



DISH - Elizabeth Day, crab & fennel salad and a vodka martini

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 we?

ANGELA HARTNETT: Very well, thanks, and you?

NICK GRIMSHAW: Yeah, I'm good. I'm alright, yeah.

ANGELA HARTNETT: Good, good. You've done your hair differently.

NICK GRIMSHAW: Yeah?

ANGELA HARTNETT: It's better than the quiff I saw of an old like, YouTube clip of you years ago.

NICK GRIMSHAW: Yeah, Angela's been watching old stuff of me on the internet.

ANGELA HARTNETT: I was trying to find your new programme. I thought, I'll support Nick, he's always moans that I don't listen to this or I don't watch that, so I googled your new show, couldn't find it, and then this thing came up.

NICK GRIMSHAW: Mm-hm. From like 2013.

ANGELA HARTNETT: Yes. And I was like, what is that with that hair? And it was quite fun.

NICK GRIMSHAW: I don't know what happened at that point in my life. But yeah, it was enormous.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: It was so big.

ANGELA HARTNETT: Good head of hair.

NICK GRIMSHAW: Today we've got a podcaster extraordinaire, award-winning journalist and author, Elizabeth Day. She's most recently written a book called *Friendaholic: Confessions of a Friendship Addict*, so I really want to talk to her about friendship and what that means for her, and some of the stuff in this book really triggered me and I thought oh, maybe I'm codependent. Not in a bad way.

ANGELA HARTNETT: No, not in a bad way.

NICK GRIMSHAW: But now I'm getting older, I like less people.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Not in the fact that I don't like people, but I feel more content on my own, is what I mean.

ANGELA HARTNETT: Yeah, you're more discerning about it. I think as we get older we-

NICK GRIMSHAW: Find it more exhausting now.

ANGELA HARTNETT: Well, no, that's it. You have less time, you have less energy, and actually you want to spend it with the people you want to spend it with rather than just going yes to everything.

NICK GRIMSHAW: Did you used to get FOMO when you were younger?

ANGELA HARTNETT: I've never really had FOMO, if I'm honest. My friend Nicola Sears, who's one, like, I've known her since I was ten or eleven, would always ring me when we were in our teenage years, and she'd ring up – 'cause that was the day you had a phone, you didn't have text message - she'd ring up and she'd go, 'I'm going to ask you, but I know you're going to say no.' That was her opening line every time, and it would be like, 'Do you want to go to a party? Do you want to do this?' And I would go, 'Yep, I'll go to that. Nope, not interested.' And I've never, you know... that's the way.

NICK GRIMSHAW: Oh, I've always had FOMO, which I've do- well, I've not had it for a few years, but I always used to have it.

ANGELA HARTNETT: No, lots of people I know, Betty has FOMO.

NICK GRIMSHAW: Does she? Oh, little Betty. I've met her before, have you ever met her? Met her on Portrait Artist of the Year.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: When did you meet her?

ANGELA HARTNETT: We were out to dinner one time at the Pig's and her husband, his family come from the same village that my family do in Italy.

NICK GRIMSHAW: Oh, no way?

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Bardi.

ANGELA HARTNETT: Bardi, indeed.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah, there you go, you know it all.

NICK GRIMSHAW: Before we get Elizabeth in, let's hear from a Dish listener. Michelle's been on, she says, 'Hi, Nick and Angela, I've only recently discovered podcasts,' well, welcome along, Michelle, 'I have to say, yours is my favourite discovery ever.'

ANGELA HARTNETT: Ever.

NICK GRIMSHAW: Which sounds like a compliment, but she's only just discovered them.

ANGELA HARTNETT: She hasn't listened to anyone else's.

NICK GRIMSHAW: 'Angela, my son, was living in Bermondsey last year when we treated him to a meal at Café Murano there. That was a treat enough, but then, to see Angela walk through the back terrace, carrying her chef's outfit, well, my excitement. Photo attached like a little schoolgirl.' and Michelle has sent in a photo of her in the foreground and in the back across the restaurant behind the counter is HRH Angela Hartnett working in the kitchen and Michelle is right, she does look like a schoolgirl there.

ANGELA HARTNETT: Yep.

NICK GRIMSHAW: She's got sort of, you know, schoolgirl giddy-ment.

ANGELA HARTNETT: Yes, she does.

NICK GRIMSHAW: You very much look like, well, a chef.

ANGELA HARTNETT: I'm cooking. Yeah.

NICK GRIMSHAW: Really cheffy. She says, 'The cafe and the food were amazing and the podcast is a credit to all involved.'

ANGELA HARTNETT: Aw.

NICK GRIMSHAW: All.

ANGELA HARTNETT: She's very nice.

NICK GRIMSHAW: She says, 'I love it. I love the tips, keep going, and if it could be filmed so I could see it, it would be even better.' Alright then. Well, if you film bits of it, that's what all people say to me is, where can I watch it?

ANGELA HARTNETT: I know.

NICK GRIMSHAW: That's all people comment.

ANGELA HARTNETT: But we can't give all the secrets away.

NICK GRIMSHAW: No, we can't.

ANGELA HARTNETT: Just a little taster.

NICK GRIMSHAW: Well, thank you, Michelle, for your email. That is really, really nice of you. If you ever do want to get in touch with us, with a sneaky picture you've taken of Angela Hartnett, email us dish@waitrose.co.uk. Right, should we get our guest in?

ANGELA HARTNETT: We should indeed.

[*Music*]

NICK GRIMSHAW: Today we have round for a lovely bit of crab, the one and only Elizabeth Day!

[*Applause*]

NICK GRIMSHAW: Hi Elizabeth!

ANGELA HARTNETT: Hi Elizabeth!

ELIZABETH DAY: Hi! This so fun already.

ANGELA HARTNETT: Oh.

ELIZABETH DAY: I'm having the best time.

NICK GRIMSHAW: Well, we're recording this on a Friday.

ELIZABETH DAY: Yes.

NICK GRIMSHAW: It's afternoon, and we're starting with a sensational order from yourself, dirty martini.

ELIZABETH DAY: Yeah, it's just on my rider, wherever I go now-

NICK GRIMSHAW: Wherever she goes.

ELIZABETH DAY: I demand a vodka martini, dirty, preferably served by a Michelin star chef. And that's me, I'm a humble girl from Epsom.

NICK GRIMSHAW: You know. She's just... she's just this girl. Well, cheers and welcome to Dish.

ANGELA HARTNETT: Cheers.

ELIZABETH DAY: Thank you for having me. Oh my god, that's so good.

ANGELA HARTNETT: Very good. Well done, Nick.

ELIZABETH DAY: The hint of olive is just right.

ANGELA HARTNETT: And it's got to be that ice cold.

NICK GRIMSHAW: Ice cold.

ANGELA HARTNETT: Chilled glass is very good.

NICK GRIMSHAW: Room temperature, absolutely vile.

ELIZABETH DAY: The smoothness, oh.

ANGELA HARTNETT: Yes.

ANGELA HARTNETT: Wrong on many levels.

ELIZABETH DAY: It's going to be dangerous.

NICK GRIMSHAW: Really going to be dangerous.

ANGELA HARTNETT: Let's get you talking now.

ELIZABETH DAY: I know.

NICK GRIMSHAW: But how is life? How is everything going?

ELIZABETH DAY: Life is great. Life is really busy, and I've decided to reclaim that word. Because you know that so many people are like, oh, you're so busy, and there's an implied criticism in it.

ANGELA HARTNETT: Mm.

ELIZABETH DAY: Or someone will ask how you are and you go, oh, I'm really, really busy, and it feels quite draining.

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: Yeah.

ELIZABETH DAY: But actually I'm really happy to be busy. I feel very grateful that I do-

ANGELA HARTNETT: It's a positive.

ELIZABETH DAY: -lots of things that I love, and it's a positive, and I feel like I want to own that word more, and actually, I enjoy my work, so I'm busy - and now I sound really defensive about it.

ANGELA HARTNETT: No, no, no, you don't.

NICK GRIMSHAW: I'm busy and I'm happy.

ELIZABETH DAY: I'm busy and really happy, yes. I'm, I'm good, thank you.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: It's a funny one, that, because you do say it like, oh, I'm busy. But, you know, like you say, it's a joy to do a job, what I do. Eat Angela's food.

ELIZABETH DAY: Angela's making a face, being like- she's making the cutting motion across her neck.

NICK GRIMSHAW: Maybe different for you, your job is a different type of busy 'cause high pressure and you've got to perform and give stuff to people and manage a team, and it's like every night.

ANGELA HARTNETT: Yeah, but you want to be busy.

ELIZABETH DAY: Yeah.

ANGELA HARTNETT: But I'm the same now, it used to be a point where people would like say, 'Oh, can you answer? I know you're busy,' and they'd apologise to me for being busy. And it's like, you don't, and I'd go, yeah, but I still need to get this done, so don't apologise, you know, you didn't have to ask... So I think there's nothing wrong in working hard and being sort of hopefully successful at it, you know what I mean?

ELIZABETH DAY: No, and I know this is getting really deep straight off the bat, which I hadn't intended to do, but-

NICK GRIMSHAW: It's the martini.

ELIZABETH DAY: It is, isn't it? I've just had one sip and I'm off.

ANGELA HARTNETT: Go.

ELIZABETH DAY: It's very rare for me to be talking to two amazing people who are child free. And I am also someone who doesn't have children and that's been a long journey for me, and relatively recently I've decided to be at peace with it and to let it go, and to stop trying basically, and to embrace that. And I suppose the knock-on effect is that I've got so much more space to be creative in other ways, but also that I am passionate about my work and it means a lot to me, and potentially it means more to me because I don't have this other outlet that I thought I wanted. I don't have that family unit that I thought I would always have.

ANGELA HARTNETT: Sure.

ELIZABETH DAY: So that's the other reason I'm grateful to be busy and doing fun things.

ANGELA HARTNETT: No, and it should- and you shouldn't feel, I mean, there's a friend of mine who, she knew at sixteen she couldn't have children, and in a way her, her trajectory, she's very successful at her job, she does PR, she does everything, but, you know, there's still that ridiculous thing amongst society, you have to apologise for not having children. Whereas actually you shouldn't apologise, sometimes it's a choice, sometimes it's not, but it happens, so, you know, people should just, that's it, end of, you know, but it does feel like that.

ELIZABETH DAY: Exactly.

NICK GRIMSHAW: Or you think it's like the thing to do, like that's the norm. I woke up in a panic about it on- I think on Sunday of last week, just being like, 'We need to have a baby.' And it was like quarter to seven on a Sunday morning, Mesh was like, what?

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And I had like, I don't know, cause I'm forty in August, so I think I was like forty: life.

ANGELA HARTNETT: Age, yeah.

NICK GRIMSHAW: Like I was really, and I had like family down and we'd been to like a family party and I think I was like really, really thinking about it.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And then I've been really this week thinking like, do we want them? I actually said to Sam, who's got, you know-

ANGELA HARTNETT: Three.

NICK GRIMSHAW: -three, I was like- she was like, you know, 'We're having a night out tonight without the kids,' I was like, 'Do I want them? Or do you think that's not?' And Sam was like, 'It's kind of a big question before you interview Elizabeth Day.'

ELIZABETH DAY: Just quickly before you make the martini.

NICK GRIMSHAW: It's like, 'Sam, real quick, so do I want kids?' Because I'm like, could be fun...

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Could not be.

ANGELA HARTNETT: Could be fun, yeah.

ELIZABETH DAY: When you approach forty, for me it was a really resonant age, because I could remember my mother turning forty. And it was like the first- it's the first big birthday that I could remember my parents being that age, and so it really does like bring things into focus.

ANGELA HARTNETT: Yeah.

ELIZABETH DAY: But I remember going through the phase that you're going through, Nick, and I remember interviewing Alan Cumming and him talking about the fact that they don't have kids, but they went through this discussion and he had asked a friend who was a parent, 'What's it like having kids?' And the friend said, 'So you know your dog?' And Alan was like, 'Yeah.' And he was like, 'You love your dog?' And he's like, 'Yeah.' And he was like, 'Imagine having a dog who talks.'

[*Laughter*]

ELIZABETH DAY: His friend was like, 'But who talks,' I was like, that's an amazing description.

NICK GRIMSHAW: Like, 'I'm hungry!' Like, ugh, yeah. My friend came around who had a kid, and she loves her child obviously, but she's also like, wow. That's it, it's one. And she came round to ours and sat down and drank like a bottle of wine and was like, 'I want to smoke inside,' I was like, 'Okay.' And then I was like, 'We want kids,' and she said, 'Just be gay in peace.'

ANGELA HARTNETT: Yeah.

[*Laughter*]

ELIZABETH DAY: That is iconic.

NICK GRIMSHAW: She said, look at this house with lovely sharp objects at coffee table level. She was like, I'm smoking in the living room. She was like, just do this.

ELIZABETH DAY: Was she smoking a real cigarette?

NICK GRIMSHAW: Real cigarette.

ELIZABETH DAY: I love that.

NICK GRIMSHAW: And she's like, look at these sharp objects. She's like, I love them. So, yes, anyway. We'll talk about this, maybe...

ELIZABETH DAY: Okay, great, yes.

NICK GRIMSHAW: Not during this episode of Dish, which is about you. Now we're excited to have you on because you are someone that loves food, we have a quote here that you are obsessed with pasta. Are you obsessed with eating pasta? Are you obsessed with cooking pasta? Or all forms?

ELIZABETH DAY: Eating, exclusively.

NICK GRIMSHAW: Just eating. Just the eating.

ELIZABETH DAY: Well, Justin is an amazing cook and loves cooking. His grandmother taught him to cook, and we still have some of her pots.

ANGELA HARTNETT: Yeah.

ELIZABETH DAY: And he makes his pasta from scratch, so I'm incredibly spoiled.

ANGELA HARTNETT: Oh gosh.

ELIZABETH DAY: Before I met him, I used to cook more and then I met him and I've become completely incapable. I'm just like an amoeba, just like swans around the house and is fed. And I- yeah, so he does most of the cooking.

NICK GRIMSHAW: That's ideal. Now we must share our condolences with you because we heard some quite sad news that you are allergic to both oysters and caviar.

ELIZABETH DAY: Isn't that tragic?

NICK GRIMSHAW: Yeah, really sad.

ANGELA HARTNETT: Very tragic.

ELIZABETH DAY: I'm such a woman of the people in my allergies though.

NICK GRIMSHAW: Yeah.

ELIZABETH DAY: Cause I just...

ANGELA HARTNETT: It was very first world problems.

NICK GRIMSHAW: She's relatable, in allergies.

ELIZABETH DAY: Can I tell you how I discovered that?

NICK GRIMSHAW: I would love to know.

ELIZABETH DAY: Cause it wasn't always the case. So when I first started dating Justin, we met on Hinge, on the apps, and it's a second marriage for both of us, and so we've been around the block a bit and-

NICK GRIMSHAW: Only one lap.

ELIZABETH DAY: Well... for him several.

NICK GRIMSHAW: Right.

ELIZABETH DAY: And his assistant at the time - so he's a businessman, he runs his own business - and his assistant was like, she really wanted this relationship to work, and so Justin would ask her to like book restaurants for our first few dates and she had incredible, but expensive taste. And we ended up going for a lot of tasting menus, which both of us hate.

ANGELA HARTNETT: Oh God.

ELIZABETH DAY: I don't, we don't like long drawn out, like just foam on every plate. And the first sort of three dates like that I went on with him, I projectile vomited.

ANGELA HARTNETT: No.

ELIZABETH DAY: Afterwards, like throughout the night, or, and it got quicker and quicker, the gap between the meal ending and me needing to vomit got like shorter and shorter. And it was so unpleasant, but the only two things that linked those three meals were oysters and caviar.

ANGELA HARTNETT: Oh God.

ELIZABETH DAY: I was like, so it must be one of those.

ANGELA HARTNETT: Yeah.

ELIZABETH DAY: I suspect it's caviar, which is awful because I love caviar. I can live without oysters, but I love caviar.

NICK GRIMSHAW: Delicious.

ELIZABETH DAY: But it does make me feel a bit sick to think of eating it.

ANGELA HARTNETT: Oh God, that's horrible.

NICK GRIMSHAW: Yeah, probably that then. Just like a saltier salt?

ELIZABETH DAY: I'm a very salty person, in more ways than one. I love salt, yeah.

NICK GRIMSHAW: Are you allergic to anything Ange?

ANGELA HARTNETT: No, not at all.

NICK GRIMSHAW: Have you ever done a food intolerance thing?

ANGELA HARTNETT: No, never.

NICK GRIMSHAW: My friend did a thing where she was like, worked out what she was intolerant to and what she wasn't and then she only eats those sort of things, specific things so she's like, I can't eat a carrot because that carrot doesn't function well for me or something.

ANGELA HARTNETT: Oh my God. That's over analyzing it too much.

ELIZABETH DAY: Yeah.

NICK GRIMSHAW: A lot. But um...

ELIZABETH DAY: Is this the one who said about like not having kids and be gay in peace?

NICK GRIMSHAW: No different one. Yeah.

ELIZABETH DAY: You have great friends.

NICK GRIMSHAW: Yeah, it's quite the range.

ELIZABETH DAY: Yeah.

NICK GRIMSHAW: Neurotic in very different- different ways.

ELIZABETH DAY: I feel like you're friends with Real Housewives, like it's that kind of, that kind of level.

NICK GRIMSHAW: Yeah, not no. Real Housewives of Clapton, yeah.

[Cutlery sounds]

ELIZABETH DAY: This looks amazing, and smells even better.

NICK GRIMSHAW: Angela, this looks fantastic, and smells so good.

ANGELA HARTNETT: Bon appétit.

ELIZABETH DAY: Thank you so much.

NICK GRIMSHAW: So we're having raw shaved fennel and crab with lemon and olive oil, by Julius Roberts. It looks fantastic, it smells amazing as well.

ELIZABETH DAY: I'm so happy.

ANGELA HARTNETT: It does look good actually.

NICK GRIMSHAW: I does lo- don't sound surprised.

ANGELA HARTNETT: It's not a surprise. I'm just looking down at it, it's very nice.

ELIZABETH DAY: You cooked it.

NICK GRIMSHAW: Do you want to tell us that this was really easy and we can make this at home.

ANGELA HARTNETT: You really could.

NICK GRIMSHAW: Really?

ANGELA HARTNETT: Yeah. So you've got shaved fennel, chicory, mint, parsley and dill, fresh lemon juice, lemon rind, touch of garlic, touch of chilli, and I've put a little bit of cayenne pepper. We've got white crab on top and underneath brown crab, I've just mixed with a bit of the vinaigrette.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: And that's it.

ELIZABETH DAY: That is so good.

NICK GRIMSHAW: So tasty.

ANGELA HARTNETT: And you can have a little bread and butter with it if you'd like.

NICK GRIMSHAW: I love crab.

ANGELA HARTNETT: I do.

ELIZABETH DAY: The cayenne pepper is, that's the thing that gives it, you just feel, it's so citrusy but it's, yeah, it's delicious.

ANGELA HARTNETT: Gives it a bit of spice, yeah, you need that little bit of kick.

NICK GRIMSHAW: So raw fennel and chicory could be quite bitter together. How have you managed to balance it all out, so it's not like [*mouth clenching noise*]

ANGELA HARTNETT: Well, because we've got that sweetness from the crab.

NICK GRIMSHAW: Mmm.

ANGELA HARTNETT: And you don't use too, you don't use a bitter olive oil, you use a sort of smooth olive oil.

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: Because sometimes you get olive oils that are quite peppery and quite strong, so use a smooth one as well, and I think- and just- and that's why I put the brown crab meat with a bit of spice at the bottom.

ELIZABETH DAY: It's good.

ANGELA HARTNETT: Because that sort of balances it up as well.

ELIZABETH DAY: Do you think every household should have two olive oils then? So one peppery and one smooth?

ANGELA HARTNETT: I mean, I have a basic sort of bog standard one that I use for a lot of things but we do have other ranges of olive oils, and actually I, I'm ridiculous, because I keep them all like, oh, let's keep these olive oils, and Neil just goes and grabs one that I've had for six months, not touched at all, opens it, oh my God. So actually, you should use everything, to be honest, but I do have a bog standard one, and then we have a fancy one to finish.

ELIZABETH DAY: Okay.

ANGELA HARTNETT: We don't buy that especially but we get given lots of olive oil, so yeah, always keep the fancy one.

ELIZABETH DAY: Can I just say this butter?

ANGELA HARTNETT: Yes.

ELIZABETH DAY: Is so good, it's got granules of salt in it.

ANGELA HARTNETT: Yes, very good. They do a good butter at Waitrose.

NICK GRIMSHAW: Mmm. Oh and the wine pairing, what have we gone for with this Ange?

ANGELA HARTNETT: Les Mesnil Grand Cru Blanc de Blancs Brut, a Champagne actually, it's not wine, Champagne, which has mineral flavours, lovely fruit and it's perfect for seafood. It is actually very nice.

ELIZABETH DAY: Champagne, crab, and a vodka martini.

ANGELA HARTNETT: I know, on a Friday afternoon.

NICK GRIMSHAW: On a Friday afternoon.

ELIZABETH DAY: Do I have to sleep with you?

NICK GRIMSHAW: No, I mean-

ANGELA HARTNETT: No, no.

ELIZABETH DAY: Cause I'm up for it. Just putting it out there.

NICK GRIMSHAW: She's down.

ELIZABETH DAY: This threesome is what I want to be in.

ANGELA HARTNETT: You're there, you're there.

NICK GRIMSHAW: All it took was a bit of crab, that was it. If you want to try this recipe, or any of the recipes, go online, waitrose.com/dishrecipes.

[Drink pouring sounds]

NICK GRIMSHAW: Now we need to talk about food likes, because you and Angela are quite akin, basically. Very aligned.

ANGELA HARTNETT: Marvellous, I'm happy with that.

ELIZABETH DAY: What a compliment.

NICK GRIMSHAW: Correct me if I'm wrong, because I've run through this list. You both love anything salty.

ANGELA HARTNETT: Yes.

ELIZABETH DAY: Yeah.

NICK GRIMSHAW: Anything cheesy.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Pasta fans.

ANGELA HARTNETT: Yes.

ELIZABETH DAY: Yeah.

NICK GRIMSHAW: A cheese board over a dessert.

ELIZABETH DAY: A hundred percent.

ANGELA HARTNETT: Oh, all the time.

NICK GRIMSHAW: Pinot Noir is the wine of choice.

ANGELA HARTNETT: Yes.

ELIZABETH DAY: Yes, but New World. Sorry, a New World Pinot.

ANGELA HARTNETT: Oh, an Australian, New Zealand.

ELIZABETH DAY: I like- well, I like a Californian.

ANGELA HARTNETT: Oh, no, I like a Californian. Yeah, no, I'm good for that.

ELIZABETH DAY: Ok great... we are still

NICK GRIMSHAW: What's the- I know the difference is geographical, but also, you know, the soil and, whats-

ANGELA HARTNETT: Aren't they heavier? Or lighter?

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Heavier, the Americans.

ELIZABETH DAY: I find it much heavier, yeah.

ANGELA HARTNETT: They're more alcoholic, I feel, and more hearty.

NICK GRIMSHAW: Oh, that's probably why.

ANGELA HARTNETT: I feel our night's already out. Let's just go to the French House. Neil? Pinot and cheese, please, now.

NICK GRIMSHAW: Oh my god, shall we just go out after this?

ANGELA HARTNETT: Let's go.

ELIZABETH DAY: Heaven.

ANGELA HARTNETT: Yeah.

ELIZABETH DAY: Oh my god yes ...

NICK GRIMSHAW: I really started today being like, yep, still not drinking.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: I want to see if there's anything that you guys don't agree on.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: How do we feel about the following things? A Sunday evening dinner plan. Somebody invite you out for dinner with a friend on a Sunday.

ELIZABETH DAY: No. Absolutely not. Sorry. My God, I actually recoiled.

NICK GRIMSHAW: Yeah, you really, yeah. Offended.

ELIZABETH DAY: My caveat on that.

NICK GRIMSHAW: Mm-hm.

ELIZABETH DAY: Is if it's one of my core group of five friends and they come over or I go to theirs and we get a takeaway and it's super chilled, that's my- but I don't want to go out on a Sunday evening.

NICK GRIMSHAW: Ange?

ANGELA HARTNETT: We don't go out, but we will have people over.

NICK GRIMSHAW: On a Sunday.

ANGELA HARTNETT: On a Sunday, yeah.

NICK GRIMSHAW: Next up: garlic sauce for a pizza crust.

ANGELA HARTNETT: No.

ELIZABETH DAY: Like to dip into?

NICK GRIMSHAW: Yeah, would you dip a pizza crust? You don't look like a pizza crust dipper.

ELIZABETH DAY: Well, I actually am.

NICK GRIMSHAW: Right.

ANGELA HARTNETT: Oh.

ELIZABETH DAY: Let me again give the context.

NICK GRIMSHAW: Okay.

ANGELA HARTNETT: I can't believe Justin agrees with that.

ELIZABETH DAY: No, he's the one who got me into it.

ANGELA HARTNETT: No! I don't believe.

ELIZABETH DAY: I'm sorry, I'm sorry. I just tell the truth.

NICK GRIMSHAW: Oh wow.

ANGELA HARTNETT: Well say to your husband-

NICK GRIMSHAW: Not the Bardi side.

ANGELA HARTNETT: Not Baracca. I cannot believe he's gone to the Baracca in Bardi.

NICK GRIMSHAW: What's the Baracca?

ANGELA HARTNETT: It's this lovely pizzeria, and had a garlic dip, I shall be...

ELIZABETH DAY: No, to be fair, it's if we...

NICK GRIMSHAW: Domino's [*with Italian accent*]

ELIZABETH DAY: If we've had a night out-

ANGELA HARTNETT: It was going so well.

ELIZABETH DAY: And I, often what happens, like, if I do a live show of my podcast and then I come back and it's been like really exhilarating, and I'm on an adrenaline high and we're a bit tipsy, we'll come back home and order a Domino's. And the Domino's always of choice... oh, I'm actually like getting-

ANGELA HARTNETT: Oh my God if you say pineapple, I'm walking out.

ELIZABETH DAY: No, don't worry, don't worry.

ANGELA HARTNETT: No, okay, luckily.

NICK GRIMSHAW: She'll leave.

ELIZABETH DAY: It's a vegetarian Domino's but with pepperoni.

ANGELA HARTNETT: Okay, yeah, it could work.

ELIZABETH DAY: So we get that.

ANGELA HARTNETT: Is it thick thick?

ELIZABETH DAY: Yes, and then we'll get garlic sauce and dip the crust in, but it's a very specific context, so I wouldn't normally do that. It has to be a specific set of circumstances and you feel slight shame the next day.

NICK GRIMSHAW: Yeah, I love the same, I'm with you.

ELIZABETH DAY: Thank you.

NICK GRIMSHAW: Like late night, Domino's.

ELIZABETH DAY: Oh.

ANGELA HARTNETT: I've never had a Domino's pizza in my life.

NICK GRIMSHAW: Oh my God, please can we take you?

ELIZABETH DAY: Angela. Yes.

ANGELA HARTNETT: I've never, ever.

NICK GRIMSHAW: Why don't we do a YouTube series, and we'll take you to, like, Gregg's?

[Dinner table sounds]

NICK GRIMSHAW: Let's talk about friends.

ANGELA HARTNETT: Yeah.

ELIZABETH DAY: Yes.

NICK GRIMSHAW: Because we should talk about your book, which you've read, I listened to it.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Did you read or listen?

ANGELA HARTNETT: I read.

ELIZABETH DAY: Oh thank you Angela.

NICK GRIMSHAW: You read.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Friendaholic.

ELIZABETH DAY: Thank you.

NICK GRIMSHAW: Which, I mean it's sort of a journey of discovery and you know, it's, it's your story, but it definitely speaks to the reader as well.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Makes you think about your own life and reflect on your own life, doesn't it?

ANGELA HARTNETT: Definitely, yeah. You analyse all your friendships in a way.

NICK GRIMSHAW: You do. You do an audit.

ELIZABETH DAY: Yeah.

ANGELA HARTNETT: You sort of start looking about who you've lost friendships with and stuff, and it's, it's actually- a friend of mine recently died who I went to college with, out of the blue.

ELIZABETH DAY: I'm so sorry.

ANGELA HARTNETT: Thank you, you know, and it was one of those that we were really great friends at college, then we lost touch, then we became really good friends again, then sort of lost touch. And not for any reason, but it is how life is, and it's not like you suddenly have a fallout or an argument all the time, it's just you go one way, they go another, and you know. But it makes you realise, I think, as you're older, where you value your time and who you value it with. I think that was the one thing I came out of that book, and I just felt like saying, 'Elizabeth, please value the right time with the right people.'

ELIZABETH DAY: Oh, thank you for saying that though, 'cause-

ANGELA HARTNETT: Because life is short.

ELIZABETH DAY: Yeah, I really appreciate that. And I think it was a real journey for me writing that book, as well as hopefully being a journey to read. And I'm still a massive work in progress in terms of recovering from my addiction to friendship. So this term friendaholic is something I came up with to describe a particular experience that I had, which is feeling- as a child, I didn't really feel that I belonged anywhere because I grew up in Northern Ireland, I have a very English accent, I didn't fit in, I didn't have a great time at my first secondary school, and so I became manic almost in my pursuit of friendship,

because it felt safer to be part of a group. But I changed myself in order to fit in, rather than being accepted-

ANGELA HARTNETT: For who you were.

ELIZABETH DAY: For who I am, which is the nature of true belonging. And so for a really long time after that, for decades, it had a knock on effect, not only with my friendships, but my relationships, where for me it felt like the most important thing was to work out what they wanted from me and for me to try and provide it, and that I thought was friendship. And I got kind of addicted to having more and more friends, so that I wouldn't end up on my own feeling like that scared school child again. And it was the pandemic that forced me to confront the fact that I wasn't spending time with the people in my life who I loved the most, who nurtured me the most, and actually they were placing the fewest demands on me, because they knew how busy I was, just running around trying to meet other people's needs. And because our diaries emptied out overnight it made me really understand that the people I missed, the people that I wanted to spend my time with, they probably only amounted to like up to ten people, and yet here I was trying to maintain every single friendship with every single person I'd ever met and had a connection with, to the same level, and I ended up not being a good enough friend to any of them.

ANGELA HARTNETT: And not being happy, I imagine.

ELIZABETH DAY: And being bloody exhausted.

NICK GRIMSHAW: Yeah, exhausted.

ELIZABETH DAY: Exhausted. And that got me thinking about friendship because friendship - I don't know about you two, it has been profoundly important to me as well, in that it's been the longest, most consistent love of my life. It's seen me through breakups, divorce, infertility, everything, my friends have always been there. And yet as a culture, we don't examine it enough and we don't think about it enough. We take it for granted and there's no language to express what it means to us, and so there's also no language to say, I love you, but I think our friendship has run its course, which we should be allowed to do.

ANGELA HARTNETT: Yeah, you should be honest.

NICK GRIMSHAW: Yeah.

ELIZABETH DAY: Yeah, 'cause you can't be friends with everyone. Because if you're friends with everyone, then your friendship has no value, do you know what I mean? Because there's no discernment.

NICK GRIMSHAW: Yeah, it's a really fascinating book, it really, really is. And, I had it on, like, listening to it and had it on into the house, and I didn't know Mesh was listening, he was like, pottering around and he was like upstairs and downstairs and blah blah and he was like, put it on upstairs as well.

ANGELA HARTNETT: Yeah.

ELIZABETH DAY: Aw.

NICK GRIMSHAW: He had it on and he was like, so interesting. He was like, why is no one ever written about this before?

ELIZABETH DAY: Oh, I love him.

NICK GRIMSHAW: Cause it sounds like, the title, you're like, Friendaholic?

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And then you're like, it's all about you know the need to connect with people and then and I do it and loads of my friends do it as well, where you like over commit and you're like, 'I'll definitely come to your baby shower and your wedding and your birthday,' it's like, all on Saturday, and then you end up not going to one and letting people down and the journey's gone. And Mesh was like, that is really, really fascinating. So if you've not listened or not read, do.

ANGELA HARTNETT: Definitely, yeah.

NICK GRIMSHAW: Definitely do.

ELIZABETH DAY: Thank you.

NICK GRIMSHAW: Did you think about your own friendships when you're listening to it a lot?

ANGELA HARTNETT: Yeah, I think you do, because I think you- you know, I've got probably five friends that I've known since I was ten, ten eleven.

ELIZABETH DAY: That's the correct number, by the way.

ANGELA HARTNETT: Yeah.

ELIZABETH DAY: According to Professor Robin Dunbar.

NICK GRIMSHAW: Yeah, oh I love the numbers. Stats

ANGELA HARTNETT: But I don't necessarily see them every week. I probably don't even speak to most of them every three or four months. But we all meet on everyone's birthday, so we're all guaranteed to meet five times a year. And sometimes some of us come and maybe the odd time one doesn't, but you know they're solid. And there's- and what I do realise about friendship is there's certain people you'll speak to about certain things. I don't think you always speak to the same person about everything in your life, and I'm quite a closed book. I mean, one of my oldest friends, Lara, just calls me P.S. Cause she'll be like, chat, chat, chat, and then it'll be like something ridiculous, 'Oh, the dog died,' and then you'll- I'll be like, 'Bye, see you tomorrow,' and she'll be like, 'What? Hold on, something's just happened major in your life. Why don't you tell?' And that's just me. I'm just like that.

ELIZABETH DAY: Why do you think that is, though?

ANGELA HARTNETT: Just always been like that. I'm always more of a tell me about yourself than, you- me talk about myself. It's just something I've never really been into.

NICK GRIMSHAW: Ange has got a good group of friends though, because I went around for like lunch before Christmas, and Mesh, my boyfriend, couldn't come. So everyone that was going was, of course, it was in Angela's house, Angela's friends. I was like, I'm gonna have to go on my own, like I was six or something, and everyone was amazing. Like, so great and dead chatty and dead easy. It's a good gang.

ELIZABETH DAY: So nice.

NICK GRIMSHAW: Really good gang.

ANGELA HARTNETT: But then it is that whole thing about we laugh. I was making Claire laugh before I was talking about a friend of mine who, who Nick knows, Denise, 'cause she always says to me, 'You answer your texts like a bloke.'

ELIZABETH DAY: Oh my God.

ANGELA HARTNETT: Cause I will literally be- she'll go, 'How are you, what are you up to?' And I'll go, 'Yeah, all good.'

ELIZABETH DAY: Yeah.

NICK GRIMSHAW: Yeah you do.

ANGELA HARTNETT: And that would be it, you know? Or it's like, 'Yes. No.'

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: And so now I always do that. 'Hi, Denise. How are you? How's Henry? How's the dog? How are the...' She's like, now you're just taking the piss.'

NICK GRIMSHAW: You've done ones like that where I've said to Ange, like, 'Really miss you. Can't wait to see you on Thursday.' And she goes, 'Yep.' And I'm like, wow.

ELIZABETH DAY: Harsh.

NICK GRIMSHAW: Not yep. And then a few days later I'll get, 'Miss you!' And I'm like, oh, forget it. Forget it.

ELIZABETH DAY: So are you good at not- you don't put kisses on like, work emails and stuff?

ANGELA HARTNETT: Mm, well, I do certain times, but you know who taught me not to? Robin, our mutual friend, Mr. Hutson.

ELIZABETH DAY: I love Robin so much.

ANGELA HARTNETT: Cause Robin is so- because I was one time I did something and we were laughing about it, I said, 'Yeah, I might put a kiss on that,' he goes, 'Angela, work emails, no.' He's very like-

NICK GRIMSHAW: No kisses, oh really?

ELIZABETH DAY: Yes.

ANGELA HARTNETT: He sends me an effervescent, 'Hi Ange, you coming over? Me and Judy come and see you xxx Rob.' Work it's just an R, that's it, straight to the point.

ELIZABETH DAY: Yeah.

ANGELA HARTNETT: But also, the other thing he's taught me, which I think is genius and I love to this day, is that he, we were all in an email thread and he goes, 'You can take me out of this email now.'

NICK GRIMSHAW: Oh, also got that one.

ANGELA HARTNETT: And now I do that. If I get cc'd into a thing, I'm like, I don't need to be cc'd in there. So I go, 'Take me out of this thread.' Did one earlier on. Take me out of this thread.

NICK GRIMSHAW: I've also seen that one.

ELIZABETH DAY: That is such a power move, I'm obsessed with it.

NICK GRIMSHAW: Isn't it.

ANGELA HARTNETT: Yeah, you've got to.

NICK GRIMSHAW: But if you don't need to be in it you don't need to be in it.

ANGELA HARTNETT: And people cc nonsense, ridiculousness.

ELIZABETH DAY: I'm just gonna start doing that even on chains that I'm not involved in.

NICK GRIMSHAW: Yeah, just email someone.

[Dinner table sounds]

NICK GRIMSHAW: One of my closest friends, Remy, who I've been friends with since I was like twenty-two, I interviewed on a telly show. I just started doing interviewing, she'd just got signed to be a pop star, and we did an interview, I think it might have been her first interview or second interview or something. And then at the end of it, she was like, should we go to the pub? And we were like, yeah. And then now we've been friends for like nearly twenty years and she lives on the next street, and we have an hour long phone call every single day, that drives our respective husbands insane because he's like, what are you f***** talking about?

ELIZABETH DAY: Yeah.

NICK GRIMSHAW: We're like, shut up.

ELIZABETH DAY: I love that. It's very nineties, like when you used to-

NICK GRIMSHAW: Every day.

ELIZABETH DAY: Landline call your friends.

NICK GRIMSHAW: Yeah, and she's like two kids and she's busy, and a husband. She's like, guys, shut up! They're like, you just spoke, he lives on the next street. She actually loves Angela.

ELIZABETH DAY: You sound surprised. You're like, she actually...

NICK GRIMSHAW: No, not actually, no, I mean like-

ANGELA HARTNETT: People do like me.

NICK GRIMSHAW: No, I mean I wanted to get you in on this because you've met Remy.

ANGELA HARTNETT: Yes, love Remy.

NICK GRIMSHAW: The other week we went for lunch for - this is quite a funny one - for Remy's husband's birthday.

ELIZABETH DAY: Okay.

NICK GRIMSHAW: And then Remy was going to the Arsenal match afterwards, and the person she was going with couldn't go. So she was like, 'Ah, I don't know who to take,' I was like, 'Probably take your husband on his birthday.' She was like, 'No, I'm not going to take him,' and I said, 'What about me?' And she's like, 'No, I need someone who knows about football.' So she was like, 'What about Ange?' I was like, 'Ange? You've only just bloody met her.' So, she wanted to take you, Angela. How many times have you met her? Three times?

ANGELA HARTNETT: Yeah, three times.

NICK GRIMSHAW: Four times?

ANGELA HARTNETT: I would go with Remy.

ELIZABETH DAY: Did you go?

ANGELA HARTNETT: Well, obviously, Nick put the kibosh on it. He doesn't like that.

NICK GRIMSHAW: She was like, 'Is that a bit weird?' I was like, 'Yeah, a bit weird, actually, yeah.'

ELIZABETH DAY: One of the things I wanted to ask you, Angela, do you think you're an introvert?

ANGELA HARTNETT: I don't think I'm an introvert. I think I can be shy on occasion.

ELIZABETH DAY: Okay.

ANGELA HARTNETT: Believe it or not, I can be. If I don't feel confident in the company of people.

ELIZABETH DAY: Yeah.

ANGELA HARTNETT: But I... I don't, even though I'm doing a podcast and I'm on TV, I don't strive for the attention. I do TV-

NICK GRIMSHAW: Just the money.

ELIZABETH DAY: Yeah.

ANGELA HARTNETT: Yeah. [*Laughter*]

[*Drink clinking sounds*]

NICK GRIMSHAW: Now let's talk about your hugely successful podcast, How to Fail, which has been going since like 2018, yeah?

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: How did it come about? Because it's such a, it's a genius concept.

ELIZABETH DAY: It was a number of things. My background was in print journalism, and so I was often sent to interview celebrities who had something to promote. I got very used to asking the usual questions and then writing it up in the usual formulaic way, where there's a little potted biography and then they talk about how wonderful it was to work with so and so. But any time I veered off that path, or I asked them a question about a time that something went wrong, I would try and write it up, but my editor would very often cut it out. And so that was happening in the background. And then, in my personal life, I felt like a failure. So I got to thirty-eight, and my thirties had been a decade of intense transition, where I had got married to the wrong person, I'd got divorced, I'd tried and failed to have children, and I had unsuccessful IVF, and the first of three miscarriages, and then post-divorce, trying to rebuild my life, I got into this new relationship that I had much more hope for. And I felt like, I've learned a lot and I've made different decisions, and I had, but that relationship ended for me very out of the blue just before my thirty-ninth birthday. And it was the lowest point really because at that stage I was just confronted with the truth of where I was as opposed to where I thought I would be at that age and I, I felt like a failure, and I didn't know what to do about it. And I wanted to ask other people about failure and their feelings of failure and how they got through it. And I went to L.A. and I tend to go when I go through a life crisis. And I went there for a month, and I was listening to a lot of podcasts because I couldn't listen to any music because it was too upsetting. Apart from Kesha 'Praying', where I was like, Yes Kesha!

NICK GRIMSHAW: Oh yeah, good tune.

ELIZABETH DAY: But I started listening to a lot of podcasts for the first time. And I listened to Esther Perel, Where Should We Begin? And I loved it. And it really made me understand that it was a space where you could have these very intimate conversations and so that's how it happened and I'm so grateful that it happened that way.

NICK GRIMSHAW: And I think it's such a good time when you think like post-2018, I guess before that, people really weren't willing to talk about things that have gone wrong, definitely not famous people, being like this was really s***.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Whereas now, you know, it's weird to say but there's like comfort in hearing other people's failures.

ANGELA HARTNETT: Mm.

ELIZABETH DAY: Definitely.

NICK GRIMSHAW: Cause you're like, oh my God, yeah.

ANGELA HARTNETT: Well, it feels real and honest.

NICK GRIMSHAW: You're a donut too.

ELIZABETH DAY: Exactly, exactly. It was that thing of we see all these people like shimmering gods on the red carpet. But actually they've had times of real struggle where they didn't think they were gonna make it.

ANGELA HARTNETT: Yeah.

ELIZABETH DAY: And that makes you, I hope, as a listener, feel better and feel like you can get through what you're going through, too. And that was very much the kind of premise of it.

NICK GRIMSHAW: You've had incredible people on it over the years. Is there anyone that you're like, I would love to chat to them about this?

ELIZABETH DAY: I would love to chat to Dr. Dre, because I love nineties hip hop.

NICK GRIMSHAW: Mmhmm.

ANGELA HARTNETT: Yeah.

ELIZABETH DAY: And he is someone who has made some really bad life choices, as well as being a musical genius. And I think if he were willing to come and be open about the times that he did make the wrong decisions and made bad choices, I think that would be phenomenal. I also love Michael Jordan, the basketball player.

ANGELA HARTNETT: Yeah, amazing.

ELIZABETH DAY: Partly because I watched The Last Dance.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Yeah, we all did.

ELIZABETH DAY: Yeah, and he has said some incredible stuff about failure, about training. So ninety-nine times he'll miss the shot, but anyone- everyone remembers the hundredth time he gets it. I think he'd be incredible. Gareth Southgate is someone I would love to have on.

ANGELA HARTNETT: Oh, he'd be brilliant, yeah.

ELIZABETH DAY: Because he has turned his own personal failure and being an-

ANGELA HARTNETT: Yeah, which was the penalty...

ELIZABETH DAY: Horren- and I remember that penalty being missed, I remember it so vividly, into this incredible story. And I saw Dear England and loved it.

ANGELA HARTNETT: Oh, it's amazing.

ELIZABETH DAY: Joseph Fiennes? It was so brilliant, and I'm not a huge theatre fan, Dear England was excellent.

ANGELA HARTNETT: Oh it was genius, it was.

ELIZABETH DAY: I didn't even realise it was Joseph Fiennes until my mate Ross was like, Joseph Fiennes is good, isn't he? I was like, what?

ANGELA HARTNETT: Who?

ELIZABETH DAY: I was like, he's amazing!

NICK GRIMSHAW: He is ...but we're watching a play.

[Jingle sounds]

NICK GRIMSHAW: We've come to the end of the show question, in this gold envelope. Here's a question for you, should you choose to answer it, you can win a goodie bag courtesy of Waitrose. It's kind of a pitch. We're new to the podcasting world. We're about to hit two in a couple of... weeks? Months?

ANGELA HARTNETT: Two what?

NICK GRIMSHAW: Years.

ANGELA HARTNETT: Oh, sorry.

NICK GRIMSHAW: Two episodes.

ANGELA HARTNETT: Well, I was like, two what?

NICK GRIMSHAW: Two years. Two years.

NICK GRIMSHAW: Nearly two years, so we want to just get a pitch in with, you know, a demigod of the podcasting world.

ANGELA HARTNETT: Yes.

ELIZABETH DAY: Aw.

NICK GRIMSHAW: This is from us and the Dish team. Dear Elizabeth, we're in awe of your success, and as a production team we'd love to get in on the action. Here are three ideas for your next podcast. Which one would you greenlight?

ELIZABETH DAY: Okay.

NICK GRIMSHAW: Okay? We've got How To Sail.

ELIZABETH DAY: Yeah.

NICK GRIMSHAW: How To Email.

ELIZABETH DAY: Yes.

NICK GRIMSHAW: How To Eat Kale.

ELIZABETH DAY: Oh my God, amazing.

NICK GRIMSHAW: Which one would you, which one do you see?

ELIZABETH DAY: Do you know what-

NICK GRIMSHAW: Cause like, sail I guess could be like a journey through, I don't know, Indonesia, with Elizabeth Day, How To Sail.

ELIZABETH DAY: I was thinking of like a former Apprentice contestant because I didn't know how it was spelled. I was like, How To Sell.

NICK GRIMSHAW: Oh, sale.

ELIZABETH DAY: Sale.

ANGELA HARTNETT: Yes,

NICK GRIMSHAW: Could do that, that's also on there.

ANGELA HARTNETT: How To Sell, yeah.

ELIZABETH DAY: That would be good.

NICK GRIMSHAW: How to sale a house.

ANGELA HARTNETT: Yes, yeah.

ELIZABETH DAY: For me personally, How To Email, because I think there's so much that you can learn from email etiquette. And you need to learn how to remove yourself from chains. And I think that would actually be a great podcast because you could also get into the whole humour of someone who accidentally presses 'reply all'.

ANGELA HARTNETT: Yeah.

ELIZABETH DAY: I'm going with How To Email.

NICK GRIMSHAW: I think the email, yeah.

ANGELA HARTNETT: Yeah, email's much better.

NICK GRIMSHAW: Alright, we've sold it. Yeah.

NICK GRIMSHAW: You win the Waitrose goodie bag.

ELIZABETH DAY: Oh, thank goodness. Thank you.

NICK GRIMSHAW: Elizabeth Day, thank you for coming round to see us.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: That was amazing.

ANGELA HARTNETT: Thank you.

NICK GRIMSHAW: A round of applause for our guest this afternoon, Elizabeth Day!

ANGELA HARTNETT: Thank you, thank you.

NICK GRIMSHAW: That was so fun.

[Applause]

NICK GRIMSHAW: Next week, coming round to see us, is Siobhan McSweeney.

SIOBHAN MCSWEENEY: I'm still really bad at cooking for other people because of my ability to sort of relax around it, 'Are you enjoying it?' 'Would you like a bit more?' 'No, it's fine, it's probably shit, I'm just going to take the whole thing and burn it' 'Get out, everyone get out...'

(Laughter)

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

NICK GRIMSHAW: If you're a fan of the podcast, why not leave us a review on Spotify or Apple Podcasts?

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

VOICEOVER: Waitrose, food to feel good about