

Cynthia Erivo, Roasted Red Pepper, Aubergine, Freekeh Salad, and a Provence rosé



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

**NICK GRIMSHAW:** Hello, welcome to Dish From Waitrose. I'm Nick Grimshaw.

**ANGELA HARTNETT:** And I'm Angela Hartnett.

**NICK GRIMSHAW:** And we are here today with another episode... well, of Dish. Obviously.

**ANGELA HARTNETT:** *[laughs]*

**NICK GRIMSHAW:** Hey, Ange, how are you?

**ANGELA HARTNETT:** I'm very well, thanks you, but quick question, if you could do another show, would you do something like Stars in Our Eyes, or This Is Your Life-

**NICK GRIMSHAW:** This Is Your Life.

**ANGELA HARTNETT:** -Do you remember This Is Your Life?

**NICK GRIMSHAW:** I loved This Is Your Life.

**ANGELA HARTNETT:** I think you would be a great host on this-

**NICK GRIMSHAW:** I loved This Is Your Life.

**ANGELA HARTNETT:** -we should bring it back, Nick do This Is Your Life.

**NICK GRIMSHAW:** We should.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** I love This Is Your Life, and I love Stars in Your Eyes.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Stars in Their Eyes? Stars in Your Eyes.

**ANGELA HARTNETT:** Their Eyes.

**ANGELA & NICK:** Stars in Their Eyes.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** I genuinely, when I used to watch it thought that that was-

**ANGELA HARTNETT:** Who did you think you-

**NICK GRIMSHAW:** -that was a magic trick.

**ANGELA HARTNETT:** Who d-

**NICK GRIMSHAW:** No, like I thought they walked in.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** And then they came out.

**ANGELA HARTNETT:** Out, as- *[laughs]*

**NICK GRIMSHAW:** I thought, like, that was the gag on the show, like, wow.

**ANGELA HARTNETT:** Wow, amazing.

**NICK GRIMSHAW:** Just happened. I used to do Tina Turner shows-

**ANGELA HARTNETT:** Okay-

**NICK GRIMSHAW:** -for my family, when I was a kid.

**ANGELA HARTNETT:** -I can believe that, yeah.

**NICK GRIMSHAW:** Which would go down quite well. But not if you did it during a football match.

**ANGELA HARTNETT:** No.

**NICK GRIMSHAW:** No, 'cause my dad and our Andrew-

**ANGELA HARTNETT:** Can't imagine our Andrew.

**NICK GRIMSHAW:** No, like in the lounge with the curtains closed.

**ANGELA HARTNETT:** Yeah, yeah.

**NICK GRIMSHAW:** Me coming in like, [*singing*] 'Come to me, come to me, wild and wild.'

[*laughs*]

**NICK GRIMSHAW:** And they'd be like, 'No. Out.'

**ANGELA HARTNETT:** I can imagine your- our Andrew throwing beer cans at you to just get rid of you.

**NICK GRIMSHAW:** Yeah, he did.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** He did, I remember our Andrew being like, 'He is gay.'

[*laughter*]

**NICK GRIMSHAW:** And I was like, six.

**ANGELA HARTNETT:** Oh, well, he knew it well, he knew it well.

**NICK GRIMSHAW:** He spotted it.

**ANGELA HARTNETT:** He wasn't wrong.

**NICK GRIMSHAW:** Did you ever do shows as a kid?

**ANGELA HARTNETT:** I did some- I did shows at school, I never did 'em at home, actually. I did the musical, what's that, West Side Story?

**NICK GRIMSHAW:** Wait hang on, 'cause today we've got Cynthia Erivo.

**ANGELA HARTNETT:** I know, yeah but I-

**NICK GRIMSHAW:** And now we're talking about your stage credentials.

[laughter]

**ANGELA HARTNETT:** Of West Side Story.

**NICK GRIMSHAW:** When you did West Side Story-

**ANGELA HARTNETT:** [singing] 'When you're a jet, you

**NICK GRIMSHAW:** [singing] 'You're a jet.'

**ANGELA HARTNETT:** [clicking rhythmically] That's it, you see, I got it all.

**NICK GRIMSHAW:** I watched that the other morning.

**ANGELA HARTNETT:** Fabulous, you see.

**NICK GRIMSHAW:** It was on the telly the other morning.

**ANGELA HARTNETT:** We ca- I mean, Dish, we should just leave, we could do so many other things, you and me.

**NICK GRIMSHAW:** We could be tap dancing.

**ANGELA HARTNETT:** [laughs] I would like to learn to tap dance.

**NICK GRIMSHAW:** [laughing] What?

[laughter]

**ANGELA HARTNETT:** I would! Because it looks like you can really lose weight and keep really fit. Have you not seen Emma Freud? Her mum, her daughters, her mum's in her nineties, so three of them tap dance, and they're always putting it on social media.

**NICK GRIMSHAW:** What?

**ANGELA HARTNETT:** They look amazing.

**NICK GRIMSHAW:** Well, today we will be ending the show with a tap...

**ANGELA HARTNETT:** Dance off-

**NICK GRIMSHAW:** Dance off.

**ANGELA HARTNETT:** -me and Cynthia [laughs]

**NICK GRIMSHAW:** You versus Cynthia Erivo. Do you know what though, I met Cynthia, weirdly I met her yesterday. And when I met-

**ANGELA HARTNETT:** For the first time?

**NICK GRIMSHAW:** Yeah, well, first of all, she met, 'I met you,' and I said, 'Really?' she went, 'Yeah, didn't you do the London Marathon with me?' I was like, 'Absolutely not.'

[laughter]

**NICK GRIMSHAW:** But I don't know who she thought I was. Well, if you don't know, Cynthia Erivo is joining us today, and you'll know her for, well most recently for being a second Oscar nomination for her role as Elphaba in Wicked, which became the highest grossing film adaptation of a Broadway musical, beating Mamma Mia.

**ANGELA HARTNETT:** Wow, that's some record that is.

**NICK GRIMSHAW:** It's huge. Also was nominated for an Oscar for her role in Harriet.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** She's a Tony and Grammy award winner for her Broadway debut in *The Color Purple* with Jennifer Hudson, and now she is doing a album.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** So she's here to talk all about her new album, which is called, *I Forgive You*, but she's also doing like three other films, and she's playing Jesus Christ as well.

**ANGELA HARTNETT:** Of course.

**NICK GRIMSHAW:** Like...

**ANGELA HARTNETT:** Multi-talented.

**NICK GRIMSHAW:** Anyway, before we get Cynthia in, we have a question from a listener called Nick. 'Dear Nick and Angela, I'm a big fan of the podcast. Angela, I love sautéed mushrooms with pasta and steakhouse dinners and such. However, I have trouble cooking them consistently. Sometimes they come out perfectly, but other times they're rubbery, I can't figure out what I'm doing wrong.' This is a good question because sometimes a mushroom can be great, and sometimes it can be really, not great. So Nick wants to know what is the best way to sauté mushrooms so they're delicious every time?

**ANGELA HARTNETT:** One, I think cut them down slightly, just, if you're using those butter mushrooms, just cut them into three. Two, I think the reason they're rubbery is because they're old mushrooms. So I think as soon as you get them, take them out of the cellophane, they'll breathe, they'll last longer. Cut them up, I put them in a pan, little bit of butter, olive oil, get that nice and foamy, then add your mushrooms, and quickly. Mushrooms, you've gotta cook quickly.

**NICK GRIMSHAW:** Right.

**ANGELA HARTNETT:** And if you do- you shouldn't wash them, really, you should just wipe them because they absorb so much water. And a secret tip, if they are a little bit old, but you still want to use them, add butter and a spoonful of Marmite. And then they're really lovely, silky, velvety, and delicious.

**NICK GRIMSHAW:** Mmm.

**ANGELA HARTNETT:** And you can put that with pasta as well.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** As does Nigella and Anna Del Conte.

**NICK GRIMSHAW:** Mmm.

**ANGELA HARTNETT:** There you go.

**NICK GRIMSHAW:** Well, there you go, Nick. Mushroom question answered. He says, 'Thank you for the advice. I love the podcast. It brings such comfort and reminds me of the importance of dining with friends, and helping to keep the conversations and friendships alive in a busy world.'

**ANGELA HARTNETT:** Aw, isn't that a lovely sentiment?

**NICK GRIMSHAW:** If you do wanna get in touch with us, any reason's a good reason. Mushrooms.

**ANGELA HARTNETT:** Just chat away. Mushrooms.

**NICK GRIMSHAW:** Whatever you want.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Email us, [dish@waitrose.co.uk](mailto:dish@waitrose.co.uk). Alright, it's time to meet Cynthia Erivo.

*[theme music]*

**NICK GRIMSHAW:** Okay, time now to welcome our guest on Dish. Please welcome an actress, a singer, a songwriter, and also, which I love, an exceptionally fast runner.

**CYNTHIA ERIVO:** *[laughs]*

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** Round of applause please for the one and only, Cynthia Erivo!

[*applause*]

**ANGELA HARTNETT:** Woo!

**NICK GRIMSHAW:** Hi!

**CYNTHIA ERIVO:** Hello!

**ANGELA HARTNETT:** Hi.

**CYNTHIA ERIVO:** Hi.

**ANGELA HARTNETT:** Hi.

**NICK GRIMSHAW:** Hi Cynthia.

**CYNTHIA ERIVO:** Hello.

**ANGELA HARTNETT:** Hi, Cynthia.

**CYNTHIA ERIVO:** Hi.

**NICK GRIMSHAW:** Welcome to Dish.

**CYNTHIA ERIVO:** Thanks for having me.

**NICK GRIMSHAW:** Oh my God, we're so excited to have you.

**CYNTHIA ERIVO:** [*laughs*]

**ANGELA HARTNETT:** Yes, very.

**NICK GRIMSHAW:** How are you?

**CYNTHIA ERIVO:** I'm good, thank you.

**NICK GRIMSHAW:** Yeah?



**CYNTHIA ERIVO:** How are you?

**NICK GRIMSHAW:** Good.

**CYNTHIA ERIVO:** Yeah.

**NICK GRIMSHAW:** I'm all right.

**ANGELA HARTNETT:** We are good.

**NICK GRIMSHAW:** Yeah, we're all right. How do- yeah, we're ready, aren't we, Ange?

**ANGELA HARTNETT:** We're super happy to have you with us.

**CYNTHIA ERIVO:** Thank you.

**ANGELA HARTNETT:** It's a real honour.

**CYNTHIA ERIVO:** Thank you very much.

**NICK GRIMSHAW:** Yeah.

**CYNTHIA ERIVO:** This is very fun, this is very cool.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Well, just before you came in, we were talking about all your accolades and how brilliant you are-

**CYNTHIA ERIVO:** Thank you.

**NICK GRIMSHAW:** -on screen and on stage, and then we spoke about our own experiences of-

**CYNTHIA ERIVO:** Yes.

**NICK GRIMSHAW:** -of being on stage, and Ange was in West Side Story.

**ANGELA HARTNETT:** Yeah, can I say it was a school production-

**NICK GRIMSHAW:** On Broadway!

**CYNTHIA ERIVO:** Oh-

**NICK GRIMSHAW:** No I'm joking.

[laughter]

**ANGELA HARTNETT:** School production, I'll have you, yeah.

**NICK GRIMSHAW:** School production.

**CYNTHIA ERIVO:** Have you sung since then?

**ANGELA HARTNETT:** Not really.

**CYNTHIA ERIVO:** You said not really, which means there may have been times that you still have sung since then, so...

**ANGELA HARTNETT:** Oh, no, no.

**NICK GRIMSHAW:** Let's have a song.

**CYNTHIA ERIVO:** Let's have a-

[laughter]

**NICK GRIMSHAW:** Let's get the recipe as a musical.

**ANGELA HARTNETT:** [laughs]

**CYNTHIA ERIVO:** Yes. Yes.

**NICK GRIMSHAW:** Later. But no, we, we were talking about tap dancing.

**ANGELA HARTNETT:** Mm.

**CYNTHIA ERIVO:** Yeah.

**NICK GRIMSHAW:** And we, we were like, Ange was like, no, I actually want to do it. Have you done, have you done tap?

**ANGELA HARTNETT:** Do you tap dance?

**CYNTHIA ERIVO:** I haven't done tap.

**NICK GRIMSHAW:** No.

**CYNTHIA ERIVO:** But I have danced.

**NICK GRIMSHAW:** Uh-huh.

**ANGELA HARTNETT:** Mm.

**CYNTHIA ERIVO:** I've been, I've done some dancing, so mine was like street dance and modern.

**NICK GRIMSHAW:** Mm-hm.

**CYNTHIA ERIVO:** A little ballet. I tend not to tell people I can dance.

**NICK GRIMSHAW:** Uh-huh.

**ANGELA HARTNETT:** Yeah.

**CYNTHIA ERIVO:** 'Cause then they'll ask me to.

**NICK GRIMSHAW:** [*laughs*]

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** You do enough.

**CYNTHIA ERIVO:** But I can.

**ANGELA HARTNETT:** You do enough.

**CYNTHIA ERIVO:** Yeah.

**ANGELA HARTNETT:** Your own stunts-

**CYNTHIA ERIVO:** Yeah.

**ANGELA HARTNETT:** -the singing...

**CYNTHIA ERIVO:** It's enough.

**ANGELA HARTNETT:** Yeah, course.

**NICK GRIMSHAW:** Not tap as well.

**CYNTHIA ERIVO:** If I did all of that now I wouldn't have any time at all in the day,

**NICK GRIMSHAW:** Uh-huh.

**CYNTHIA ERIVO:** So I leave some to others.

**ANGELA & NICK:** Yeah.

**NICK GRIMSHAW:** That can be for you.

**CYNTHIA ERIVO:** Yes.

**ANGELA HARTNETT:** [*laughs*]

**CYNTHIA ERIVO:** We'll make our own musical.

**ANGELA HARTNETT:** Yeah, exactly.

**NICK GRIMSHAW:** We mentioned all the things that you do in your intro, and we mentioned the fact that you are incredibly fast because this, I'm obsessed with, that you ran a half marathon before-

**CYNTHIA ERIVO:** I'm never gonna live this down.

**NICK GRIMSHAW:** No, I can't get over this.

**CYNTHIA ERIVO:** [*laughs*]

**NICK GRIMSHAW:** Before performing on Broadway.

**CYNTHIA ERIVO:** Yes. I did two shows.

**NICK GRIMSHAW:** Two shows in one day.

**CYNTHIA ERIVO:** Yeah.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** But before that you were like, maybe I'll do a half marathon.

**CYNTHIA ERIVO:** Yeah. That's literally what happened.

**NICK GRIMSHAW:** That's mad [*laughs*]

**CYNTHIA ERIVO:** So I knew I was gonna do a half marathon, and I'd made myself a promise that if I could finish the half marathon on time, with enough time to get home and get ready, I would do the two shows.

**ANGELA HARTNETT:** Right.

**CYNTHIA ERIVO:** I finished the half marathon, maybe an hour and fifty or something....

**ANGELA HARTNETT:** That's very good time.

**NICK GRIMSHAW:** [*laughing*] It's so crazy.

**CYNTHIA ERIVO:** Something like that. And then I was like, well, I have time...

**NICK GRIMSHAW:** Uh- huh.

**CYNTHIA ERIVO:** So I guess I get ready.

**ANGELA HARTNETT:** Now I gotta do two shows.

**CYNTHIA ERIVO:** I- yes. I thought I would be fine, but the starting position for me is to run out on stage and then drop down to my knees.

**ANGELA HARTNETT:** Mm.

**CYNTHIA ERIVO:** Getting up...

[laughter]

**CYNTHIA ERIVO:** It was really interesting.

**ANGELA HARTNETT:** Yeah.

**CYNTHIA ERIVO:** And I hadn't thought of it before it happened. I thought of it as it was happening.

**ANGELA HARTNETT:** Yeah.

**CYNTHIA ERIVO:** So there was a particular kind of pain that I hadn't really experienced before.

[laughter]

**NICK GRIMSHAW:** That I was... working through, at the beginning of this show.

**NICK GRIMSHAW:** You were like, ooh...

**CYNTHIA ERIVO:** Huh...

**NICK GRIMSHAW:** Ooh...

**CYNTHIA ERIVO:** That's nice.

**NICK GRIMSHAW:** Well, welcome and cheers.

**ANGELA HARTNETT:** Yeah, cheers.

**NICK GRIMSHAW:** We begin with-

**CYNTHIA ERIVO:** Cheers.

**ANGELA HARTNETT:** Cheers.

**NICK GRIMSHAW:** -a alcohol-free tea. Suitable for vegans, 'cause we have a vegan guest in the house, everybody. But cheers and welcome.

**CYNTHIA ERIVO:** Cheers.

**ANGELA HARTNETT:** Cheers, welcome.

**NICK GRIMSHAW:** Yeah.

**CYNTHIA ERIVO:** Mmm.

**NICK GRIMSHAW:** Mmm.

**ANGELA HARTNETT:** Actually that's quite nice, isn't it?

**NICK GRIMSHAW:** Don't say actually.

[*crew laugh*]

**CYNTHIA ERIVO:** [*laughs*]

**ANGELA HARTNETT:** Sorry.

**NICK GRIMSHAW:** And you've also brought your own drink, which I'm obsessed with.

**CYNTHIA ERIVO:** Yes.

**ANGELA HARTNETT:** Mm.

**CYNTHIA ERIVO:** There's a wonderful tea brand that I love in the US called The Republic of Tea, and they have an orange, ginger, and mint tea bag, they have a honey, ginseng and green.

**ANGELA HARTNETT:** Oh, that sounds good.

**CYNTHIA ERIVO:** And I tend to put them both together.

**NICK GRIMSHAW:** Ooh.

**ANGELA HARTNETT:** Oh, nice.

**CYNTHIA ERIVO:** And there's a lymphatic green tea in there to make sure that my lymphatic system is working, and it's got like guarana and yerba mate in it.

**NICK GRIMSHAW:** Mmm.

**CYNTHIA ERIVO:** And it's just like a nice little brew.

**NICK GRIMSHAW:** Ooh, yeah.

**CYNTHIA ERIVO:** I never used just like, one type of tea.

**NICK GRIMSHAW:** Yeah, you do a little mix.

**ANGELA HARTNETT:** Yeah.

**CYNTHIA ERIVO:** Mix them up.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Your combination.

**CYNTHIA ERIVO:** Yeah.

**NICK GRIMSHAW:** And that, that travels with you, that's everywhere.

**CYNTHIA ERIVO:** This travels with me.

**NICK GRIMSHAW:** Yeah, that's-

**ANGELA HARTNETT:** Yeah.

**CYNTHIA ERIVO:** This will be hot for twelve hours.

*[kettle pouring sounds]*

**NICK GRIMSHAW:** We're gonna get into your food likes and dislikes.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** We have a hard no to the onion family. Sorry to the onion family, if you are listening.

*[crew laugh]*



**CYNTHIA ERIVO:** I can't do it.

**NICK GRIMSHAW:** Can't do it. Can't do it.

**CYNTHIA ERIVO:** Can't do it.

**NICK GRIMSHAW:** Yeah. What is it about onion? Did you have a bad onion experience?

**CYNTHIA ERIVO:** I just hate the smell-

**NICK GRIMSHAW:** Oh really?

**CYNTHIA ERIVO:** -I hate hate it so much. And the thing is-

**NICK GRIMSHAW:** Has it been a lifelong onion...

**CYNTHIA ERIVO:** Yes.

**NICK GRIMSHAW:** Problem.

**CYNTHIA ERIVO:** My sweet mother, who makes the most amazing food, would always cook with onions, and the onions would go first, she would like fry them off, but then I would only smell onion.

**ANGELA HARTNETT:** That's, yeah.

**CYNTHIA ERIVO:** And I just can't do it.

**ANGELA HARTNETT:** Yeah.

*[laughter]*

**NICK GRIMSHAW:** It is a smell that does linger. It can be great.

**CYNTHIA ERIVO:** Yeah.

**NICK GRIMSHAW:** Not in the home.

**CYNTHIA ERIVO:** Not in the home.

**ANGELA HARTNETT:** No.

**NICK GRIMSHAW:** D’you know what I mean, not in the home. Not when you go upstairs and like your coat smells like fried onion, like-

**CYNTHIA ERIVO:** Ugh, no.

**NICK GRIMSHAW:** -not cute.

**CYNTHIA ERIVO:** And then for days.

**ANGELA HARTNETT:** So is it all the onion family?

**CYNTHIA ERIVO:** The whole onion family, ‘cause also I don't like the taste.

**NICK GRIMSHAW:** So who's in the onion family? Onion.

**ANGELA HARTNETT:** So you've got your leeks.

**CYNTHIA ERIVO:** Leeks are, are okay-

**ANGELA HARTNETT:** Leeks are okay, okay.

**CYNTHIA ERIVO:** -but they have to be cooked off completely.

**NICK GRIMSHAW:** Right.

**ANGELA HARTNETT:** Right, okay.

**CYNTHIA ERIVO:** ‘Cause the smells a little milder with the leek.

**ANGELA HARTNETT:** Yeah, definitely.

**CYNTHIA ERIVO:** So I can do with a leak, but it's the onion, it's the shallot-

**ANGELA HARTNETT:** Yeah.

**CYNTHIA ERIVO:** -it's the chive, it's the, the green onion, it's the...

**ANGELA HARTNETT:** Oh, yeah, anything, that sort of, yeah.

**CYNTHIA ERIVO:** Anything.

**NICK GRIMSHAW:** Anything.

**CYNTHIA ERIVO:** Spring onions.

**ANGELA HARTNETT:** Okay, that's...

**CYNTHIA ERIVO:** I can't do it.

**ANGELA HARTNETT:** Yeah, the whole lot.

**NICK GRIMSHAW:** Goodbye.

**CYNTHIA ERIVO:** And, well, it's the, it's the allium family, so that includes garlic. That is a no-no completely. Can't do it.

**ANGELA HARTNETT:** Right.

**NICK GRIMSHAW:** And you're, are you allergic to garlic?

**CYNTHIA ERIVO:** I'm also allergic to garlic.

**NICK GRIMSHAW:** Okay.

**ANGELA HARTNETT:** Okay.

**CYNTHIA ERIVO:** It completely repeats on me, my body cannot process it properly.

**NICK GRIMSHAW:** Oh, wow.

**ANGELA HARTNETT:** Oh.

**NICK GRIMSHAW:** How did you find that out?

**CYNTHIA ERIVO:** Whenever I would sing, if I had something with garlic in it.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Mm.

**CYNTHIA ERIVO:** Like I would get acid reflux and I couldn't...

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** Oh God.

**CYNTHIA ERIVO:** Yeah, it's pretty bad.

**NICK GRIMSHAW:** Yeah. Okay, so no garlic Ange.

**CYNTHIA ERIVO:** Yeah.

**NICK GRIMSHAW:** But I, I love the smell. I actually like when people smell of garlic.

**ANGELA HARTNETT:** Mm.

**CYNTHIA ERIVO:** Oh lord-

**ANGELA HARTNETT:** No, I can't.

**CYNTHIA ERIVO:** -what happened?

**NICK GRIMSHAW:** Yeah.

*[crew laugh]*

**NICK GRIMSHAW:** I don't-

**CYNTHIA ERIVO:** Why?

**NICK GRIMSHAW:** -know, but you know, when someone's got a bit garlicky breath, I kind of-

**CYNTHIA ERIVO:** Yeah?

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** No, that's, I'm with you.

**NICK GRIMSHAW:** I like it. They're not offensive.

**CYNTHIA ERIVO:** It's at this moment that I realise how offended I am by it.

[laughter]

**CYNTHIA ERIVO:** Because I just-

**ANGELA HARTNETT:** The way you looked away.

**NICK GRIMSHAW:** Yeah [laughs]

**ANGELA HARTNETT:** You can't even look at Nick.

**CYNTHIA ERIVO:** I can't-

**ANGELA HARTNETT:** You're like...

**CYNTHIA ERIVO:** It's really bad because like, my whole entire team knows how I feel about it.

**NICK GRIMSHAW:** Oh, no.

**CYNTHIA ERIVO:** So. [laughing] So...

**NICK GRIMSHAW:** Oh, no.

**CYNTHIA ERIVO:** I'm, I'm like a wolf.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** [laughs]

**CYNTHIA ERIVO:** I will not say which film I, I was doing, but we, I was getting ready and my makeup artist, who's- my sweet makeup artist, had kimchi in the morning.

**ANGELA HARTNETT:** Mm. Oh yeah.

**CYNTHIA ERIVO:** I was like...

**NICK GRIMSHAW:** *[laughs]*

**ANGELA HARTNETT:** Lot of onion and garlic in that.

**CYNTHIA ERIVO:** ‘What’s that then?’

*[laughter]*

**CYNTHIA ERIVO:** *[laughing]* She was like, ‘It’s kimchi,’ I was like, ‘It’s really interesting.’

*[laughter]*

**CYNTHIA ERIVO:** ‘This morning?’

**NICK GRIMSHAW:** ‘This m...’ *[laughs]*

*[laughter]*

**CYNTHIA ERIVO:** ‘Now?’

**NICK GRIMSHAW:** ‘Really?’ Okay, yeah, I mean you are up close and personal with a makeup artist.

**CYNTHIA ERIVO:** Yeah.

**ANGELA HARTNETT:** Mmm.

**NICK GRIMSHAW:** We have some of your food loves here.

**CYNTHIA ERIVO:** Yes.

**NICK GRIMSHAW:** ‘Potato chips, fruit, nuts.’

**CYNTHIA ERIVO:** Yeah.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** ‘Smoothies, tempura mushrooms, tofu.’

**CYNTHIA ERIVO:** *[whispering]* Ah, yeah.

**NICK GRIMSHAW:** 'Vegan ramen.'

**CYNTHIA ERIVO:** Yeah.

**NICK GRIMSHAW:** 'Creative vegan dishes in general.'

**CYNTHIA ERIVO:** Yes.

**NICK GRIMSHAW:** Now that's an interesting talking point.

**ANGELA HARTNETT:** Mm.

**CYNTHIA ERIVO:** Yes.

**NICK GRIMSHAW:** Because vegan food, I mean, for a few years it's been exciting and interesting.

**CYNTHIA ERIVO:** Yeah.

**NICK GRIMSHAW:** I, I never, you know, I'm not vegetarian or vegan, but I, I knew, know my friends from, from years ago.

**CYNTHIA ERIVO:** Yeah.

**NICK GRIMSHAW:** Would always be like, oh my God, this- like any time you'd go out, they'd be offered just, a mushroom. It's much better now.

**CYNTHIA ERIVO:** Yeah.

**NICK GRIMSHAW:** How was it being vegan many years ago, and now are you seeing more creativity?

**CYNTHIA ERIVO:** Terrible, everyone just goes, 'Do you want a veggie burger?'

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Mm.

**CYNTHIA ERIVO:** Or like, you can make so much. And, and also there are other ways to make, if you want a veggie burger, there's so many alternatives,

and now you have your meat alternatives and things like that, so you can have a burger that's just as succulent as like a, a meat burger, which is great. But it's also, there are ways to use different foods as substitutes and create new things.

**NICK GRIMSHAW:** Mm-hm.

**CYNTHIA ERIVO:** So before it was interesting. Now it's so much more fun.

**NICK GRIMSHAW:** Mm, yeah.

**CYNTHIA ERIVO:** You can actually really play, yeah.

**NICK GRIMSHAW:** Do you have a favourite vegan spot? Is there somewhere where you love to go?

**CYNTHIA ERIVO:** It's not a vegan spot necessarily, but they do really beautiful vegan foods.

**NICK GRIMSHAW:** Uh-huh.

**CYNTHIA ERIVO:** And it's, there's a place called The Aubrey. They have the most amazing agedashi tofu.

**ANGELA HARTNETT:** Oh, wow. Yeah.

**CYNTHIA ERIVO:** It's really warming, it's kinda like comfort food.

**ANGELA HARTNETT:** Mmm.

**CYNTHIA ERIVO:** And anything to do with the aubergine, I'm happy.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Yeah. Same. Love, delish.

**ANGELA HARTNETT:** Mm.

**CYNTHIA ERIVO:** It's this, you can-

**ANGELA HARTNETT:** And actually, Japanese food lends itself to-



**CYNTHIA ERIVO:** Yes, in general, yeah.

**ANGELA HARTNETT:** -if th- you know, with some of their miso paste and stuff, they do some really great vegan stuff if, you know, get out the meat broth.

**CYNTHIA ERIVO:** That's right, yeah.

**ANGELA HARTNETT:** It's lovely.

**CYNTHIA ERIVO:** Yeah, yeah, yeah, yeah.

**NICK GRIMSHAW:** Did you used to cater for vegans when you started cooking or was it not even a consideration?

**ANGELA HARTNETT:** When we opened Murano, we really did. I mean, I'll be absolutely honest with you, we had the menu and we realised we'd one extra page, so I said, let's do a vegan vegetarian menu.

**CYNTHIA ERIVO:** Amazing.

**ANGELA HARTNETT:** So we had it on from day one. And I said, if you're gonna do the dishes, put thought into it.

**CYNTHIA ERIVO:** Yeah, yeah.

**ANGELA HARTNETT:** I said, 'cause I remember my sister years ago going to France on exchange, [*laughing*] and someone-

**CYNTHIA ERIVO:** [*laughing*] Good luck.

**ANGELA HARTNETT:** -was a vegetarian.

**NICK GRIMSHAW:** She didn't eat for two weeks.

**CYNTHIA ERIVO:** [*laughs*]

**ANGELA HARTNETT:** They were basically given a cheese sandwich [*laughing*] that was, that was it for like, two weeks.

**CYNTHIA ERIVO:** [*laughs*] Same as if you go to Nigeria.

**ANGELA HARTNETT:** Yeah.

**CYNTHIA ERIVO:** You go, you're vegetarian, 'What's that?'

[laughter]

**CYNTHIA ERIVO:** 'I don't eat meat,' 'Well have some fish then.'

[laughter]

**ANGELA HARTNETT:** Yeah, exactly.

**CYNTHIA ERIVO:** 'That's not vegetarian, is it?'

**NICK GRIMSHAW:** [laughs]

**CYNTHIA ERIVO:** 'Well what you mean you're vegetarian?'

**ANGELA HARTNETT:** 'There's vegetables, what's wrong with you?'

**CYNTHIA ERIVO:** 'What do you mean? There's vegetables in it.'

**NICK GRIMSHAW:** Yeah.

**CYNTHIA ERIVO:** 'Come on.'

**NICK GRIMSHAW:** [laughs] 'Come on. It's a fish, full of veg. Come on, yeah.'

**CYNTHIA ERIVO:** But yeah- [laughs]

**NICK GRIMSHAW:** Yeah. Get it down you, yeah. Have you always been vegan?

**CYNTHIA ERIVO:** No, I, I sort of discovered that my body doesn't necessarily process meat very well when I was about twenty years old. When I was vegan, I was, my body was really happy, and when I wasn't, it was very sluggish and couldn't really function. So when I was about twenty-five, I just sort of...

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Cut it out, yeah.

**CYNTHIA ERIVO:** Yeah.

**ANGELA HARTNETT:** Well, talking of vegan food, I'm gonna get you your lunch.

**NICK GRIMSHAW:** Oh yeah, come on. That was, that was a link, Angela, right there.

**ANGELA HARTNETT:** That was a link-

**CYNTHIA ERIVO:** A nice little link, come on.

**ANGELA HARTNETT:** -And you call me unprofessional all the time!

**NICK GRIMSHAW:** Right there. Come on.

**CYNTHIA ERIVO:** *[laughs]*

*[chopping sounds]*

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

**ANGELA HARTNETT:** Food, yes.

**NICK GRIMSHAW:** Thank you so much. What have we got today?

**ANGELA HARTNETT:** So we have a roasted red pepper, aubergine and freekeh salad.

**NICK GRIMSHAW:** Ooh yeah.

**ANGELA HARTNETT:** So you've got roasted aubergine and pepper in the oven, but I've also added some courgette, so you roast them in the oven for about twenty minutes till they're nice and soft.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Then at Waitrose they do this lovely pouch of ready made, freekeh, chickpeas, and black rice.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** But because you don't like the garlic, I've made it myself.

**CYNTHIA ERIVO:** Appreciate. Love-

**ANGELA HARTNETT:** I've done it with chickpeas, with a little bit of cumin on there, and then cooked the freekeh separately and then added that all into it, finished it with mint and pistachio, and then we've made a little dressing. It's bit like a sort of mayonnaise texture, but it's with dairy-free yogurt and tahini.

**CYNTHIA ERIVO:** Lovely.

**NICK GRIMSHAW:** Mmm.

**ANGELA HARTNETT:** So there's a bit more there if you need some extra.

**CYNTHIA ERIVO:** Lovely, it's really nice.

**ANGELA HARTNETT:** And then, 'cause I can't not, I add a little bit of olive oil on top, but-

**NICK GRIMSHAW:** You have to.

**ANGELA HARTNETT:** -and lemon, you know. And that's it really.

**NICK GRIMSHAW:** Very delicious.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** And what is freekeh, freekeh like a grain, like a...

**ANGELA HARTNETT:** It's a grain, yeah.

**NICK GRIMSHAW:** Is she knocking on quinoa's door? No.

*[crew laugh]*

**ANGELA HARTNETT:** I think sort of, I think so.

**CYNTHIA ERIVO:** It looks like she's knocking on rice's door though.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Mm. And I love a pistachio as well.

**CYNTHIA ERIVO:** Mhm. This is really good, by the way.

**ANGELA HARTNETT:** Yeah.

**CYNTHIA ERIVO:** This is delicious.

**ANGELA HARTNETT:** There's more, tons out there so everyone can help themselves.

**NICK GRIMSHAW:** It's very good. And I love the dressing.

**CYNTHIA ERIVO:** The dressing is really, really nice.

**NICK GRIMSHAW:** This is kind of perfect to be having this time of year, isn't it? It's summer, it's seasonal, salad. I mean, I eat a salad all year round.

**CYNTHIA ERIVO:** Mm-hm.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** My mum is very like, 'Can't have a salad, it's November!'

[laughter]

**NICK GRIMSHAW:** Whereas I'm like, I would, but now this is like primetime salad time.

**ANGELA HARTNETT:** Yeah, and this is a whole meal in itself, yeah, 'cause you've got the courgettes, you've got the peppers, you've got the aubergine, you've got them all coming in from Italy and Spain and everywhere, so they're peak season. Courgettes is one of my favourite vegetables-

**CYNTHIA ERIVO:** Mm-hm.

**NICK GRIMSHAW:** Mm, love courgette.

**ANGELA HARTNETT:** -I will have that all the time. And it's also something that you could do the veg the day before, have them in the fridge, cook your chickpeas and freekeh the next day, you know, it's a portable. When Nick invites us round, we can bring that as a little portable dish.

**CYNTHIA ERIVO:** Nice.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** It's very portable. So you know, it's great and it's all coming into season. It's that abundance of just the English garden that we want.

**NICK GRIMSHAW:** And did you fry the chickpeas as well? Because they're a little bit crispy.

**ANGELA HARTNETT:** I fried them in a little bit of olive oil and then put a touch of cumin on top. So that's where I think you can spice, because again, you don't wanna spice everything, you just want a little hint.

**NICK GRIMSHAW:** Oh, that's, yeah.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Exactly, you see.

**NICK GRIMSHAW:** Rather than spice the whole shebang.

**ANGELA HARTNETT:** Mm.

**CYNTHIA ERIVO:** Do you think that if things are not in season, you just get a lower quality of, so you don't cook with the things that are out of season?

**ANGELA HARTNETT:** Yeah, I-

**CYNTHIA ERIVO:** Yeah.

**ANGELA HARTNETT:** It's genuinely, I think, two- the reasons, one, that it's, they're at the peak, so for flavour, and two for expense, you know, if you're cooking asparagus that have been shipped from God knows where, in November.

**CYNTHIA ERIVO:** Yeah.

**ANGELA HARTNETT:** It's all wrong on every level. There's a small season. Have them at that time of year.

**CYNTHIA ERIVO:** How can you know, if you don't know, what's supposed to be in season?

**ANGELA HARTNETT:** I think common sense in a sense that you know a strawberry is not necessarily winter fruit-

**CYNTHIA ERIVO:** Winter fruit.

**ANGELA HARTNETT:** -it's a summer fruit. And I think most of the soft sort of vegetables like courgettes, peppers, aubergine, all need sun.

**CYNTHIA ERIVO:** Yeah.

**ANGELA HARTNETT:** And I think if you look at a carrot and a swede, that doesn't necessarily need a lot of sun, but a tomato does.

**CYNTHIA ERIVO:** Yeah.

**ANGELA HARTNETT:** So I think it's, it's looking at the weather.

**CYNTHIA ERIVO:** Okay.

**ANGELA HARTNETT:** But there's so many things, if you really, you can look on a website and it'll give you seasonal calendars.

**CYNTHIA ERIVO:** Okay.

**ANGELA HARTNETT:** Because even I do that, I'm like, what's in season now?

**NICK GRIMSHAW:** What's in season?

**ANGELA HARTNETT:** Because sometimes you go and you think, my God, everything's available, but what's gonna be at its best?

**NICK GRIMSHAW:** Mm-hm. We had some asparagus the other day that was in season and they were, Mesh was like, 'What have you done to these?' I was like, 'Literally nothing. I've like steamed them and put some lemon on.'

**ANGELA HARTNETT:** Yeah.

**CYNTHIA ERIVO:** Wow.

**NICK GRIMSHAW:** And with the taste, because they were meant to, you know, this is like their time to shine.

**CYNTHIA ERIVO:** Yeah, yeah.

**NICK GRIMSHAW:** Was out of control! It was an advert for asparagus.

*[laughter]*

**NICK GRIMSHAW:** There is a wine pairing with this.

**ANGELA HARTNETT:** So we have a lovely rosé from France, Eminence de Bijou.

**CYNTHIA ERIVO:** Mm-hm.

**ANGELA HARTNETT:** Which is, 'dry and aromatic with flavours of red berries, citrus and apricot,' so-

**NICK GRIMSHAW:** And that is perfect summer pairing.

**ANGELA HARTNETT:** Perfect summer pairing.

**NICK GRIMSHAW:** I feel like salad and a rosé, they're friends.

**CYNTHIA ERIVO:** Yeah.

**NICK GRIMSHAW:** It's June.

**ANGELA HARTNETT:** Could be in an English garden.



**NICK GRIMSHAW:** You know what I mean?

**CYNTHIA ERIVO:** I love that that's the excuse. 'They're friends. It's June.'

**ANGELA HARTNETT:** *[laughs]*

**NICK GRIMSHAW:** It's June. It's June, you better get drunk, it's June.

*[laughter]*

**CYNTHIA ERIVO:** That's why you need rosé.

**NICK GRIMSHAW:** That's why you need rosé. Summer water.

**CYNTHIA ERIVO:** *[laughs]*

**NICK GRIMSHAW:** And if you want to try this recipe or get any of the ingredients that we offer up on Dish, [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes) is where you'll find all of the recipes, the wine pairing, everything.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** It's all on there.

**CYNTHIA ERIVO:** Yeah, nice.

*[drink pouring sounds]*

**ANGELA HARTNETT:** Because you cook quite a bit, yeah?

**CYNTHIA ERIVO:** I do.

**ANGELA HARTNETT:** When you're not running marathons and shows and-

**NICK GRIMSHAW:** Yeah *[laughs]*

**CYNTHIA ERIVO:** When I actually have some time, I do like to cook.

**NICK GRIMSHAW:** What do you like to do?

**CYNTHIA ERIVO:** Well, I make it very simple, like if I can do a herb rubbed tofu, like hard tofu so it ends up being almost like a steak kind of, and I'll do it with like jasmine rice or something.

**ANGELA HARTNETT:** Nice, yeah.

**NICK GRIMSHAW:** And when you are on set, if you're doing a movie-

**CYNTHIA ERIVO:** I bake.

**NICK GRIMSHAW:** Do- do you?

**CYNTHIA ERIVO:** I bake for everyone, yeah.

**NICK GRIMSHAW:** Oh wow.

**CYNTHIA ERIVO:** I like it.

**NICK GRIMSHAW:** So what do you make for everyone?

**CYNTHIA ERIVO:** Depends. Sometimes I'll make like a big old cake and just get that shared out.

**NICK GRIMSHAW:** Oh I love that.

**CYNTHIA ERIVO:** Cookies are really easy because you, it's quick. When I was touring doing a play, I would pick different things to make, so I did gingerbread, uh, cookies, or I did breakfast muffins, or...

**ANGELA HARTNETT:** Yeah.

**CYNTHIA ERIVO:** Red velvet's a particular favourite. My auntie used to force me to make her, and I mean force.

**NICK GRIMSHAW:** *[laughs]* 'Do it.'

**CYNTHIA ERIVO:** Force me to make her a Victoria sponge cake every Christmas.

**ANGELA HARTNETT:** Really?

**CYNTHIA ERIVO:** Yeah. And I would make the, the filling.

**NICK GRIMSHAW:** Mm-hm.

**CYNTHIA ERIVO:** Um, from scratch. Yeah.

**NICK GRIMSHAW:** And do you think it's quite a good escape for you-

**CYNTHIA ERIVO:** I think so.

**NICK GRIMSHAW:** -because your job, you know, is intense and high pressure?

**CYNTHIA ERIVO:** Yeah.

**NICK GRIMSHAW:** Do you think it's quite good to go and do something else, like totally from another world?

**CYNTHIA ERIVO:** I think so.

**NICK GRIMSHAW:** Yeah.

**CYNTHIA ERIVO:** Yeah. And, and also I think it's, sort of changes where the energy goes.

**NICK GRIMSHAW:** Mm-hm.

**CYNTHIA ERIVO:** Because you spend so long being on set and everyone's sort of like fussing over you and, all of a sudden you sort of turn the energy around for other people, you bring it to them and it...

**ANGELA HARTNETT:** People must love that though.

**CYNTHIA ERIVO:** It's such a lovely uplift.

**NICK GRIMSHAW:** Yeah, nice thing to do.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** I just wanted to ask you about food when you were a kid. Is there anything that really takes you back to, to childhood or any food that reminds you of your, your family?

**CYNTHIA ERIVO:** Oh yeah. My mum used to make traditional Nigerian food.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Mm.

**CYNTHIA ERIVO:** Jollof rice is one that is like a standard, stock standard food, and everyone can eat it, but she would always make a thing called pepper soup. So when I wasn't, well it's like this broth filled with veg, and sometimes fish and sometimes, but now she knows how to make it vegetarian, so-

**ANGELA HARTNETT:** Oh, that's brilliant.

**CYNTHIA ERIVO:** -instead of using the meat and fish, she'll use like mushrooms and veg, 'cause she also stopped eating meat. So now I can eat everything at her house.

[*salt grinder*]

**NICK GRIMSHAW:** Can we talk about your new album?

**CYNTHIA ERIVO:** Yes

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** Please.

**CYNTHIA ERIVO:** Yes.

**NICK GRIMSHAW:** Which comes out on what date?

**CYNTHIA ERIVO:** June the sixth.

**NICK GRIMSHAW:** June the sixth, so this very week.

**CYNTHIA ERIVO:** June. You need the album 'cause it's June.

**NICK GRIMSHAW:** June.

**ANGELA HARTNETT:** We're going to put it here.

[crew laugh]

**NICK GRIMSHAW:** You need rosé and you need I Forgive You.

**CYNTHIA ERIVO:** They actually might be a great pairing, by the way.

**NICK GRIMSHAW:** Actually yes, yeah.

**ANGELA HARTNETT:** Put them next to one another.

**CYNTHIA ERIVO:** A rosé with this album might be really good.

**NICK GRIMSHAW:** It could work. Was there an initial starting point. Was there an idea with this or did you just start creating and see where you got to organically?

**CYNTHIA ERIVO:** The idea originally was to try and centralise everything around the voice, so using the voice as a, an instrument. It's one of my favourite things, to make harmony is music literally to my ears. And as we started making the vocal pads, I started discovering what it was that I wanted to write about. The good parts of the relationship, bad parts of a relationship, new relationships, letting go, saying goodbye, and forgiving both parties, yourself and, and the other person.

**ANGELA HARTNETT:** Yeah.

**CYNTHIA ERIVO:** And it just sort of wrote itself. I wrote all of the songs with some amazing co-writers, and it just was like a really lovely experience to be able to write down some of the thoughts that I had and, some of the experiences I've had, yeah.

**NICK GRIMSHAW:** Had you always written throughout your life, had you always written down your thoughts and, and feelings?

**CYNTHIA ERIVO:** I, yeah, I, I, I started writing when I was about sixteen. I've gotten better as the time has gone on, 'cause you, your thoughts grow. You grow and...

**ANGELA HARTNETT:** And your confidence.

**CYNTHIA ERIVO:** And your confidence, yeah. But it's always been about writing down what I'm experiencing at the time.

**ANGELA HARTNETT:** Mm.

**CYNTHIA ERIVO:** So it's, that's the natural way for me to write, yeah.

**NICK GRIMSHAW:** And do you let people know if you've written a song about them?

**CYNTHIA ERIVO:** No.

**NICK GRIMSHAW:** No.

**CYNTHIA ERIVO:** No, no.

**NICK GRIMSHAW:** Make it vague.

**CYNTHIA ERIVO:** No. But I also think that if they know, they know.

**NICK GRIMSHAW:** Yes.

**ANGELA HARTNETT:** Ah, yeah, that's a good point.

**CYNTHIA ERIVO:** You know what I mean? I don't think I actually have to tell them, if they hear it-

**NICK GRIMSHAW:** They know.

**CYNTHIA ERIVO:** They'll know.

**NICK GRIMSHAW:** They know. No. Has anyone ever asked, has anyone been like, 'Is that about...?'

**CYNTHIA ERIVO:** No.

**NICK GRIMSHAW:** No.

**CYNTHIA ERIVO:** But if they would I would tell them if it was.

**NICK GRIMSHAW:** Yeah.

**CYNTHIA ERIVO:** Yeah.

**NICK GRIMSHAW:** Ooh, hard if you say, 'No it's not.'

[laughter]

**NICK GRIMSHAW:** 'Really thought that was about me.' Ohh. You're like, 'You? No way.'

**CYNTHIA ERIVO:** But also, but also, if you, if you do think it's about you, then what have you done?

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Why?

**ANGELA HARTNETT:** Exactly.

**CYNTHIA ERIVO:** Why do you think this is about you?

**NICK GRIMSHAW:** Yes. And then tell us about the, you know, you're talking about the voice, and your voice is so insane to me.

**CYNTHIA ERIVO:** Thank you.

**NICK GRIMSHAW:** And so incredible.

**CYNTHIA ERIVO:** Thank you.

**NICK GRIMSHAW:** And so flawless and effortless-

**CYNTHIA ERIVO:** Thank you, very much.

**NICK GRIMSHAW:** -and I love when you get to see someone's voice and it just looks like it just falls out of their mouth. I love that.

**CYNTHIA ERIVO:** Thank you.

**NICK GRIMSHAW:** When did you first start singing and, and enjoying it?

**CYNTHIA ERIVO:** I started enjoying singing when I was about eleven. I just enjoyed the action of singing and sound and music. That's always been sort of like a through line in my head.

**ANGELA HARTNETT:** And was music in your household?

**CYNTHIA ERIVO:** All the time.

**ANGELA HARTNETT:** Yeah, okay.

**CYNTHIA ERIVO:** All the time.

**NICK GRIMSHAW:** And did your mum sing?

**CYNTHIA ERIVO:** She... sings.

**NICK GRIMSHAW:** Yes.

[laughter]

**ANGELA HARTNETT:** You'll be saying that about me and Nick later, 'They sing...'.  
[laughter]

**CYNTHIA ERIVO:** She sings.

**NICK GRIMSHAW:** But I mean, was it like family singalongs?

**CYNTHIA ERIVO:** Lots of music playing, my mum would sing along to everything.

**ANGELA HARTNETT:** Yeah, course.

**CYNTHIA ERIVO:** Like, never, she was never shy about that. And we would sing along to things.

**ANGELA HARTNETT:** Sure.

**CYNTHIA ERIVO:** So I guess it by accident, it ends up being a family sing along.



**NICK GRIMSHAW:** Yes.

**ANGELA HARTNETT:** Yeah, of course, yeah.

**CYNTHIA ERIVO:** My sister and I would sing together. It would be our turn to do the dishes. We'd do the dishes together. She would be drying the plates, I would be washing plates, and we'd be singing songs, like we'd pick the song to sing.

**NICK GRIMSHAW:** And was there a moment where you thought, this is what I have to do. This is my job on earth.

**CYNTHIA ERIVO:** I think I was about fourteen and I was like, oh, I think I wanna do this. And then I changed my mind randomly when I was about sixteen, because there were no performers in my class, so I thought, well, everybody either wants to be a doctor or a lawyer or an engineer, and I feel very odd because I would like to sing and perform and act. So maybe I shall change my mind 'cause I feel a little bit embarrassed, and I decided I wanted to be a spinal surgeon, randomly.

**ANGELA HARTNETT:** *[laughs]*

**CYNTHIA ERIVO:** Because I was good at biology and I was starting to get like the hang of it. I was one of those kids that was like good at reading, good doing all those things and good at the, the class work, but I could also sing. So my left and right brain were sort of like, doing a battle.

**NICK GRIMSHAW:** Yeah, thank God you chose singing.

**CYNTHIA ERIVO:** Yeah.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** It's so much better for us.

**CYNTHIA ERIVO:** What are you trying to say? You think I couldn't be a sin- I could be really good.

**NICK GRIMSHAW:** Yeah, like how dare you insult my-

**CYNTHIA ERIVO:** What do you mean?

**NICK GRIMSHAW:** -my spinal surgery work?

**CYNTHIA ERIVO:** I could've been good spinal surgeon.

**NICK GRIMSHAW:** [*laughs*] Less fun for us.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Unless we'd had a bad fall.

**CYNTHIA ERIVO:** True.

**ANGELA HARTNETT:** Yes, yeah.

**NICK GRIMSHAW:** You know.

**CYNTHIA ERIVO:** Less fun for you.

**NICK GRIMSHAW:** Then we'd be like, thank God Cynthia didn't sing.

**ANGELA HARTNETT:** [*laughs*]

**CYNTHIA ERIVO:** Yeah. You know?

**NICK GRIMSHAW:** But yeah, seriously, thank God you did.

**CYNTHIA ERIVO:** Yeah.

**NICK GRIMSHAW:** So I heard that this record.

**CYNTHIA ERIVO:** Yes.

**NICK GRIMSHAW:** You actually started making this whilst...

**CYNTHIA ERIVO:** I was, yeah.

**NICK GRIMSHAW:** Doing Wicked.

**CYNTHIA ERIVO:** Yes I did.

**ANGELA HARTNETT:** Oh Christ.

**NICK GRIMSHAW:** Now-

**CYNTHIA ERIVO:** *[laughs]*

**ANGELA HARTNETT:** That's a lot of work.

**NICK GRIMSHAW:** -correct me if I'm wrong, I thought Wicked would be quite a full on day at the office.

**ANGELA HARTNETT:** Yeah, exactly.

**CYNTHIA ERIVO:** It was.

**NICK GRIMSHAW:** *[laughing]* Yeah.

**CYNTHIA ERIVO:** It is, it was a full, full day at the office, so-

**NICK GRIMSHAW:** Yeah, flying. Own stunts.

**CYNTHIA ERIVO:** It was a lot, but I felt really creatively open because-

**NICK GRIMSHAW:** Right.

**ANGELA HARTNETT:** Right.

**CYNTHIA ERIVO:** -I was around people that were brilliant at their jobs. I was working with Ari and I'm working with John, Jeff is singing all the time- so it felt like we were just constantly taking in music, constantly taking in creativity, that my brain was sort of ready to do it. So I just went with it. At the very beginning when we were doing rehearsals, that's when I sort of decided that, okay, time to write this album. Coaxed by Ariana because she wouldn't let me get away with it.

*[laughter]*

**CYNTHIA ERIVO:** Towards the middle is when I started writing, and whilst we were doing the press run is when I wrote the whole thing.

**ANGELA HARTNETT:** Right.

**CYNTHIA ERIVO:** Yeah.

**ANGELA HARTNETT:** Okay.

**NICK GRIMSHAW:** Wow. So was she like, 'Come on. Let's get this done.'

**CYNTHIA ERIVO:** Yeah, she was like, 'You need to do it. What's happening?'

**NICK GRIMSHAW:** Yeah. You were like, 'I'm doing Wicked.'

**ANGELA HARTNETT:** Yeah.

*[crew laugh]*

**CYNTHIA ERIVO:** Well, I had said to her, 'I'm thinking about doing some, I'm not really sure. I did the first album. It didn't go as well as I wanted it to, and I dunno if I had the right team when I was doing it,' and she was like, 'Well, you need the right team.' I was like, 'Well, I know, but...' 'So, what? Let's get the right team then. Shall we get the right team?' And I was like, 'Well, maybe yes, but I, I don't know if I can do it again.' 'Yes, you can. You should.'

**ANGELA HARTNETT:** Yeah.

**CYNTHIA ERIVO:** 'We should do this. You should do this.' I was like...

**NICK GRIMSHAW:** I should do this!

**ANGELA HARTNETT:** Yeah.

**CYNTHIA ERIVO:** Okay.

**NICK GRIMSHAW:** Yeah.

**CYNTHIA ERIVO:** Okay. Let's figure it out. And then that's what happened, sort of one thing led to another.

**ANGELA HARTNETT:** But it feels like you're in that creative mood.

**CYNTHIA ERIVO:** Yeah.

**ANGELA HARTNETT:** But then do you ever get a downtime, where you're like, nothing?

**CYNTHIA ERIVO:** It's very rare that I get a full day of nothing, and when I do get a full day of nothing, which again is very rare, I try to do nothing, yeah.

**NICK GRIMSHAW:** And do you like those days, or?

**CYNTHIA ERIVO:** I actually do.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Yeah, good.

**CYNTHIA ERIVO:** I've learned to like those days-

**NICK GRIMSHAW:** Yeah.

**CYNTHIA ERIVO:** -I wasn't very good at liking those days in the very beginning. I, I think I got so used to doing something that when I had a day that had nothing in it, it felt like I'd forgotten something.

**NICK GRIMSHAW:** Yes.

**ANGELA HARTNETT:** But it's also, as you go into your career.

**CYNTHIA ERIVO:** Yeah.

**ANGELA HARTNETT:** Because there's lots of actors and singers and everyone who haven't been incredibly successful like you, that think, oh my God, I've got a job I've gotta work it. And they always say, well, where's the next job?

**CYNTHIA ERIVO:** Yeah.

**ANGELA HARTNETT:** So I've gotta say yes to this.

**NICK GRIMSHAW:** Mm-hm.

**CYNTHIA ERIVO:** I actually think that sometimes, just saying no and trusting that something will come, is actually what sends that energy into the universe.

**ANGELA HARTNETT:** Yeah.

**CYNTHIA ERIVO:** It sounds very woo woo, but I do think that if you don't fear that nothing will come, then things come. Because if you say yes to the wrong thing, it actually might be pushing the right thing away.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Yeah. But is there anyone that you'd like to call on for advice that is good at career advice, like a friend or, or family.

**CYNTHIA ERIVO:** I've called on Michelle Yeoh a couple times.

**NICK GRIMSHAW:** *[gasps]* Yes.

**CYNTHIA ERIVO:** 'Cause she is like the most amazing sage. She just has this really beautiful centre, she just knows. I, I have had advice from Oprah before, which is really nice. Um-

**NICK GRIMSHAW:** Excuse me.

**CYNTHIA ERIVO:** *[laughs]*

**NICK GRIMSHAW:** Love. What's Oprah saying?

*[laughter]*

**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. And friends in my life, who are really just good people who know things that I don't.

**NICK GRIMSHAW:** Talking about like having the day off and like the time off. Do you know Matt Haig, the author? Do you fol- do you know him?

**ANGELA HARTNETT:** I know of him.

**NICK GRIMSHAW:** But he's like, he does like, great posts on Instagram as well about how we live.

**CYNTHIA ERIVO:** Yeah.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** And he posted one the other day, 'cause I'm terrible at it for being off.

**ANGELA HARTNETT:** Mm.

**CYNTHIA ERIVO:** Yeah.

**NICK GRIMSHAW:** And he was like, a dog ain't feeling guilty.

**CYNTHIA ERIVO:** Oh no.

**ANGELA HARTNETT:** Yes, yeah.

**NICK GRIMSHAW:** He wrote better, for like, sitting on the couch in the sun.

**ANGELA HARTNETT:** Sofa, yeah.

**NICK GRIMSHAW:** It's not like, 'Oh, I should be doing something,' it's like, 'No, that's it.' And he was like, sometimes you've gotta embody that, that it's all right to sit down. And we've been like living in this world where you're like, can't be off, like I should like organise the spare room, or I should audition for something. Just f\*\*\*\*\* sit down.

**CYNTHIA ERIVO:** Just sit down.

**ANGELA HARTNETT:** But it's true.

**CYNTHIA ERIVO:** Sit down. That immediately reminds me of what my, my own dog, he knows to go to the door if he wants to go out and he just beelines for the deckchair. Just rolls up and sits in the sun.

**ANGELA HARTNETT:** Oh, I love that.

**NICK GRIMSHAW:** Yes. That's a good reminder.

**CYNTHIA ERIVO:** And that's it. And it reminds me to sit also, so I'll just sit with him.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Yeah.

**CYNTHIA ERIVO:** And just be there.

**ANGELA & NICK:** Yeah.

**CYNTHIA ERIVO:** In the sun, okay, guess we're sitting in the sun then.

**NICK GRIMSHAW:** Yeah, this is what we're doing.

**CYNTHIA ERIVO:** Yeah. And he'll just sit there, he'll do nothing.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** Yeah.

**CYNTHIA ERIVO:** And also, he has this look of annoyance, if there's too much movement in his time when he's sitting still.

**NICK GRIMSHAW:** Right.

**ANGELA HARTNETT:** Mm.

**CYNTHIA ERIVO:** And if you don't stop, he just, okay I'm going now. And leaves.

**NICK GRIMSHAW:** I'm going now. I'm going somewhere else.

**ANGELA HARTNETT:** That's why I love about dogs. My dog does that, if there's too much noise, he just jumps off the sofa and he's up the stairs.

**NICK GRIMSHAW:** And goes, yeah.

**CYNTHIA ERIVO:** I'm sick of this.



**ANGELA HARTNETT:** I don't need to be around you lot, you're making too much noise.

**CYNTHIA ERIVO:** *[laughing]* Too much noise!

**NICK GRIMSHAW:** Yeah. See you later. I love when, uh, one of my dogs, Pig, takes us herself to bed.

**ANGELA HARTNETT:** Yeah.

**CYNTHIA ERIVO:** *[laughs]*

**NICK GRIMSHAW:** I love it, like at one point you'll just be like, where is she? And then you'll go upstairs and she'll be in bed, I'm like, oh, night then. Are you in the moment when you're singing?

**CYNTHIA ERIVO:** Yes.

**NICK GRIMSHAW:** Yes.

**CYNTHIA ERIVO:** Very.

**NICK GRIMSHAW:** And do you think that what draws you to wanting to sing and to make music?

**CYNTHIA ERIVO:** I think so.

**NICK GRIMSHAW:** Must.

**CYNTHIA ERIVO:** Yeah, because it's like's very present, you have to be, especially I'm singing if I'm singing live.

**NICK GRIMSHAW:** Uh-huh.

**CYNTHIA ERIVO:** There's a, an exchange of energy when it, when you're present like that.

**ANGELA HARTNETT:** But yeah, you must get it from the crowd-

**CYNTHIA ERIVO:** Very much so.

**ANGELA HARTNETT:** -and their euphoria and what they feel.

**CYNTHIA ERIVO:** I'm looking for it.

**ANGELA HARTNETT:** Yeah. Of course. Yeah.

**NICK GRIMSHAW:** How do you feel about doing music from the record live, like your own-

**CYNTHIA ERIVO:** Now I'm really, really enjoying it. I was a little bit scared.

**ANGELA HARTNETT:** Yeah.

**CYNTHIA ERIVO:** 'Cause I've been used to singing everybody else's songs. But now I'm, I'm really enjoying singing in front of people and singing my songs in front of people. And the more I do it, the more I'm like, oh, this feels good.

**ANGELA HARTNETT:** Yeah.

**CYNTHIA ERIVO:** I like this.

**NICK GRIMSHAW:** Yeah, I bet.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** I bet. And then how do you like reactions? Because, you know, people would not have heard the album just yet.

**CYNTHIA ERIVO:** Yes.

**NICK GRIMSHAW:** But they've heard 'Worst of Me'.

**CYNTHIA ERIVO:** Yeah.

**NICK GRIMSHAW:** And some of the, um, comments-

**ANGELA HARTNETT:** Yeah.

**CYNTHIA ERIVO:** -on your YouTube are amazing, from some of your fans, people saying you're, 'A gift to humanity.'

**CYNTHIA ERIVO:** Aw.

**ANGELA HARTNETT:** Aw.

**NICK GRIMSHAW:** Good compliment.

**CYNTHIA ERIVO:** That's very kind,

**NICK GRIMSHAW:** 'My neighbour's about to be real tired of me singing along to Worst of Me at 1 am.'

**CYNTHIA ERIVO:** [*laughs*]

**NICK GRIMSHAW:** 'Oh my, good God, I am crying right now.'

**CYNTHIA ERIVO:** [*laughs*]

**ANGELA HARTNETT:** Aw.

**NICK GRIMSHAW:** It must be quite amazing to know that your...

**CYNTHIA ERIVO:** That it's connecting.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Yeah, the connection and making people cry at home.

**CYNTHIA ERIVO:** [*laughs*]

**NICK GRIMSHAW:** In a good way, no but that's good.

**ANGELA HARTNETT:** It's done its job.

**CYNTHIA ERIVO:** It's done its job, accessing-

**NICK GRIMSHAW:** Access.

**CYNTHIA ERIVO:** Getting people to access emotions.

**NICK GRIMSHAW:** Yeah.

**CYNTHIA ERIVO:** And I'm, I'm glad I can be that for people. You know?

**NICK GRIMSHAW:** Yeah.

**CYNTHIA ERIVO:** And that's something that I, I was like hoping that this album was one of those albums that gets people to feel, and access what they're feeling, and then their emotions, and you know, you have your album that you go to when you, you're feeling sad.

**NICK GRIMSHAW:** Yes.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Yeah, yeah.

**CYNTHIA ERIVO:** This might be the one.

**NICK GRIMSHAW:** This is it. We've gotta talk about *the* note.

**CYNTHIA ERIVO:** Mm-hm.

**NICK GRIMSHAW:** The Wicked note. We're not gonna make you do it, don't worry.

**CYNTHIA ERIVO:** Oh!

**NICK GRIMSHAW:** Don't worry.

**CYNTHIA ERIVO:** The Wicked Note.

**NICK GRIMSHAW:** We're not gonna make you do it. I love-

**CYNTHIA ERIVO:** I didn't even know that it was referred to as 'The note'.

**NICK GRIMSHAW:** It's *the* note.

**ANGELA HARTNETT:** *The* note.

**NICK GRIMSHAW:** Ange. Do you wanna give it a go?

**ANGELA HARTNETT:** No!

**NICK GRIMSHAW:** No! I'm obsessed with when you were doing the, uh, Wicked promo, when you, was it Jimmy Fallon?

**CYNTHIA ERIVO:** Yeah.

**NICK GRIMSHAW:** Where you just stood up and did it, and I was like, not just like... 'cause in the film, it's crazy. As I've already told you, me and Mesh, obsessed, cried our eyes out watching.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** But then seeing you just got from standing like, [*clears throat*] [*sings final notes of Defying Gravity*] and do it, I was like, oh my God, she's insane!

**ANGELA HARTNETT:** [*laughs*]

**CYNTHIA ERIVO:** Shall I do it for you now?

**NICK GRIMSHAW:** Like no warm up. Just did it.

**CYNTHIA ERIVO:** I'm gonna see if I can, let me see.

**NICK GRIMSHAW:** No!

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** No don't, 'cause I'll have to go home.

**CYNTHIA ERIVO:** [*sings final notes of Defying Gravity*]

**NICK GRIMSHAW:** Ahhhhh! Oh my God!

**ANGELA HARTNETT:** Oh my God!

[*applause*]

**NICK GRIMSHAW:** Oh my God! Cynthia! Oh!

[*applause*]

**ANGELA HARTNETT:** That was incredible! That was incredible! That was amazing! We have goosebumps! We have goosebumps! That's amazing!

**NICK GRIMSHAW:** No don't. I can't continue.

[laughter]

**ANGELA HARTNETT:** Oh my god! [laughs]

**CYNTHIA ERIVO:** [laughs]

**NICK GRIMSHAW:** Wow. Wow.

**CYNTHIA ERIVO:** Yay.

**ANGELA HARTNETT:** That was so amazing.

**NICK GRIMSHAW:** Oh my god that's made me hot.

**CYNTHIA ERIVO:** [laughs]

[laughter]

**NICK GRIMSHAW:** Ok. Ok. We're fine.

**ANGELA HARTNETT:** Count to five go on.

**NICK GRIMSHAW:** Ok, we're fine, ok.

**ANGELA HARTNETT:** Pull yourself together, let's go.

[laughter]

**NICK GRIMSHAW:** Oh my God. Wow, that penetrated me.

**ANGELA HARTNETT:** Yes [laughs]

[laughter]

**CYNTHIA ERIVO:** Sorry Mesh!

[laughter]

[applause]

**CYNTHIA ERIVO:** It was right there! I'm so sorry!

[laughter]

**CYNTHIA ERIVO:** It was right there!

[drink pouring sounds]

**NICK GRIMSHAW:** Cynthia.

**CYNTHIA ERIVO:** Yes.

**NICK GRIMSHAW:** It is time for your fast food quiz.

**CYNTHIA ERIVO:** Go on.

**NICK GRIMSHAW:** Okay, we're gonna give you some categories, all you've gotta do is answer quite quickly.

**CYNTHIA ERIVO:** Okay.

**NICK GRIMSHAW:** Usually we start with your favourite way to eat eggs, you are a vegan.

**CYNTHIA ERIVO:** Yes.

**NICK GRIMSHAW:** We are gonna skip the eggs.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** Skip the eggs. What is your favourite form of potato?

**CYNTHIA ERIVO:** A crisp.

**NICK GRIMSHAW:** Mmm.

**ANGELA HARTNETT:** Ooh.

**CYNTHIA ERIVO:** Or baked, you know, like...

**NICK GRIMSHAW:** Jacket potato.

**CYNTHIA ERIVO:** Jacket potato.

**NICK GRIMSHAW:** Yes.

**CYNTHIA ERIVO:** When it's like all soft.

**ANGELA HARTNETT:** Oh, nice, yeah.

**CYNTHIA ERIVO:** Yeah, it's nice.

**ANGELA HARTNETT:** What's your favourite ingredient in a salad?

**CYNTHIA ERIVO:** A red pepper.

**ANGELA HARTNETT:** Oh, red pepper, nice.

**CYNTHIA ERIVO:** Yeah, I do like a red pepper.

**NICK GRIMSHAW:** Do you have a favourite sandwich?

**CYNTHIA ERIVO:** I'm not a sandwich eater.

*[laughter]*

**ANGELA HARTNETT:** Dunno...

**CYNTHIA ERIVO:** Don't really do sandwiches very often.

**ANGELA HARTNETT:** No.

**NICK GRIMSHAW:** Not a sandwich eater.

**ANGELA HARTNETT:** Do you have a favourite summer fruit?

**NICK GRIMSHAW:** Blackberries. Is that a summer fruit?



**ANGELA HARTNETT:** Yeah, I think it is.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Yeah, it's, yeah.

**NICK GRIMSHAW:** What's your go-to pasta shape?

**CYNTHIA ERIVO:** Rigatoni.

**ANGELA HARTNETT:** Favourite way to eat tofu?

**CYNTHIA ERIVO:** Either like, silken tofu.

**ANGELA HARTNETT:** Yeah.

**CYNTHIA ERIVO:** Or agedashi.

**ANGELA HARTNETT:** Oh yeah. Very nice.

**NICK GRIMSHAW:** It's the question that everyone has been wanting to ask Cynthia Erivo for many a year.

**ANGELA HARTNETT:** [*laughs*]

**NICK GRIMSHAW:** What's your favourite kitchen utensil?

**ANGELA HARTNETT:** [*laughs*]

**CYNTHIA ERIVO:** Ooh.

**NICK GRIMSHAW:** It's actually quite a serious question.

**CYNTHIA ERIVO:** That is a serious question actually.

**NICK GRIMSHAW:** And it's very personal.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** Very personal. But we thought we'd go there.

**ANGELA HARTNETT:** Yeah.

**CYNTHIA ERIVO:** Because I've just started to learn how to use it, the mandolin.

**ANGELA HARTNETT:** Oh.

**NICK GRIMSHAW:** Yeah.

**CYNTHIA ERIVO:** Gotta be careful though-

**ANGELA HARTNETT:** Loving that.

**CYNTHIA ERIVO:** -I've definitely sliced my finger. It was not fun.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Mm-hm.

**CYNTHIA ERIVO:** But I felt very, very posh for being able to use it.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** Yes. Very, I'm- I'm just a chef.

**ANGELA HARTNETT:** Yeah.

**CYNTHIA ERIVO:** [*making mandolin slicing sounds*]

**NICK GRIMSHAW:** Yeah, yeah. Go, you better go, yeah, okay.

**ANGELA HARTNETT:** Love that. Mandolins a good one.

**CYNTHIA ERIVO:** Thank you.

**NICK GRIMSHAW:** It's a good one. Shout out to Angela's mandolin gloves.

**CYNTHIA ERIVO:** Shout out.

**ANGELA HARTNETT:** [*laughs*]

**NICK GRIMSHAW:** She has mandolin gloves.

**CYNTHIA ERIVO:** Oh my gosh.

**NICK GRIMSHAW:** Like Joan of Arc.

**CYNTHIA ERIVO:** Okay.

**NICK GRIMSHAW:** Yeah, you need a mandolin glove.

**CYNTHIA ERIVO:** That's, yeah.

**ANGELA HARTNETT:** We'll get you some.

**CYNTHIA ERIVO:** Yes please.

**NICK GRIMSHAW:** Be warned. Be warned!

*[theme music]*

**NICK GRIMSHAW:** We've come to the end of the show question, Cynthia, and for the first time ever there's two golden envelopes.

**ANGELA HARTNETT:** Ooh, yes.

**CYNTHIA ERIVO:** Oh.

**NICK GRIMSHAW:** Um, you can either have a question written by the crew.

**CYNTHIA ERIVO:** Okay.

**NICK GRIMSHAW:** Or written by today's guest writer Maisie, who's ten.

**CYNTHIA ERIVO:** Oh, Maisie.

**ANGELA HARTNETT:** Maisie.

**NICK GRIMSHAW:** Maisie.

**CYNTHIA ERIVO:** Sorry- sorry.

[crew laugh]

**NICK GRIMSHAW:** Sorry crew. Imagine the crew were like, how dare you?

**CYNTHIA ERIVO:** I'll answer both.

**NICK GRIMSHAW:** Yeah.

**CYNTHIA ERIVO:** I'll answer both for one thing.

**NICK GRIMSHAW:** Um, this is for you, Cynthia.

**CYNTHIA ERIVO:** Okay.

**NICK GRIMSHAW:** For your chance to win the Waitrose goodie bag.

**ANGELA HARTNETT:** Yeah, ooh.

**CYNTHIA ERIVO:** Ooh.

**NICK GRIMSHAW:** Done the big shop for you.

**CYNTHIA ERIVO:** Okay.

**NICK GRIMSHAW:** Let's have the question-

**CYNTHIA ERIVO:** All right, Maisie-

**NICK GRIMSHAW:** -from Maisie.

**CYNTHIA ERIVO:** -let's go.

**ANGELA HARTNETT:** Yeah.

**CYNTHIA ERIVO:** 'Hi Cynthia. Thank you for coming on Dish and for choosing Maisie's question, which is: 'What is the highest singing note you can do?' When I'm warmed up, I can do a D flat.

**NICK GRIMSHAW:** A D flat.

**ANGELA HARTNETT:** Wow.

**CYNTHIA ERIVO:** Which is quite high.

**NICK GRIMSHAW:** Uh-huh.

**CYNTHIA ERIVO:** It's over, over C, so...

**NICK GRIMSHAW:** Wow.

**CYNTHIA ERIVO:** Yeah.

**ANGELA HARTNETT:** Gosh.

**NICK GRIMSHAW:** And when is that asked for? Okay.

**CYNTHIA ERIVO:** Usually at the end of the song, I can do, it, it's in my head voice, which is [*sings note*] chest voice, [*sings note*] head voice.

**NICK GRIMSHAW:** Wow. Chest voice, head voice.

**CYNTHIA ERIVO:** Yeah.

**ANGELA HARTNETT:** That's incredible.

**NICK GRIMSHAW:** Love.

**ANGELA HARTNETT:** That's almost operatic.

**CYNTHIA ERIVO:** So, that isn't a D.

**NICK GRIMSHAW:** No, that's not a D.

**ANGELA HARTNETT:** Yeah.

**CYNTHIA ERIVO:** That's not a D.

**ANGELA HARTNETT:** Mm.

**CYNTHIA ERIVO:** That's very low.

**NICK GRIMSHAW:** Maisie.

**CYNTHIA ERIVO:** I can't give you a D right now though.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** No, not right now, Maisie, we've just filled her full of-

**CYNTHIA ERIVO:** It's like a D flat.

**NICK GRIMSHAW:** -courgette salad.

*[crew laugh]*

**ANGELA HARTNETT:** Yes.

**CYNTHIA ERIVO:** Yeah.

**NICK GRIMSHAW:** Not right now. Well, Maisie, thank you for your question.

**CYNTHIA ERIVO:** Thank you.

**ANGELA HARTNETT:** Yeah, great question.

**CYNTHIA ERIVO:** I'm curious about what the crew's question was.

**ANGELA HARTNETT:** Oh.

**NICK GRIMSHAW:** The crew's question-

**CYNTHIA ERIVO:** I'm gonna do it.

**NICK GRIMSHAW:** Shall I open this, or?

**CYNTHIA ERIVO:** I'm gonna do it.

**ANGELA HARTNETT:** Yeah.

**CYNTHIA ERIVO:** Breaking rules, I'm breaking the rules.

*[crew laugh]*

**NICK GRIMSHAW:** Breaking the rules.

**ANGELA HARTNETT:** We don't mind.

**NICK GRIMSHAW:** Come on.

**ANGELA HARTNETT:** We don't mind.

**CYNTHIA ERIVO:** Let's see.

**NICK GRIMSHAW:** We don't care, let's see. Come on. Imagine if they're like, 'What's the lowest note?'

[laughter]

**ANGELA HARTNETT:** Yeah.

**CYNTHIA ERIVO:** 'Hi Cynthia. Thank you for coming on Dish. We have loved it. We felt so confident you wouldn't choose our question that we haven't written one.'

[laughter]

**ANGELA HARTNETT:** Oh!

**CYNTHIA ERIVO:** 'If you have opened this question, the goodie bag is officially yours. Thanks, Team Dish.'

**ANGELA & NICK:** Aw.

**NICK GRIMSHAW:** Yeah, the goodie bag is yours, Cynthia. And is that from Maisie?

**ANGELA HARTNETT:** Maisie's got something in it.

**NICK GRIMSHAW:** And then actually Maisie actually left something in your goodie bag for you.

**ANGELA HARTNETT:** She drew you something.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Oh wow.

**CYNTHIA ERIVO:** Thank you, Maisie.

**NICK GRIMSHAW:** For Cynthia.

**ANGELA HARTNETT:** I know.

**NICK GRIMSHAW:** Maisie.

**CYNTHIA ERIVO:** Maisie, this is very good.

**NICK GRIMSHAW:** Cynthia, thank you so much.

**CYNTHIA ERIVO:** Thank you very much.

**ANGELA HARTNETT:** Thank you so much.

**NICK GRIMSHAW:** That was so fun.

**CYNTHIA ERIVO:** That was amazing.

**ANGELA HARTNETT:** Gre-zing.

**CYNTHIA ERIVO:** Thank you very much.

**NICK GRIMSHAW:** Thank you so much. Yeah, massive congratulations on everything-

**CYNTHIA ERIVO:** Thank you.

**NICK GRIMSHAW:** -congrats on the record. I Forgive You is out on the 6th of June.

**ANGELA HARTNETT:** Mm.

**CYNTHIA ERIVO:** That's right.

**NICK GRIMSHAW:** So if you're listening to this when it comes out, that's in a couple of days, so yeah, go check it out.



**CYNTHIA ERIVO:** Thank you, thank you.

**NICK GRIMSHAW:** Cynthia, thank you. Round of applause for Cynthia-

**CYNTHIA ERIVO:** Thank you very much!

[*applause*]

**CYNTHIA ERIVO:** Thank you.

**NICK GRIMSHAW:** Yeah!

[*theme song*]

**NICK GRIMSHAW:** Coming up next week on Dish, we're gonna be joined by Nick Frost.

**NICK GRIMSHAW:** If you turned up at my door with a pie, I'd be like 'Wow'.

**NICK FROST:** I think that there was more of that years ago.

**ANGELA & NICK:** Yeah.

**NICK FROST:** There's a lot less of that now.

**ANGELA HARTNETT:** Mm.

**NICK FROST:** Sometimes when you have people over and you make up, even something like a crumble-

**ANGELA HARTNETT:** Mm.

**NICK FROST:** -It's like, they think you're a wizard.

**NICK GRIMSHAW:** [*laughs*]

**ANGELA HARTNETT:** Yeah, yeah, yeah.

**NICK FROST:** 'What! You made this! 'Yeah, yeah. It's really easy too.'

**NICK GRIMSHAW:** Yeah. Uh huh.

**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://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](mailto:dish@waitrose.co.uk)

**ANGELA HARTNETT:** Dish from Waitrose is a Cold Glass Production.

**VOICEOVER:** Waitrose, food to feel good about.