW: Yeah, wow.

ANGELA HARTNETT: Yeah, gosh.

TRINNY WOODALL: So there's a few things like that, but generally, the reveals. You know, the reveals on telly are great, but the reveals in *real life* are great.

ANGELA HARTNETT: Yeah, I bet.

NICK GRIMSHAW: Was it emotional when you were there, when you would see the reveals?

TRINNY WOODALL: Yeah, it was emotional.

NICK GRIMSHAW: Yeah.

TRINNY WOODALL: It was always emotional.

NICK GRIMSHAW: Yeah, 'cause I did a show where we like renovated houses and sometimes when I watch TV, I'm like, why is everyone crying? And then when I would be there doing it, I'd be bloody crying and it weren't even my house. And I'd be so invested in what we'd done to someone's like, bedroom.

TRINNY WOODALL: And when they came in and they had that moment of, oh my god, this has happened to me.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Speaking of what not to wear.

TRINNY WOODALL: Yes.

NICK GRIMSHAW: We delved into some of the archives of mine, and we thought we could see what you thought of these. It was sort of, I mean, various eras. Um, so, just, just-

TRINNY WOODALL: Don't, don't pre-empt it with anything. Let me just have a look, darling.

NICK GRIMSHAW: Let's not pre-empt it with anything. Correct.

[laughter]

NICK GRIMSHAW: So first up is me in a sort of plummy coloured blazer with a different coloured berry tie, very tight jeans and a suede boot. I loved those boots at the time. In hindsight, they looked disgusting.

TRINNY WOODALL: I'm trying to think which David Beckham hair era this was.

[laughter]

TRINNY WOODALL: Um, I would say you're great in red.

NICK GRIMSHAW: Oh?

TRINNY WOODALL: It looks really nice on you, and it was that time of that sort of everything is shrunken, you know.

NICK GRIMSHAW: Yeah, so small.

TRINNY WOODALL: And it was like, shrunken was the way.

NICK GRIMSHAW: Yeah.

TRINNY WOODALL: And you're definitely 'shrink wrapped' here.

NICK GRIMSHAW: Yeah.

[laughter]

TRINNY WOODALL: Maybe a tiny bit too clingy.

NICK GRIMSHAW: Yes.

TRINNY WOODALL: Because you're kind of seeing the outline of your knee?

NICK GRIMSHAW: Right, yeah.

TRINNY WOODALL: You know what I mean? It's like th- there's a way...

NICK GRIMSHAW: We didn't need to see that.

TRINNY WOODALL: But, but, the silhouette the proportion of the silhouette I love and also you are in proportion; your torso, so you can get away with this look.

ANGELA HARTNETT: There you go.

NICK GRIMSHAW: Oh, great, okay, thank you Trinny. Second look is this one Trinny. How's this?

TRINNY WOODALL: Channelling leopard. Your hair is a bit warmer, I would say.

NICK GRIMSHAW: Yeah.

TRINNY WOODALL: Glad you left that era behind.

NICK GRIMSHAW: Yes. I don't know about this one.

TRINNY WOODALL: And, um...

NICK GRIMSHAW: No.

TRINNY WOODALL: Yeah, I think the scarf is sort of nonchalantly put around your neck in a way that I'd always say to somebody, [*yank sound*] tight-

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: Yeah.

TRINNY WOODALL: -or have it really like open, but this kind of half, halfway measure...

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: I look a bit like my- my mum always struggles with a scarf.

[*laughter*]

NICK GRIMSHAW: And I've inherited... that.

ANGELA HARTNETT: Her struggles.

NICK GRIMSHAW: Yeah.

TRINNY WOODALL: Yeah, I'm thinking what work you've done.

NICK GRIMSHAW: Mm.

TRINNY WOODALL: Yeah, because your face looks a bit different.

NICK GRIMSHAW: Work?!

ANGELA HARTNETT: Ooh!

TRINNY WOODALL: No, but like your face looks different, so your brow...

[laughter]

TRINNY WOODALL: Okay-

ANGELA HARTNETT: It's all natural!

TRINNY WOODALL: So I, so I'll tell you what it is. You- do you dye your brows?

ANGELA HARTNETT: The truth is out

NICK GRIMSHAW: No, I don't dye my brows.

TRINNY WOODALL: You don't. But your brows there look thinner and lighter. And I love your brows now.

NICK GRIMSHAW: Yeah, well maybe they've been brushed today.

TRINNY WOODALL: But I think your brows- who were you channelling then?

NICK GRIMSHAW: I don't know what that is.

TRINNY WOODALL: It wasn't Backstreet Boys, it was, when-

NICK GRIMSHAW: That was a rough time, I think.

TRINNY WOODALL: When was this?

NICK GRIMSHAW: That was, I was doing Breakfast then, and that was like the BRITs, so it was...

TRINNY WOODALL: Okay, and you weren't going to go to bed that night.

NICK GRIMSHAW: I was not in the zone, I was not in the zone.

TRINNY WOODALL: But I would say you're in your sort of chocolate brown look.

NICK GRIMSHAW: Yeah, yeah.

TRINNY WOODALL: Yeah. And then the final one, shall I describe that?

NICK GRIMSHAW: Final one, we go back to eleven years ago.

TRINNY WOODALL: We're looking at a silk suit in a dove grey, with a white t-shirt and some heavy shoes in dark brown. A little cravat on your little pocket collar kerchief. And I think there's a necklace there with something on it. It would have perhaps been really improved to wear a white trainer.

ANGELA HARTNETT: Oh.

NICK GRIMSHAW: Oh, yeah.

TRINNY WOODALL: You know, and not to wear the heavy leather-

NICK GRIMSHAW: Yeah, not to wear, yeah.

TRINNY WOODALL: -with the pale suit.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: But you look shorter in that picture, but obviously it's-

TRINNY WOODALL: Because he's not wearing white-

NICK GRIMSHAW: To balance.

TRINNY WOODALL: -to continue the legs.

ANGELA HARTNETT: Oh.

TRINNY WOODALL: It's cut, it cuts a little bit off when it's a very contrasting, heavier boot, I think...

NICK GRIMSHAW: I should have done a trainer.

TRINNY WOODALL: Maybe, but I think the jacket's a nice shape. Yeah.

NICK GRIMSHAW: Basically what we've learned from this exercise is, I've got better.

[laughter]

[theme music]

NICK GRIMSHAW: Shall we do the end of the show question? For your chance to win the Waitrose goodie bag, Trinny, 'In 2006, you and Susannah were on the Michael Parkinson show when the now infamous Meg Ryan interview took place. Can you tell us, in detail, all about one of the biggest TV moments of the past twenty years? Thanks, Team Dish.'

ANGELA HARTNETT: Ohh. Yes.

NICK GRIMSHAW: That was an iconic-

TRINNY WOODALL: That was an iconic, that was an iconic.

NICK GRIMSHAW: That really was talked about, wasn't it?

TRINNY WOODALL: Yah. I do remember something very specifically, God rest Mr Parkinson. We were on first and then she came in.

ANGELA HARTNETT: Yeah.

TRINNY WOODALL: And then when we left, he whispered in my ear and went, 'BLEEP'

ANGELA HARTNETT: [gasps]

NICK GRIMSHAW: Oh my...

ANGELA HARTNETT: Oh my god.

TRINNY WOODALL: Yeah, it was really, yeah. It was just like, you know, because he was really, you know, there she was to promote her, her film, and he asked any question and, you know, you know you're there to sing for your

supper, you're promoting a film, you're getting paid millions, which people are paying £12.99 to see you, so, you know, give us something.

ANGELA HARTNETT: Yeah.

TRINNY WOODALL: And she was, 'No. Yes. No.' No elaboration.

NICK GRIMSHAW: And was it tough in the studio when you were there? Were you like [*awkward sound*]?

TRINNY WOODALL: Well, we had done our interview and then they bring in the main star, 'cause we were the warm up act, you know, so usually they then have tons of time and you might be able to throw in one question.

ANGELA HARTNETT: Yeah, sure.

TRINNY WOODALL: He was so desperate that we threw in quite a few questions.

[*laughter*]

TRINNY WOODALL: Just to kind of ease off the, um, difficult party atmosphere.

ANGELA HARTNETT: Cause didn't it end and he goes, 'How do you think this is going?' And she was like, 'not good,' or something?

TRINNY WOODALL: 'Not good,' yeah.

NICK GRIMSHAW: No, the best was when he said, 'If you were me, what would you do?'

ANGELA HARTNETT: Yeah, oh, 'End it.'

NICK GRIMSHAW: -and she said, 'Wrap it up.'

TRINNY WOODALL: She said, 'Wrap it up.'

NICK GRIMSHAW: Like, wow.

ANGELA HARTNETT: That's true.

TRINNY WOODALL: And then I literally think he said, ‘Well then I will.’

ANGELA HARTNETT: Ah!

TRINNY WOODALL: Never forget it, yeah.

NICK GRIMSHAW: Trinny, thank you so much.

ANGELA HARTNETT: Thank you.

TRINNY WOODALL: You're so welcome.

NICK GRIMSHAW: Thank you for coming.

TRINNY WOODALL: Thank you for having me on. I loved my lunch.

ANGELA HARTNETT: Thank you.

NICK GRIMSHAW: Ugh. She had two, that's how much!

ANGELA HARTNETT: [*laughs*] Yes.

TRINNY WOODALL: It was really, really delicious.

NICK GRIMSHAW: A round of applause, Trinny everybody!

ANGELA HARTNETT: Woo!

[*applause*]

TRINNY WOODALL: Thank you.

ANGELA HARTNETT: Thank you. Thank you so much.

NICK GRIMSHAW: Next week on Dish, we welcome Lashana Lynch.

NICK GRIMSHAW: People talk about James Bond like daily, what is that like when you get that call and who calls you, is it your agent? Is it Daniel Craig?

LASHANA LYNCH: Hey Danny

NICK GRIMSHAW: Hey, it's Danny...

[Laughter]

ANGELA HARTNETT: If you would like to recreate any of the meals I make on Dish, you can find the ingredients and the method on [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes)

NICK GRIMSHAW: We love hearing from you, so please, come on, send us a question, I read them, Angela answers them. If you want to do it, dish@waitrose.co.uk

ANGELA HARTNETT: Dish is an S:E Creative Studio Production

VOICEOVER: Waitrose, food to feel good about