

Judi Love, Korean crispy spiced chicken with gochujang mayo and a virgin picante



NICK GRIMSHAW: Oh, hello. Welcome to Dish From Waitrose.

ANGELA HARTNETT: Oh, hello.

NICK GRIMSHAW: I'm Angela Hartnett.

ANGELA HARTNETT: I'm Nick Grimshaw.

NICK GRIMSHAW: How are you Ange?

ANGELA HARTNETT: I'm alright, Nick, how are you?

NICK GRIMSHAW: You just got back from- where did you get back from, Malaysia?

ANGELA HARTNETT: Malaysia.

NICK GRIMSHAW: When did you get back? Yesterday?

ANGELA HARTNETT: Uh, yesterday.

NICK GRIMSHAW: Feel weird?

ANGELA HARTNETT: Feel a bit dizzy, a bit jet-lagged.

NICK GRIMSHAW: Yep, yep.

ANGELA HARTNETT: But I'm good.

NICK GRIMSHAW: Do you think it's gonna make the podcast better or worse? I think better.

ANGELA HARTNETT: I think better.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: I mean, I'll be as concentrated as I always am, you know, you know-

NICK GRIMSHAW: Oh, so yeah.

ANGELA HARTNETT: -so really bang on. Sixty percent.

[laughter]

ANGELA HARTNETT: I'll say it before anyone else does.

NICK GRIMSHAW: Sixty percent. What were you doing in Malaysia?

ANGELA HARTNETT: I was cooking with Lisa Allen and Nieves.

NICK GRIMSHAW: Is Lisa Allen who runs...?

ANGELA HARTNETT: Northcote.

NICK GRIMSHAW: Northcote!

ANGELA HARTNETT: Northcote, is that where you're going?

NICK GRIMSHAW: Yeah so my sister goes, 'cause, tell everyone about Northcote, 'cause Northcote-

ANGELA HARTNETT: So Northcote is up near Preston in Lancashire, and Lisa runs it with the wonderful Craig and it's a one star Michelin restaurant in a wonderful hotel. And they do this amazing thing every year in the new year called Obsession, where you have twenty-two different chefs consecutively, over a three week period.

NICK GRIMSHAW: Wow.

ANGELA HARTNETT: It's nuts. Different chef every night.

NICK GRIMSHAW: Wow.

ANGELA HARTNETT: And only Lisa Allen is the only chef in this country, if not the world, who could organise something like that.

NICK GRIMSHAW: Wow. Yeah, our Jane's obsessed with it. She's been a few times.

ANGELA HARTNETT: Tell our Jane to come when me, Neil and Mitch are cooking.

NICK GRIMSHAW: When are you going?

ANGELA HARTNETT: We're going-

NICK GRIMSHAW: In January?

ANGELA HARTNETT: Beginning of February, beginning of Feb. Tell our Jane-

NICK GRIMSHAW: Oh, she'll definitely go.

ANGELA HARTNETT: -I'll put her down.

NICK GRIMSHAW: I think she's taking me for my birthday.

ANGELA HARTNETT: Ooh, lovely.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: What have you been up to? Radio 6.

NICK GRIMSHAW: Yeah, I've been doing the radio.

ANGELA HARTNETT: And you had our lovely friend on. Sophie Willan.

NICK GRIMSHAW: Oh, yeah, loved it, yeah.

ANGELA HARTNETT: For her new, um, show.

NICK GRIMSHAW: Yeah, she was amazing.

NICK GRIMSHAW: Hey, guess who else came on as well? Stanley Tucci.

ANGELA HARTNETT: Oh, lovely Stanley.

NICK GRIMSHAW: Came on to talk about his new book.

ANGELA HARTNETT: He sent me a copy in the post.

NICK GRIMSHAW: Me too.

ANGELA HARTNETT: Yeah, very nice.

NICK GRIMSHAW: And then at the end, he was like, ‘Send my love to Ange.’

ANGELA HARTNETT: Aw.

NICK GRIMSHAW: ‘Say hey to Ange.’

ANGELA HARTNETT: Hey Stanley.

NICK GRIMSHAW: And I told him about your risotto that you made for Damian Lewis.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And I gave a vivid description and he was like, ‘Wow!’

ANGELA HARTNETT: [*laughs*]

NICK GRIMSHAW: So yeah, he was into that.

ANGELA HARTNETT: Love Stanley.

NICK GRIMSHAW: He was into it. Um, hey, today we have Judi Love.

ANGELA HARTNETT: Judi Love.

NICK GRIMSHAW: Have you met Judi Love?

ANGELA HARTNETT: Never.

NICK GRIMSHAW: She's great, Judi.

ANGELA HARTNETT: Yeah, you've met her?

NICK GRIMSHAW: I've met her, we did a pilot together for a TV show.

ANGELA HARTNETT: Ooh, for what?

NICK GRIMSHAW: It was a really long time ago. I can't remember what the programme was, but it was me and Judi Love and someone else...

ANGELA HARTNETT: Did it get commissioned? Obviously not.

NICK GRIMSHAW: It did get commissioned.

ANGELA HARTNETT: Oh, but never got shown?

NICK GRIMSHAW: No.

ANGELA HARTNETT: Oh?

NICK GRIMSHAW: Someone else did it.

ANGELA HARTNETT: What do you mean someone else did it?

NICK GRIMSHAW: I think it was for before Steph's Packed Lunch was Steph's Packed Lunch on Channel 4.

ANGELA HARTNETT: It was like a talk show then?

NICK GRIMSHAW: It was like, we need like a daytime talk show thing.

ANGELA HARTNETT: Got you.

NICK GRIMSHAW: And it was me, Judi Love and someone else. And then they did make it, but with, um...

ANGELA HARTNETT: Out any of you.

NICK GRIMSHAW: Without us three.

ANGELA HARTNETT: [*laughs*]

NICK GRIMSHAW: Yeah. I really liked her. And I mean, I always really like her, I always think she's so funny.

ANGELA HARTNETT: She's very good.

NICK GRIMSHAW: I love her Instagram. I mean, she's, she's a comedian, obviously, so she's really funny, but I just like that she's not one of them comedians that's got a shtick.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: She's like, I'm just a naturally funny person.

ANGELA HARTNETT: She just chats, yeah, exactly.

NICK GRIMSHAW: Yeah. Which I like. She knows her way around the kitchen as well.

ANGELA HARTNETT: I hear.

NICK GRIMSHAW: Won MasterChef.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: So, yeah.

ANGELA HARTNETT: And here to promote her new show where she's cooking in Europe, Mediterranean.

NICK GRIMSHAW: Mm-hm. So before we get Judi in, I thought we could hear from one of our Dish listeners. Hi to Lowri from Swansea, who says, 'Hi, both, I need your help. I am cooking Christmas dinner for seven people. It's my first time cooking Christmas dinner for more than two, and my family wants turkey *and* roast beef. I'm gonna use my slow cooker for the beef to save space in the oven; I usually use brisket, but it doesn't carve so well. What cut can I use that will have all the tenderness, melt in your mouth quality of brisket, but with more structural integrity for carving? Thank you, Lowri from Swansea.'

ANGELA HARTNETT: Lowri from Swansea.

NICK GRIMSHAW: Double meat.

ANGELA HARTNETT: Two things Lowri can do. So sirloin beef, piece of sirloin beef, I think for seven, probably a couple of kilos, maybe. Colour it nicely in the pan, nicely seasoned with salt and pepper, and then you could put that, depends how big your slow cooker is. And then on a really low temperature, like a hundred, you can cook it for, um, an hour or so, maybe an hour and a half, and it will hold the temperature, and it won't overcook and it will be beautiful. Or the other thing is you could do is you can get a bit of ribeye, do you remember when we did those tomahawk steaks?

NICK GRIMSHAW: Big tomahawks.

ANGELA HARTNETT: You can get a ribeye, probably a kilo piece, and ask your butcher to cut them into two 500-gram pieces, and that's plenty of meat. Again, lovely seasoning, salt and pepper, colour them in the pan and then flip them in the oven. I mean, that's a quick way of cooking a lovely bit of roast beef without having the whole roast beef.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: So there are two options for you.

NICK GRIMSHAW: Two options there. And also with the beef, and a turkey, you can do them before, can't you? And rest it.

ANGELA HARTNETT: Yeah, you rest it, yeah. I mean, I would, you know, have the turkey out, and the turkey will be out way before the beef. And that's what I mean, the ribeye, I think for me would be, it saves you up the space on top. Once you've coloured it off, then you put it in the oven when you're roasting your potatoes. Perfect.

ANGELA HARTNETT: Well, there you go, Lowri.

NICK GRIMSHAW: That's how to do it. That's how to do it.

ANGELA HARTNETT: We'll wait for pictures online.

NICK GRIMSHAW: Thank you for that, Lowri. If you do want to get in touch with a question, don't forget you can email us, dish@waitrose.co.uk is our email address. Can be anything, about anything. Loosely food related. Um, right, shall we get Judi in?

ANGELA HARTNETT: We shall. Let's do it.

[*theme music*]

NICK GRIMSHAW: Okay, let's welcome to the studio, round of applause, please, the one, the only, Judi Love!

ANGELA HARTNETT: Woo!

[*applause*]

NICK GRIMSHAW: [*singing*] Hi, Judi Love!

JUDI LOVE: Hey.

NICK GRIMSHAW: Welcome.

JUDI LOVE: Thank you. I don't know why I'm doing this, like I'm hyping myself.

[*laughter*]

NICK GRIMSHAW: Yeah! It's the crowd. It gets us going.

JUDI LOVE: Can I just say, when I came in here, I could smell the food from when the front door opened.

ANGELA HARTNETT: Ooh nice, that's good.

JUDI LOVE: I was like, this is, this is what- you know, innit? When you can smell food from the front door?

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm-hm. That's what you want if you go around someone's house for your tea, you want to open that door and it to stink.

JUDI LOVE: Yeah, I've been to a few houses and I've opened the door, I've walked through the house, I've gone to the garden and said, 'Where's the smell? I can't smell no food, what's going on?'

[laughter]

JUDI LOVE: 'What's going on?'

NICK GRIMSHAW: I can smell it. You can smell it today, it does smell good. I've been like, picking since we got in here.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: And I think the smell got me going.

JUDI LOVE: That's the problem though, picking.

ANGELA HARTNETT: Nibble nibble.

JUDI LOVE: This here, guys, come on, why are you doing this to me?

ANGELA HARTNETT: Yeah, because we know you like plantain chips.

JUDI LOVE: Plantain chip.

ANGELA HARTNETT: And we thought, guac if you like.

NICK GRIMSHAW: All of them.

JUDI LOVE: Mm.

NICK GRIMSHAW: Best with a bit of guacamole. Did you make that?

ANGELA HARTNETT: I made a guacamole.

JUDI LOVE: I've never- I'm gonna be honest with you, I've never had it with guacamole. I'd call this a little fusion ting.

ANGELA HARTNETT: It works though.

NICK GRIMSHAW: It does work.

ANGELA HARTNETT: You get a bit of the spice you see.

NICK GRIMSHAW: Mm-hm. Yeah, you're right.

JUDI LOVE: I know, did you put that spice in there?

ANGELA HARTNETT: Mm. A little bit of chilli and a little bit of chilli oil.

JUDI LOVE: That's why-

NICK GRIMSHAW: That's nice guac.

JUDI LOVE: That's why you're Michelin star.

ANGELA HARTNETT: And then a-

[laughter]

NICK GRIMSHAW: Michelin star guac.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: That is good.

ANGELA HARTNETT: I've won competitions, guac off.

NICK GRIMSHAW: No, you've not.

ANGELA HARTNETT: Yeah, I did.

NICK GRIMSHAW: Where was the guac off?

ANGELA HARTNETT: I was with my sister-in-law, we were out on holiday, where she lives out in New York.

NICK GRIMSHAW: Wait, wait, wait, was it other chefs?

ANGELA HARTNETT: No, no, no. It was all her mates.

[laughter]

NICK GRIMSHAW: Bit, bit unfair.

ANGELA HARTNETT: Well that's how we won it.

JUDI LOVE: When did you tell them who you was and what you were-

ANGELA HARTNETT: After I'd won it, after I'd won it.

[laughter]

ANGELA HARTNETT: Nicole goes, 'We're not going to say that you do cooking for a living.' And she said, 'What do you do?'

NICK GRIMSHAW: Cooking? You have a Michelin star. You're not cooking, you're a chef, Ange.

ANGELA HARTNETT: And then you're like, 'Oh, this is the best,' and then we fessed up that I was a chef.

JUDI LOVE: Yeah. After they said, 'This is the best I've had in my life.'

ANGELA HARTNETT: After they'd said, 'This is the best guacamole!'

NICK GRIMSHAW: That is good.

JUDI LOVE: It is brilliant.

ANGELA HARTNETT: Little spice. Not too puréed, you see.

JUDI LOVE: A little bit of lemon or lime, and it's just...

ANGELA HARTNETT: Yeah, lime, there you go, you've got it.

JUDI LOVE: Lime, gorgeous.

NICK GRIMSHAW: Delicious. We're serving it with a Picante, because Judi, you're not drinking.

ANGELA HARTNETT: Yes, you're not drinking.

NICK GRIMSHAW: So we thought we'd do a non-alcoholic Picante, which is what we've gone for-

JUDI LOVE: This is my favourite.

NICK GRIMSHAW: -with a chilli salt rim. So you've not been drinking, have you?

JUDI LOVE: No, I've kind of cut down. Well, what it is, basically, I went to Scotland on Edinburgh Fringe to host a show, and my gosh, the Scots hands are heavy, and I had a spicy margarita out there and I was like, I don't know if I'm going to survive the night. And I-

[laughter]

JUDI LOVE: I ju- my kidneys, my livers, everything was talking to me and saying, 'Hey babe,' it's like, 'Call your people, tell them you love them.'

[laughter]

JUDI LOVE: Um, I was just like, I don't know if it's the age or what, but this body is not taking alcohol like how it used to be.

[dinner table sounds]

NICK GRIMSHAW: While Ange is, uh, prepping our lunch, I wanted to go through your food loves, your food dislikes. We've got here that you love chicken wings, you love popcorn chicken, you love watermelon.

JUDI LOVE: If anyone who's just listening to this and not watching and never seen me before, I've just basically told you that I'm Black.

[laughter]

NICK GRIMSHAW: Judi...

ANGELA HARTNETT: Delicious.

NICK GRIMSHAW: And your 'not loves', pork.

JUDI LOVE: Yeah, no.

NICK GRIMSHAW: Not into a pork.

JUDI LOVE: I'm not into a pork. I used to eat pork when I was younger, then I grew- the way I grew up, we didn't really eat pork, but funny enough my dad passed away about two years ago. And I straight away started to eat pork. I know like, not not like pork chops, but bacon and stuff, and my therapist said to me it was a part of like nostalgia and a part of the grief of me going back, reverting and just connecting.

NICK GRIMSHAW: Yeah like re-

JUDI LOVE: Cause my dad ate pork, yeah, yeah.

NICK GRIMSHAW: Right. The McRib's coming back to McDonald's you know.

JUDI LOVE: Oh stop that.

NICK GRIMSHAW: Yeah.

JUDI LOVE: I had an ex that loved a McRib.

NICK GRIMSHAW: Mm.

JUDI LOVE: And we went to New York and he had it out there. He'd be very excited, it's a shame.

NICK GRIMSHAW: Yeah, it's a shame wo- he'll never hear that from us.

JUDI LOVE: Well he might get the McRib but he's not gonna get this McRib, that's the only problem.

[laughter]

JUDI LOVE: You...

NICK GRIMSHAW: Um, controversial round these parts Judi. You don't like risotto.

JUDI LOVE: *[sighs]*

ANGELA HARTNETT: Judi, Judi, Judi.

NICK GRIMSHAW: Oh Ange! Judi, Judi.

ANGELA HARTNETT: That's what you're having today.

JUDI LOVE: Oh my...

ANGELA HARTNETT: Judi, Judi, Judi.

JUDI LOVE: I think I would like yours, um...

ANGELA HARTNETT: Don't try and backtrack now, Judi.

JUDI LOVE: I just, you know what it is?

NICK GRIMSHAW: What happened?

JUDI LOVE: I think I haven't had a good risotto.

NICK GRIMSHAW: Mm.

JUDI LOVE: Cause I know it's supposed to be packed and deep with flavour, isn't it?

ANGELA HARTNETT: Yeah.

JUDI LOVE: It's got depth of flavour.

NICK GRIMSHAW: Yeah.

JUDI LOVE: But I suppose growing up I always, fluffy rice was known to me. So then to have rice that seemed a bit too wet.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

JUDI LOVE: Reminds me of porridge, and then that kind of puts me off. So I think if I had the right risotto.

ANGELA HARTNETT: Risotto, yeah.

JUDI LOVE: Then I would... become the risotto queen.

[laughter]

[cooking sounds]

ANGELA HARTNETT: There we go, Judi.

JUDI LOVE: Ooh!

NICK GRIMSHAW: Ooh yes!

JUDI LOVE: Angela!

ANGELA HARTNETT: Righty.

NICK GRIMSHAW: Yes Ange.

ANGELA HARTNETT: So lots to try, dig in.

JUDI LOVE: This looks delicious.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Then you've got a little spicy mayonnaise.

JUDI LOVE: Oh, nice.

ANGELA HARTNETT: Some smacked cucumber.

JUDI LOVE: Smacked cucumber?

ANGELA HARTNETT: Smacked. Because you do actually smack it with a rolling pin.

JUDI LOVE: What's the dressing on the smack?

ANGELA HARTNETT: So you've got a, a little bit of sesame seed in there, some chilli oil in there, a little bit of honey.

JUDI LOVE: Oh!

ANGELA HARTNETT: Yeah, so right, can I serve you my love?

NICK GRIMSHAW: We're having Korean crispy spiced chicken with gochujang mayo. Oh yes.

JUDI LOVE: Oh man!

NICK GRIMSHAW: Oh thanks Ange.

ANGELA HARTNETT: Do you want a little bit of lime as well? Excuse my fingers.

JUDI LOVE: Why not?

ANGELA HARTNETT: There you go.

JUDI LOVE: [*whispers*] Are these boneless thighs?

ANGELA HARTNETT: Yes, they are.

JUDI LOVE: My favourite.

NICK GRIMSHAW: Love a boneless thigh.

[*laughter*]

NICK GRIMSHAW: Love a boneless thigh!

ANGELA HARTNETT: And this is a sort of quick way of doing it. Cause traditionally, you'd brine your chicken, then steam it, and then fry it, but you'd keep the skin on. Whereas we've taken the skin off the chicken thighs, and we've marinated it for about two hours and it's in a fantastic marinade, you've got ginger in there, garlic in there, lovely bit of soy sauce. Take it out of the marinade and then put it in these panko breadcrumbs and then-

JUDI LOVE: The breadcrumbs are so light but really crispy.

ANGELA HARTNETT: And then I fried them rather- you can put them in the oven if you don't want to fry them, and putting them in the oven is the recipe,

but I thought, just to get that real crispiness, fry them and then finish them in the oven.

NICK GRIMSHAW: Mm.

JUDI LOVE: Mm.

NICK GRIMSHAW: What exactly is a panko breadcrumb? Cause I see it everywhere. I have it in my house. What is it? Just a bit more?

ANGELA HARTNETT: It's a Japanese breadcrumb.

NICK GRIMSHAW: Right.

ANGELA HARTNETT: And it's the way they dry them that make them super crispy. Cause you know that tonkotsu pork you get, or chicken you get, where they slice it and serve it with rice?

JUDI LOVE: Yeah.

ANGELA HARTNETT: It's sort of similar version to that in a way.

NICK GRIMSHAW: Wow.

ANGELA HARTNETT: And it's just the way, I mean you- everyone uses Japanese breadcrumbs now.

JUDI LOVE: The cucumber is delicious, is, is that?

ANGELA HARTNETT: You know why, so it's a recipe by Chetna Makan, and it's different because what she does is char it.

JUDI LOVE: Right.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: So you cut the cucumber down the centre, you can do it on a barbecue if you've got it or a griddle pan, and basically skin side up, so the inside of the cucumber hits the really hot pan, and then you get that lovely sort of slight smoky flavour.

JUDI LOVE: Yeah.

NICK GRIMSHAW: Oh yeah.

ANGELA HARTNETT: And then leave it on there for about ten minutes until it really gets a nice little char, and then cut it into small little pieces and then put it in the marinade.

NICK GRIMSHAW: Mm. Mm!

JUDI LOVE: I love the texture.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah, same.

ANGELA HARTNETT: Yeah.

JUDI LOVE: Cause it feels like it's got like a more dense, more thicker texture, strange, like it's tightened up.

ANGELA HARTNETT: Exactly because there's sort of the heats taken out a lot of the moisture from it, that's what you want. And then because it goes into the marinade hot, it takes on all those flavours.

JUDI LOVE: Oh, right.

NICK GRIMSHAW: It's good. Um, if you want to try this recipe, you can of course get all the ingredients and how we did it all, *we* did it all, [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes), it's all on there. There is a wine pairing. If you want to make this delicious Korean crispy fried chicken, the wine pairing is a Sauvignon Blanc from South Africa.

JUDI LOVE: Ooh!

NICK GRIMSHAW: So it's got some lime zest, green apple, crisp citrus notes and the zesty mineral to it as well, so perfect with that crispy chicken. It's called the De Grendel Sauvignon Blanc-

ANGELA HARTNETT: Lovely.

NICK GRIMSHAW: - and you can get that. on the website too, if you want it.

[frying sounds]

NICK GRIMSHAW: What does cooking represent to you then, Judi?

JUDI LOVE: I mean, to me, food, cooking, it's that love, isn't it? It's nurturing, we know it's nurturing anyway, depending on what you're eating, but it's that other level of nurturing connection, like we're doing now, sitting down having a conversation. It's family, it brings people together. When I think of my happiest memories when it comes to food, it's about when everyone's been around, you know. Whether we've had a lot on the table, or one's brought a salad, one's brought a bit of chicken, but we've brought it together. It's, you know, breaking bread together. That's what I love about food.

ANGELA HARTNETT: Well, it's a communality of it is, isn't it?

JUDI LOVE: Mm. It is.

ANGELA HARTNETT: You know, whether it's with family, friends, or even, you know, just sharing.

JUDI LOVE: I remember a couple of Christmases ago, we had, uh, um, I think it was our first one out of lockdown and whatnot, and I had two friends over.

ANGELA HARTNETT: Yeah.

JUDI LOVE: And oh my gosh, I went crazy. We had loads of food, but on Christmas morning, we got up and we went to the shop, because I was like, 'We ain't got enough fried fish, we got to have fish.'

[laughter]

JUDI LOVE: And there was a shop that was open on Christmas day, so I bought more fish to make traditional West Indian, like, you know, fish, fried fish. And then I bought breadfruit, which is one of the things that we love to roast. And then you can either roast it with a bit of butter around the skin, it takes a good couple of hours, and then you cut it open, you can have it like that with gravy and hard fruit, or you can then fry it.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

JUDI LOVE: And salt it and fry it and oh my- that Christmas was so special, because it was the first time everyone could be together, and then we had breadfruit, which is so limited over here. In that moment I felt like, like, I'm the elder.

NICK GRIMSHAW: Yes!

ANGELA HARTNETT: Yeah!

JUDI LOVE: You know, 'cause I, my friends are there, their kids are there. And I felt like, yeah, I'm...

ANGELA HARTNETT: That's the other thing, tradition.

JUDI LOVE: Tradition.

ANGELA HARTNETT: That's it.

JUDI LOVE: There was a real sense of tradition that I'd carried on.

NICK GRIMSHAW: Yeah.

JUDI LOVE: Like my mum would be proud! And the breadfruit came out good.

NICK GRIMSHAW: Oh did it? [*laughs*]

ANGELA HARTNETT: And have you got stuff from your like mum or grandmother and stuff, yeah.

JUDI LOVE: Yeah, definitely from, uh, my mum was known for being like, you know, Auntie Lilette's curry goat was *the* curry goat.

ANGELA HARTNETT: Right.

JUDI LOVE: And her rice and peas, because within the West Indian community, if there's a wedding, a function, anything like that, you will always, most people will go, 'Who cooked the fish?'

ANGELA HARTNETT: *[laughs]*

JUDI LOVE: And if it's that, there's always a particular auntie that's great at the fish.

ANGELA HARTNETT: Yeah, yeah, yeah.

JUDI LOVE: There's a particular auntie that's great at the rice and peas.

ANGELA HARTNETT: Yeah, yeah.

JUDI LOVE: A particular uncle that's great at the jerk. And if you find that it's that auntie or uncle, you're like, 'Yeah, give me that one, give me that one.'

[laughter]

JUDI LOVE: If it's not them, you're like, 'No, no, no, I'll come back to that one.'

NICK GRIMSHAW: 'No, I'll come back.'

ANGELA HARTNETT: Yeah, yeah, yeah, 'I'll have something else.'

JUDI LOVE: So I always rem- I carry that, and I think that's what gives me the love about the food and, um, and wanting to share that. And I think food as well, it depends on, it doesn't matter whether you're facing adversities, whether you can buy something really small, buy something really big, you can still have that warm feeling of togetherness.

ANGELA HARTNETT: You share, yeah. Mm.

NICK GRIMSHAW: Mm-hm.

JUDI LOVE: Do you know what I mean? So that's what it is for me.

NICK GRIMSHAW: And it's important to do.

JUDI LOVE: It's hard with teenagers, I'll tell you that for free.

NICK GRIMSHAW: Is it, is it, do they cause I remember when I was a teenager, my dad was always like, 'Sit down at the table.'

JUDI LOVE: Yeah.

NICK GRIMSHAW: And I was always like, ‘That's so boring, why have I got to do this?’ Is there anything that you make Judi, that they particularly love where they're like-

ANGELA HARTNETT: Exactly, yeah.

NICK GRIMSHAW: ‘Please mum.’

JUDI LOVE: They love my fried fish.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Yeah.

JUDI LOVE: Definitely, um, they do like my meatballs.

NICK GRIMSHAW: Mmm.

ANGELA HARTNETT: Ooh.

JUDI LOVE: Um, they, my pepper prawns.

NICK GRIMSHAW: Mm-hm.

JUDI LOVE: They do like a pepper prawns, or a macaroni cheese.

NICK GRIMSHAW: Yes.

JUDI LOVE: My daughter is taking over, she's...

ANGELA HARTNETT: Oh, she doing well?

JUDI LOVE: Oh, her pepper prawns and her mac cheese, her, she can do better fried chicken than me.

NICK GRIMSHAW: Fried chicken when I went to Japan was exceptional.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: You went to Japan, because I watched it all on your Instagram stories.

JUDI LOVE: Japan was absolutely amazing.

NICK GRIMSHAW: Mm-hm.

JUDI LOVE: Like, it was one of my best experiences.

ANGELA HARTNETT: Was it for a holiday? For work?

JUDI LOVE: It was a holiday with the kids. It was one of those places where often I say to myself, okay, in doing what I do, like, I want to be able to give my children opportunities, and I was like, where's this one place where I'd never thought I'd ever be able to go.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Mm.

JUDI LOVE: And I said, Japan, that's where I'm going to go. So I took them and it was just a phenomenal experience.

ANGELA HARTNETT: Yeah.

JUDI LOVE: Like the place is so clean.

NICK GRIMSHAW: Mm, so clean.

JUDI LOVE: So safe.

ANGELA HARTNETT: Mm.

JUDI LOVE: There's so much to do. I mean, we was there for like ten days.

ANGELA HARTNETT: You can't do it all. No chance, yeah.

JUDI LOVE: You cannot, you can't do, you can't even do half of it. And just things like going on different trains.

NICK GRIMSHAW: Mm-hm.

JUDI LOVE: Seeing like little kids who are like four or five years old, travelling by their self was unreal. My daughter was like, 'Oh my God, the children! Oh my God, the children!'

[laughter]

JUDI LOVE: I was like- you know what I mean? Cause you wouldn't see that in London, but they were all safe and fine, and the food out there was amazing. The noodle- we, we love a noodles, but it was so much, and it-

ANGELA HARTNETT: Did you stay in Tokyo or did you go out and about?

JUDI LOVE: We travelled around. So we stayed in Tokyo, then we went to Shibuya.

NICK GRIMSHAW: Mm.

JUDI LOVE: Then we went to, um, Osaka.

ANGELA HARTNETT: Yeah.

JUDI LOVE: Yeah. And then, um, we went to another place?

ANGELA HARTNETT: Kyoto?

JUDI LOVE: Kyoto, and then we came back to Tokyo.

ANGELA HARTNETT: You did a lot.

JUDI LOVE: We did.

NICK GRIMSHAW: You did a trip.

JUDI LOVE: We travelled back-to-back, like, we went to about three, four different hotels.

NICK GRIMSHAW: Wow.

JUDI LOVE: And we did the whole, like, proper exploring. Oh, the wagyu, they're obsessed with wagyu!

NICK GRIMSHAW: Obsessed with wagyu. Can't move for it.

JUDI LOVE: Wagyu everywhere.

NICK GRIMSHAW: How did you find coming back to London? Cause when me and Mesh went-

JUDI LOVE: Dutty! Dutty!

[laughter]

NICK GRIMSHAW: Yeah, we were like, 'Ugh! It's horrible!'

[laughter]

[salt grinder sounds]

NICK GRIMSHAW: How did life change when you won MasterChef?

[laughter]

NICK GRIMSHAW: No, but I bet, no, no! You think I'm joking, but I bet your friends and family were like, 'Judi won MasterChef.'

JUDI LOVE: Yeah, they were very much, for the culture they were very much, because I did like a alternative West Indian.

NICK GRIMSHAW: Mm-hm.

JUDI LOVE: Fine dining.

ANGELA HARTNETT: You did it twice, MasterChef.

JUDI LOVE: Yeah. So I did the normal MasterChef.

ANGELA HARTNETT: Yeah.

JUDI LOVE: And the celebrity one. And I think I became, I was like, I was in the semifinals.

ANGELA HARTNETT: Oh.

NICK GRIMSHAW: Mm-hm.

JUDI LOVE: And then I did the Christmas special. I just didn't see it coming, I just thought, you know, I'm just going to cook from the heart. I was like, 'What am I going to cook?' [*panicking sounds*] And then I was like, just cook what you would cook, but just refine it.

ANGELA HARTNETT: Yeah.

JUDI LOVE: Cause there's so much talk about West Indian food and it not being presentable or not being Michelin star, it hasn't got that kind of stamp on it, and I was like, it should be accessible to everybody.

ANGELA HARTNETT: Yeah.

JUDI LOVE: It's just so much packed flavours and whatnot.

NICK GRIMSHAW: Mm-hm.

JUDI LOVE: And then for me, I'm born here.

ANGELA HARTNETT: Yeah.

JUDI LOVE: But my parents are West Indian. Like I'm British so I've got so much stuff for my British culture that I love when it comes to food.

ANGELA HARTNETT: Yeah sure, yeah.

JUDI LOVE: And so I just mix and blend and that's what I produced. And yeah, it was, it was really, got some really nice feedback, my, yeah...

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Nice.

NICK GRIMSHAW: Winning feedback.

ANGELA HARTNETT: Yes.

JUDI LOVE: Yeah, winning fe- I was very much pleased with myself for my, like I made a cranberry and sorrel, like, jus or whatever you call it for the cake, and then I made like a jam, but it was a scotch bonnet jam.

ANGELA HARTNETT: Ooh wow. Spicy.

JUDI LOVE: So I was very happy with that. Waitrose, if you're listening, I mean John did say, that should be on the shelf, just call me.

[laughter]

NICK GRIMSHAW: Just call Judi. Yeah, just call Judi.

ANGELA HARTNETT: Judi, own brand.

NICK GRIMSHAW: Yeah. And then what did you do for your, like for your main? Cause Mesh, my boyfriend, his family are Jamaican.

JUDI LOVE: Oh yeah.

NICK GRIMSHAW: So we had Caribbean Christmas last year.

JUDI LOVE: Oh, did you? So we, I had-

NICK GRIMSHAW: It was delicious, and one of his aunties cooked and it was unreal.

JUDI LOVE: Oh, what did you have, everything?

ANGELA HARTNETT: What did you have?

NICK GRIMSHAW: We had every- well we had kind of like a mix.

JUDI LOVE: Curry goat.

NICK GRIMSHAW: Yeah, curry goat, mac and cheese, and then we did jerk chicken, and then, but there was also turkey and also lamb.

JUDI LOVE: Lamb.

NICK GRIMSHAW: There was a lot of options.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: There was also a thing that's like a male goose or a male hen? Or a...

JUDI LOVE: Oh, I don't know that one.

ANGELA HARTNETT: Capon?

NICK GRIMSHAW: Capon.

ANGELA HARTNETT: Yeah.

JUDI LOVE: Oh wow.

NICK GRIMSHAW: I'd never heard of a capon.

ANGELA HARTNETT: Yeah.

JUDI LOVE: Oh, his family posh, they're posh.

[laughter]

NICK GRIMSHAW: No! Not posh!

ANGELA HARTNETT: It's hard to get capon.

NICK GRIMSHAW: Capon, yeah. So what is a capon?

ANGELA HARTNETT: Capon is a castrated male chicken.

NICK GRIMSHAW: Right.

ANGELA HARTNETT: Yeah.

[laughter]

ANGELA HARTNETT: Sorry.

JUDI LOVE: That line there is, is real example of why there's vegans.

[laughter]

NICK GRIMSHAW: It's graphic.

ANGELA HARTNETT: A castrated male chicken.

JUDI LOVE: I mean, we just thought, ooh!

ANGELA HARTNETT: It's not turning you off though, is it?

JUDI LOVE: Yeah- oh hell no, sorry.

NICK GRIMSHAW: Graphic.

JUDI LOVE: Sorry.

NICK GRIMSHAW: But I mean-

JUDI LOVE: Have you ever heard of boiler chicken?

ANGELA HARTNETT: I'm guessing that's similar to the capon.

JUDI LOVE: Yeah.

ANGELA HARTNETT: Cause it's bigger.

JUDI LOVE: Bigger and older. They say like it's an older one. Definitely got flavour.

ANGELA HARTNETT: More flavour you see.

JUDI LOVE: Yes. Yeah.

ANGELA HARTNETT: That's what we're all after, you see.

JUDI LOVE: Yeah, and cheaper, back then.

NICK GRIMSHAW: Lovely, tasty meat.

ANGELA HARTNETT: But you didn't have fish, but you have fish at Christmas.

NICK GRIMSHAW: No, we did have fish.

ANGELA HARTNETT: Oh, you did, yeah.

NICK GRIMSHAW: Um, they did ackee and saltfish.

JUDI LOVE: Did you have any hardo bread with it? Or did you have plantain or dumplings?

NICK GRIMSHAW: Plantain, yeah, I love plantain, dumplings. Because I think sometimes Christmas dinner does need just like another flavour.

JUDI LOVE: Another something-

NICK GRIMSHAW: Cause once you put that gravy on it, it's like-

JUDI LOVE: It's done, yeah,

NICK GRIMSHAW: -much of a muchness.

JUDI LOVE: Because we will have the ackee and saltfish or the fry fish, and the hardo bread as a snack.

[laughter]

NICK GRIMSHAW: Yes a snack.

JUDI LOVE: In between.

NICK GRIMSHAW: But it's Christmas! D'you know what I mean?

JUDI LOVE: Ugh. So I did, what I did is I actually did, I thought, okay, let me, something that people would be familiar, so I did like jerk chicken.

ANGELA HARTNETT: Yeah.

JUDI LOVE: But I don't know what it was, I rolled it, and I layered the jerk-

ANGELA HARTNETT: Ooh, wow.

JUDI LOVE: -my own homemade jerk in between, so that when it was sliced it looked like, you know that when pork is sliced?

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah, yeah, like a roulade sort of thing, yeah, yeah.

JUDI LOVE: Yeah, and then I crisped, cause I don't eat pork, but I crisped a turkey skin.

ANGELA HARTNETT: Mm.

JUDI LOVE: I did jerk turkey actually.

ANGELA HARTNETT: Yeah.

JUDI LOVE: And I did the jam, the scotch bonnet jam, the cranberry and scotch bonnet jam.

NICK GRIMSHAW: Oh yeah, delish.

ANGELA HARTNETT: I like that idea of that jam-

NICK GRIMSHAW: Yeah, same.

ANGELA HARTNETT: -maybe we should try that this year.

JUDI LOVE: Yeah, yeah.

NICK GRIMSHAW: Should try that.

ANGELA HARTNETT: Bit of scotch bonnet in the cranberry.

NICK GRIMSHAW: Yeah.

JUDI LOVE: Yeah, yeah, it was lovely.

ANGELA HARTNETT: That could work.

JUDI LOVE: And then I did a, um, a Jamaican black cake.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: What's that?

JUDI LOVE: Which is like-

NICK GRIMSHAW: Like a ginger cake? No,

JUDI LOVE: It's, no, it's like a, it's a traditional fruit cake.

ANGELA HARTNETT: Yeah.

JUDI LOVE: So we have the fruits, all the normal like fruits, sultanas and all those kind of things, but we soak it for like a year, if not more.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Wow.

JUDI LOVE: So you've got this one jar that you soak it, and if you're lucky, one of your aunties or your mom or your gran will let you have it, so I've got some from my cousin.

ANGELA HARTNETT: Oh, so you pass it on do you?

JUDI LOVE: Yeah, we pass it on.

ANGELA HARTNETT: Oh nice, yeah.

NICK GRIMSHAW: And what do you soak it in?

JUDI LOVE: We soak it in rum, red label wine, brandy, a few other bits of it, seasoning and stuff. And then you just let it sit and you just keep topping up. So a lot of people will bake the cake like three weeks before.

ANGELA HARTNETT: Yeah.

JUDI LOVE: And then just keep pouring rum over it.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Okay love.

JUDI LOVE: But I'm a modern woman.

NICK GRIMSHAW: Yeah.

[laughter]

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: She ain't got time for this.

JUDI LOVE: And you can't get that on Deliveroo. So, I bake mine traditionally every Christmas Eve and it makes a whole house smell.

ANGELA HARTNETT: Oh, lovely, nice.

NICK GRIMSHAW: Mm.

JUDI LOVE: It's really nice, and then let it cool down and I pour over the rum, and it's still, it's still just as lovely.

ANGELA HARTNETT: Yeah.

JUDI LOVE: But it's a cake that you can have for like weeks because it will keep because of the alcohol.

NICK GRIMSHAW: Oh yeah. Preserved.

ANGELA HARTNETT: So it's a different, it's a form of Christmas cake.

JUDI LOVE: It is a form of Christmas cake.

ANGELA HARTNETT: But it's a different method of doing it.

JUDI LOVE: Different method, yeah. And I made a nice stout ice cream.

ANGELA HARTNETT: Ooh.

NICK GRIMSHAW: Oh nice.

ANGELA HARTNETT: Delicious.

JUDI LOVE: So we've got traditionally a drink called a Guinness Punch. It's a very traditional West Indian Jamaican drink.

ANGELA HARTNETT: Yeah, sure.

JUDI LOVE: So basically I made that into an ice cream.

NICK GRIMSHAW: Oh my god.

ANGELA HARTNETT: Wow.

JUDI LOVE: Which John also said should be on the shelf. [*whispers*] Waitrose.

[*laughter*]

NICK GRIMSHAW: Get that on the shelf.

ANGELA HARTNETT: Wow. God, Waitrose, come on.

NICK GRIMSHAW: Come on.

JUDI LOVE: Come on, Waitrose!

NICK GRIMSHAW: You better call Judi Love!

[*whisking sounds*]

NICK GRIMSHAW: We thought we could do our fast food quiz.

JUDI LOVE: Ooh!

NICK GRIMSHAW: So, quick fire answers. Judi Love, we would like to know your favourite way to eat eggs?

JUDI LOVE: Hard boiled.

ANGELA HARTNETT: Okay, pasta?

JUDI LOVE: Well cooked.

[laughter]

NICK GRIMSHAW: Form of potato?

JUDI LOVE: Ooh, roast.

ANGELA HARTNETT: What's your favourite crisp?

JUDI LOVE: [deep breath] Cheese and onion Walkers.

NICK GRIMSHAW: Herb?

JUDI LOVE: [deep breath] Thyme.

ANGELA HARTNETT: Sunday roast?

JUDI LOVE: Oh, yeah. Ooh.

ANGELA HARTNETT: Ooh, it's gonna be a long one.

JUDI LOVE: Its, its cross between-

ANGELA HARTNETT: Quick fire. Come on, Judi. Let's go.

JUDI LOVE: Beef! Chicken! Erm, erm-

[laughter]

JUDI LOVE: Platter. You can always go to my local pub and get both.

[laughter]

NICK GRIMSHAW: Platter.

JUDI LOVE: Triple. Yeah, beef, yorkshire puddings.

NICK GRIMSHAW: Yes.

JUDI LOVE: Roast potatoes, carrots and, uh, uh, cauliflower cheese.

NICK GRIMSHAW: Ooh, yes.

ANGELA HARTNETT: Ooh, that's a good roast.

JUDI LOVE: And I do like a mint sauce on it, I know which doesn't go.

ANGELA HARTNETT: No, I love a mint sauce.

JUDI LOVE: So do I, thank you.

NICK GRIMSHAW: Yeah, I like a mint sauce.

ANGELA HARTNETT: And horseradish.

JUDI LOVE: Oh-ho.

ANGELA HARTNETT: Love horseradish.

JUDI LOVE: And swimming in gravy.

ANGELA HARTNETT: Yes!

NICK GRIMSHAW: Do you have a favourite kitchen utensil?

JUDI LOVE: I've got a knife that was my mum's. So I use that for everything, I feel like I'm carrying on the tradition.

ANGELA HARTNETT: Nice!

NICK GRIMSHAW: Love.

ANGELA HARTNETT: Oh, lovely.

JUDI LOVE: So that knife is about thirty years old.

NICK GRIMSHAW: Wow.

JUDI LOVE: If not older.

NICK GRIMSHAW: Oh, wow. Oh yeah, that's good.

JUDI LOVE: Still works.

ANGELA HARTNETT: And finally, your favourite nut?

JUDI LOVE: My f- Ooh.

ANGELA HARTNETT: Ooh.

[laughter]

[drink pouring sounds]

NICK GRIMSHAW: Hey, Judi, let's talk about your new TV show that has just started, please.

ANGELA HARTNETT: Yes.

JUDI LOVE: Oh my-

NICK GRIMSHAW: Judi Love's Culinary Cruises.

JUDI LOVE: It's a lot of words.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: It's a lot of words. But you got to have your name in it. Everyone has their name on it now, don't they.

JUDI LOVE: I mean, when I saw my name in it I just was like, wow, this is amazing.

NICK GRIMSHAW: Uh-huh.

JUDI LOVE: So when you were talking about what changes, I suppose MasterChef, definitely that, then Bake Off - 'cause if you saw my cake in Bake Off, then you'd know that it was MasterChef that influenced me in getting it.

[laughter]

JUDI LOVE: Which is strange, I thought I always could bake cakes when I was younger. That's what I grew up with, my mum used to bake cakes, but I think my love is more for the savoury stuff-

NICK GRIMSHAW: I'm with you, yeah.

JUDI LOVE: Yeah.

NICK GRIMSHAW: And also the pressure in there, like, when you make cake at home, no one's going, 'You've only got an hour!' like this...

ANGELA HARTNETT: *[laughs]*

JUDI LOVE: And I think baking is more science.

NICK GRIMSHAW: It is.

ANGELA HARTNETT: Yes, definitely.

JUDI LOVE: It is, who's got time to measure out stuff? With this stuff, I just listen to the ancestors and throw stuff in.

[laughter]

NICK GRIMSHAW: That's what you've got to do.

JUDI LOVE: It just works, you know.

NICK GRIMSHAW: Yeah, it just works.

JUDI LOVE: You know, Julie loves Culinary Cruise, uh... just so such a, it was honestly, it was one of the most amazing experiences that I've ever had. But they said, look, you know, we want you to do a cooking show and travel around on a cruise. And I was like, 'Oh, what sea sea?' I was at sea.

[laughter]

JUDI LOVE: I was, I was like full at sea and um, I was definitely nervous about doing it because I've got a thing about being out in sea, but then-

NICK GRIMSHAW: Yeah, it's terrifying.

JUDI LOVE: -it's like you- yeah. You're in the Mediterranean, you're going to be meeting people, picking up different ingredients from different areas, Kefalonia, Corfu, all these different kind of place, Parga, and I was like, it's one in a lifetime opportunity. This yacht was absolutely beautiful.

ANGELA HARTNETT: Oh god I bet.

JUDI LOVE: Really like small cruise yacht, I'm talking about ninety-five people.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Wow.

JUDI LOVE: And so, I think it was like only sixty-five, the rest of it was like staff, and it was absolutely phenomenal. Like, and being able to kind of bring my own bits, my spices and so on, but then learn about the culture, respect the culture.

ANGELA HARTNETT: So you'd go to the markets, the local markets.

JUDI LOVE: We went to the markets. One of the first, we went to the market and looked at their olives and understood about the olive trees and the different-the depth of flavour, it's hard to even explain.

ANGELA HARTNETT: Mm.

JUDI LOVE: I couldn't understand why it was like that. But so meeting all these different people, learning how much traditions. They really stick to traditions and bring it down from generation to generation, was really heartwarming. Really, really heartwarming.

ANGELA HARTNETT: And did you just stick to like coastal places, or did you go inland a bit?

JUDI LOVE: We travelled around. So when we was in like Kefalonia, we travelled around to like three, four different places-

ANGELA HARTNETT: Oh, amazing.

JUDI LOVE: -and met different people. And the same when we went to Corfu. And that was what was really great because then you got to see different things, like a place, a market, which had all different spices. A lot of those spices are just grown and crushed and done there. Nothing artificial.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Yeah.

JUDI LOVE: Really makes you think about how we cook over here.

ANGELA HARTNETT: Yeah.

JUDI LOVE: And how much the most basic food has so much nutrients and flavour. And we need to go back to that, you know.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: How was it cooking? Did you cook on the boat?

ANGELA HARTNETT: Yes.

JUDI LOVE: Okay, s-

NICK GRIMSHAW: Cause a boat-

JUDI LOVE: Babes.

NICK GRIMSHAW: -kitchen is...

ANGELA HARTNETT: Narrow.

JUDI LOVE: We cooked on the boat, and there was sometimes where the boat was really, really, really rocky.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

JUDI LOVE: Put it this way, they should have done a, um, what's it called? Like a...

NICK GRIMSHAW: Like a bloopers reel.

JUDI LOVE: They would have had another show.

[laughter]

[drink pouring sounds]

NICK GRIMSHAW: Are you going to do any more standup soon, Judi?

JUDI LOVE: I should hope so!

NICK GRIMSHAW: Yeah same!

JUDI LOVE: Yeah! I just finished my tour this year.

NICK GRIMSHAW: Yes.

JUDI LOVE: Ended at the Palladium, which was sold out, and I made history. I was the first Black British female comedian to have a sold out show.

NICK GRIMSHAW: Come on.

[applause]

ANGELA HARTNETT: Wey!

NICK GRIMSHAW: That's right.

ANGELA HARTNETT: Fabulous.

JUDI LOVE: So I'm not the first Black British woman to perform there, but to have their own solo show sold out. So that was a real moment for me, for my first tour. And yeah, I'm in the process now of writing and I hope to tour again next year.

NICK GRIMSHAW: Uh-huh, and do you like touring?

JUDI LOVE: Oh, I do love it. It's hard work.

NICK GRIMSHAW: Hard.

JUDI LOVE: But there is nothing like getting on that stage, an audience that's specifically comes to see you for comedy.

ANGELA HARTNETT: Mm.

JUDI LOVE: And then I feel that's where I can be my real self with no filter.

ANGELA HARTNETT: Yeah.

JUDI LOVE: Cause obviously TV, you got to be careful what you say.

[laughter]

JUDI LOVE: Do you know what I mean? But you can be your real self and talk about the topics that really are on your heart or that's relatable to your audience.

ANGELA HARTNETT: Cause that's what yours feels very unscripted, I know you say you write it.

JUDI LOVE: Yeah.

ANGELA HARTNETT: It does feel like you're just-

JUDI LOVE: Yeah.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: -having a conversation with us.

JUDI LOVE: That's my...

ANGELA HARTNETT: That's it.

JUDI LOVE: People have to understand that's time and practice, so I, before I went on tour, we'd do like warm up gigs.

ANGELA HARTNETT: Yeah.

JUDI LOVE: And so I did about thirty.

ANGELA HARTNETT: Oh wow, that's a lot, yeah.

JUDI LOVE: Thirty warm up gigs, and then I did a forty show tour. So you warm up and then you take your time off. But I love writing.

NICK GRIMSHAW: Mm-hm.

JUDI LOVE: Over this last like six months, what I have been doing is turning up to comedy clubs.

ANGELA HARTNETT: Right, okay.

NICK GRIMSHAW: Oh yeah.

JUDI LOVE: And the beauty of that is I go there just so raw, like my hair's natural, no makeup, trainers and a T-shirt. You're lucky if I'm wearing a bra. Like...

[laughter]

[dinner table sounds]

NICK GRIMSHAW: We've recently been getting guests to bring their burning questions.

JUDI LOVE: I was waiting for you to come with this because I've been sitting here with my mouth shut, and I wanted to ask this question all this time!

NICK GRIMSHAW: Please! Ask away.

JUDI LOVE: Listen, I'm going to be real with you. There's a thing that I really struggle with, and you know I've got the nails, boo boo.

ANGELA HARTNETT: You have got the nails. Fabulous nails.

JUDI LOVE: King prawns.

ANGELA HARTNETT: Yeah.

JUDI LOVE: Getting that vein out.

ANGELA HARTNETT: Ooh.

JUDI LOVE: Because I love my prawns, but I can't eat it with the vein and by the time I try it, it's all mashed up. How do I do this?

ANGELA HARTNETT: You don't mind doing it with a knife?

JUDI LOVE: Yeah, you're talking about the back of it.

ANGELA HARTNETT: Yeah, the back of it.

JUDI LOVE: Yeah, yeah.

ANGELA HARTNETT: That's probably the easiest way. I'm trying to sort of demonstrate it.

NICK GRIMSHAW: So what do you do, score from its head to its tail? No?

ANGELA HARTNETT: So basically, you take the head off.

JUDI & NICK: Yeah.

ANGELA HARTNETT: And then it's rounded like that.

JUDI & NICK: Yeah.

ANGELA HARTNETT: So if you imagine it's like you score, go very lightly with a very sharp knife, right down to the tiny tail like this.

NICK GRIMSHAW: Right down its spine.

JUDI LOVE: Yeah, spine.

ANGELA HARTNETT: And then you just take it out, take out of the dirt sac.

JUDI LOVE: Oh really?

NICK GRIMSHAW: And what, is that poo?

ANGELA HARTNETT: And then you rinse-

JUDI LOVE: I thought there was a way you could pull it?

ANGELA HARTNETT: Well, that's one way of doing it. If you don't want to split the back of it, then what you need to do is once you take the head off, you see a tiny little bit of that dirt sac, you've got to grab onto it really slowly and tightly if you can, and you can either do it with tweezers, or a tiny little knife or a toothpick, and just pull it really gently out.

JUDI LOVE: And that works.

ANGELA HARTNETT: That works as well. And the idea, as soon as they're super fresh, and do them as soon as you take the head off.

JUDI LOVE: Right.

ANGELA HARTNETT: Because when you take the head off you'll see the bit of the top and that's the bit to get out.

JUDI LOVE: And that really is the poopoo?

ANGELA HARTNETT: That is the poopoo.

NICK GRIMSHAW: It's poo. Why are they always full of s***?

[laughter]

[theme music]

NICK GRIMSHAW: Judi, we come to the end of the show question.

JUDI LOVE: Aw.

NICK GRIMSHAW: I have your question in here for your chance to win this Waitrose goodie bag. Angela has done the big shop for you, she was down that Waitrose crack of dawn this morning.

ANGELA HARTNETT: Look, little mince pies in there already.

JUDI LOVE: Oh stop this!

NICK GRIMSHAW: Mince pies.

ANGELA HARTNETT: Sea salt, little... olive oil, magazines, everything.

JUDI LOVE: Oh, love a Waitrose.

NICK GRIMSHAW: Mm.

JUDI LOVE: [*in posh accent*] You know, Waitrose has got their way isn't it.

[*laughter*]

JUDI LOVE: [*in posh accent*] 'How are you, I'm good to meet you, I'm just popping into Waitrose.'

[*laughter*]

JUDI LOVE: 'No, no, no, no, no.' Or someone comes to your house and they eat something and you go, 'Oh no, you only get that from Waitrose.'

[*laughter*]

NICK GRIMSHAW: Right, Judi, here is your end of show question.

JUDI LOVE: 'For your chance to win a Waitrose goodie bag, Judi, you are the best. Now you are officially a sailor. Please can you name this knot?'

NICK GRIMSHAW: Now, here-

ANGELA HARTNETT: There's the knot.

NICK GRIMSHAW: -is the knot. You've got a cruise show... name that knot.

ANGELA HARTNETT: Knot.

JUDI LOVE: You know I was born in Hackney, right?

[*laughter*]

NICK GRIMSHAW: Is this a lamb shank, or a sheep shank?

JUDI LOVE: I think my Hackney roots are going to have to come out of me, I'm just going to take the bag anyway.

[laughter]

[applause]

ANGELA HARTNETT: On that answer, I think you deserve the bag.

NICK GRIMSHAW: Judi Love everybody!

ANGELA HARTNETT: Yay!

[applause]

NICK GRIMSHAW: And take this.

ANGELA HARTNETT: Yes.

JUDI LOVE: Is it a lamb shank?

NICK GRIMSHAW: I haven't got a clue!

ANGELA HARTNETT: It's sheep shank.

JUDI LOVE: Sheep shank, I mean.

NICK GRIMSHAW: Sheep shank!

JUDI LOVE: Yeah!

ANGELA HARTNETT: Woo!

JUDI LOVE: Woo!

ANGELA HARTNETT: Next week on Dish we have Vanessa Williams.

VANESSA WILLIAMS: Mark, my assistant, is dressing up with a Guadalajara poncho as Betty and everyone's laughing and I catch him, and say "Mark! That is the most cruel thing I've ever seen.. somebody is getting a raise."

[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.