



NICK GRIMSHAW: Hello! And welcome to Dish from Waitrose. I'm Nick Grimshaw.

ANGELA HARTNETT: And I'm Angela Hartnett.

NICK GRIMSHAW: And we are here for another episode of Dish. We've got Neneh Cherry joining us today.

ANGELA HARTNETT: Mmm.

NICK GRIMSHAW: Who you will know as all-round like musical legend, seriously. Serious legend.

ANGELA HARTNETT: Royalty, is there, I hate to use that word, but royalty. Musical royalty.

NICK GRIMSHAW: Musical royalty.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: But what you may not know about Neneh Cherry is that they love food.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: They're a great cook. They've talked about their love of food and the importance of food in their book, A Thousand Threads.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Which came out last year. It's just about to come out in paperback. And it's loads of great stories about, you know, the life and times of Neneh, and her family.

ANGELA HARTNETT: Well, I was just, was with one of her best friends, who is a very good friend of ours.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: And your- Andi Oliver.

NICK GRIMSHAW: Oh yes.

ANGELA HARTNETT: Who we all love. And I, she was asking about the podcast, who's coming up, and I told her, she was like, 'I know! You love her! She's amazing!'

NICK GRIMSHAW: Andi Oliver.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Formerly of this podcast.

ANGELA HARTNETT: Indeed.

NICK GRIMSHAW: Of course, yeah, was lifelong friends with Neneh. And like you said, their lives are intertwined.

ANGELA HARTNETT: Totally.

NICK GRIMSHAW: Gets many a mention in the book-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: -as well. There's lots of great stories about the importance of, of Andi-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: -in her life. So lots to talk to Neneh about today.

ANGELA HARTNETT: I think, I'm excited. I've never met her, but Andi's set her up, and you talked about her very fondly, so I'm really...

NICK GRIMSHAW: She's fab.

ANGELA HARTNETT: She's gonna be great.

NICK GRIMSHAW: I've met her a times and, she strikes me someone that's pretty present.

ANGELA HARTNETT: Yes, yeah.

NICK GRIMSHAW: And quite measured.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Not in like a stiff way.

ANGELA HARTNETT: No.

NICK GRIMSHAW: She's- I think what I'm looking for is cool.

ANGELA HARTNETT: Confident in herself.

NICK GRIMSHAW: Yes. Yeah, yeah, yeah.

ANGELA HARTNETT: She's like, this is who I am and you're gonna like me, or you're not gonna like me, but I'm fine with that.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: That's how she strikes me.

NICK GRIMSHAW: I think she'll be someone as well that'll be very interested in how you make-

ANGELA HARTNETT: Oh...

NICK GRIMSHAW: -stuff. I feel like she'll be like, looking.

ANGELA HARTNETT: Checking it out.

NICK GRIMSHAW: Checking it out.

ANGELA HARTNETT: Mm-hm.

NICK GRIMSHAW: Well, before we welcome Neneh Cherry in, I wanted to ask you, do you know Jeopardy the TV show?

ANGELA HARTNETT: I mean, I've heard of it-

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: -but I don't watch it.

NICK GRIMSHAW: No.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Well, there's a UK version now.

ANGELA HARTNETT: Okay.

NICK GRIMSHAW: Hosted by Stephen Fry.

ANGELA HARTNETT: From the- as opposed to the American version you're talking about?

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: So was it, right, okay.

NICK GRIMSHAW: Yeah, it was American and now there's a UK one. Well we, but mainly you...

[laughs]

NICK GRIMSHAW: You were a question on it.

ANGELA HARTNETT: Don't be ridiculous.

NICK GRIMSHAW: Yeah, yeah, yeah, yeah. The question was, 'A former protégé of Gordon Ramsay, this Michelin star chef started co-hosting the

award-winning podcast Dish in 2022.’ And the answer was, ‘Who is Angela Hartnett?’

ANGELA HARTNETT: And did they get it?

NICK GRIMSHAW: The contestant didn't get it right.

[*laughs*]

NICK GRIMSHAW: They didn't get it right. Still, Stephen Fry did call you, ‘Supreme.’

ANGELA HARTNETT: Oh, bless Stephen.

NICK GRIMSHAW: Which is really nice.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: I didn't get a mention.

ANGELA HARTNETT: Oh.

NICK GRIMSHAW: That's fine.

ANGELA HARTNETT: That’s a bit of a shame.

NICK GRIMSHAW: It's not about me. Not about me. Before we get Neneh Cherry in, let's say hi to Amy who's been on. ‘Hi Nick and Angela, love the podcast and I'm working my way through all the recipes.’

ANGELA HARTNETT: Wow.

NICK GRIMSHAW: ‘I have a question for Angela, please. I've just returned from holiday in Abu Dhabi and had the most delicious kale salad. I've only ever roasted kale with salt and olive oil, as I've always found it a bit bitter.’

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: ‘But this salad, the kale seemed to be raw and dressed with some oil and mango dressing. How can I recreate the taste without the kale being bitter?’ Yeah. That is a great question, because sometimes a kale salad-

ANGELA HARTNETT: But it's raw, so it's not fried kale she's saying-

NICK GRIMSHAW: No, yeah.

ANGELA HARTNETT: -is it, it's raw. Well, I think probably the mango dressing's what helped it because it's not-

NICK GRIMSHAW: Yeah, it's disguised in fruit.

ANGELA HARTNETT: Disguised it-

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: -because it's the nice sweetness. We looked it up and apparently if you massage kale. Just like literally take the leaves and do that-

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: -you can't, I dunno why I'm doing this, we're not on- oh yeah, we are on YouTube. There you go.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Duh duh duh.

NICK GRIMSHAW: There we are.

ANGELA HARTNETT: Fingertips like that. As if you're making pastry, the way you'd sort of do that.

NICK GRIMSHAW: Yeah?

ANGELA HARTNETT: Apparently, I don't know what it does, but it must break down something in the enzymes of the kale, to take away a little bit of the bitterness.

NICK GRIMSHAW: Ooh.

ANGELA HARTNETT: If you really have that time in your life to be massaging kale. I on the other hand-

NICK GRIMSHAW: I would massage it.

ANGELA HARTNETT: -I would say-

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: -deep fry it, put a bit of cumin salt on it. It'd be lovely.

NICK GRIMSHAW: Mmm.

ANGELA HARTNETT: You would massage kale? I can feel you doing that.

NICK GRIMSHAW: Just a little go like that.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: If you're gonna eat it, yeah.

ANGELA HARTNETT: Be there like this.

NICK GRIMSHAW: 'Cause without that, yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Massaging my kale.

ANGELA HARTNETT: Checking it all out.

NICK GRIMSHAW: Yeah. If you ever wanna contact us about anything to do with food, or Dish, you can always email us, dish@waitrose.co.uk. It could be anything as ludicrous as massaging vegetables. Just ask us. We will answer it. Right, shall we get our guest in?

ANGELA HARTNETT: Yes, let's do it.

[*theme music*]

NICK GRIMSHAW: Now this is a really nice first because we essentially have a ready-made introduction.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: For our guest today, thank you to the back-

NENEH CHERRY: Turn it around.

NICK GRIMSHAW: -of their excellent cover.

NENEH CHERRY: Oh, I see.

NICK GRIMSHAW: The back-

NENEH CHERRY: You did that on purpose.

NICK GRIMSHAW: There we go. The front, the back.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: The back leads us to this stunning introduction.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Today's guest is not just one type of person. They are, 'Musician, songwriter, collaborator, activist, mother, daughter, lover, friend, icon,' and now Dish table guest. Neneh Cherry is here, everybody!

ANGELA HARTNETT: Yeah!

[applause]

NICK GRIMSHAW: Welcome.

NENEH CHERRY: Thank you so much. I'm not sure about some of those.

NICK GRIMSHAW: Why?!

ANGELA HARTNETT: Oh, come on.

NICK GRIMSHAW: What do you mean?

NENEH CHERRY: Yeah. Anyway.

[laughter]

ANGELA HARTNETT: Moving on.

NENEH CHERRY: It's interesting how, how we can elaborate on these things to put them on a cover.

NICK GRIMSHAW: You know what though, there's some that I feel like you would've picked, your musician, songwriter...

NENEH CHERRY: Yeah. Mother.

NICK GRIMSHAW: You're not, you're not the type of person that's like, 'I am an icon.'

NENEH CHERRY: Icon. Yeah.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

NENEH CHERRY: Yeah, I'm like, I'm not even sure I know what that means.

[laughter]

NENEH CHERRY: Do you know what I mean? Like what in the hell is, is that?

NICK GRIMSHAW: I always think it means, could I dress up as you for Halloween?

ANGELA HARTNETT: Yeah, that's a good point.

NICK GRIMSHAW: And for you-

NENEH CHERRY: Okay great.

NICK GRIMSHAW: -I could.

ANGELA HARTNETT: Yeah.

NENEH CHERRY: I feel like it's something you put on a shelf.

NICK GRIMSHAW: No, like icon, like would you know if someone turned up-

NENEH CHERRY: What it is.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: -you'd be like, 'You're Neneh Cherry.'

ANGELA HARTNETT: Like a Cher, sort of...

NICK GRIMSHAW: Yeah, yeah, big time.

ANGELA HARTNETT: Or Madonna.

NICK GRIMSHAW: Yeah, David Bowie. You know the look.

ANGELA HARTNETT: Come on, you're up there with them.

NENEH CHERRY: All right then.

NICK GRIMSHAW: You've got the look. You've got the look.

NENEH CHERRY: That's cute.

[laughter]

NENEH CHERRY: I'd like that, if you'd-

ANGELA HARTNETT: I think you need to put modest on the end of it.

NICK GRIMSHAW: Modest.

ANGELA HARTNETT: Modest on the end.

NICK GRIMSHAW: Modest icon.

ANGELA HARTNETT: Modest icon.

NICK GRIMSHAW: I can't believe this is the first time you guys have met.

ANGELA HARTNETT: Yeah.

NENEH CHERRY: Yeah.

NICK GRIMSHAW: I really can't, I'm really glad that, I don't know why that I was here to witness it.

ANGELA HARTNETT: Aw.

NICK GRIMSHAW: But I'm quite excited about it.

NENEH CHERRY: Well, it's, I'm glad. Thank you.

NICK GRIMSHAW: I feel we may go out for dinner and Andi will turn up.

NENEH CHERRY: And Andi will definitely rold in- roll in if she finds out.

[laughter]

NENEH CHERRY: And God knows who else.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: And God knows who else. Yeah, 'cause we are firm Andi fans.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: We all are a firm Andi fans. I feel like anyone that's an Andi fan is...

ANGELA HARTNETT: I've never not met anyone.

NICK GRIMSHAW: No, that's true, actually.

ANGELA HARTNETT: Never not met anyone.

NICK GRIMSHAW: No.

ANGELA HARTNETT: Yeah.

NENEH CHERRY: I, I feel like I'm even more than a fan, I'm just like, kind of like, connected to her through some sort of weird umbilical cord. And I don't know if I kind of would know how to live without her?

NICK GRIMSHAW: How many years has it been, your and Andi's friendship?

NENEH CHERRY: The Neneh and Andi Show?

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: *[laughs]*

NENEH CHERRY: I was sixteen. She was seventeen.

ANGELA HARTNETT: Oh wow.

NENEH CHERRY: And we met at a hospital that is no longer in existence, in Mortimer Street.

ANGELA HARTNETT: Right.

NENEH CHERRY: Her brother Sean had been in a car accident.

ANGELA HARTNETT: Mm.

NENEH CHERRY: And, she came to visit him and I was there, and it was just one of those moments.

ANGELA HARTNETT: Mm.

NENEH CHERRY: I mean, within, we were like, 'Hi, yeah,' within five minutes we were out in the corridor smoking Embassies No. 5.

ANGELA HARTNETT: Yeah, yeah, yeah. You were allowed.

[laughs]

NENEH CHERRY: Right? I mean, in those days you could literally just leave the hospital room and light a fag.

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: Yeah, yeah, yeah.

NENEH CHERRY: Right there.

NICK GRIMSHAW: Great time.

NENEH CHERRY: And then we've just...

[crew laugh]

NENEH CHERRY: Yeah. You know, I was there when Miquita was born.

ANGELA HARTNETT: Mm.

NENEH CHERRY: I have cried literally buckets into Andrea's breasts and laughed buckets, danced, cooked, a lot.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Yeah.

NENEH CHERRY: And yeah, we are just like fundamentally really, on a deeper level, connected. And I think there's such an incredible kind of value in that, isn't it, as we go through life, making new friends is great, right?

ANGELA HARTNETT: Yeah.

NENEH CHERRY: I love that

ANGELA HARTNETT: Course.

NENEH CHERRY: When you meet someone and you're like, oh, we can be mates like, this is really cool. But those people that, you know them because you are meant to know them, but you also, they kind of make the sense of who you are. And also just like, when you don't have to explain who you are.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah, yeah, yeah. It just happens.

NENEH CHERRY: You can just be in the space and be together.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: I always think the friends you can really travel with.

NENEH CHERRY: Travelling with friends is hard.

ANGELA HARTNETT: It is.

NICK GRIMSHAW: Oh yeah.

NENEH CHERRY: Like you find out who your, who your real friends are, I think.

NICK GRIMSHAW: Mm-hm. Yeah.

NENEH CHERRY: When you travel with friends, 'cause you can go off with people you like and then, you know, they get up in the morning and do something weird and you're like, how in the, how the bloody hell am I gonna do a week with this, by like, who is this? Like-

NICK GRIMSHAW: Or you sort find your own little grooves and boundaries.

ANGELA HARTNETT: Yeah, yeah.

NICK GRIMSHAW: And the way to do it, like we always used to go on like big group friend holidays with like, everyone invited.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And then last year we went away to a friend's wedding and me and Miquita went, I was like, 'Will we share a room?' Miquita's like, 'No, we'll have separate rooms.'

[laughter]

NICK GRIMSHAW: And I was like, 'Right,' she was like, 'And I'll just see you at breakfast, if it happens.'

ANGELA HARTNETT: Yeah, yeah, yeah.

NENEH CHERRY: Cute.

NICK GRIMSHAW: So we'd have like, you know, great time together.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: But also, you know, you be like-

ANGELA HARTNETT: You're not forced to be, yeah.

NICK GRIMSHAW: We were like, I'll see you later.

NENEH CHERRY: Not, not like-

NICK GRIMSHAW: It's quite good to do.

NENEH CHERRY: No, not like having to be stuck to each other.

NICK GRIMSHAW: Yeah, yeah, yeah.

ANGELA HARTNETT: Anyway, enough about them.

NICK GRIMSHAW: Enough about them.

ANGELA HARTNETT: Let's talk about you.

NICK GRIMSHAW: Let's talk about you. Not them.

ANGELA HARTNETT: You.

NENEH CHERRY: Or you.

NICK GRIMSHAW: Yeah, let's talk about you, not them. We should talk about your food likes and dislikes, because we are here to talk food, of course. We love that there was something that we've not had really ever on Dish in a few years, is no dislikes. You kind of will eat anything.

NENEH CHERRY: Yeah.

NICK GRIMSHAW: Yeah? Or did you just not wanna email? *[laughs]*

NENEH CHERRY: No, I mean, I think I, it was interesting because when I got briefed before I came in here, the lovely young man said that, and I was like, did I say that?

[laughter]

NICK GRIMSHAW: ‘Cause actually...

NENEH CHERRY: I, I, I thought, I think I do, I do have dislikes.

NICK GRIMSHAW: Okay.

NENEH CHERRY: What I dislike is like food that has no heart.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Right, yeah.

NENEH CHERRY: Food that's like over complicated, that's like doing too much and not saying enough.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Yes.

NENEH CHERRY: In the sense that it gets in your heart and you, gives you feeling. I despise.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Yeah.

NENEH CHERRY: I have very little patience.

NICK GRIMSHAW: *[laughs]* Yeah.

NENEH CHERRY: And you know, we all love to have a nice fancy meal-

ANGELA HARTNETT: Mm.

NENEH CHERRY: -and, you know, to go, to have something very refined.

ANGELA HARTNETT: Mm.

NENEH CHERRY: It's not that. Cooking has been such a huge part of even like getting to know myself.

NICK GRIMSHAW: Mm-hm.

NENEH CHERRY: Culturally, you know, that's been a really big part of, of, my expression, like going into kind of my roots and cooking, my African roots, my Black American roots, and I mean, Andi and I have really bonded.

NICK GRIMSHAW: Mm-hm.

NENEH CHERRY: In that way.

ANGELA HARTNETT: Yeah.

NENEH CHERRY: With food.

NICK GRIMSHAW: Yeah.

NENEH CHERRY: Music. I'll never forget being taught how to make a roast chicken-

ANGELA HARTNETT: Yeah.

NENEH CHERRY: -actually, my first husband, so Naima, my eldest child's grandmother, Donna, who was born in Kansas in 1920-something, and me and Naima's father, we had Naima in Sweden.

ANGELA HARTNETT: Right.

NENEH CHERRY: And we brought her back when she was six months, and when we got back to our flat in Kilburn, it was a f***** mess.

ANGELA HARTNETT: *[laughs]*

NENEH CHERRY: Some friends had stayed there, and they'd like left dishes in the sink, bless 'em, I mean, they'd done their best. And I kind of broke down.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm-hm.

NENEH CHERRY: You know-

ANGELA HARTNETT: With your six-month-old, yeah.

NENEH CHERRY: -coming back with a little baby- no, six weeks.

ANGELA HARTNETT: Oh my God, even-

NICK GRIMSHAW: Oh wow.

ANGELA HARTNETT: Jeepers.

NENEH CHERRY: And I was eighteen, you know-

ANGELA HARTNETT: Oh God.

NENEH CHERRY: -also, and Donna just got everyone, my mum was there, like, 'Do this, we're gonna clean up,' and then she sent Uncle Mark out, Naima's uncle, to buy a chicken.

ANGELA HARTNETT: Yeah.

NENEH CHERRY: And some potatoes. And she just, I don't think I'd ever roasted a chicken before, but she just got it in the tray. She said she just put some knobs of butter on it. Put a bit of rosemary up the backside.

ANGELA HARTNETT: [*laughs*]

NENEH CHERRY: I'll never forget that meal.

ANGELA HARTNETT: Yeah.

NENEH CHERRY: By the time we sat down around the table, bottle of red wine- wine. The chicken was like so moist, you could just kind of break it?

ANGELA HARTNETT: Yeah, break it off. Yeah.

NENEH CHERRY: That's-

ANGELA HARTNETT: But that's all the things-

NENEH CHERRY: -love, isn't it?

ANGELA HARTNETT: -that makes a great, well you've just it-

NENEH CHERRY: Isn't it?

ANGELA HARTNETT: -love, 'cause when everyone says to me, what's your best meal? I said, it's not about what's on that plate. That might bring us to the table.

NENEH CHERRY: Yeah.

ANGELA HARTNETT: But it's about the people around the table.

NENEH CHERRY: Right.

ANGELA HARTNETT: It's about why you're around that table. Some of my best meals are in the cheapest restaurants in the world, but I'm with my family, and it was a special occasion.

NENEH CHERRY: Exactly.

ANGELA HARTNETT: And something was said.

NENEH CHERRY: Yeah.

ANGELA HARTNETT: I mean, I'll never forget, one of the best Christmas meals is when this turkey came to the table, my mum goes, 'That was the size of Anne when she was a baby.'

[laughter]

ANGELA HARTNETT: [laughing] You know, my poor sister's twenty.

[cutlery sounds]

NICK GRIMSHAW: We also have, as your likes here, you love Italian food, pasta and fish. You wrote to us to say that you are- I mean, we asked, it wasn't an unsolicited letter.

[laughter]

NICK GRIMSHAW: It sounds like, Neneh Cherry's just writing a letter to us. We asked you. You said you were really excited about whatever Angela makes today.

NENEH CHERRY: Yeah.

NICK GRIMSHAW: Do you like, I know that you're a great cook and you love to host. Do you like being fed to? Are you a good guest?

NENEH CHERRY: I love being fed.

NICK GRIMSHAW: Uh-huh.

NENEH CHERRY: Like, one of my favourite things is going out to eat when I don't have to order.

NICK GRIMSHAW: I love that, yes.

NENEH CHERRY: You know when you go to a place and people are like, 'What you need to have is this.'

NICK GRIMSHAW: I love that.

NENEH CHERRY: This, this, this, this, this.

NICK GRIMSHAW: Yes.

NENEH CHERRY: And then you get, you don't have to have like horrible food envy when someone gets...

NICK GRIMSHAW: Yeah, yeah, yeah, yeah, yeah.

NENEH CHERRY: Then you're like, oh s***, why didn't I get that?

NICK GRIMSHAW: Yeah, should have had that. Well today you are in for a treat because-

NENEH CHERRY: I'm really excited.

NICK GRIMSHAW: -when Angela does pasta, I'm like, yes. It's my favourite thing to do, yeah.

NENEH CHERRY: Wonderful.

NICK GRIMSHAW: We also found out in our research that you're a big fan of three solid ingredients, hot sauce, olive oil and sea salt.

NENEH CHERRY: Yeah, Maldon salt, so-

NICK GRIMSHAW: Yeah, Maldon salt.

NENEH CHERRY: -to be, very specific...

NICK GRIMSHAW: Oh so you have a specific salt. Is it Maldon, Ange? Can we confirm?

NENEH CHERRY: I love-

NICK GRIMSHAW: It's Maldon.

NENEH CHERRY: El- eh- eh- uh- yeah.

NICK GRIMSHAW: It's Maldon. Will you travel with salt?

NENEH CHERRY: No, do you know what? I have not started travelling with salt.

NICK GRIMSHAW: Uh-huh.

NENEH CHERRY: I have travelled with hot sauce.

NICK GRIMSHAW: Yes. Essential, I think.

NENEH CHERRY: And I have also been on the road with like a hot plate.

NICK GRIMSHAW: [*laughing*] Not a hot plate.

NENEH CHERRY: And like cooked in my dressing room.

NICK GRIMSHAW: [*laughing*] No.

NENEH CHERRY: Oh, yeah, yeah, yeah.

NICK GRIMSHAW: What like- no way.

NENEH CHERRY: It starts to drive you crazy after a while.

NICK GRIMSHAW: Yeah. 'Cause when you're on tour, the food options, you know, you just, it's an unreal-

NENEH CHERRY: And you're just like-

NICK GRIMSHAW: -life as well.

NENEH CHERRY: -and literally, even just to like, be able to make some brown rice.

NICK GRIMSHAW: Mm-hm.

NENEH CHERRY: And something.

NICK GRIMSHAW: Mm-hm.

NENEH CHERRY: That's just, and also just, that's just made by someone's like hands that you know.

NICK GRIMSHAW: Yes.

NENEH CHERRY: Or my own.

NICK GRIMSHAW: Yeah.

NENEH CHERRY: You know what I mean?

NICK GRIMSHAW: Not like crisps in a service station.

NENEH CHERRY: Yeah, yeah, yeah. It gets really intense after a while, I think.

NICK GRIMSHAW: And what type of cook are you? Are you someone that likes to follow a recipe? Are you free styling? Do you have your own recipes?

NENEH CHERRY: I mean, I learn a lot from cooking with other people.

NICK GRIMSHAW: Mm-hm.

NENEH CHERRY: Cooking with Andi has been amazing. Actually, she's a person that I can start something with and she can finish it.

NICK GRIMSHAW: Right.

NENEH CHERRY: And vice versa.

NICK GRIMSHAW: Wow. That's-

NENEH CHERRY: And I actually have that with Mabel.

NICK GRIMSHAW: Uh-huh,

NENEH CHERRY: Like we can cook, 'cause I think if you're on a thread with something and someone comes in and goes, oh, I think you should do this quite often you're like, get out.

NICK GRIMSHAW: I don't think so.

NENEH CHERRY: My pots, like...

NICK GRIMSHAW: Mm-hm.

NENEH CHERRY: Get out, I'm gonna stab you, like...

[laughter]

NENEH CHERRY: You might die.

[cutlery sounds]

NICK GRIMSHAW: Okay, the food... is here.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Wow, what have we got here, Ange? What are we having?

ANGELA HARTNETT: So we have tagliatelle with peas, courgettes, and burrata.

NENEH CHERRY: Mmm.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: And is a recipe by the lovely Mateo Zielonka.

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: On the Waitrose website. And yeah, fresh homemade tagliatelle we made today.

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: Cook down the- salt the courgettes, so they're less watery.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Grate them, salt them for about twenty minutes. And then in a pan, little bit of olive oil, some garlic, add your courgettes, add your peas. These are frozen so you can do it, you know, even when the peas aren't in season. And then basically a little bit of the cooking water to bind it with some parmesan, lemon, and then finish it with burrata on top.

NENEH CHERRY: I'm going in.

ANGELA HARTNETT: Go in, and there's more parmesan, or if you want pepper.

NENEH CHERRY: Mmm.

NICK GRIMSHAW: Also, I love double cheese.

ANGELA HARTNETT: Cheese and cheese.

NENEH CHERRY: Mm. Mm.

ANGELA HARTNETT: Mm.

NENEH CHERRY: Oh yeah.

[crew laugh]

ANGELA HARTNETT: Mm, mm, mm.

NENEH CHERRY: Wow.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Mm.

NENEH CHERRY: Damn, that's good.

ANGELA HARTNETT: Oof.

NICK GRIMSHAW: That is good.

ANGELA HARTNETT: So when you mix that in, you'll get that lovely creamy burrata.

NENEH CHERRY: That thing.

ANGELA HARTNETT: Sauce, yeah.

NICK GRIMSHAW: So the recipe calls for it to be blitzed.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: But you've not- this blitz free?

ANGELA HARTNETT: Done that. Well, partly because-

NICK GRIMSHAW: I like a full pea.

ANGELA HARTNETT: I like a full pea. I like a full pea.

NICK GRIMSHAW: We can handle a pea.

ANGELA HARTNETT: But also I sort of think-

NENEH CHERRY: Textural.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: -it's an extra thing to do, and if I'm absolutely lazy, it's another bit of equipment that you have to wash up and all the rest of it. So I think you can keep them whole. But if you want to, you can add your peas in, little bit of the cooking water from peas, and then blitz it with the herbs and stuff like that.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: But I think it's perfectly good.

NENEH CHERRY: And then it would be more like pesto.

ANGELA HARTNETT: Yeah, in a way, yeah.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: A bit more creamier sauce. But I think, 'cause you've got the burrata- go on. Lady over there would like to ask a question.

NICK GRIMSHAW: Yes? Please madam.

ANGELA HARTNETT: Yes, yes. Lady at the back.

NENEH CHERRY: What is the se- *[laughs]*

[laughter]

NICK GRIMSHAW: Yes please.

ANGELA HARTNETT: I love the way it's here. Here.

NENEH CHERRY: Miss? Miss? Is there basil or is-

ANGELA HARTNETT: There's basil and mint in there, lemon-

NENEH CHERRY: Fresh?

ANGELA HARTNETT: Yeah. And lemon rind.

NICK GRIMSHAW: Mmm.

NENEH CHERRY: Oh?

ANGELA HARTNETT: And then garlic as well. But if you want to blitz it, then you'd put all your herbs in with your peas, and then as you say, it'd be a bit more like a little pesto.

NICK GRIMSHAW: No, I like them being more...

ANGELA HARTNETT: Yeah, exactly.

NENEH CHERRY: I like, I like it. The texture of the pea is really nice.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Same. Mm-hm. Really good.

NENEH CHERRY: And it's nice that it isn't just like a mush.

ANGELA & NICK: Yeah.

NICK GRIMSHAW: Especially if you're having burrata as well...

ANGELA HARTNETT: Cause that's so creamy anyway.

NENEH CHERRY: Mm-hm.

ANGELA HARTNETT: Yeah, exactly.

NICK GRIMSHAW: And then we're do burrata and parmesan.

ANGELA HARTNETT: I know, double whammy on the cheese.

NICK GRIMSHAW: But they're great friends, aren't they?

ANGELA HARTNETT: I think so. 'Cause I think burrata, you've got that sort of hardness of the mozzarella, then that creaminess-

NENEH CHERRY: Mmm.

ANGELA HARTNETT: -of the inside that sort of melts with it.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: And then I think Parmesan acts as your salt. I mean, I always use Parmesan and anchovies as seasoning.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: So you cut down on your salt and use that as your seasoning. Even when, I've cooked with some friends out in Italy and they've made fish pasta, which everyone says you never put parmesan, but they use it as salt. Because it is salty. So that's why it works.

NICK GRIMSHAW: I love that. when Angela, you know, over the years we've been doing this, you've always said that there's these certain food rules.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: That people follow.

NENEH CHERRY: Mm.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: You don't need to follow.

ANGELA HARTNETT: It's what makes you happy and what you like do. Yeah, exactly.

NICK GRIMSHAW: Mm. If you wanna try this recipe, you can create this at home. All the ingredients and all the recipes we do on Dish are on [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes).

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: So you can go find this, tagliatelle with peas, courgette and burrata. There's a wine pairing too.

ANGELA HARTNETT: There's a Gavi.

NICK GRIMSHAW: Do you want a wine, yeah. Oh, do you say- oh, I say Gavi, but that might be northerner.

ANGELA HARTNETT: Ga- Gavi.

NICK GRIMSHAW: You say Gah-vi.

NENEH CHERRY: I would've said Gavi.

NICK GRIMSHAW: Gavi.

ANGELA HARTNETT: Gavi.

NENEH CHERRY: Not Gah-vi.

ANGELA HARTNETT: Gavi Gah-vi.

NICK GRIMSHAW: It's Gavi.

ANGELA HARTNETT: It's Gavi.

NENEH CHERRY: Gavi.

NICK GRIMSHAW: Gavi. Gavi.

NENEH CHERRY: *[laughs]*

ANGELA HARTNETT: It's Blueprint.

NICK GRIMSHAW: Oh yeah.

ANGELA HARTNETT: Blueprint Gavi.

NICK GRIMSHAW: Oh yeah. Okay well that wine pairing is also on the website should you need it.

[salt grinder sounds]

NICK GRIMSHAW: Do you ever make your own pasta? 'Cause I never, ever. I tried it once in like 2005.

NENEH CHERRY: No, I, yeah, same.

ANGELA HARTNETT: Yeah.

NENEH CHERRY: And I just could sort of gave up and just ended up making pasta sheets because-

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

NENEH CHERRY: Nothing else worked. But actually, I've just bought Mabel a pasta machine.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Because you want her to make it, or...

NENEH CHERRY: Yes.

NICK GRIMSHAW: Yeah, basically.

[laughter]

NICK GRIMSHAW: Yeah, go on Mabel.

NENEH CHERRY: She wants to make it, and I, and I'll feel like she can drive and I'll hang out.

NICK GRIMSHAW: Yeah.

NENEH CHERRY: Give us the lowdown, what do we do?

ANGELA HARTNETT: My pasta recipe is one whole egg to a hundred grams of flour.

NICK GRIMSHAW: Okay.

ANGELA HARTNETT: Yeah, so 300 grams of flour, three whole eggs. Whip your eggs together. Do it in a bowl or on a table, a well in the centre of your flour, and then pour two thirds of the eggs in.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: And then bring it together. Don't pour everything in.

NENEH CHERRY: Okay.

ANGELA HARTNETT: Because then you get the consistency. You can do it in a machine. She could do it in like a Robot Coupe or something. But I think for 200 grams of flour, a couple of eggs, you know, you can learn to feel it by hand. And then you just keep kneading, add more eggs as you knead it until it stops sticking on your hands. Once it's not sticking on your hands it's mixed in enough.

NICK GRIMSHAW: It's ready.

ANGELA HARTNETT: Yeah. And you know you've got the right- it's a bit like Play-Doh, but not as sticky, and you should be able to poke your hand into the pasta and it spring back.

NENEH CHERRY: So it's a bit elastic.

ANGELA HARTNETT: Yeah, exactly.

NICK GRIMSHAW: Bit elastic.

ANGELA HARTNETT: Yeah, bit elastic.

NICK GRIMSHAW: 'Cause I mean, and this might be a really stupid thing to say, but it always feels such a-

ANGELA HARTNETT: Faff?

NICK GRIMSHAW: Challenge, to make pasta.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Or bread. But I'm like, guys, this is the thing that we've been eating for like thousands-

NENEH CHERRY: You think about all the little nonnas-

NICK GRIMSHAW: -of years, like, someone up a hill making it.

NENEH CHERRY: Every day, making it.

NICK GRIMSHAW: In a forest making tagliatelle.

NENEH CHERRY: *[laughs]*

NICK GRIMSHAW: Do you know what I mean? I can probably do it. But there's something about that I always find like, ooh.

NENEH CHERRY: But I think all things like that are really an art form.

NICK GRIMSHAW: Yes.

NENEH CHERRY: Aren't they?

NICK GRIMSHAW: Yeah, yeah, yeah.

ANGELA HARTNETT: Yeah, I think people have a different thing. When I used to make it with my grandmother, she would make like three kilos-

NENEH CHERRY: Wow.

[laughs]

ANGELA HARTNETT: -'cause we'd made loads. And I always had to knead and stuff. And if there was any little bit left, she'd just use a bit of milk or a bit of water, you know? 'Cause she was of a generation you just didn't waste anything.

NENEH CHERRY: Yeah.

ANGELA HARTNETT: You know, if there was a tiny little bit of flour there that was gonna be mixed into the pasta dough. So, yeah, and think- I love the beauty that everyone has their own little recipe and version of stuff, you know?

NENEH CHERRY: Yeah.

NICK GRIMSHAW: I guess as well, like you're not gonna make it once and it be Angela Hartnett's pasta.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: You know what I mean? It's like-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: -try a few times.

ANGELA HARTNETT: Yeah, of course.

NICK GRIMSHAW: It might you a bit of a while to get there, you've been making it since what age? Three?

ANGELA HARTNETT: Oh yeah, since- yeah, well...

[laughs]

ANGELA HARTNETT: Well, not that, but certainly since about seven or eight.

NICK GRIMSHAW: So there you go, now Mabel has learnt from the best.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: So that pasta better be-

NENEH CHERRY: Okay, well.

NICK GRIMSHAW: That better be good.

NENEH CHERRY: We'll let you know.

NICK GRIMSHAW: Yeah, please

ANGELA HARTNETT: Tell Mabel we're gonna do pasta classes-

NICK GRIMSHAW: [*gasps*]

ANGELA HARTNETT: -at the restaurant, so she can come along to one of those.

NICK GRIMSHAW: Oh my God. I wanna come to that.

NENEH CHERRY: Do you know what?

ANGELA HARTNETT: Yeah.

NENEH CHERRY: Should we gatecrash? Get Andi-

ANGELA HARTNETT: Just come, we'll do you one for you. We'll do one day.

NENEH CHERRY: Oh my God.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Let's go.

NENEH CHERRY: Honestly, I would die for that.

NICK GRIMSHAW: Let's do that.

NENEH CHERRY: Would you do it too?

NICK GRIMSHAW: A hundred percent.

NENEH CHERRY: Let's all go. Oh my God, this-

NICK GRIMSHAW: I would love to.

ANGELA HARTNETT: Then you really will see-

NENEH CHERRY: It's a date.

ANGELA HARTNETT: -bad Angela. 'Nick! What have I told you?'

NICK GRIMSHAW: And we're like, 'Ahhh!'

[*laughter*]

NICK GRIMSHAW: 'Ahhh!'

ANGELA HARTNETT: 'Clean up!'

NICK GRIMSHAW: I don't like it.

NENEH CHERRY: Oh no I honestly love that.

ANGELA HARTNETT: Yeah, no, it's good-

NICK GRIMSHAW: I would love that. Imagine-

ANGELA HARTNETT: And we don't overcompli- the, and any, everyone does, I guarantee you will walk away with pasta that you can take home and eat that night.

NENEH CHERRY: Okay.

NICK GRIMSHAW: Let's do it. Do we invite Andi? 'Cause Andi will be like, [*whispering*] 'I know how to make pasta.'

ANGELA HARTNETT: We'll test her.

NICK GRIMSHAW: She can come and be like a cheerleader.

ANGELA HARTNETT: Referee.

NICK GRIMSHAW: Yeah, ref.

NENEH CHERRY: She-

NICK GRIMSHAW: Yeah.

NENEH CHERRY: I mean, she might just love it. I feel like she's probably made just about everything now.

NICK GRIMSHAW: Yes, yes.

NENEH CHERRY: But, it could be fun. Miquita would-

NICK GRIMSHAW: Yeah.

NENEH CHERRY: I feel like we should do a little family gathering?

NICK GRIMSHAW: Yeah oh my God, let's do it, please.

ANGELA HARTNETT: We'll do it.

NICK GRIMSHAW: Do do the kids cook for you? Does Mabel, say, come over for dinner? Because don't you live like-

NENEH CHERRY: We live three doors apart, so...

NICK GRIMSHAW: Three doors apart?

NENEH CHERRY: Yeah.

ANGELA HARTNETT: Do you have keys to each other's house? Do you pop in and-

NENEH CHERRY: [*laughing*] I have keys to her house, she doesn't have keys to mine.

[*laughter*]

[*drink pouring sounds*]

NICK GRIMSHAW: I wanna talk about growing up and food. And you grew up in a vegetarian household.

NENEH CHERRY: For a while.

NICK GRIMSHAW: For a while, which you've called before, was a little, 'frustrating' was the words that you used.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Why was the vegetarian life frustrating?

NENEH CHERRY: ‘Cause I was very much like... in fact, my Swedish grandma used to send meatballs in the mail for my brother Eli.

NICK GRIMSHAW: Love. That's nice in a jiffy bag.

ANGELA HARTNETT: From Sweden to-

NENEH CHERRY: No, no, no. In Sweden, we were in Sweden.

ANGELA HARTNETT: Okay, right, okay.

NENEH CHERRY: She, she ran the post office where she lived.

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: Yeah. Brilliant.

NENEH CHERRY: So she probably did like express mail for free.

ANGELA HARTNETT: Yeah, nice.

NENEH CHERRY: Put the meatballs in, but, um...

[laughter]

NENEH CHERRY: Um...

NICK GRIMSHAW: You at the letterbox like that.

ANGELA HARTNETT: Yeah *[laughs]*

NENEH CHERRY: Yeah, I mean, I, I just wanted to eat like-

ANGELA HARTNETT: Yeah.

NENEH CHERRY: -meat and potatoes and, you know, and it was very like brown rice that was an era, miso and-

NICK GRIMSHAW: Mm-hm.

NENEH CHERRY: -tamari and you know, and.. I mean I love some of that stuff now, but at the time...

ANGELA HARTNETT: Yeah.

NENEH CHERRY: We did- and no sweets and...

NICK GRIMSHAW: Right.

ANGELA HARTNETT: Right, okay, quite strict.

NICK GRIMSHAW: But when you're a kid, I think you always want-

NENEH CHERRY: But it didn't last that long.

NICK GRIMSHAW: -and other, the other tastes, don't you.

NENEH CHERRY: Yeah, you want, yeah.

ANGELA HARTNETT: Mm.

NENEH CHERRY: It's like if you said you can't have candy.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Yeah, of course, yeah.

NENEH CHERRY: Or you get like crazy. But where we lived in Sweden in the countryside, I knew all the farmers around.

ANGELA HARTNETT: Yeah.

NENEH CHERRY: I would just get on my bike and like go to people's houses around the time when they would bring out their cinnamon buns and all the kind of home baked, buttery...

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm-hm.

NENEH CHERRY: Delicious cakes.

ANGELA HARTNETT: Yeah, of course.

NENEH CHERRY: So we did the vegetarian thing, which was very much of its time, and then, you know, my mother was a great cook.

ANGELA HARTNETT: Mm-hm.

NENEH CHERRY: Actually.

NENEH CHERRY: And she made, she made amazing, I think, like almost the best black beans I've ever had. Actually, after she died, we, there were some frozen black beans that she had made in our freezer, in, in our loft in New York.

ANGELA HARTNETT: Aw.

NICK GRIMSHAW: Oh.

NENEH CHERRY: And we took 'em out, we defrosted them and ate them.

ANGELA & NICK: Aw.

NENEH CHERRY: Speaking of like, amazing food memory.

ANGELA HARTNETT: Yeah, memory, yeah.

NENEH CHERRY: They were so good. You know, she grew up in Sweden and she was born in like '43.

NICK GRIMSHAW: Mm-hm.

NENEH CHERRY: So she grew up really knowing, kind of like, home cooking.

ANGELA HARTNETT: Yeah.

NENEH CHERRY: Like kind of traditional Swedish food, and there were certain aspects of that she really loved.

ANGELA HARTNETT: And you cook a lot of Swedish food, still?

NENEH CHERRY: Yes and no.

ANGELA HARTNETT: Right.

NENEH CHERRY: Like, I have things that I really love.

ANGELA HARTNETT: Yeah.

NENEH CHERRY: But also like more like, old school things like that.

ANGELA HARTNETT: Yeah.

NENEH CHERRY: Like they do this great dish that's called dillkött, which is like a dill kind of stew. You boil meat, I think it's supposed to be lamb, possibly veal. Then after it's cooked, you cut it and then you make a sauce with the stock.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Right, okay.

NENEH CHERRY: With like a little bit of vinegar and an egg white.

ANGELA HARTNETT: Yeah. Okay.

NENEH CHERRY: And the broth, and then you chop lots of dill to it.

ANGELA HARTNETT: Yeah.

NENEH CHERRY: And you pour it on the meat, and it's like...

NICK GRIMSHAW: Oh, yum.

[dinner table sounds]

NICK GRIMSHAW: We have to talk about A Thousand Threads. As you can hear this is the hardback. The paperback is coming.

NENEH CHERRY: *[laughs]*

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: It's just been shortlisted for the Women's Prize for Non-fiction.

ANGELA HARTNETT: Congratulations.

NICK GRIMSHAW: Huge, congratulations.

ANGELA HARTNETT: That's amazing.

NENEH CHERRY: Can't believe it.

NICK GRIMSHAW: Tell us about the-

ANGELA HARTNETT: Deserved.

NICK GRIMSHAW: -the process. How was it? Because to sit down and reflect and to write about your life is no easy feat. How did the journey begin for you, in writing this?

NENEH CHERRY: Wow. I feel a little bit like I was kind of positively pushed into it a little bit.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Right.

NENEH CHERRY: Which was actually a blessing and I feel very kind of privileged and lucky that people kind of believed that I could write a book. So I, I met my publisher and Covid started, and I started writing and basically, it took four years from door to door to get it done. And when I first started writing, I didn't really have a plan. So I started just kind of with things that, as they came up. And then basically in August, so a few months down, when did Covid unfold? February, March...

ANGELA HARTNETT: Yeah, yeah.

NENEH CHERRY: Something like that.

ANGELA HARTNETT: March time, yeah.

NENEH CHERRY: Cameron, my husband and I went to Sweden and that's when I think I really began the real journey. And I was kind of allergic to the concept of like, I'm just gonna do this chronologically, like, but actually that's what I ended up doing.

NICK GRIMSHAW: Right.

NENEH CHERRY: Because I think that each, each bit of my story and my life or whatever, like as I went through them, opened up the doors into the next part. And yeah, it ended up being like a crazy huge thing.

NICK GRIMSHAW: Mm-hm.

NENEH CHERRY: That I think affected me much more than I realised when I was in the middle of it.

ANGELA HARTNETT: Right, yeah.

NENEH CHERRY: Because you know how it is when you're in the middle of things, you're just like, you just keep going. I would wake up with like 500 thoughts in my head. When I was done, when I managed to get it together to hand the book away... [laughs]

[laughter]

NENEH CHERRY: I was, I mean, I was semi-nuts I think, until maybe January.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Right.

NENEH CHERRY: Like my brain was scrambled.

NICK GRIMSHAW: And how does it feel now that it's out in the world, and people are reading it and consuming it, and you see so much, you know, great talk about this book and amazing reviews. How has it been to receive?

NENEH CHERRY: For me, I think, the dream was that this thing, this book would just be something that somebody would pass on to someone else, like I've done with books and music that I love.

ANGELA HARTNETT: Mm.

NENEH CHERRY: And I have actually heard of a few people that didn't know that they knew me, that people tell them about the book and stuff. And it's just, to me, that's so beautiful, and I think that's why you're slightly insane before you let something go.

ANGELA HARTNETT: Mm.

NENEH CHERRY: Because post-that it's out there doing, its making its own journey. And actually you're not affecting it anymore.

ANGELA HARTNETT: Yeah.

NENEH CHERRY: Yes we can sit and talk about it. And separating, like letting something go to that place where it can do that is quite weird, like, that's quite hard.

NICK GRIMSHAW: Mm-hm.

NENEH CHERRY: I think.

ANGELA HARTNETT: Yeah.

NENEH CHERRY: But once it's done?

ANGELA HARTNETT: Yeah.

NENEH CHERRY: And so I'm in that place now where I'm like, kind of, I've cut the cord.

ANGELA HARTNETT: Cut the, yeah.

NENEH CHERRY: Yeah. And actually a few weeks ago the, the paperback's coming out a bit earlier-

ANGELA HARTNETT: Yeah.

NENEH CHERRY: -than it was meant to, and there was a few things that I wanted to change that when the book had to come out, I couldn't change them. It was too late.

ANGELA HARTNETT: Mm.

NENEH CHERRY: Because I was late and everything was late.

ANGELA HARTNETT: Yeah, it was just...

NENEH CHERRY: That's it.

NICK GRIMSHAW: *[laughs]*

NENEH CHERRY: The door is slammed shut.

NICK GRIMSHAW: Yeah, they're like, it's done.

NENEH CHERRY: No more! But when I went back in the other week to kind of look at a few things that I would've liked to have changed a little bit, it kind of gave me PTSD. I was just like, 'Oh my God, and oh, oh God, oh, I would actually like to change this and that,' and I sent some notes back to my publisher and they were just like, 'No. No.'

NICK GRIMSHAW: No, no, no, just leave it.

NENEH CHERRY: *[laughs]*

NICK GRIMSHAW: Just leave it.

NENEH CHERRY: No, no.

ANGELA HARTNETT: But they also probably, because it was so self-reflective, because it's biographical, how you wrote it was probably instinctively the right way.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: 'Cause it would've been your first natural feeling, and especially, especially writing about your mother, your father, you know, everything that happened, I think probably if you start over analysing it, you're not in a way doing it justice.

NENEH CHERRY: Yeah.

ANGELA HARTNETT: ‘Cause I think as, as if you’re telling me your life, that's your life.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: So, you know, you don't need to change. I think, I think your publisher probably made the right call, yeah.

NENEH CHERRY: I think they absolutely knew what was up there, 'cause I think you can take the life out of something.

ANGELA HARTNETT: Yeah.

NENEH CHERRY: Especially when you're making music—

ANGELA HARTNETT: Sure.

NENEH CHERRY: —you can go, quite often we work ourselves into a hole and you end up releasing the f***** demo, do you know what I mean?

ANGELA HARTNETT: Yeah, yeah, yeah.

NENEH CHERRY: Because actually, the energy was the be-

NICK GRIMSHAW: It’s the most instinctive.

NENEH CHERRY: Yeah.

NICK GRIMSHAW: Yeah, yeah.

[drink pouring sounds]

NICK GRIMSHAW: Neneh, we're gonna do your fast food quiz right now.

NENEH CHERRY: Oh my God, I'm really s*** at quizzes.

NICK GRIMSHAW: Quick fire round.

ANGELA HARTNETT: No.

NICK GRIMSHAW: But the answers are within you.

ANGELA HARTNETT: No tricks.

NICK GRIMSHAW: There's no tricks. Okay. What would you say is your favourite way to eat eggs?

NENEH CHERRY: I would like to say an Easter egg.

[*laughter*]

NICK GRIMSHAW: Yes!

ANGELA HARTNETT: That is a great answer, we haven't had that one.

NICK GRIMSHAW: You can say an Easter egg, yeah,

ANGELA HARTNETT: I like that. What's your favourite sandwich filling?

NENEH CHERRY: Either like a really nice, like parma ham and...

ANGELA HARTNETT: Mozzarella in there maybe?

NENEH CHERRY: Mozzarella, a bit of basil-

ANGELA HARTNETT: Basil, yeah, okay.

NENEH CHERRY: -a bit of a really lovely tomato. Or peanut butter.

ANGELA HARTNETT: Oh, nice.

[*crew laugh*]

NENEH CHERRY: [*laughs*]

NICK GRIMSHAW: Mmm, yeah.

ANGELA HARTNETT: We like, we like peanut butter here.

NENEH CHERRY: Peanut butter and, and banana. Have you had ManiLife peanut butter?

NICK GRIMSHAW: Yes, I have.

NENEH CHERRY: Oh my God.

NICK GRIMSHAW: Oh my God, that's a problem.

NENEH CHERRY: There's one where you literally get like half a peanut in the peanut butter.

NICK GRIMSHAW: Mm-hm, mm-hm, mm-hm.

ANGELA HARTNETT: Oh.

NENEH CHERRY: I love it.

ANGELA HARTNETT: Is that an American brand?

NICK GRIMSHAW: It's in Waitrose!

ANGELA HARTNETT: Is it? Okay.

NENEH CHERRY: 'It's in Waitrose!'

NICK GRIMSHAW: It's in Waitrose!

NENEH CHERRY: [*laughs*]

ANGELA HARTNETT: I'll try that.

NICK GRIMSHAW: What is your favourite form of potato?

NENEH CHERRY: Mashed.

ANGELA HARTNETT: Okay. I like that. 'Mashed.'

NICK GRIMSHAW: 'Mashed.'

ANGELA HARTNETT: What's your favourite herb?

NENEH CHERRY: I would say a flat leaf parsley is very versatile and lovely. And then I would probably say thyme.

ANGELA HARTNETT: Okay.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Nice choices. Yeah, I like those.

NICK GRIMSHAW: Mm. Did you have a favourite-

NENEH CHERRY: I do love rosemary, I mean, I love them all.

ANGELA HARTNETT: Yeah, I'm with you.

NICK GRIMSHAW: They're, they're, we don't- I don't why we-

NENEH CHERRY: It's a really awful question-

NICK GRIMSHAW: It's too st-

NENEH CHERRY: -but I would say, yeah.

ANGELA HARTNETT: It's hard one that one, yeah. 'Cause

NENEH CHERRY: It's hard.

ANGELA HARTNETT: -different herbs for different dishes.

NICK GRIMSHAW: That's true.

NENEH CHERRY: My favourite is, yeah, parsley.

NICK GRIMSHAW: Yeah.

NENEH CHERRY: Parsley. Thyme. I love thyme. But I do love rosemary and I do love coriander.

[laughter]

NICK GRIMSHAW: Do you have a favourite crisp?

NENEH CHERRY: I'm not crazy about crisps.

NICK GRIMSHAW: What? Love crisps.

ANGELA HARTNETT: Yes.

NENEH CHERRY: But, lately...

NICK GRIMSHAW: Mm-hm.

NENEH CHERRY: Do like a truffle crisp.

NICK GRIMSHAW: Mmm.

ANGELA HARTNETT: Oh, fancy.

NICK GRIMSHAW: What if like we were going to the shop, like, you know, you pop to the corner shop? What do you fancy?

NENEH CHERRY: Well, you know what's happened to me in my old bag lady days?

[laughter]

NENEH CHERRY: I've developed a really severe sweet tooth.

NICK GRIMSHAW: Oh yeah.

ANGELA HARTNETT: Oh, okay.

NENEH CHERRY: I was always a savoury person.

ANGELA HARTNETT: Mm.

NENEH CHERRY: Now I would probably get some like dark chocolate-

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Right.

NENEH CHERRY: -or something.

NICK GRIMSHAW: Mm.

NENEH CHERRY: And I think that more than crisps, I've eaten like, nuts has been my thing.

NICK GRIMSHAW: Yes.

NENEH CHERRY: I love, do you know what I love is a roast almond.

NICK GRIMSHAW: Oh yes.

ANGELA HARTNETT: Oh, nice, yeah.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: What would be your favourite food to put on a barbecue?

NENEH CHERRY: Oooh, I mean... I do love a barbecue chicken, like a jerk chicken.

ANGELA HARTNETT: Yeah.

NENEH CHERRY: I mean, I, I love jerk chicken.

ANGELA HARTNETT: I remember doing a gig, it's back to these Olivers again, with Andi, and I had to make her barbecue chicken. And the biggest compliment was she said, 'Is there any left? I wanna take it home for my mum.'

NICK GRIMSHAW: Wow.

ANGELA HARTNETT: And I was like, we've nailed it.

NENEH CHERRY: Ooh. Yeah.

ANGELA HARTNETT: If Andi wants to take it home to her mum...

NENEH CHERRY: And mum is...

ANGELA HARTNETT: Yeah, exactly.

NENEH CHERRY: She don't play, lemme tell you.

NICK GRIMSHAW: She knows. She knows.

ANGELA HARTNETT: I was happy.

NICK GRIMSHAW: She knows.

NENEH CHERRY: Yeah.

[*theme music*]

NICK GRIMSHAW: Hey, we come to the end of the show question. For your chance to win the Waitrose goodie bag here, filled with things, your favourite way to eat an egg, an Easter egg in there.

NENEH CHERRY: Woo hoo! I gotta win it though.

NICK GRIMSHAW: Oh, this is hard. All you've gotta do is answer this question, it is hard. To win the Waitrose goodie bag. 'In October 1989, you played the Smash Hit Poll Winners Party, an iconic event. Name three other acts on the lineup.'

NENEH CHERRY: Bros?

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Yep.

NICK GRIMSHAW: There's two of them.

ANGELA HARTNETT: Yeah.

NENEH CHERRY: Could it have been Soul II Soul?

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Yes.

NENEH CHERRY: Kylie Minogue?

ANGELA & NICK: Yes!

[*applause*]

NICK GRIMSHAW: Come on!

ANGELA HARTNETT: Brilliant! Yay! Woo!

NICK GRIMSHAW: [*laughing*] The-

ANGELA HARTNETT: The bag is yours [*laughs*]

NICK GRIMSHAW: The bag is yours, yeah, quite the lineup. Bros-

NENEH CHERRY: I think I can remember when I wore at that thing, isn't that...

ANGELA HARTNETT: Wow.

NICK GRIMSHAW: -Kylie, Big Fun, Soul II Soul, London Boys, Sonia, Transvision Vamp.

NENEH CHERRY: Oh my God.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Come on.

NENEH CHERRY: Wow.

NICK GRIMSHAW: Rebel MC.

NENEH CHERRY: Rebel MC.

NICK GRIMSHAW: What a lineup.

NENEH CHERRY: Wow, amazing

NICK GRIMSHAW: What a lineup. Neneh Cherry, thank you so much.

ANGELA HARTNETT: Thank you so much.

NENEH CHERRY: Thanks for having me-

NICK GRIMSHAW: Oh my God, so great.

NENEH CHERRY: -and for feeding me!

ANGELA HARTNETT: Oh, pleasure.

NENEH CHERRY: Bless you.

NICK GRIMSHAW: You're so welcome.

ANGELA HARTNETT: Thank you so much for coming.

NENEH CHERRY: So nice.

NICK GRIMSHAW: I mean, I didn't do anything, but you are so welcome anytime.

NENEH CHERRY: So nice to be together.

NICK GRIMSHAW: Neneh, thank you so much.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: The bag is yours. Congratulations on the release-

NENEH CHERRY: And I actually won it [*laughs*]

NICK GRIMSHAW: -of the book.

ANGELA HARTNETT: Yeah, you did.

NICK GRIMSHAW: Not a pity win. Congratulations once more on the book. The paperback is out on the 29th of May. Do yourself a favour, go and get it.

[*laughter*]

NICK GRIMSHAW: Neneh Cherry, thank you so much. Round of applause for Neneh Cherry, everybody!

[applause]

NENEH CHERRY: Thank you.

NICK GRIMSHAW: Thank you so much.

NICK GRIMSHAW: Next week on Dish, we welcome Natalie Portman.

NATALIE PORTMAN: I was pregnant that awards season, I was so big, like, everyone was like 'Oh you're gonna pop! And I was like 'I'm four months pregnant' and everyone was like 'You must be giving birth tomorrow?' hoping for something to happen on the red carpet. I've got five more months to go!?

[laughs]

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 from Waitrose is a Cold Glass Production.

VOICEOVER: Waitrose, food to feel good about.