

CMAT, Pescado a la Veracruzana and a Provence Rosé



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

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.

ANGELA HARTNETT: Indeed.

NICK GRIMSHAW: How are you?

ANGELA HARTNETT: I'm very well, thanks. How are you?

NICK GRIMSHAW: Yeah, I'm good.

ANGELA HARTNETT: Good, good, good.

NICK GRIMSHAW: I feel like I've not seen you for ages.

ANGELA HARTNETT: We haven't seen each other for ages.

NICK GRIMSHAW: I know. Why?

ANGELA HARTNETT: Last time was here.

NICK GRIMSHAW: Was it?

ANGELA HARTNETT: Well, you were- we were supposed to each other recently at a lunch date.

NICK GRIMSHAW: I know.

ANGELA HARTNETT: And I turned up.

NICK GRIMSHAW: I know.

ANGELA HARTNETT: And the lovely host said, 'Oh, is Nick coming?' I went, 'I think he is,' and then I said, 'Shall I call him?' And what were your words? 'Oh, bleep bleep bleep bleep!'

NICK GRIMSHAW: Yeah, I-

ANGELA HARTNETT: 'I'm at a screening.'

NICK GRIMSHAW: That is not very me.

ANGELA HARTNETT: Not very you, 'cause-

NICK GRIMSHAW: It's not me, and I never-

ANGELA HARTNETT: The odds were that I wasn't gonna turn up.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: They knew you were.

NICK GRIMSHAW: It's quite you, but it's not very me.

[laughter]

NICK GRIMSHAW: Um, yeah, the wonderful Emma Barnett, who we've had on Dish.

ANGELA HARTNETT: Talking about her colouring books.

NICK GRIMSHAW: Talking about her colouring books, um, talking about her Radio 4 Breakfast Show.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Today Programme. Kindly invited us to lunch, and I was really excited about it, truly.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Really liked her, really got on with her and, um, have a newfound respect for her, because I've been getting up and doing morning radio.

ANGELA HARTNETT: Yes, course.

NICK GRIMSHAW: And she's up way before me.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And I have to wake up and play songs, and she has to wake up and like-

ANGELA HARTNETT: She has to, yeah.

NICK GRIMSHAW: -be tuned into world news. And I always think, do you know what, maybe I'll grow up to be like Emma Barnett. She's younger than me.

[laughter]

NICK GRIMSHAW: And then, yeah, I totally forgot.

ANGELA HARTNETT: Totally.

NICK GRIMSHAW: And you rang me and I was like-

ANGELA HARTNETT: 'Hiya!'

NICK GRIMSHAW: 'Hiya! You all right?' and you went, 'Are you coming?' and I was like, 'Where?'

ANGELA HARTNETT: 'Where?'

NICK GRIMSHAW: Like that evaporated from my brain.

ANGELA HARTNETT: It's very unlike you.

NICK GRIMSHAW: I know. And I feel bad. So apologies to Emma.

ANGELA HARTNETT: She was very cool about it.

NICK GRIMSHAW: Was she?

ANGELA HARTNETT: I think she was very cool about it. We were talking about you before and I said, 'Yeah, he's brilliant on 6 and everything, she said, are you listening in?' I said, 'Emma, my loyalty is to you, Emma.'

[*laughs*]

ANGELA HARTNETT: 'As is his Jane, our Jane, Nick's sister. We do you till 8:30.'

NICK GRIMSHAW: Yeah, mm-hm.

ANGELA HARTNETT: 'Then we swap.'

NICK GRIMSHAW: Then we swap.

ANGELA HARTNETT: She said, 'Do you?' I said, 'Yeah,' I said, 'Me and our Jane, we are very loyal to you, Emma.'

NICK GRIMSHAW: Jane doesn't come on until nine, if I'm honest.

ANGELA HARTNETT: Either, Jane's- oh gosh, she's even more loyal.

NICK GRIMSHAW: I think she's post nine, yeah.

ANGELA HARTNETT: Right, wow.

NICK GRIMSHAW: My mum, yet to-my mum I think has listened like twice.

ANGELA HARTNETT: Yet to listen at all [*laughs*]

NICK GRIMSHAW: 'Bout twice or something, yeah.

ANGELA HARTNETT: I told you when my mum said to me one time when the first ever Great British Menu came on, and it was me with Richard Corrigan, a few others, she goes, 'You know I love you Angela, but I really want Richard to win.'

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Like, thanks mum.

ANGELA HARTNETT: That's charming. Thanks for the support.

NICK GRIMSHAW: Thanks for that. How was the lunch then?

ANGELA HARTNETT: It was lovely.

NICK GRIMSHAW: Yeah?

ANGELA HARTNETT: It was very nice, it was lovely- Mary Portas was there, who I hadn't seen in ages.

NICK GRIMSHAW: Off of the high streets?

ANGELA HARTNETT: Off of the high street.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: She was great.

NICK GRIMSHAW: Have you ever seen Jonny Woo the drag queen perform-

ANGELA HARTNETT: No.

NICK GRIMSHAW: -as Mary Portas?

ANGELA HARTNETT: No.

NICK GRIMSHAW: It's fantastic.

ANGELA HARTNETT: Oh, I need to go and seek that out.

NICK GRIMSHAW: Try and find it on YouTube. [*singing*] ‘Ooh, say ooh, I’m Mary Portas. I’m a little bit scary.’

ANGELA HARTNETT: [*laughs*]

NICK GRIMSHAW: [*singing*] ‘Nip to the shop with a bip and a bop. What you gonna do? Gonna shop till you drop.’ That’s his song, about Mary Portas.

ANGELA HARTNETT: Oh right well we’ll do that.

NICK GRIMSHAW: [*singing*] ‘Mary Portas. I’m a little bit scary.’

ANGELA HARTNETT: [*laughs*]

NICK GRIMSHAW: She’s a little bit scary.

ANGELA HARTNETT: She is a little bit scary.

NICK GRIMSHAW: Yeah, strict, we like strict though.

ANGELA HARTNETT: Anyway, we’ll get another lunch with the lovely Emma.

NICK GRIMSHAW: We will, we will. Today we have CMAT with us, who is-

ANGELA HARTNETT: Very exciting.

NICK GRIMSHAW: -fantastic. So much fun.

ANGELA HARTNETT: You know her well.

NICK GRIMSHAW: Uh, yes. Met her on Jools Holland.

ANGELA HARTNETT: Okay.

NICK GRIMSHAW: Me and Annie went to watch Jools Holland-

ANGELA HARTNETT: The Christmas one?

NICK GRIMSHAW: No, not the, not the Christmas one.

ANGELA HARTNETT: Not the one where she was phenomenally phenom-

NICK GRIMSHAW: Not the Hootenanny.

ANGELA HARTNETT: Right.

NICK GRIMSHAW: No, no, no, a regular one a few years ago. And I met her there briefly. Since then, she's been on to co-host Sidetracked with us.

ANGELA HARTNETT: Yeah. Oh wow.

NICK GRIMSHAW: With me and Annie.

ANGELA HARTNETT: Nice.

NICK GRIMSHAW: And then she also did the post-BRIT special. It was me and CMAT.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: So she's great fun, and I sat next to her at the BRIT Awards.

ANGELA HARTNETT: Nice.

NICK GRIMSHAW: And CMAT, let me tell you, talked from 6pm till about 1am.

[laughs]

NICK GRIMSHAW: Monologue style. We've met our match in chatters.

ANGELA HARTNETT: Wow.

NICK GRIMSHAW: She's a fantastic guest.

ANGELA HARTNETT: Brilliant.

NICK GRIMSHAW: She also sent me a DM saying that she was shaking with excitement.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: About meeting you.

ANGELA HARTNETT: Don't put that pressure on me.

NICK GRIMSHAW: She did!

ANGELA HARTNETT: Don't put that...

NICK GRIMSHAW: She's a big fan. Before we get CMAT in, let's say hi to Josie. Josie has got in touch to say, 'Hi Nick and Ange, I moved to London back in October and discovered your podcast in January. Since then, I have binged it, borderline unhealthy, on every journey to work, every run, even when I'm making dinner. I have a question I feel like you could both answer, as I don't like the thought of Nick feeling left out.'

ANGELA HARTNETT: Aw.

NICK GRIMSHAW: Thank you, Josie. 'My boyfriend is an absolute freak,' she says. 'He hates the texture of cooked fruit, and it makes me so upset that I can't enjoy any of my favourite desserts with him. For example, tarte tatin, apple pie, crumble, Eve's pudding, the list goes on.'

ANGELA HARTNETT: It does.

NICK GRIMSHAW: That is sad. 'Do you have any suggestions of recipes or desserts I could wean him onto with cooked fruit? He doesn't even like it to go into muffins or cakes. Might just have to dump him.' So Josie's trying to enjoy a crumble with-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: -the love of her life.

ANGELA HARTNETT: I mean, there's two answers to that, really.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: One is a trifle, because you can put like tinned pears in.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: That effectively are cooked fruit. The other is just dump him.

NICK GRIMSHAW: Dump him.

ANGELA HARTNETT: I mean, if you can't, you know, have a tarte tatin.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Or a lovely apple crumble with the love of your life.

NICK GRIMSHAW: 'Cause a crumble is, you don't really do like a portion for once.

ANGELA HARTNETT: Yeah, exactly.

NICK GRIMSHAW: Yeah. Bit sad, crumble for one.

ANGELA HARTNETT: Make a sacrifice, eat it.

NICK GRIMSHAW: Josie's boyfriend, just eat it!

ANGELA HARTNETT: Stop-

NICK GRIMSHAW: Grow up!

ANGELA HARTNETT: Yeah, for God's sake.

NICK GRIMSHAW: Eat it. Come on.

ANGELA HARTNETT: I eat coriander every now and again, we all have to make sacrifices in life.

NICK GRIMSHAW: D'you know what I mean? Grow up.

ANGELA HARTNETT: Yeah, go on.

NICK GRIMSHAW: You remember Mesh has his pear phobia-

ANGELA HARTNETT: Oh my God.

NICK GRIMSHAW: -hates pears. Can't see a pear.

ANGELA HARTNETT: Can't take a lemon off a tree, can't eat an oyster.

NICK GRIMSHAW: Oh, can't deal with a pear. Like hates a pear.

ANGELA HARTNETT: I might just make a pear tarte tatin or something.

NICK GRIMSHAW: No, he, he gets like really bad. He used to get the fear of pears and people at school would put a pear in his hood.

[*laughs*]

NICK GRIMSHAW: And he'd like freak out, like, 'Ahh!' We stayed in a house once that it was called like, we rented this house in the countryside and it was called like, The Cider House, 'cause countryside.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And we were like, amazing. And when we went there was like pear paraphernalia everywhere.

ANGELA HARTNETT: Pears ev- yeah [*laughs*]

NICK GRIMSHAW: And we went to my, my friend's house and I told her, and she said, 'Get over it.'

ANGELA HARTNETT: Yeah, I'm-

NICK GRIMSHAW: And he went, 'I can't,' and she said, 'Get over it.'

ANGELA HARTNETT: 'Get over it,' yeah.

NICK GRIMSHAW: And he was like, 'Yeah, but-' and she went, 'Just get over it.' And he was like, 'Okay.'

ANGELA HARTNETT: That's our advice.

NICK GRIMSHAW: And then she made us have lunch outside in her garden under a pear tree.

ANGELA HARTNETT: *[laughs]*

[crew laugh]

NICK GRIMSHAW: She like dragged a table under, she was like, ‘You’re gonna get over this pear s***.’

[crew laugh]

NICK GRIMSHAW: ‘Cause it's boring.’ So Josie, he’s gotta get over it, yeah, just serve him a crumble every Sunday. We also have this from Andrea. ‘Hi both, having never previously listened to a podcast in my life, I've just come out of an unexpected six day stay in hospital, and Dish has got me through it. At first I just downloaded the people I knew and interested me, but now I've run out of those so now I'm listening to everyone and realising that actually, everyone is brilliant.’

ANGELA HARTNETT: Aw.

NICK GRIMSHAW: Love that. ‘You two have been the soundtrack to a pretty monumental time in my life and I love you more for it, thank you,’ says Andrea. Well, thank you Andrea. Thanks for listening and thanks for reaching out.

ANGELA HARTNETT: Aw.

NICK GRIMSHAW: I'm glad that we could help you.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: I hope you are feeling better, and yeah you are right, everyone is brilliant. Not everyone, but everyone who comes on Dish is.

[crew laugh]

ANGELA HARTNETT: Yeah, nicely put, nice backtrack.

NICK GRIMSHAW: Thank you, Andrea, for that, and if you do wanna email us, you can dish@waitrose.co.uk. Can be a question, could be a statement.

ANGELA HARTNETT: Whatever, just tell us.

NICK GRIMSHAW: Whatever you fancy. Talk me through how you've opened these packets of crisps.

[crew laugh]

ANGELA HARTNETT: It was with great difficulty actually-

NICK GRIMSHAW: Yeah, yeah.

ANGELA HARTNETT: -yeah I actually had-

NICK GRIMSHAW: You just open them. Yeah, yeah.

ANGELA HARTNETT: -to ask someone to do it. I didn't even do it, it was too much for me.

NICK GRIMSHAW: Did you?

ANGELA HARTNETT: 'Cause I can't do this. Sarah-

NICK GRIMSHAW: I can't be doing this.

ANGELA HARTNETT: -please open.

NICK GRIMSHAW: It's below you, that.

ANGELA HARTNETT: Below me that, yeah.

NICK GRIMSHAW: Okay. Shall we get our guest in?

ANGELA HARTNETT: Yes, let's get her in.

[theme music]

NICK GRIMSHAW: Time to officially welcome our guest, a guest we have been long awaiting to arrive at the Dish table. A round of applause, please for CMAT, everybody!

[applause]

NICK GRIMSHAW: Hi CMAT.

ANGELA HARTNETT: Hi CMAT.

CMAT: Hi, hi.

NICK GRIMSHAW: Welcome. How are ya?

CMAT: I'm really good.

NICK GRIMSHAW: Yeah?

CMAT: Yeah. I'm really, really good.

NICK GRIMSHAW: We're excited you're here.

CMAT: I'm excited I'm here, although I need to start off by saying that my oldest friendship might have finished as a result of me coming here.

ANGELA HARTNETT: No, why?

CMAT: 'Cause she's the biggest Angela fan of all time.

ANGELA HARTNETT: *[laughs]*

CMAT: She's the biggest Angela fan of all time.

ANGELA HARTNETT: What's her name?

CMAT: Her name is Emily. Emily Corinne.

ANGELA HARTNETT: Oh hi Emily, hi.

NICK GRIMSHAW: Hi Emily.

CMAT: She's been to Murano's a couple times.

ANGELA HARTNETT: Nice.

CMAT: Like she's got parasocial relationship with you, I would say.

NICK GRIMSHAW: *[laughs]*

ANGELA HARTNETT: Okay. Excellent.

CMAT: She's been so supportive of all of my achievements in accomplishments, never once been jealous or ever been weird.

ANGELA HARTNETT: *[laughs]*

CMAT: And this was the straw.

[laughter]

CMAT: This is what, she had, she had venom in her eyes.

NICK GRIMSHAW: She's like...

ANGELA HARTNETT: Wow.

CMAT: She just went like this, she went...

NICK GRIMSHAW: Ooh.

ANGELA & NICK: Ooh.

CMAT: And I was like, I'm so sorry!

NICK GRIMSHAW: I'm sorry!

ANGELA HARTNETT: Oh.

CMAT: So I'm gonna, actually, her birthday, her and my other best friend Bella's birthdays are within five days of each other next month, so I have to just book Murano's.

ANGELA HARTNETT: Just bring 'em, just come to the restaurant.

NICK GRIMSHAW: Yeah, come on.

CMAT: I'll have to book Murano's

ANGELA HARTNETT: Come over.

NICK GRIMSHAW: Yeah.

CMAT: That's what's happening.

ANGELA HARTNETT: Well yeah, we'll look after her, yeah.

NICK GRIMSHAW: Oh yeah.

CMAT: Very excited.

ANGELA HARTNETT: I've got, and I've got a cookery book with me as well in the car, so I'll give you that and you can give that to her as well.

CMAT: [*gasps*]

NICK GRIMSHAW: Present.

ANGELA HARTNETT: Sign it, present.

CMAT: She might actually, she cries about seven times a day-

ANGELA HARTNETT: Okay.

CMAT: -but, but I think that might...

[*crew laugh*]

ANGELA HARTNETT: So there's-

CMAT: I think she will definitely cry twice a day.

ANGELA HARTNETT: There's many things we need to worry about, thankfully-

CMAT: [*laughing*] Yeah.

ANGELA HARTNETT: -but, we'll, we'll discuss that with you.

NICK GRIMSHAW: What you could do is sign it and then smear a bit of lunch in it as well.

CMAT: Yeah.

ANGELA HARTNETT: *[laughs]*

CMAT: ‘Aaahhh.’

NICK GRIMSHAW: So she can be like, ‘Aaahhh.’

[laughter]

NICK GRIMSHAW: ‘Mmm. It was like I was there.’

ANGELA HARTNETT: Yeah.

CMAT: Yeah.

NICK GRIMSHAW: ‘It was like I was there.’

ANGELA HARTNETT: Oh...

CMAT: Yeah.

ANGELA HARTNETT: Oh, bless Emily.

NICK GRIMSHAW: Well thank you for coming and you know, potentially ruining a lifelong friendship.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Forcing yourself, against your wishes.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: To come and have a delicious bit of lunch with us today. Before we eat, how is life with you? 'Cause I imagine you are incredibly busy right now because, an exciting time right now.

CMAT: It's a very exciting time right now, yeah. I finished my third record, it's coming out in August. I've been in London and living in my stylist's basement.

NICK GRIMSHAW: Uh-huh.

CMAT: With no windows or no doors.

NICK GRIMSHAW: *[laughs]*

ANGELA HARTNETT: Okay.

CMAT: And then I kind of leave the basement and have to emerge a pop star every day.

ANGELA HARTNETT: *[laughs]*

CMAT: To do like promo and stuff.

ANGELA HARTNETT: Yeah.

CMAT: But it's quite funny, um... And yeah, I've been having a really busy, like, kind of, I've become a famous person.

NICK GRIMSHAW: Right.

ANGELA HARTNETT: Right.

CMAT: Which I don't think I was prior to about a month and a half ago.

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: Mm.

CMAT: Or at least I didn't experience it 'cause I'd been in New York making my record and living, again, in like a basement.

NICK GRIMSHAW: Mm-hm.

CMAT: Uh, making the record.

ANGELA HARTNETT: But you've been in London for a while, living, no?

CMAT: I've always kind of skirted around it.

ANGELA HARTNETT: Right, okay.

CMAT: I've never, I haven't lived anywhere in four years.

ANGELA HARTNETT: Okay, right.

CMAT: 'Cause I've been on tour so much.

ANGELA HARTNETT: Yeah.

CMAT: So I've been like, sublet, sublet.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Sure.

CMAT: All that kind of bopping around, sofa surfing, staying in my sister's spare room until she gets annoyed, and then going back over to London and staying on someone else's sofa. Like I've been doing that for four years, and I'm very used to it because I spend like eight months out of twelve on the road.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Sure.

CMAT: So I'm not really accustomed to like living anywhere.

NICK GRIMSHAW: Yeah.

CMAT: And now I'm like living somewhere, and I feel like the mayor.

[laughter]

CMAT: Like, I feel like the mayor of Hackney.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: I do, I was gonna, I feel like walking around Hackney with you is quite Mickey Mouse in Disneyland.

CMAT: Yeah.

ANGELA HARTNETT: Yeah, yeah, yeah.

NICK GRIMSHAW: It's like, 'Look!'

CMAT: Yeah, yeah, yeah.

ANGELA HARTNETT: Yeah, yeah, yeah.

NICK GRIMSHAW: 'Our hero!'

ANGELA HARTNETT: [*laughs*]

NICK GRIMSHAW: Yeah.

CMAT: It has been funny.

NICK GRIMSHAW: Yeah.

CMAT: I've had queues form, when I'm at a lock in.

[*laughter*]

CMAT: I'm like, um, ha ha...

NICK GRIMSHAW: [*laughs*]

CMAT: Um, maybe I shouldn't be this drunk!

NICK GRIMSHAW: [*laughs*] I love-, I love-

CMAT: Eee, ooo, eee, ooo.

ANGELA HARTNETT: [*laughs*]

CMAT: [*laughing*] Yeah.

NICK GRIMSHAW: A queue, a queue at an afters or something-

ANGELA HARTNETT: Yeah, exactly.

NICK GRIMSHAW: -like, 'Lemme tell you something,' yeah.

CMAT: It's been great though, I love it.

NICK GRIMSHAW: Yeah?

CMAT: I love attention.

NICK GRIMSHAW: *[laughs]*

CMAT: So I'm fine with it.

NICK GRIMSHAW: Great.

ANGELA HARTNETT: It's perfect then, you'll love it.

CMAT: I didn't get any for the first like twenty-five years of my life, so-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And now you're getting loads.

ANGELA HARTNETT: Now you're making up for it.

NICK GRIMSHAW: Well congrats, and rightly so. We will give you-

CMAT: Thank you.

ANGELA HARTNETT: Yes-

NICK GRIMSHAW: -lots of attention you-

ANGELA HARTNETT: -the kudos is there-

NICK GRIMSHAW: -the for the next hour, so welcome.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And cheers, and we've got you-

CMAT: Cheers!

NICK GRIMSHAW: Got you a rosé.

ANGELA HARTNETT: Cheers.

CMAT: Thank you.

NICK GRIMSHAW: Cheers.

ANGELA HARTNETT: Yeah, rosé is your tippie of choice, we hear.

CMAT: Côtes de Provence rosé.

ANGELA HARTNETT: Mmm.

NICK GRIMSHAW: Côtes de Provence.

CMAT: It's not rosé.

ANGELA HARTNETT: Oh.

CMAT: It's not rosé in general.

NICK GRIMSHAW: How, and when did you discover it's Côtes de Provence-

CMAT: It was almost-

NICK GRIMSHAW: -exclusively?

CMAT: -exactly three years ago, I was in my favourite restaurant in Paris, Chez Janou, I know I'm basic, but it's just-

ANGELA HARTNETT: No, fabulous place.

CMAT: -I like it because it's open until two or three o'clock in the morning.

ANGELA HARTNETT: Yeah, brilliant.

CMAT: And if we have a gig on.

ANGELA HARTNETT: Yeah.

CMAT: We can bring like ten to twelve people.

ANGELA HARTNETT: Perfect.

CMAT: At like midnight, and still be able to sit down for a meal, which never happens, on the road.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Mm.

CMAT: So I fell in love with the place, I was like, wow, what a great business model.

[*laughter*]

CMAT: I went there, with Emily actually, the second time, and I was like, 'Yeah, can we have a white wine?' and they said, 'No.'

ANGELA HARTNETT: Oh.

NICK GRIMSHAW: Love France.

CMAT: 'You can't have white wine.'

NICK GRIMSHAW: No.

CMAT: And I said, 'Why? It's on the menu,' and they were like, 'You don't want white wine, you want rosé.'

ANGELA HARTNETT: Oh, nice.

CMAT: And I said, 'I don't want rosé 'cause I don't like rosé,' and they were like, 'You don't know what you're talking about.'

[*laughter*]

CMAT: Like, it was very-

ANGELA HARTNETT: Why am I not surprised? You're in Paris, that's, yeah, that's what happens.

NICK GRIMSHAW: I love that though.

ANGELA HARTNETT: Yeah, yeah.

CMAT: I loved it because then we got served it, and it was literally like, what is this?

NICK GRIMSHAW: Wow.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Wow.

CMAT: And I don't really drink anything else anymore.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Wow.

CMAT: I love, I drink lager.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Yeah.

CMAT: Lots of lager, and Côtes de Provence rosé, and I don't really drink anything else. I'm not a cocktail girly anymore, really.

NICK GRIMSHAW: No. That's all you need. Bit of rosé.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Or as we call it in these months, summer water.

CMAT: Yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Or vino collapso, as we call it.

NICK GRIMSHAW: Vino collapso as Ange likes to call it.

ANGELA HARTNETT: That's the one.

NICK GRIMSHAW: I like it.

CMAT: We call it girly-wirly drink.

ANGELA HARTNETT: Girly-wirly.

NICK GRIMSHAW: Oh, it is girly-wirly.

ANGELA HARTNETT: Nice, yeah.

CMAT: Girly-wirly drink.

NICK GRIMSHAW: It's-

CMAT: Especially girly-wirly drink if you put a single cube of ice in it.

NICK GRIMSHAW: Ooh yeah.

ANGELA HARTNETT: Oh yeah. It's gotta be cold.

CMAT: Yeah, yeah.

ANGELA HARTNETT: It's got to be cold.

NICK GRIMSHAW: Yeah. Ange you like a ice in the wine?

ANGELA HARTNETT: I do. I'm a big fan of ice in the wine.

NICK GRIMSHAW: Huge.

ANGELA HARTNETT: ‘Cause it's the way it should be.

NICK GRIMSHAW: We should do your food likes and dislikes before we go any further, because I always love getting these from guests. So you, I mean you are are pretty up for everything, really.

CMAT: Yeah.

NICK GRIMSHAW: You love sushi.

CMAT: Yeah.

NICK GRIMSHAW: White wine risotto.

CMAT: Yeah.

NICK GRIMSHAW: All fish.

CMAT: Yeah.

NICK GRIMSHAW: Butter.

CMAT: Yeeaahh.

NICK GRIMSHAW: I love butter being one of the things.

ANGELA HARTNETT: *[laughs]*

CMAT: Beurre. I was like, whoa.

ANGELA HARTNETT: Beurre.

NICK GRIMSHAW: Beurre.

CMAT: She's here. I need it- Beurre.

NICK GRIMSHAW: Beurre.

CMAT: Beurre.

ANGELA HARTNETT: Gotta thank the husband for this.

NICK GRIMSHAW: Yeah if you are listening and not watching this podcast-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW:-Ange is wearing a 'Beurre' jumper. Which is butter in French.

ANGELA HARTNETT: But, yeah- Butter in French, red sweatshirt, yeah.

CMAT: Love it.

NICK GRIMSHAW: What, what, what's, why are you thanking, why did Neil get you that for-

ANGELA HARTNETT: So this is, well no this was- My friend James has an amazing restaurant up in Scotland- him and his girlfriend, Alithea. And he got one for Neil for his birthday and it was to say- cos all Neil's food, my husband's a chef- Loads of butter in everything. And there's this fantastic company in Edinburgh called 'The Edinburgh Butter Company' and they make these sweatshirts.

NICK GRIMSHAW: Mmm. I like it.

ANGELA HARTNETT: It's very nice. I'm sure I could get you one.

CMAT: I mean 'beureeee'. I worry... so I live with one other person.

ANGELA HARTNETT: Okay.

CMAT: Mia.

ANGELA HARTNETT: Yeah.

CMAT: And I think between the two of us, we go through, possibly a block and a half of Kerrygold per week.

ANGELA HARTNETT: Wow.

NICK GRIMSHAW: Wow.

CMAT: That's not an exaggeration.

NICK GRIMSHAW: Mm-hm.

CMAT: Like so much butter. I go through so much butter.

ANGELA HARTNETT: And that's in your cooking? Or putting it on stuff?

CMAT: Cooking, on stuff.

ANGELA HARTNETT: Yeah.

CMAT: I'm eating a lot of gluten-free hot cross buns these days.

ANGELA HARTNETT: Right.

NICK GRIMSHAW: Ugh.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: I love a hot cross bun.

CMAT: I'm having two or three of them maybe a day.

ANGELA HARTNETT: Okay.

NICK GRIMSHAW: Oh, love a hot cross bun.

CMAT: And I'm literally, it looks like a chunk of cheese.

NICK GRIMSHAW: Yes.

CMAT: Yeah, put like, like it needs to be soggy. I have a, actually-

ANGELA HARTNETT: Do you need a hot cross bun with your butter-

CMAT: Yeah.

ANGELA HARTNETT: -rather than the other way round?

NICK GRIMSHAW: Yeah.

CMAT: It's a vessel.

ANGELA HARTNETT: Yeah, exactly.

CMAT: Also a gluten-free crumpet.

ANGELA HARTNETT: Yeah, nice, crumpet's the best 'cause it soaks through.

NICK GRIMSHAW: A crumpet needs butter or it's just...

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: It is not nice without that, yeah.

CMAT: My guitarist Jack has a very rude expression.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: What?

ANGELA HARTNETT: *[laughs]*

CMAT: Which is he's like, 'Yeah,' he's from the Isle of Man, he's like, 'Yeah, you've gotta let the crumpet piss itself.'

[laughter]

NICK GRIMSHAW: You do. You do. Have you seen, there was like a trend on TikTok of people just eating butter in the street.

CMAT: Yeah.

NICK GRIMSHAW: Did you see this?

ANGELA HARTNETT: What you mean eating butter in the street?

NICK GRIMSHAW: Of like people were saying it's like, high fat protein diet-

ANGELA HARTNETT: No.

NICK GRIMSHAW: -so you should be snacking on butter, and there was all these girls walking around New York just having a stick'a butter, like...

ANGELA HARTNETT: Oh yeah 'cause in New York they do have those sticks of butter-

CMAT: Yeah.

ANGELA HARTNETT: -we don't have them here. They're like these white, yeah...

CMAT: They're quite sweet.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah. Like a little...

ANGELA HARTNETT: That is, no, that it's gotta be with something, butter. Not necessarily...

CMAT: Yeah, a hundred percent.

NICK GRIMSHAW: Yeah, yeah, yeah.

CMAT: A hundred percent. I'm not a crazy person.

NICK GRIMSHAW: No.

CMAT: I'm not a crazy person.

ANGELA HARTNETT: Unless, unless we had a butter ice lolly or something like that.

NICK GRIMSHAW: Ooh. Not no.

ANGELA HARTNETT: No, no.

NICK GRIMSHAW: Not no.

ANGELA HARTNETT: What else?

NICK GRIMSHAW: Anyway, 'Côtes de Provence,' as discussed. 'Mexican and coriander. Love beer.' Love that statement.

CMAT: Love beer.

NICK GRIMSHAW: Full stop. Full stop.

CMAT: Yeah.

NICK GRIMSHAW: The only thing you don't like is liquorice.

CMAT: It's kind of the only thing, and it makes me feel bad about myself because I love Nigella Lawson so much, and she often goes on rampages about how everyone's wrong about liquorice.

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: Mm.

CMAT: And I've tried so hard because I want her to love me.

NICK GRIMSHAW: Yes.

CMAT: And she has like a liquorice toolbox. Do you know about her liquorice toolbox?

NICK GRIMSHAW: Oh yeah, I've seen this, yes.

CMAT: She has like a big toolbox that's full of different genres of liquorice-

NICK GRIMSHAW: Yes.

CMAT: -that she has in her home and she opens it up and will just go like, 'Mm, I kind of want a salty one today.'

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

CMAT: And it's like organized like the Dewey Decimal system in terms of like-

[laughter]

CMAT: -salty to sweet. Like she's so smart, but I just... I just don't like it.

NICK GRIMSHAW: I can't get on board.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah.

CMAT: I just don't like it.

ANGELA HARTNETT: No, I'm not on board with liquorice.

NICK GRIMSHAW: It's definitely an acquired taste.

ANGELA HARTNETT: Yeah.

[drink pouring sounds]

NICK GRIMSHAW: Now, I keep noticing that you keep having a little nose at Ange over there.

CMAT: Yeah, I'm just twitching a little.

NICK GRIMSHAW: Which does happened with a guest, 'cause you want have a little like no- I mean, it's a terrible seat for me. Is this like the first time you've seen a Michelin star chef in action?

CMAT: Yeah.

NICK GRIMSHAW: Yeah?

CMAT: The Michelin Guide app changed my life on tour.

ANGELA HARTNETT: Really?

CMAT: Because I ate so much bad food on tour.

ANGELA HARTNETT: Yeah.

CMAT: And then I realised that you can go on the app and set the price point to the lowest possible.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: *[laughs]*

CMAT: And see what's open, and you can kind of go- I've never been to a Michelin starred restaurant before, but I've been to a lot on the Michelin Guide-

ANGELA HARTNETT: Yeah.

CMAT: -'cause they're quite consistently good.

ANGELA HARTNETT: Yeah, 'cause it's not all about the stars.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: It's about a recommendation, yeah, exactly.

CMAT: Yeah, it's about the recommendation, and like, I've eaten some of the best food ever.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Which has been your favourite country eating?

CMAT: Well, France.

ANGELA HARTNETT: France, yeah.

CMAT: France. I love France.

ANGELA HARTNETT: Without a doubt, yeah.

CMAT: I love French music.

ANGELA HARTNETT: Yeah.

CMAT: I love French culture. I actually love doing gigs in France because I think their relationship to music is very pure. I think they're all connoisseurs of

like, culture, they really seem to pride themselves on their love of art and stuff, and they're a little bit pretentious, which I kind of like.

ANGELA HARTNETT: But there's a belief system I think with that.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: That they know that they- you know, in a way they did sort of start a food revolution. And everything, whatever you say, it all comes back to the basics of French cooking in so many ways.

CMAT: Mm-hm.

ANGELA HARTNETT: And so they do. And I think Paris has had a resurgence recently, the last ten, fifteen years. 'Cause you could go there and not have a great meal.

CMAT: Mm-hm.

ANGELA HARTNETT: But now you can go and have really lovely, like low-key places that you can have just fantastic wine, there's great wine bars and stuff like that.

CMAT: Yeah.

ANGELA HARTNETT: There's a little list for you, coming your way.

NICK GRIMSHAW: There's a little list.

[drink clinking sounds]

NICK GRIMSHAW: You've probably never tried this. It's chips and dips-

CMAT: Yeah.

NICK GRIMSHAW: -it's very posh.

ANGELA HARTNETT: Mm.

CMAT: But when it's good...

NICK GRIMSHAW: Yeah, no. 'Cause we're gonna have Mexican today so we thought this is like, quite a good starter.

CMAT: Yeah.

NICK GRIMSHAW: Ange has made the guac. Now when I make guac it's always looked a bit brown.

ANGELA HARTNETT: Okay.

NICK GRIMSHAW: This has been so bright, and green, for time.

ANGELA HARTNETT: Erm...

NICK GRIMSHAW: Why?

ANGELA HARTNETT: So, ripe avocados, and as soon as you start to take them out of their skin, if you like.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: And remove the stone, add your lime juice then.

NICK GRIMSHAW: Immediately.

ANGELA HARTNETT: Because then that stops it discolouring.

NICK GRIMSHAW: Okay.

ANGELA HARTNETT: And then whatever else, I've put finely diced red onion in there, finely diced jalapeño pepper, chopped coriander, touch of this spicy Tabasco, if you like a bit of spice CMAT, you can put some more in there. And then lime juice and lime rind, and that's it. Salt.

NICK GRIMSHAW: That is a good guac.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Very good guac. D'you ever make that at home?

CMAT: That is amazing.

ANGELA HARTNETT: I do actually, I like it, but I like my guac chunky.

NICK GRIMSHAW: Yeah, same.

CMAT: The salsa's incredible.

NICK GRIMSHAW: Tell us about the salsa Ange, because that is really good.

ANGELA HARTNETT: Chopped tomatoes.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Lots of salsa say you should peel the tomatoes and deseed them, but rather than do that, I just chop them finely and then drain them. So that gets rid of the sort of-

CMAT: The water.

ANGELA HARTNETT: -excess juice. Yeah, exactly. And then again, finely chopped onion, a little bit of chilli pepper in there, like jalapeño, red wine vinegar, salt. And garlic freshly, um...

NICK GRIMSHAW: Yeah, the garlic.

ANGELA HARTNETT: Grated garlic. Which is the big thing.

NICK GRIMSHAW: That's delicious.

CMAT: I'm a tomato freak.

ANGELA HARTNETT: Are you?

CMAT: I love tomatoes. I love when tomatoes come into season.

ANGELA HARTNETT: Yeah.

CMAT: Even in London, when you see them putting out the weird tomatoes.

NICK GRIMSHAW: Oh, I love it when you see those, yes.

CMAT: Brings a tear to the eye.

NICK GRIMSHAW: Do you think, I feel like you could CMAT out of all our guests, hack it in a kitchen. Feel like you could be a chef. You're good with people, I feel like you'd be quite commanding, you'd be able to handle the night time shifts.

CMAT: I think that being in a band.

NICK GRIMSHAW: Mm-hm.

CMAT: Is very similar to working in a kitchen.

NICK GRIMSHAW: Okay.

CMAT: Like a proper kitchen because you do all your prep work.

NICK GRIMSHAW: Yes.

CMAT: So you do sound check, and then you take a break and you have your family dinner.

NICK GRIMSHAW: Yeah.

CMAT: And then you do your show.

NICK GRIMSHAW: Showtime.

CMAT: And you're adrenaline, adrenaline, adrenaline for somewhere, if you're in my band, about two hours on stage, almost two hours on stage. And I think that's kind of very similar to the structure of a dinner service.

NICK GRIMSHAW: It is.

ANGELA HARTNETT: Mm.

CMAT: And then you all get kind of trauma bonded together.

NICK GRIMSHAW: Yes.

CMAT: Because there's so much stress involved.

ANGELA HARTNETT: Trauma bonded.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Oh my God, that is brilliant. I love that.

CMAT: I think the structure of being a chef and working in a kitchen is very similar to being in a band, particular-

NICK GRIMSHAW: High pressure, performance.

CMAT: Yeah.

NICK GRIMSHAW: You've gotta please the crowd.

CMAT: Yeah.

ANGELA HARTNETT: 'Cause you're also under a time restraint.

NICK GRIMSHAW: Yeah.

CMAT: Yes.

ANGELA HARTNETT: That's what I think. That's why I love cooking, is the service.

CMAT: Mm-hm.

ANGELA HARTNETT: Much as I love all the preparation and equivalent, I suppose the sound checks, the practice, and all the rest of it.

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: What I love is the service. That you know from seven o'clock till 10:30 is cover after cover coming in, and you've gotta make sure you deliver each time.

NICK GRIMSHAW: Yeah, you've gotta do it.

ANGELA HARTNETT: And that's what I think is brilliant.

CMAT: It's all control and concentration and focus, which is difficult to find in other parts of life, if you don't have that pressure on you.

ANGELA HARTNETT: But you have that with the show in the morning-

NICK GRIMSHAW: Yeah, I don't really overthink it-

ANGELA HARTNETT: -it's time pressure.

NICK GRIMSHAW: No, I do, I do, I do.

ANGELA HARTNETT: Yeah,

[laughs]

[dinner table sounds]

NICK GRIMSHAW: Okay, what have we got here, Ange?

ANGELA HARTNETT: So we've got Pescado a la Veracruzana.

NICK GRIMSHAW: Mmm.

ANGELA HARTNETT: Which we've served with rice. So it's a fantastic recipe by Karla Zazueta.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: And it's this baked cod in this lovely tomato, red pepper, olive, caper salsa. And it's one of those things that it's like, not a pepper stew, but it's all layers, so onion you cook down first, then you add your chilli.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Then you add your tomatoes, then you add your peppers, then it's some capers, some olives, some dried oregano.

NICK GRIMSHAW: Mmm.

ANGELA HARTNETT: Bay leaf and then finish, I've added extra olive oil, 'cause I love olive oil, and then you literally sit the cod on it.

NICK GRIMSHAW: Wow.

ANGELA HARTNETT: And he'll ask, 'Can I do this at home?' You can do this at home, because it's all in one pan.

NICK GRIMSHAW: Mmm.

ANGELA HARTNETT: Yeah, and that's the other beauty, it's one pan wonder.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: And then we've got some lovely rice on the side. And if you wanna do a bit more, you can actually have a little bit of, you know...

NICK GRIMSHAW: Guac on it.

ANGELA HARTNETT: Guac on the side as well.

CMAT: Stop.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: You see, little bit of guac on the side.

NICK GRIMSHAW: You see that's-

CMAT: That's amazing.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: -this is really tasty.

CMAT: That's, that's extremely to my taste as well, I love-

ANGELA HARTNETT: Oh, perfect.

CMAT: -an olive and a tomato kind of chopped into something like this, but I love, I love this.

NICK GRIMSHAW: I love this. And, an olive, is an olive quite typical in Mexican cooking, Ange?

ANGELA HARTNETT: I think it's from the history of being the Spanish invasion and bringing what you brought over there.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: You know, and I think it's probably more authentic Mexican than most of, you know, some of the stuff we put through.

NICK GRIMSHAW: Right.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm, that is so nice. I really like this.

CMAT: That's crazy good.

NICK GRIMSHAW: And it's best with cod, yeah?

ANGELA HARTNETT: Yeah, so I've used cod, but traditionally in Mexico they'd use red snapper.

NICK GRIMSHAW: Oh, red snapper, mm.

ANGELA HARTNETT: That's the traditional way of doing it, with red snapper.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: But we've done it with cod 'cause it's a bit more approachable and more easy to get hold of. But monkfish is another one.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: It's quite meaty.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Because it's sitting in the sauce, you want a dish that is gonna hold up and not sort of just disintegrate, so cod's a good one.

NICK GRIMSHAW: Cod's a good one.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And you oven bake the cod.

ANGELA HARTNETT: No.

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: It's all on top of the stove.

NICK GRIMSHAW: It's all on top?

ANGELA HARTNETT: All on top, yep.

NICK GRIMSHAW: There's also a wine pairing. We are having this Côtes de Provence Château de Berne, which is 'fresh, crisp, and full of delicious summer fruits.'

CMAT: Mmm.

NICK GRIMSHAW: So this is sort of a perfect partner for, for things like this, 'cause quite a light dinner this.

ANGELA HARTNETT: But a dinner you can make the base first.

NICK GRIMSHAW: Mm-hm.

CMAT: Mm.

ANGELA HARTNETT: I mean, I'm sure like as you've just told me about your life, you're touring, you probably don't have a moment at home.

CMAT: I rarely get to eat meals, to be honest.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: I'm sure, yeah.

CMAT: It's a lot of scotch eggs.

[laughter]

NICK GRIMSHAW: If you wanna try this recipe at home, or if you're CMAT on tour, then you can try getting all the ingredients and the recipe on [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes). Everything is on there if you want all of the information.

CMAT: I totally forgot that this was sponsored by Waitrose, by the way.

NICK GRIMSHAW: Oh yeah.

CMAT: Waitrose is very important to the CMAT canon.

NICK GRIMSHAW: Why?

CMAT: Because on my first album, I have a chorus of a song that goes, 'No more Virgos, no more little September boys buy me Waitrose, give me just enough to keep me nice.' It's in like a chorus of one of my most popular songs-

NICK GRIMSHAW: In there.

CMAT: -from the first record.

NICK GRIMSHAW: Of course it is.

CMAT: Yeah. There was like a period where like people would be at Waitrose and be like, 'Oh my God, so CMAT coded.'

[laughter]

[cutlery sounds]

NICK GRIMSHAW: Hey, let's talk about your new record, 'Euro-Country'. Tell us about going to create this record. Your third one. How is it tackling your third album? Because you know you've had some experience, you've been on the road, you've seen some things, you've heard some things.

CMAT: Yeah.

NICK GRIMSHAW: You've lived some things.

CMAT: Mm-hm.

NICK GRIMSHAW: So how was it going to do album number three?

CMAT: It's actually funny because I feel like the whole theme of the third record was like, regression. Was like regressing to my former self. The person I made the third record with is my friend, Ollie Deacon.

NICK GRIMSHAW: Mm-hm.

CMAT: Who I made my first album with and who I've known since I was eighteen. I did the thing that record labels tell you to do, which is I made my first album with Ollie in his sitting room in Ealing, alone, with my own money that I got from tote bag sales in Ireland. Funded it myself, and then when my label came on, they just bought the album from me, so they didn't fund it, they just basically took it off me.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Yeah.

CMAT: Then we got to the second album they were like, okay, it's time to work with a big producer and do the big thing, and do the, like, this is a professional person and your friend is not a professional per- not that, but just, they were kind of like, you need to try something different and work with, with someone who's had hits so you can have a hit.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: So you did the album with Timbaland.

[laughter]

CMAT: No, I actually, I made my second record with a wonderful, wonderful producer called Matias Tellez, who I love. He's worked with like Aurora and Girl in Red and all these amazing people, and Sigrid and stuff. And it was amazing, and it was so good, and I would like never knock that experience 'cause he's an amazing producer. But when I had this collection of the third record and I knew what the songs were gonna be and I knew they were gonna be way heavier, and way more serious, I was just like, I think I need to make this with a very close friend.

NICK GRIMSHAW: Mm-hm.

CMAT: In close proximity. He lives in New York now, so I went to New York to make it with an old friend.

NICK GRIMSHAW: Mm-hm.

CMAT: Because I was like, I think we need less of a team. I think we need less people in the studio. I think it should just be me and Ollie working it out.

NICK GRIMSHAW: Mm-hm.

CMAT: And little did I know how much work that was actually gonna be, because what I didn't realise is in the three or so years since we worked together, I became a significantly better artist, writer, producer, even like, I'm kind of arranging stuff myself now, which I wouldn't have done before. And he was amazing on the first record, but he's completely blown me outta the water in his skill level that he has now since the three years we last worked together. And because you are better, you get more intense about the details. So we lost our minds. Me and Ollie lost our minds making this record, because we made like, there were some songs, we made like six completely different versions of them, to get to the root of what the musical styling that was gonna express the idea in the song the best was. And it was very, very detail heavy and it was very, very intense. And I was there for three months in a room, looking at the New York skyline the whole time being like, damn, I sure wish I could go to New York.

[laughter]

CMAT: Anyway...

ANGELA HARTNETT: Yeah [laughs].

CMAT: And it was like that, but I, I don't regret anything, I'm really, really, really proud of the record. It is... you can hear the mental illness, in it.

NICK GRIMSHAW: Right.

CMAT: You can hear the crazy in it, like you can really, really, it's got that sauce.

NICK GRIMSHAW: But I can't wait to hear it.

ANGELA HARTNETT: Will we hear some tracks at Glastonbury?

CMAT: Well, yeah.

NICK GRIMSHAW: Yes.

CMAT: There'll be three new songs at Glastonbury.

NICK GRIMSHAW: [*gasps*] Ooh.

ANGELA HARTNETT: Mm.

CMAT: I've kind of done a risky move and done three rec songs off the new record for the like forty-five-minute Glastonbury set, which is a risk because you should really just be doing the classics, but I was like, I just felt like it would be better.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Brilliant.

CMAT: We've been rehearsing for the last week and a half and the three new songs do sound absolutely the tits.

ANGELA HARTNETT: Yeah.

CMAT: They sound so good.

[*drink pouring sounds*]

NICK GRIMSHAW: A couple of months back.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: CMAT and I had a really nice time together when we went to the BRIT Awards together.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: We watched it and then we discussed what happened.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: It was so fun.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: One of my favourite nights. Great craic, as you've experienced.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: George, who works on Dish, there was a moment where we flashed on screen. George's mum texted George and said, 'Oh, I just saw the BRITs, and it was great to see Nick and Ange there.' George was like, 'That's CMAT.'

[*laughter*]

NICK GRIMSHAW: 'Not Ange.' Which is such a-

ANGELA HARTNETT: I'm so sorry, CMAT [*laughs*]

NICK GRIMSHAW: Which is such a mum text, like, 'Oh, there's a lady.' So, and was like 'No, that's CMAT.'

CMAT: Me personally, I'm delighted.

[*laughter*]

ANGELA HARTNETT: Oh, bless you, bless you.

CMAT: I'm delighted. That is heaven.

[*salt grinder sounds*]

NICK GRIMSHAW: While we're on like lookalike-y, mistaken identity.

ANGELA HARTNETT: Oh gosh.

NICK GRIMSHAW: I have to raise this.

ANGELA HARTNETT: Oh God.

NICK GRIMSHAW: This goes out on YouTube now.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: In the comments on YouTube, someone called Patricia commented, hi Patricia. Patricia said, ‘Does anyone think that Angela Hartnett resembles the Mona Lisa?’

[laughter]

NICK GRIMSHAW: And I'm gonna say yes, I do!

[laughter]

NICK GRIMSHAW: I do!

CMAT: Yeah!

NICK GRIMSHAW: Yeah!

CMAT: Yeah!

ANGELA HARTNETT: Oh my God. What is going on?

[laughter]

NICK GRIMSHAW: I'm like, yeah, I hate CMAT doing this-

CMAT: And now I'm like, and now I'm like...

NICK GRIMSHAW: Oh...

CMAT: Oh you kind do, you kinda do, you kinda do.

NICK GRIMSHAW: Right, let's Google her.

ANGELA HARTNETT: Shall I go and see, shall I go and stand-

CMAT: You should dress as her for Halloween.

ANGELA HARTNETT: Next to her, yeah.

NICK GRIMSHAW: Let's Google her, and we'll get you to do the pose, and then we can do a split screen.

[*crew laugh*]

ANGELA HARTNETT: Me and the Mona Lisa.

CMAT: [*laughs*]

NICK GRIMSHAW: Okay, so there's, that's the pose.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Yeah, that hands over that hand, yeah. And then...

ANGELA HARTNETT: She's just looking.

NICK GRIMSHAW: Also-

[*laughter*]

NICK GRIMSHAW: It's there.

ANGELA HARTNETT: I can't. I'm not gonna say-

[*laughter*]

NICK GRIMSHAW: It's there! It's there.

ANGELA HARTNETT: She looks quite ill in that picture.

NICK GRIMSHAW: Ill?

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: In that picture? There's only that one.

[*laughter*]

ANGELA HARTNETT: You know what I mean.

NICK GRIMSHAW: She's a bit rough on that one.

[*laughter*]

ANGELA HARTNETT: I know.

NICK GRIMSHAW: In that picture.

ANGELA HARTNETT: That one.

[*laughter*]

[*dinner table sounds*]

NICK GRIMSHAW: Let's do CMAT's fast food quiz.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Let's do this. CMAT, what is your favourite way to eat eggs?

CMAT: I think scrambled by my sister Noelle.

NICK GRIMSHAW: Yeah [*laughs*]

ANGELA HARTNETT: Oh, nice.

NICK GRIMSHAW: Specifically that sister.

CMAT: She's really good at scrambling eggs.

NICK GRIMSHAW: Yes.

CMAT: She makes them very wet.

NICK GRIMSHAW: Okay.

ANGELA HARTNETT: Okay.

CMAT: Love it.

ANGELA HARTNETT: What's your favourite form of potato

CMAT: Colcannon.

ANGELA HARTNETT: Oh, nice, nice choice.

CMAT: Butter, cabbage, butter.

ANGELA HARTNETT: Yeah.

CMAT: Butter, butter, butter.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: And a bit of potato.

NICK GRIMSHAW: Bit of butter.

CMAT: Potatoes in there somewhere.

ANGELA HARTNETT: Yeah, somewhere, yeah.

NICK GRIMSHAW: Do you have a favourite crisp?

CMAT: My favourite crisp is probably one of those posh Torres crisps.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Oh yeah.

NICK GRIMSHAW: Mm-hm.

CMAT: Probably the chorizo-y one.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Ooh, very nice.

NICK GRIMSHAW: Meaty.

CMAT: Mm.

ANGELA HARTNETT: What's your favourite pasta dish?

CMAT: I can't eat a lot of pasta-

ANGELA HARTNETT: Oh yeah, of course, yeah.

CMAT: -'cause I'm very gluten intolerant, but for that reason probably a gnocchi situation.

ANGELA HARTNETT: Oh, nice.

CMAT: Fried gnocchi.

ANGELA HARTNETT: That's a good one, little semolina one, yeah, that could work. Nice.

NICK GRIMSHAW: Do you have a favourite herb? I feel like you would.

CMAT: I think it's coriander.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

CMAT: I think it's coriander, I love coriander, I'd have coriander in anything. I'd have coriander in like a cocktail.

NICK GRIMSHAW: Mm?

CMAT: Do you know when they do that?

ANGELA HARTNETT: Oh yeah, yeah, yeah.

CMAT: Coriander mojito.

ANGELA HARTNETT: Like a margarita or something.

CMAT: Margarita, yeah.

ANGELA HARTNETT: What about Sunday roast?

CMAT: So, the Proud Nation of Ireland.

ANGELA HARTNETT: [*laughs*]

CMAT: We take it very seriously. And it's different. However, my mum is one of six children, and three of her siblings.

NICK GRIMSHAW: Mm-hm.

CMAT: Married English people.

ANGELA HARTNETT: Ooh.

CMAT: And one of them is my Auntie Linda. We love Linda. Linda did some cross-community work.

NICK GRIMSHAW: Mm-hm.

CMAT: And she brought the Yorkshire pudding into the Irish Sunday roast.

NICK GRIMSHAW: Huge.

ANGELA HARTNETT: Wow.

CMAT: And that was crazy.

NICK GRIMSHAW: Uh-huh.

CMAT: That was crazy.

[*crew laugh*]

ANGELA HARTNETT: Crazy.

NICK GRIMSHAW: Huge, yeah [*laughs*]

CMAT: ‘Cause there was-

ANGELA HARTNETT: That was months of chatter, wasn't there?

CMAT: There was an element of, I don't know if we're there.

NICK GRIMSHAW: [*laughs*]

ANGELA HARTNETT: Yeah.

CMAT: As a nation, I don't if we're ready. And then we accepted the Yorkshire pudding.

ANGELA HARTNETT: Yeah. Not Linda, just the Yorkshire puddings.

[*laughter*]

CMAT: No, I mean, Linda was in from day one. We love Linda.

[*theme music*]

NICK GRIMSHAW: Here's your end of the show question to win the Waitrose goodie bag.

CMAT: I mean, I'm answering it.

NICK GRIMSHAW: Yeah, you're answering it.

ANGELA HARTNETT: Oh, regardless.

NICK GRIMSHAW: Come on.

CMAT: I don't care.

NICK GRIMSHAW: Okay.

CMAT: ‘Thank you hugely for coming on to Dish. That was exceptional.’

NICK GRIMSHAW: Correct.

CMAT: ‘To win a Waitrose goodie bag, just answer the following question: You have a new song on the album called ‘The Jamie Oliver Petrol Station’. If you were to integrate Nick or Angela's name into track, what would the full title be?’

NICK GRIMSHAW: Okay.

CMAT: So obviously-

NICK GRIMSHAW: Huge question.

CMAT: -The Angela Mona Lisa.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Obviously.

CMAT: That works.

NICK GRIMSHAW: Mona Lisa, brackets, Angela's version.

CMAT: Yeess.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah.

CMAT: That's really good.

NICK GRIMSHAW: That could work.

ANGELA HARTNETT: Yeah.

CMAT: And then if I was doing Nick...

NICK GRIMSHAW: Mm-hm.

CMAT: Maybe it's like... *[laughs]* Sorry.

ANGELA HARTNETT: *[laughs]*

CMAT: [*laughing*] I actually, the first thing that came to my mind is maybe not very nice.

[*laughter*]

NICK GRIMSHAW: Come on. What is it?

CMAT: I was like, Nick and His Expensive Clothing.

[*laughter*]

NICK GRIMSHAW: Yeah!

CMAT: ‘Cause I know how much that shirt is worth!

[*laughter*]

NICK GRIMSHAW: You like the shirt!

CMAT: I love the shirt.

NICK GRIMSHAW: You like the shirt.

CMAT: Nick and His Expensive Clothing is a good name for a song as well.

ANGELA HARTNETT: It is.

NICK GRIMSHAW: Or a band.

CMAT: Or a, or a band, yeah, The Expensive Clothing.

NICK GRIMSHAW: ‘We’re Nick and His Expensive Clothing,’ yeah.

CMAT: Yeah.

[*crew laugh*]

NICK GRIMSHAW: It does work.

ANGELA HARTNETT: I like that one, yeah.

CMAT: Yeah.

NICK GRIMSHAW: Does work, yeah.

CMAT: So that's what I would do.

ANGELA HARTNETT: All of them wearing it, yeah.

NICK GRIMSHAW: Well the goodie bag is yours.

ANGELA HARTNETT: Is yours.

CMAT: Hooray!

[applause]

NICK GRIMSHAW: CMAT, the goodie bag is yours, congratulations.

CMAT: Oh my God! Hehehey!

NICK GRIMSHAW: Ey!

CMAT: Girly-wirly wine, woo!

[laughter]

CMAT: Yeah, baby.

NICK GRIMSHAW: I wanna know what-

CMAT: Oh, gluten free pasta, that's so kind.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: We care, we care.

NICK GRIMSHAW: No gluten.

CMAT: Oh, coffee!

[laughter]

NICK GRIMSHAW: I like that you're really going through this.

ANGELA HARTNETT: Yeah.

CMAT: Yeah.

NICK GRIMSHAW: CMAT, thank you for joining us today. That was-

ANGELA HARTNETT: Yeah, thank you.

NICK GRIMSHAW: -a lot of fun. Congrats on the record. We'll see you throughout the summer and we'll see you on tour, sort of autumn time?

CMAT: Yes.

NICK GRIMSHAW: Round of applause for the brilliant CMAT, everybody!

[applause]

NICK GRIMSHAW: Thank you.

ANGELA HARTNETT: Thank you.

[theme music]

NICK GRIMSHAW: Next week, on Dish, we're going to be catching up with Cynthia Erivo. What's Oprah saying?

ANGELA HARTNETT: [laughs]

CYNTHIA ERIVO: [laughs]

NICK GRIMSHAW: Love.

CYNTHIA ERIVO: Right at the very beginning of my career, I-I- was doing that. I was saying yes to absolutely everything. And she was the one that was like, 'You should say no sometimes. It's really good to say no sometimes. You need to leave space for yourself.' So, I took that to heart and, and, began to really be discerning about what I said yes to.

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.