

## Nick Frost, Spicy barbecued lamb and a Shiraz



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

*[theme song plays]*

**NICK GRIMSHAW:** Oh, hello. 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, yaaay!

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

**NICK GRIMSHAW:** Ey! Ey! Ey! Wey! How are you, Ange?

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

**NICK GRIMSHAW:** Yeah, good- well...

**ANGELA HARTNETT:** Are you?

**NICK GRIMSHAW:** Yes. Yeah, no-

**ANGELA HARTNETT:** Why, you sound hesitant.

**NICK GRIMSHAW:** No, I do feel good, yeah.

**ANGELA HARTNETT:** Okay. You look good.

**NICK GRIMSHAW:** I do feel good.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Thanks.

**ANGELA HARTNETT:** Hair looks good.

**NICK GRIMSHAW:** Thank you.

**ANGELA HARTNETT:** Skin's looking good.

**NICK GRIMSHAW:** Yeah?

**ANGELA HARTNETT:** Nice jumper.

**NICK GRIMSHAW:** Thank you. Do you think my skin looks noticeably better?

**ANGELA HARTNETT:** Uh... I feel like this could be a trick question.

**NICK GRIMSHAW:** No, I'm just saying, just 'cause you mentioned it.

**ANGELA HARTNETT:** Um, I think it does. It looks like it's been-

**NICK GRIMSHAW:** Would you say my eyes look whiter?

**ANGELA HARTNETT:** -clean living. What have you done to your eyes?

**NICK GRIMSHAW:** I've be- well, I've been on a herbal...

**ANGELA HARTNETT:** You've got a herbalist, haven't you?

**NICK GRIMSHAW:** A her- I've got a herbalist!

**ANGELA HARTNETT:** How many people are in your life? Agent, PR, publicity-

**NICK GRIMSHAW:** I've got herbalist.

**ANGELA HARTNETT:** Herbalist-

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** -dog walker, cleaner-

**NICK GRIMSHAW:** I don't have a dog walker.

**ANGELA HARTNETT:** Okay, cleaner.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Okay. Just trying to count-

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** -whether you get into double digits of people in your life.

**NICK GRIMSHAW:** No, thank you.

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

**NICK GRIMSHAW:** [*laughing*] Says you.

**ANGELA HARTNETT:** Says me.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Yeah, go on then, name them.

**NICK GRIMSHAW:** Tell you what you've got.

**ANGELA HARTNETT:** Dog walker, cleaner.

**NICK GRIMSHAW:** Two bodyguards.

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

**NICK GRIMSHAW:** A handler.

**ANGELA HARTNETT:** Handler, yeah.

**NICK GRIMSHAW:** On set facialist.

**ANGELA HARTNETT:** You know, we, you know, we have body-

**NICK GRIMSHAW:** Chiropractor right there behind the camera.

[laughter]

**ANGELA HARTNETT:** You know, we have bodyguards walk round-

**NICK GRIMSHAW:** What?

**ANGELA HARTNETT:** -'cause we're right by the Saudi embassy in, um, Murano.

**NICK GRIMSHAW:** Oh, you actually do have bodyguards.

**ANGELA HARTNETT:** So there's-

**NICK GRIMSHAW:** What?

**ANGELA HARTNETT:** -there's basically armed police always walking round Murano because-

**NICK GRIMSHAW:** For you?

**ANGELA HARTNETT:** No, because of the Saudi embassy.

**NICK GRIMSHAW:** Oh, right.

**ANGELA HARTNETT:** But occasionally customers come out and they're walking past, and they go, 'Ooh, what are they for?' And they- all the staff go, 'Angela.'

**NICK GRIMSHAW:** 'Angela.'

**ANGELA HARTNETT:** 'Just in case.'

**NICK GRIMSHAW:** 'Angela.'

[laughter]

**NICK GRIMSHAW:** Just in case.

**ANGELA HARTNETT:** [laughing] Just in case.

**NICK GRIMSHAW:** Just in case.

**ANGELA HARTNETT:** Just in case. We have armed police there.

**NICK GRIMSHAW:** Oh, that's quite good, no one's ever gonna break in there, are they?

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

**NICK GRIMSHAW:** You'll be sorted there.

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

**NICK GRIMSHAW:** Well, I've been on the herbalist.

**ANGELA HARTNETT:** Doing well for you.

**NICK GRIMSHAW:** D'you think? Well the first time anyone's said anything.

**ANGELA HARTNETT:** But hold on, herbalist as in it's all fresh herbs? Dry? Tea?

**NICK GRIMSHAW:** She makes a herbal concoction, like it's a disgusting drink that I drink in the morning and at night.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** And then I have droppers of different herbs throughout the day. It tastes disgusting-

**ANGELA HARTNETT:** Okay, fair enough, it's not.

**NICK GRIMSHAW:** -so I feel like it's doing something good.

**ANGELA HARTNETT:** Okay, good.

**NICK GRIMSHAW:** But when she, uh, I went-

**ANGELA HARTNETT:** Is it cleansing you?

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Okay.

**NICK GRIMSHAW:** I went and did my blood test.

**ANGELA HARTNETT:** Mm-hm.

**NICK GRIMSHAW:** And then she messaged me at like half eight at night-

**ANGELA HARTNETT:** Weird.

**NICK GRIMSHAW:** -and she said, 'Oh, can you speak?' And I said, 'Yeah,' and I was like, this isn't good.

**ANGELA HARTNETT:** God, yeah.

**NICK GRIMSHAW:** And she's like, 'Is everything all right?' I said, 'Yeah fine, I'm just watching telly, why?' And she's like, 'How you feeling?' I said, 'Really fine, why?' she's like. Something she said was so high.

**ANGELA HARTNETT:** She thought you were about to have a heart attack  
[laughs]

**NICK GRIMSHAW:** She thought I was, like, having a heart attack. She was like, 'Are you having pain?' I was like, 'No,' she said, 'Do you feel crazy?' I was like, 'No, feel quite relaxed.' So she was like, 'Right.'

**ANGELA HARTNETT:** Okay.

**NICK GRIMSHAW:** So basic-

**ANGELA HARTNETT:** So what happened before you went to there?

**NICK GRIMSHAW:** Nothing, I think I'm just high octane.

**ANGELA HARTNETT:** Oh, fair enough.

**NICK GRIMSHAW:** Stressed out.

**ANGELA HARTNETT:** Okay.

**NICK GRIMSHAW:** Not me, I think all humans.

**ANGELA HARTNETT:** Okay, yeah.

**NICK GRIMSHAW:** Just, you know.

**ANGELA HARTNETT:** Yeah, fair enough.

**NICK GRIMSHAW:** A lot of that. So she's taking the edge off of that.

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

**NICK GRIMSHAW:** Basically calming me down, so maybe the next time we record Dish-

**ANGELA HARTNETT:** You'll be like, [*in mellow voice*] 'Hello'.

**NICK GRIMSHAW:** I'll be like, [*in mellow voice*] 'Hey, welcome along, yeah. What's the starter? Yeah.'

**ANGELA HARTNETT:** [*laughs*] No, I like the old Nick.

**NICK GRIMSHAW:** Yeah. Irrate.

**ANGELA HARTNETT:** Oh.

**NICK GRIMSHAW:** Stressed out.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** What have you been doing? So I've been on my herbs.

**ANGELA HARTNETT:** I went to my friend's for a barbecue, which is very nice.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** Yeah. It was lovely to be cooked for, actually.

**NICK GRIMSHAW:** Yes.

**ANGELA HARTNETT:** Going to Venice tomorrow.

**NICK GRIMSHAW:** Are you, why?

**ANGELA HARTNETT:** Yeah. Uh, cooking out there for a-

**NICK GRIMSHAW:** Oh, nice.

**ANGELA HARTNETT:** -well, not really cooking, doing two demos, but for three days in Venice.

**NICK GRIMSHAW:** Ooh.

**ANGELA HARTNETT:** Yes, yeah.

**NICK GRIMSHAW:** So nice.

**ANGELA HARTNETT:** Ooh, very nice, yeah.

**NICK GRIMSHAW:** Love Venice.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** They have a little glass of wine in the morning, don't they, there?

**ANGELA HARTNETT:** Yeah. I think most of Italy, really.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** Call it aperitivo, hour, but quite early.

**NICK GRIMSHAW:** They know what they're doing, don't they?

**ANGELA HARTNETT:** A little glass of wine with a cicchetti.

**NICK GRIMSHAW:** I do think that when I've been speaking to my herbalist.



**ANGELA HARTNETT:** Yeah, herbalist.

**NICK GRIMSHAW:** I do think, wow, God-

**ANGELA HARTNETT:** Does she have a name?

**NICK GRIMSHAW:** She's called Gemma.

**ANGELA HARTNETT:** Okay.

**NICK GRIMSHAW:** Dutch Gemma. And I'm like, wow, she does look good and healthy, but you know what else thinks looks good and healthy? Like ninety-year-old Italians-

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

**NICK GRIMSHAW:** -who are on the fags and wine and sat in the sun.

**ANGELA HARTNETT:** And they're olive oil, fags, wine-

**NICK GRIMSHAW:** Exactly.

**ANGELA HARTNETT:** -breads, you see.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** So it's not all the- I think it's genes, generally-

**NICK GRIMSHAW:** I think it's genetics, yeah.

**ANGELA HARTNETT:** I think it's all to do with that.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** I've got a cousin this year who's gonna be a hundred, so...

**NICK GRIMSHAW:** What?

**ANGELA HARTNETT:** I'm banking on our good genes and...

**NICK GRIMSHAW:** Wow.

**ANGELA HARTNETT:** Yeah.

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

**ANGELA HARTNETT:** We're all going out for Pino's birthday.

**NICK GRIMSHAW:** Are you? Where you going?

**ANGELA HARTNETT:** Hundred years old. Italy, Italy.

**NICK GRIMSHAW:** No way, please... [*laughs*]

**ANGELA HARTNETT:** Yeah, hundredth birthday. And you know who else was a hundred last weekend, the food writer, Italian again, Anna del Conte, you see.

**NICK GRIMSHAW:** No way. Hey, today on Dish, Nick Frost.

**ANGELA HARTNETT:** Mmm.

**NICK GRIMSHAW:** Very excited about Nick Frost coming on, for many-

**ANGELA HARTNETT:** Have you met him before?

**NICK GRIMSHAW:** I have met Nick Frost before.

**ANGELA HARTNETT:** Okay.

**NICK GRIMSHAW:** Well, did do the radio. I still do do the radio.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** We actually did a interview with him in the pub, him and Simon Pegg. It was for Paul.

**ANGELA HARTNETT:** There you go.

**NICK GRIMSHAW:** The film.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Not a man called Paul.

**ANGELA HARTNETT:** Oh.

**NICK GRIMSHAW:** Yeah. So yeah, he's gonna be here, of course you will know him from so much great stuff, of course. The Cornetto Trilogy of films. Sean of the Dead, Hot Fuzz, The World's End, which of course he starred alongside Simon Pegg. And also, Fighting with My Family, starring two previous Dish alumni, Florence Pugh and Stephen Merchant.

**ANGELA HARTNETT:** Oh, that's true, yeah, Stephen Merchant.

**NICK GRIMSHAW:** Well, directed by Stephen Merchant, yeah. He's a massive fan of food.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** He loves to cook. He's got a memoir all around food.

**ANGELA HARTNETT:** We have it.

**NICK GRIMSHAW:** And his life- you have it there?

**ANGELA HARTNETT:** We have two.

**NICK GRIMSHAW:** You better read it quick. Oh, do we?

**ANGELA HARTNETT:** Yeah. This one.

**NICK GRIMSHAW:** Oh, that's good. Mmm.

**ANGELA HARTNETT:** And this one.

**NICK GRIMSHAW:** Ooh. We have the paper and the hardback.

**ANGELA HARTNETT:** Yeah, I know.

**NICK GRIMSHAW:** Oh yeah.

**ANGELA HARTNETT:** All happens on Dish. I like the paperback.

**NICK GRIMSHAW:** All right, I'll have the hardback.

**ANGELA HARTNETT:** All right, we'll swap, see.

**NICK GRIMSHAW:** That is absolutely perfect for me.

**ANGELA HARTNETT:** He looks fun as well, doesn't he?

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

**ANGELA HARTNETT:** He does.

**NICK GRIMSHAW:** He does. Also, in his book, A Slice of Fried Gold, you get a mention.

**ANGELA HARTNETT:** Apparently so.

**NICK GRIMSHAW:** Yeah, you do. He says, 'The people I get starstruck meeting are chefs. Michelin starred chefs. I'm awful around them. I had lunch once at Angela Harnett's place and she came out to say hi and I couldn't talk to her. I'm terrible. Do you remember this?

**ANGELA HARTNETT:** Uh, yes.

**NICK GRIMSHAW:** No, you don't?

**ANGELA HARTNETT:** *[laughs]* I don't remember it, no.

*[laughter]*

**ANGELA HARTNETT:** I'm not gonna be rude to him.

**NICK GRIMSHAW:** No. He's here, we'll talk about the book, of course, but he's also here to talk about the live action remake of How to Train Your Dragon. Which is huge.

**ANGELA HARTNETT:** Huge movie.

**NICK GRIMSHAW:** Have you watched it?

**ANGELA HARTNETT:** I've watched the animation stuff, but it's a massive movie.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** I think bigger than anything he's ever done.

**NICK GRIMSHAW:** Right, should we get Nick Frost in?

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** Let's.

*[theme music]*

**NICK GRIMSHAW:** It is time to welcome a fantastic actor. Also very handy in the kitchen. The knives have come out as we welcome Nick Frost, everybody.

**NICK FROST:** Hello. Hello.

*[applause]*

**ANGELA HARTNETT:** Hey!

**NICK GRIMSHAW:** Welcome.

**NICK FROST:** Hello. Thanks for having me.

**NICK GRIMSHAW:** Hi.

**ANGELA HARTNETT:** Hey Nick.

**NICK GRIMSHAW:** Thanks for coming.

**NICK FROST:** Thanks for having me.

**NICK GRIMSHAW:** Oh my God, we were dead excited that you were gonna come.

**ANGELA HARTNETT:** Very, yeah.

**NICK FROST:** It's very nice to be here. I love to be in a kitchen.

**ANGELA HARTNETT:** But you cook a lot, don't you-

**NICK FROST:** I do cook a lot.

**ANGELA HARTNETT:** -you're a big, big cook.

**NICK FROST:** And then I also tend to clean it all up as well, just to...

**NICK GRIMSHAW:** Yes.

**ANGELA HARTNETT:** As you go or afterwards?

**NICK FROST:** Uh, I definitely clean as I go.

**ANGELA HARTNETT:** Very good.

**NICK FROST:** A hundred percent. It makes me feel nuts-

**ANGELA HARTNETT:** I like that, I like that.

**NICK FROST:** -if anyone else cooks or my partner cooks. We went to have dinner, uh, lunch, on Sunday, and it was delicious.

**NICK GRIMSHAW:** Mm-hm.

**NICK FROST:** But the kitchen was like...

**ANGELA HARTNETT:** Chaos.

**NICK FROST:** Yeah, it made me feel mentally ill.

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

**NICK GRIMSHAW:** Yes.

**NICK FROST:** Do you know what I mean, I'm just like, ahhhh.

**NICK GRIMSHAW:** Ah ah ah! It's a lot, not in here. Look at this.

**NICK FROST:** Yeah.

**NICK GRIMSHAW:** Perfection, Dish HQ. Yeah. Angela shouts at everyone before the guest arrives, that's why.

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

**NICK GRIMSHAW:** She's like-

**NICK FROST:** I could hear you when I was getting changed.

**NICK GRIMSHAW:** Yeah, yeah, that was the screaming, yeah.

**ANGELA HARTNETT:** Well to be fair, when we cook at home, we don't have loads of surfaces, so our kitchen can look like a bit like a bomb site after.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** And also we're always slightly behind, so we just throw stuff and then... serve great food.

**NICK FROST:** Yes.

**ANGELA HARTNETT:** But the kitchen can look a little bit of a mess. So-

**NICK GRIMSHAW:** Well, you do it all week.

**ANGELA HARTNETT:** Yeah...

**NICK GRIMSHAW:** D'you know what I mean, have day off at home, Ange.

**ANGELA HARTNETT:** Have a day off.

**NICK FROST:** Is there a day you think, I'm not doing it?

**ANGELA HARTNETT:** Uh, I tend not to cook at weekends unless I've got mates over and stuff.

**NICK FROST:** Okay. Mine Monday.

**ANGELA HARTNETT:** Monday.

**NICK GRIMSHAW:** You're just like, nah.

**ANGELA HARTNETT:** What you do Monday, takeaway?

**NICK FROST:** I'm one of those people where I batch cook a lot of stuff over the weekend-

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Right.

**NICK FROST:** -and I just get something out.

**NICK GRIMSHAW:** Yeah. You're like, not Monday.

**NICK FROST:** Not doing it.

**NICK GRIMSHAW:** Not doing it. We mentioned knives at the start.

**NICK FROST:** Yeah.

**NICK GRIMSHAW:** And I can't help but notice there is a large...

**NICK FROST:** This? I brought my knife with me.

**NICK GRIMSHAW:** Yes.

**NICK FROST:** Um, 'cause we're gonna have a chop off, right?

**NICK GRIMSHAW:** A chop off is happening.

**ANGELA HARTNETT:** Apparently so. Excuse me a moment.

**NICK GRIMSHAW:** A chop off. Where you going?

**NICK FROST:** Where you going?

**ANGELA HARTNETT:** I'm just, I'm going quickly to sharpen my knife-

**NICK FROST:** She's going to check her lamb.



**ANGELA HARTNETT:** -I'm checking the lamb out.

*[laughter]*

**NICK FROST:** I had to, I didn't have anything to carry here.

**NICK GRIMSHAW:** Yeah, so what is this that you've made, Nick?

**NICK FROST:** So this feels really, um, uh, middle class, but it's a Farrow & Ball paint swatch.

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

**NICK FROST:** And then I just covered it in gaffer tape.

**NICK GRIMSHAW:** Oh my God, absolutely ideal that. Do you ever travel with knife? No?

**NICK FROST:** No.

**NICK GRIMSHAW:** No, no.

**NICK FROST:** No.

**NICK GRIMSHAW:** Like if you're going away on holiday and you're gonna be away for a bit, you'll be like, oh, can't, you can't handle a shitty knife on holiday.

**NICK FROST:** I definitely do that.

**NICK GRIMSHAW:** You do do that.

**ANGELA HARTNETT:** Yeah.

**NICK FROST:** If when we're going to an Airbnb, I, I'll definitely bring my kit over.

**ANGELA HARTNETT:** Yeah, we do that, yeah.

**NICK FROST:** 'Cause it's always the worst thing about turning up at an Airbnb and, and discovering that the...

**NICK GRIMSHAW:** Plastic bread knife.

**NICK FROST:** Just, aw- yeah.

**ANGELA HARTNETT:** Or there's no knife

**NICK GRIMSHAW:** Disaster, yeah.

**NICK FROST:** Or my other thing that makes me really cross are glass chopping boards.

**ANGELA HARTNETT:** Oh yeah don't like glass chopping boards.

**NICK GRIMSHAW:** Oh, yeah.

**NICK FROST:** Like round glass chopping boards. It's just nuts. It feels nuts.

**NICK GRIMSHAW:** It feels high risk.

**NICK FROST:** Yeah.

**ANGELA HARTNETT:** Yeah. I'm with you.

**NICK GRIMSHAW:** What chopping board do you prefer? 'cause you never...

**ANGELA HARTNETT:** I prefer a wooden chopping board.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Yeah. I just like them, I think they're better.

**NICK FROST:** Also, I think with a nice wood chopping board, it evolves over time too.

**ANGELA HARTNETT:** Yeah.

**NICK FROST:** It gets a little divot in it.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Exactly, yeah.

**NICK FROST:** Very-

**ANGELA HARTNETT:** It's got character.

**NICK FROST:** It feels nice to touch.

**NICK GRIMSHAW:** Yes.

**ANGELA HARTNETT:** Yeah, I'm with you there. God, so your suitcase is full of loads of stuff-

**NICK GRIMSHAW:** Yeah, chopping boards-

**ANGELA HARTNETT:** -if you go anywhere, board chopping boards-

**NICK GRIMSHAW:** -knives.

**ANGELA HARTNETT:** Yeah, knives.

**NICK FROST:** I don't think anyone I- like, I've got a couple of mates who don't really cook and I'd always be like, so I'm gonna bring everything. So I bring all the food.

**NICK GRIMSHAW:** Mm-hm.

**NICK FROST:** And then we get there really early and we just spend the day cooking food.

**NICK GRIMSHAW:** Mm-hm.

**NICK FROST:** In their kitchen.

**NICK GRIMSHAW:** Mm.

**NICK FROST:** Which, which is quite nice as well.

**NICK GRIMSHAW:** Yeah.

**NICK FROST:** Because then you know, at least you get to eat. 'Cause I think there's nothing worse than going over to someone who doesn't really cook, and then it's just like, oh, I have to now eat this s\*\*\*?

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

**NICK FROST:** After driving for two hours?

*[drink pouring sounds]*

**NICK GRIMSHAW:** How do you feel about when people offer cleaning up? 'Cause I had everyone around for lunch the other day and my friend was like, 'I'll clean up,' and I was like, 'Please don't,' and she was like, 'I will clean up!' I was like, 'No, no, please don't,' and she did a whole show of cleaning.

**NICK FROST:** I've got a lovely friend called Aideen who's a cleaner.

**NICK GRIMSHAW:** Mm-hm.

**NICK FROST:** And she's good at it though. She loves it.

**NICK GRIMSHAW:** Oh yeah.

**NICK FROST:** So sometimes if a Aideen wants to get involved, we're like, yeah, you go for it.

**NICK GRIMSHAW:** She's a professional.

**NICK FROST:** She's great, I can, I trust her.

**NICK GRIMSHAW:** Mm-hm.

**NICK FROST:** But you know, other than that... Christmas day. I think there's so much effort goes into Christmas Day dinner that there is that wonder- and it's, I dunno, there are a few points in my life, Sun- Sunday evening at six o'clock, I get this feeling. And also after roast dinners when I sit down after everything's done, you get that feeling where you're like, oh, I'm done, you know, I, I'm just done.

**ANGELA HARTNETT:** Mm.

**NICK FROST:** It's very rare that that kind of happens and I love that feeling.

**NICK GRIMSHAW:** I kind of do like a messy kitchen then- not messy, but you know when it's like, organised mess when you get up the next day.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** And you come downstairs, and you can see-

**NICK FROST:** No...

**NICK GRIMSHAW:** No?

**NICK FROST:** What are you saying? That you leave it overnight?

**NICK GRIMSHAW:** Not dirty, but like I'd have like-

**NICK FROST:** I'm done. F\*\*\* this!

*[laughter]*

**NICK FROST:** And that was it.

**NICK GRIMSHAW:** And that was it, Nick Frost everybody!

**ANGELA HARTNETT:** Our shortest guest! Nooo!

**NICK GRIMSHAW:** No but I quite like seeing that the next day, like when you get up and it's like you've had a party. No?

**NICK FROST:** I think you got Natalie Portman's cards.

**NICK GRIMSHAW:** Oh, I've got Natalie Port- what's going on? Yeah. Um, I wanted to talk to you about something that we spoke about on this podcast before you joined us, which is in your book, and we've been speaking about your book. You mentioned the one and only H-R-H-L-O-L, Angela Hartnett.

**NICK FROST:** Yeah.

**ANGELA HARTNETT:** That's your book.

**NICK FROST:** That's the hardback.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** That's the hardback, we've got the paperback, we've got-

**ANGELA HARTNETT:** We have both.

**NICK GRIMSHAW:** Version each here.

**ANGELA HARTNETT:** Both versions.

**NICK GRIMSHAW:** Both versions.

**NICK FROST:** Available in some regional airports.

[laughter]

**ANGELA HARTNETT:** It's a brilliant cover, I love it.

**NICK FROST:** It's all right, innit?

**NICK GRIMSHAW:** Love.

**ANGELA HARTNETT:** It's really great.

**NICK GRIMSHAW:** Love. But yeah, Ange gets a shoutout pretty early on.

**NICK FROST:** 'Cause I met you once a long, long time ago. And I have a thing about Michelin star chefs.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Yeah.

**NICK FROST:** And I think, I really admire what goes into it, really.

**ANGELA HARTNETT:** Yeah.

**NICK FROST:** And I get it. So, so we came and I had lunch at your restaurant and you came over and stuff, and I could see you coming out the kitchen and I was-

[laughter]

**NICK FROST:** -I was the person I was with, I'm like, [*in scared voice*] 'Uh....'.

[laughter]

**NICK FROST:** [in scared voice] 'Uh... it's f\*\*\*\*\* Angela Hartnett...'.  
[laughter]

**ANGELA HARTNETT:** [laughs]

**NICK FROST:** And then like you came over to see- you saw that table and you came over, and then you asked if everything was all right and I just went, 'Uhh...'.  
[laughter]

[laughter]

**NICK FROST:** And I couldn't- I couldn't really, uh, I couldn't really look at you or anything.

[laughter]

**ANGELA HARTNETT:** So sweet.

**NICK FROST:** Yeah. I just love it-

**ANGELA HARTNETT:** Oh bless.

**NICK FROST:** -like, I mean I shouldn't-

**ANGELA HARTNETT:** Why did you not become a chef, given that you love food so much?

**NICK FROST:** I worked in kitchens when I left school, when I was like nineteen, twenty, I started to work in kitchens and stuff.

**ANGELA HARTNETT:** Mm.

**NICK FROST:** But I, it just... it was really hard. I was still working in the kitchen until I was twenty-eight, twenty-nine, not knowing what I was gonna do. Kind of enjoying this.

**ANGELA HARTNETT:** Yeah.

**NICK FROST:** But, you know, when you do it for a living it becomes less fun. And then I started to be an actor, and then I didn't have to get in for 6am and

leave at 1am anymore, I got to do it for my friends and family, and it became, I just fell in love with it again, in terms of-

**ANGELA HARTNETT:** More enjoyable

**NICK FROST:** I can now give, give something back, and it's not like, having to cook food for horrible people, you know?

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

*[laughter]*

*[frying sounds]*

**NICK GRIMSHAW:** We always like to go through our likes and dislikes-

**NICK FROST:** Okay.

**NICK GRIMSHAW:** -of our, of our guest - food based.

**NICK FROST:** Yes.

**NICK GRIMSHAW:** And your list of likes just reads like a great menu we thought, to us.

**NICK FROST:** Okay.

**NICK GRIMSHAW:** 'Roast pork with amazing crackling.'

**NICK FROST:** Oh.

**NICK GRIMSHAW:** 'Chinese food.'

**NICK FROST:** Yeah.

**NICK GRIMSHAW:** 'Lamb chops, falafel, smash burgers, New York-style cheese slice.'

**NICK FROST:** Mmm.



**NICK GRIMSHAW:** 'Barbecue chicken thighs with soy glaze,' yum, 'Miso glazed black cod. Pies!'

**NICK FROST:** Yeah.

**NICK GRIMSHAW:** Exclamation mark. Do you have a, a favourite pie? Do you make a pie?

**NICK FROST:** I do. I make many different pies.

**NICK GRIMSHAW:** Yes.

**NICK FROST:** Um, I really love, uh, my mum used to do like minced beef.

**NICK GRIMSHAW:** Mm-hm.

**NICK FROST:** With carrots.

**NICK GRIMSHAW:** Yes.

**NICK FROST:** And gravy, and you'd have it with little balls of mashed potato that she'd use the ice cream scoop.

**NICK GRIMSHAW:** Oh, the ice cream scoop.

**NICK FROST:** And that would be like a Monday night tea.

**NICK GRIMSHAW:** Yes.

**NICK FROST:** Carrots, onions.

**NICK GRIMSHAW:** Yeah.

**NICK FROST:** So I do that and then put that in a pie.

**NICK GRIMSHAW:** Yeah, d'you like a pudding?

**NICK FROST:** I do like a pudding.

**NICK GRIMSHAW:** Yeah.

**NICK FROST:** But I've got like a mental block in terms of like, making suet pastry and then steaming it and stuff like that-

**NICK GRIMSHAW:** Uh-huh.

**NICK FROST:** -I just like, oh, don't, I don't wanna do it.

**NICK GRIMSHAW:** No, I think leave it for the chippy, that one.

**NICK FROST:** Also, there's a pudding that, um, not The Fat Duck, but what's Heston's pub called?

**ANGELA HARTNETT:** The Hinds Head

**NICK FROST:** The Hinds Head.

**ANGELA HARTNETT:** Yeah.

**NICK FROST:** Thank you so much.

**ANGELA HARTNETT:** Pleasure.

**NICK FROST:** They do a thing, like a steak and kidney pudding.

**NICK GRIMSHAW:** Uh-huh.

**NICK FROST:** It's in a, like a moat of gravy.

**NICK GRIMSHAW:** Oh, yes.

**NICK FROST:** It's like a little watchtower.

**NICK GRIMSHAW:** Oh, yeah, nice.

**NICK FROST:** But I just think, it's never gonna be as good as that.

**NICK GRIMSHAW:** As good as that.

**NICK FROST:** So I'm, I'm happy-

**NICK GRIMSHAW:** There's certain things where you're like, yeah.

**NICK FROST:** Yes please, thank you.

**NICK GRIMSHAW:** I love Angela Hartnett pouring a Fanta.

*[crew laugh]*

**NICK FROST:** Thank you so much.

**ANGELA HARTNETT:** Do it well, don't I, I think?

**NICK GRIMSHAW:** Fizzy drink sommelier there.

*[cutlery sounds]*

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

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Run us through what we are having with Nick Frost today.

**ANGELA HARTNETT:** So we've got spicy barbecued lamb with minty tomato and watermelon relish.

**NICK GRIMSHAW:** Ooh yes.

**ANGELA HARTNETT:** And then we've got some tzatziki on the side, and some pita breads.

**NICK FROST:** Amazing.

**NICK GRIMSHAW:** Oh, delicious.

**ANGELA HARTNETT:** Okay. Yeah, so help yourself.

**NICK GRIMSHAW:** Okay.

**NICK FROST:** Thank you very much.

**ANGELA HARTNETT:** I hope I've cooked it to how you like it. I've sort of gone a bit, sort of medium rather than rare.

**NICK GRIMSHAW:** Mm-hm.

**NICK FROST:** No, sorry.

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

**NICK GRIMSHAW:** No, don't like it.

**NICK FROST:** That's, can we-

**NICK GRIMSHAW:** No.

**NICK FROST:** That's not for me.

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

**NICK GRIMSHAW:** Can we get Nick's car immediately.

**NICK FROST:** That's not for me.

**NICK GRIMSHAW:** Yeah, please. Oh, this is delish, this is-

**ANGELA HARTNETT:** Help yourself to everything.

**NICK GRIMSHAW:** -kind of exactly what I wanna eat this time of year.

**ANGELA HARTNETT:** Oh yeah, grilled-

**NICK GRIMSHAW:** Big barbecue, lamb.

**ANGELA HARTNETT:** -yeah, exactly.

**NICK GRIMSHAW:** Bit of tzatziki.

**NICK FROST:** A young animal.

**NICK GRIMSHAW:** *[laughing]* A young animal.

**ANGELA HARTNETT:** Do you do a lot of barbecuing? 'Cause it's one of your things, barbecued lamb, yeah.

**NICK FROST:** We have a barbecue. It's like a, a gas powered barbecue, but it, it is, I like, it's not a long way, but it's at another part of the garden that's not near the house.

**NICK GRIMSHAW:** Right.

**ANGELA HARTNETT:** Oh yeah.

**NICK FROST:** So it feels quite, um...

**NICK GRIMSHAW:** Bit of a trek.

**ANGELA HARTNETT:** Yeah.

**NICK FROST:** You're just out of the way, you can't hear what anyone's saying if they're talking.

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

**NICK FROST:** So I got like, um, what are those, hibachi, barbecue.

**NICK GRIMSHAW:** What's that?

**NICK FROST:** They're Japan-

**ANGELA HARTNETT:** They're like the ones you get-

**NICK FROST:** -sort of Japanese.

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

**NICK GRIMSHAW:** Mm.

**NICK FROST:** And I could just put it on a table outside the house.

**NICK GRIMSHAW:** Mm.

**NICK FROST:** And then, uh, it's not huge, but it's great for chops and, and I'm right where the action is.

**NICK GRIMSHAW:** You're right where the goss is. Ange, that lamb is perfect. How did you make this so delicious?

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** Fill us in please. Years of training.

**ANGELA HARTNETT:** So you make this spice mix, which just chipotle chilli flakes, sea salt, garlic granules, and cumin.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** And it says sprinkle it on, but we did it in a pestle and mortar last night, and sort of like, powdered it, and then like marinated all the lamb chops overnight.

**NICK GRIMSHAW:** Overnight, yeah. Mm-hm.

**ANGELA HARTNETT:** And then just chargrilled them. But because I like a real sort of that roasted flavour, I then put a bit of butter in a pan and then put the fat down in the pan to render the fat down.

**NICK FROST:** Oh, you dirty girl.

[laughter]

**ANGELA HARTNETT:** And then got like, all that lovely sort of roasting flavour and colour.

[laughter]

**ANGELA HARTNETT:** Feels like another episode with Josh Homme here, oh my...

**NICK FROST:** [laughs]

**ANGELA HARTNETT:** Um, um, and then put me in the oven for about four to five minutes. Um, but you can do the whole thing on the barbecue if you want to, that's not a problem. And then the relish is lime juice, olive oil, red onion, mint, salt, coriander chopped, mint chopped, tomatoes, chopped finely, de-seeded, watermelon, and breakfast radishes, and a bit of pomegranate.

**NICK GRIMSHAW:** Mmm.

**NICK FROST:** I like a breakfast radish.

**ANGELA HARTNETT:** Yeah. There you go.

**NICK GRIMSHAW:** Mmm.

**ANGELA HARTNETT:** So, and that, I think you, I don't think you made that, I think you made that on the day for the day, 'cause otherwise it will gets, it will get a bit mushy.

**NICK FROST:** Mm.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Mm. There you go.

**NICK GRIMSHAW:** Nice pairing.

**ANGELA HARTNETT:** And if we want, we can have PepperBox Shiraz.

**NICK GRIMSHAW:** Mm!

**ANGELA HARTNETT:** 'The perfect partner for great food,' so, there you go.

**NICK FROST:** Wow.

**NICK GRIMSHAW:** Fave.

**ANGELA HARTNETT:** Marvellous.

**NICK FROST:** PepperBox.

**NICK GRIMSHAW:** 'The perfect pairing for great food.'

**NICK FROST:** *[laughs]*

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

**NICK GRIMSHAW:** Tell me how you would do this on the barbecue, timing wise. If you're listening to this, you've never done a lamb chop on a barbecue. What's the timings after we've marinated for, you know, overnight?

**ANGELA HARTNETT:** Um, is to do, the whole point about a barbecue, like any sort of solid surface of heat is it's got cooler points and hotter points. So for this, 'cause you want him to cook the lamb, you wanna cook the meat, you wanna get that charring effect and then move it to the outside of your barbecue.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** So then it, um, start- you can cook it on the lower heat rather than put it on fierce heat the whole time, otherwise it's gonna just burn. That's the way I'd do it.

**NICK GRIMSHAW:** Mm-hm. Okay.

**ANGELA HARTNETT:** So probably about, the same sort of time, four or five minutes, but it's just moving it around and knowing the sort of cool and hot parts of your barbecue.

**NICK GRIMSHAW:** Okay. And is this something you'd like to do at home, Nick? Do you like to do a lamb chop?

**NICK FROST:** Yeah. Absolutely.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** Mm.

**NICK FROST:** I love it. It's a good time of the year for it as well, so...

**ANGELA HARTNETT:** And you could put this, um, spice mix on a leg of lamb.

**NICK FROST:** Mm-hm.

**NICK GRIMSHAW:** Oh yeah.

**ANGELA HARTNETT:** You know, we all, I always do garlic and rosemary, but actually lamb's brilliant when you really spice it up, so you could use the



same mix, rub it all over with some olive oil and roast your lamb in the oven like that.

**NICK GRIMSHAW:** If you wanna try this recipe or any of the recipes we do, uh, how to do it, all the ingredients are on [waitrose.com/dishrecipes](http://waitrose.com/dishrecipes). That's where you find everything on there.

**ANGELA HARTNETT:** Everything.

*[cutlery sounds]*

**NICK GRIMSHAW:** Nick, we've done your likes. I really wanna do your dislikes. Simple but effective, we have them here. 'Fennel, cardamon, porridge, custard.'

**NICK FROST:** Yeah.

**NICK GRIMSHAW:** That's a terrible recipe.

**ANGELA HARTNETT:** Fennel! You don't like the aniseed bit?

**NICK GRIMSHAW:** Ooo I love, I love fennel.

**NICK FROST:** No. I lived in Israel for two years when I was a kid and they, they what's, they have that thing all over the Middle East, it's called a rak or raki or...

**ANGELA HARTNETT:** Yeah.

**NICK FROST:** I drank so much of that, that my body now believes, like that taste to be poison to me.

**ANGELA HARTNETT:** Really? Oh my God, yeah.

**NICK FROST:** So I just, fennel now I'm like, no, I'm done.

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

**NICK FROST:** I just really don't like it at all. Custard and porridge.

**NICK GRIMSHAW:** Mm-hm.

**NICK FROST:** Are a taste thing like a...

**ANGELA HARTNETT:** Right.

**NICK FROST:** [*makes heaving sound*] It makes me want heave slightly, like the feeling of it in my mouth makes me want to heave.

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

**ANGELA HARTNETT:** Oh wow.

**NICK FROST:** I had a, when I was like ten or eleven, I was playing with my mates at school, at lunchtime and I ordered, or I took, from the window, four pieces of jam roly poly with custard.

**ANGELA HARTNETT:** [*gasps*] Right.

**NICK FROST:** They were just laughing, we were, everyone was lolling.

**ANGELA HARTNETT:** Yeah.

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

**NICK FROST:** And then the joke then was on me 'cause the teacher came round and said, 'You're not leaving here until you finish it.'

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Oh my God.

**NICK FROST:** And it became a war of attrition, where every mouthful of custard, I heave-*[makes heaving sound]*

**ANGELA HARTNETT:** No...

**NICK FROST:** -And I sat there until half past three, so I sat there for three and a half hours.

**NICK GRIMSHAW:** Mm-hm.

**NICK FROST:** And then my mum, who was a heck of a woman

**NICK GRIMSHAW:** Mm-hm.

**NICK FROST:** I saw her literally thunder through the doors of the, the, the lunchroom and come and get me. And there- it just kicked off between her and teachers.

**NICK GRIMSHAW:** Oh I bet. It's custard trauma.

**NICK FROST:** I have got custard trauma, yeah.

**ANGELA HARTNETT:** That is.

**NICK GRIMSHAW:** Yeah. Custard trauma.

**NICK FROST:** I've talked about it. I talk about custard trauma-

**NICK GRIMSHAW:** Yeah, custard trauma-in the book, yeah

**NICK FROST:** And then porridge is weird 'cause, I make lovely porridge, by the way. My, my family, at least once a week I do an apple pie porridge, or I do-

**ANGELA HARTNETT:** Nice.

**NICK FROST:** -roasted banana.

**ANGELA HARTNETT:** Yeah.

**NICK FROST:** I mean, they tell me it's lovely, and it's always all gone.

**ANGELA HARTNETT:** Mm.

**NICK FROST:** But I have never once thought about trying it. I just can't...

**NICK GRIMSHAW:** [*makes heaving sound*]

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

**NICK FROST:** [*makes heaving sound*] Oh, stop it.

**NICK GRIMSHAW:** [*makes heaving sound*] Is there any, is there anything like- that you have like that, Ange?

**ANGELA HARTNETT:** No.

**NICK GRIMSHAW:** Just like a textural ugh.

**ANGELA HARTNETT:** Not a textural thing, no.

**NICK GRIMSHAW:** I have it sometimes with an egg.

**NICK FROST:** Yeah,

**NICK GRIMSHAW:** Very rarely.

**NICK FROST:** I'm a, if I stop and just for a second think, oh, what is this?

**NICK GRIMSHAW:** Yeah, you, you don't wanna think, like-

**NICK FROST:** It's a bit of, from like a, if it's a bit glue, gluey...

**ANGELA HARTNETT:** The only thing is oysters when they're enormous oysters-

**NICK FROST:** Mm-hm, I have that.

**ANGELA HARTNETT:** -I like the small little ones.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** You don't, not an oyster fan?

**NICK FROST:** Nah.

**NICK GRIMSHAW:** No.

**ANGELA HARTNETT:** No.

**NICK FROST:** [*impersonating eating an oyster*] Put that in ma mouth.

**ANGELA HARTNETT:** Oh God.

[*crew laugh*]

**ANGELA HARTNETT:** I think it's a bit unfair to keep talking about your dislikes.

**NICK GRIMSHAW:** Yeah, the thing- so here's every, here's everything you hate, while you're eating.

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

**NICK FROST:** Oh...

[*drink pouring sounds*]

**NICK GRIMSHAW:** We should talk about How to Train Your Dragon-

**NICK FROST:** OK.

**NICK GRIMSHAW:** -We need to talk about this because there is a live action reimagination off the animated film, which is-

**NICK FROST:** Yep.

**NICK GRIMSHAW:** It, it kind of like, I mean, I don't have kids, and so there's certain films that I will know...

**NICK FROST:** Yes.

**NICK GRIMSHAW:** They cut through, and How to Train Your Dragon is one of them things, where it just became like a world, you know, phenomena of a movie.

**NICK FROST:** Yeah.

**NICK GRIMSHAW:** How did you get involved? Were you fans before? Were you just approached and had never seen it?

**NICK FROST:** Yeah. No, I had seen them.

**NICK GRIMSHAW:** Mm-hm.

**NICK FROST:** But I, I don't necessarily believe animation is just for kids, I kind of...

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Mm-hm.

**NICK FROST:** -beautiful, I just enjoyed it as something to let my eyes wash in, if you know what I mean. And then I dunno, I'm always like amazed when anyone knows what I do or would approach me and, and Dean, who directed the animated cartoons.

**NICK GRIMSHAW:** Mm-hm.

**NICK FROST:** We had a meeting and he said, we want you to come and be Gobber, and I was like, oh my God, yeah, yeah, of course, it's like... I think when you get used to doing a certain level of thing.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Mm.

**NICK FROST:** To then do this.

**NICK GRIMSHAW:** Yeah.

**NICK FROST:** It feels like a whole different ball game, uh, and it was like massive to shoot and hundreds of vikings, and...

**ANGELA HARTNETT:** Where was it shot?

**NICK FROST:** It was shot in Belfast.

**ANGELA HARTNETT:** Right.

**NICK GRIMSHAW:** And you did it over winter in Belfast, I think-

**NICK FROST:** Yeah.

**NICK GRIMSHAW:** -which is...

**NICK FROST:** Everyone's costume was like, tiny.

**NICK GRIMSHAW:** Uh-huh.

**ANGELA HARTNETT:** Yeah.

**NICK FROST:** And I mean, I, everyone had like two gas heaters that the ADs would then pull out before we did the shot, so we'd just, just sit, and no one would talk-

**ANGELA HARTNETT:** [*laughing*] Like Dickens time.

**NICK FROST:** -which was awful.

**ANGELA HARTNETT:** Yeah.

**NICK FROST:** And it just got, it was like minus five during the day.

**NICK GRIMSHAW:** Wow, wow.

**NICK FROST:** So they'd have to unfreeze the set before we shot and stuff.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** S\*\*\*.

**ANGELA HARTNETT:** Mm.

**NICK FROST:** But amazing food in Belfast.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Oh really?

**ANGELA HARTNETT:** Yeah, really good.

**NICK GRIMSHAW:** What did you have? What was your best-

**NICK FROST:** Uh, okay, so-

**NICK GRIMSHAW:** -Belfast meal?

**NICK FROST:** -I, I had, and I don't take this, uh, lightly, but it's the best pizza in the world.

**ANGELA HARTNETT:** Really?

**NICK FROST:** Yeah.

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

**NICK FROST:** It's a place called Flout! Pizza.

**ANGELA HARTNETT:** Yeah.

**NICK FROST:** He does what he wants.

**ANGELA HARTNETT:** Mm.

**NICK FROST:** He opens when he wants.

**ANGELA HARTNETT:** Yeah.

**NICK FROST:** And once it's gone, it's gone.

**ANGELA HARTNETT:** Gone, yeah.

**NICK GRIMSHAW:** Okay, love the sound of this guy.

**NICK FROST:** But it was the closest thing to like a traditional New York cheese slice.

**ANGELA HARTNETT:** Right, okay, yeah.

**NICK FROST:** Just incredible.

**NICK GRIMSHAW:** Oh, wow.

**NICK FROST:** I talk about his story quite a lot, like it's my own, but he was in advertising for sixteen years. Didn't really.. getting to a point where it had enough. Then something awful happened to him-

**ANGELA HARTNETT:** Yeah.

**NICK FROST:** -and he decided to completely change his life. He'd never cooked, at all. And he went from that to that in like five years.



**NICK GRIMSHAW:** Wow.

**NICK FROST:** Just incredible, like he had this thing in him.

**ANGELA HARTNETT:** And did he go off somewhere? Like to Italy, to Lo-

**NICK FROST:** Yeah, I think he's done that since.

**ANGELA HARTNETT:** Right, okay.

**NICK FROST:** So I often see him Instagraming from like New York or someplace to-

**ANGELA HARTNETT:** Oh cool.

**NICK GRIMSHAW:** So what was the name of it again?

**NICK FROST:** Flout.

**ANGELA & NICK:** Flout.

**NICK FROST:** Yeah.

**NICK GRIMSHAW:** F-L-O-U-T.

**NICK FROST:** Yeah.

**NICK GRIMSHAW:** Okay.

**NICK FROST:** That's it, well done.

**NICK GRIMSHAW:** Flout Pizza. Thank you, I can spell.

**NICK FROST:** Good spelling.

*[crew laugh]*

**NICK GRIMSHAW:** Thank you. Thanks guys.

**NICK FROST:** Five letter word.

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

**NICK GRIMSHAW:** Thanks so much, thank you. That's Flout, yeah. And so you, you and Gobber, your character-

**NICK FROST:** Yeah.

**NICK GRIMSHAW:** -you had something amazing happen where you'd had surgery.

**NICK FROST:** I needed my knee replaced.

**NICK GRIMSHAW:** Uh-huh.

**NICK FROST:** I think as a stupid stubborn man, I get to a point where if my pain level physically is only a four?

**ANGELA HARTNETT:** Yeah.

**NICK FROST:** I'm like, today's a pretty good day!

**NICK GRIMSHAW:** Pretty good!

**NICK FROST:** But like, you know, when you speak to doctors and stuff, they're like, 'Yeah, yeah, I mean, really, everyone's on a zero.'

**ANGELA HARTNETT:** Yeah, yeah, yeah *[laughs]*

**NICK FROST:** 'That's where everyone's day's now.' So, in- you kind of get used to it-

**ANGELA HARTNETT:** 'You're not big and you're not clever,' yeah *[laughs]*

**NICK FROST:** You, yeah, you get used to a physical pain where you're like, okay, I can handle it today.

**NICK GRIMSHAW:** Mm.

**NICK FROST:** So I just didn't have my knee replaced for years and years and years.

**ANGELA HARTNETT:** Right.

**NICK FROST:** And then I had a bit of time off and I'm like, I'm just gonna do it.

**ANGELA HARTNETT:** Yeah.

**NICK FROST:** I can't live my life like this. And then Gobber came in and Gobber has one leg.

**NICK GRIMSHAW:** Mm-hm.

**NICK FROST:** So the director said, don't have the operation, keep the leg as, as is, and we'll use it, and so it, it helped me.

**NICK GRIMSHAW:** Use the pain.

**NICK FROST:** I used the pain.

**ANGELA HARTNETT:** Wow.

**NICK FROST:** And, uh, as soon as we finished, I had it done.

**NICK GRIMSHAW:** Oh, that's like a quite fun wrap party.

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

**NICK FROST:** Well I let everyone come and, and watch the first incision.

**NICK GRIMSHAW:** Yeah, and watch.

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

**NICK GRIMSHAW:** That's pretty cool. It's pretty cool. And is it quite tricky to film [*laughs*] a film like How to Train Your Dragon-

**NICK FROST:** A knee operation?

**NICK GRIMSHAW:** Yeah.

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

**NICK FROST:** No, you just-

**NICK GRIMSHAW:** You just set the camera down.

**ANGELA HARTNETT:** He's just lying there.

**NICK GRIMSHAW:** And your leg's just [*laughs*]

**NICK FROST:** It's not tricky.

**ANGELA HARTNETT:** Mm.

**NICK FROST:** Uh, it is different, it's a different, you know, it's not like a little indie film where, \$2 million and you've got twenty days to shoot, and you're just banging shots out, you know, it, sometimes we'd shoot very little.

**ANGELA HARTNETT:** Yeah.

**NICK FROST:** But in that, it's just like, I'm- I never leave set, I'm always on set.

**ANGELA HARTNETT:** Mm.

**NICK FROST:** And, and I sit next to the cameras on an apple box and I, I don't talk very much, and I just watch, and I listen to what lens is going on, I see the lights coming in, and, and I just, I love all of that, I'm so lucky to be around that every day, you know. The set was like probably the size of a small football stadium.

**NICK GRIMSHAW:** Wow.

**NICK FROST:** It was full of vikings and stuff.

**ANGELA HARTNETT:** Mm.

**NICK FROST:** And one day I walked around the set on the outside, to count the cranes, how many cranes we had holding bits of equipment.

**ANGELA HARTNETT:** Mm.

**NICK FROST:** It was like twenty-seven cranes.

**ANGELA HARTNETT:** Oh my gosh.

**NICK FROST:** But it's like, you know, a production's got [*whistles*]

**NICK GRIMSHAW:** Bit of money, yeah-

**NICK FROST:** Money!

**NICK GRIMSHAW:** Yeah, brung them-

**NICK FROST:** Twenty-seven cranes.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Twenty-seven.

**NICK FROST:** Yeah. And I just, I love all that.

**NICK GRIMSHAW:** And then do the kids love when you do films like this or stuff that they can watch?

**ANGELA HARTNETT:** Yeah, exactly.

**NICK GRIMSHAW:** Are they excited?

**NICK FROST:** Yeah. It's funny 'cause I've got like a thirteen-year-old and the other two are a lot younger.

**NICK GRIMSHAW:** Mm-hm.

**NICK FROST:** And so they haven't had a chance to see much, 'cause a lot of it's kind of violent or it's horror films or, but I think this now is kind of the first that potentially they're gonna be able to come and watch and see and not...

**ANGELA HARTNETT:** That'll be amazing.

**NICK FROST:** See Daddy murdering someone.

**NICK GRIMSHAW:** Yeah. Nice to see that.

**NICK FROST:** Which stays, it stays with children.

**NICK GRIMSHAW:** Yeah, it does, so they can see, you know, How to Train Your Dragon, and they can also watch Dish. Young kids love food chat.

**NICK FROST:** Kids love Di- they love-

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

**NICK GRIMSHAW:** They love a bit of Anthony Bourdain.

**NICK FROST:** Yeah.

**ANGELA HARTNETT:** Yeah, yeah.

**NICK GRIMSHAW:** They love it.

**ANGELA HARTNETT:** They love it. Their dad talking about what he feeds them.

**NICK GRIMSHAW:** Ooh yeah they love it. They love it. Well, How to Train Your Dragon is out right now, so go and watch it. You can go and see it right now.

*[salt grinder sounds]*

**NICK GRIMSHAW:** Okay, do you wanna do some real life chopping?

**ANGELA HARTNETT:** If we'd like to, yeah.

**NICK GRIMSHAW:** What is it gonna be? Like a chop off, a versus?

**NICK FROST:** I dunno.

**NICK GRIMSHAW:** A chop to the death?

**NICK FROST:** Let's do it for fun.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Yeah. No pressure.

**NICK FROST:** I'm not a competitive person.

**NICK GRIMSHAW:** No.

**NICK FROST:** I'll be angry if I don't win.

**NICK GRIMSHAW:** Yeah, okay.

**ANGELA HARTNETT:** Well you've won, we'll just-

**NICK FROST:** No come on.

**NICK GRIMSHAW:** Well, no, there'll be no pressure.

**NICK FROST:** I did another thing, like another, um, one of these with a rugby player.

**NICK GRIMSHAW:** Oh yeah.

**ANGELA HARTNETT:** Oh right.

**NICK FROST:** And we had like a scrum off.

**NICK GRIMSHAW:** Oh.

**ANGELA HARTNETT:** Oh my god. And?

**NICK GRIMSHAW:** How was that?

**NICK FROST:** It went well.

**NICK GRIMSHAW:** Did you win?

**ANGELA HARTNETT:** Okay.

**NICK FROST:** I did.

**ANGELA HARTNETT:** Yeah.

**NICK FROST:** Yeah, and then he retired.

**ANGELA HARTNETT:** Look at you, notching up all your trophies.

**NICK FROST:** Please like me!

*[laughter]*

**NICK FROST:** What are we gonna chop?

**ANGELA HARTNETT:** Right, let's take you in the kitchen, come on.

**NICK GRIMSHAW:** What you gonna chop?

**ANGELA HARTNETT:** Dunno, let's see.

*[chopping sounds]*

**NICK GRIMSHAW:** It's time for the chop off.

**ANGELA HARTNETT:** Chop off.

**NICK GRIMSHAW:** That's what we should call it. We have Nick Frost and Angela Hartnett in the chopping arena.

**NICK FROST:** Is this the first-

**NICK GRIMSHAW:** Nick with his own knife from home.

**NICK FROST:** -chop off?

**NICK GRIMSHAW:** We- first chop off ever.

**ANGELA HARTNETT:** First chop off.

**NICK GRIMSHAW:** But not the last I imagine. Or maybe, we'll see how it goes.

**ANGELA HARTNETT:** We've had people in the kitchen before.

**NICK FROST:** Okay.

**ANGELA HARTNETT:** We had what's his name seasoning his food for-

**NICK GRIMSHAW:** Yeah, who's what's his name? Come on.



**ANGELA HARTNETT:** Oh jesus.

**PRODUCER TOM:** Damian Lewis.

**ANGELA HARTNETT:** No. Richard E. Grant.

**NICK GRIMSHAW:** Richard E. Grant, and Damian Lewis did summat with the risotto.

**ANGELA HARTNETT:** Damian Lewis, making risotto.

**NICK GRIMSHAW:** Yeah.

**NICK FROST:** That's quite nice.

**ANGELA HARTNETT:** Yeah, was quite nice.

**NICK GRIMSHAW:** Yeah, real nice. And now Nick Frost and you are going do a chop off. What do you wanna do? Do you wanna race to see who can chop it the fastest?

**ANGELA HARTNETT:** I just, I'll end up-

**NICK FROST:** Let's just have fun with it.

**ANGELA HARTNETT:** -chopping a finger.

**NICK GRIMSHAW:** Just have fun with it.

**NICK FROST:** Have fun with it.

**ANGELA HARTNETT:** All right, go on then. I wanna see your chopping skills.

**NICK GRIMSHAW:** Okay.

**NICK FROST:** Oh, we doing it together or...

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

**NICK GRIMSHAW:** Go ahead. Let's chop.

**NICK FROST:** Okay.

**NICK GRIMSHAW:** Here we go.

*[chopping sounds]*

**NICK GRIMSHAW:** Angela started.

*[fast chopping sounds]*

**NICK GRIMSHAW:** Oh, wow, oh wow, Nick has got speed!

**ANGELA HARTNETT:** Oh you see, that's such a-

*[fast chopping sounds]*

**NICK GRIMSHAW:** Jeez!

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

**NICK GRIMSHAW:** Wow!

**NICK FROST:** Beat that!

*[applause]*

**NICK GRIMSHAW:** Bloody hell!

**ANGELA HARTNETT:** I never, you don't chop like that at home, do you?

**NICK FROST:** Yeah, of course.

**ANGELA HARTNETT:** Do you?

**NICK GRIMSHAW:** Oh my God.

**ANGELA HARTNETT:** See, I never chop like that.

**NICK GRIMSHAW:** Do some more- make whole episode that.

**NICK FROST:** But it's just about, um, doing it quick, right.

**NICK GRIMSHAW:** Oh.

**ANGELA HARTNETT:** Yeah, but, I mean it is, I'll have to say, it's accurate as well.

**NICK FROST:** Yeah.

**ANGELA HARTNETT:** But I'm just too afraid to, I'll end up chopping my finger.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** That's pretty good.

**NICK GRIMSHAW:** That was good.

**NICK FROST:** That's a good one.

**ANGELA HARTNETT:** I have to say. Go on then-

**NICK GRIMSHAW:** Hey, Nick was-

**ANGELA HARTNETT:** -Let's see how good you really are.

**NICK GRIMSHAW:** Yeah, chop a mushroom then. Come on! What else we got.

**ANGELA HARTNETT:** Come on.

**NICK FROST:** Can I just say, this is uh...

**NICK GRIMSHAW:** Chop that pepper mill.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Come on.

**NICK FROST:** Like a dream for me.

[*crew laugh*]

**NICK GRIMSHAW:** Oh, here we go.

**ANGELA HARTNETT:** Let's see, I wanna see your technique on an onion.

**NICK GRIMSHAW:** Ooh, oh, oh, look at that!

[*fast chopping sounds*]

**ANGELA HARTNETT:** Check that out. All right.

**NICK GRIMSHAW:** And it is all the same size, look at that. Oh, here we go.

**ANGELA HARTNETT:** Right, this, this is the mama.

**NICK FROST:** This'll be like the, the slap chop.

**ANGELA HARTNETT:** Let's see your chopping of your onion.

**NICK GRIMSHAW:** Okay, let's see his onion.

**NICK FROST:** Have you got a thing?

**NICK GRIMSHAW:** Why is onion there?

**ANGELA HARTNETT:** What d'you want? To wipe it? There you go.

**NICK GRIMSHAW:** Is onion a little trickier Ange?

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

**NICK GRIMSHAW:** Yeah, why is it trickier?

**ANGELA HARTNETT:** Well, because of the layers.

**NICK GRIMSHAW:** Layers.

**ANGELA HARTNETT:** So I wanna see that you don't have to chop it-

**NICK GRIMSHAW:** Do you want it diced this, Ange?

**ANGELA HARTNETT:** -I want it dice, I wanna fine dice.

**NICK GRIMSHAW:** Fine dice.

**NICK FROST:** Fine dice.

**NICK GRIMSHAW:** Okay, let's clear the board. Clear the board.

**ANGELA HARTNETT:** I'll clean your board.

**NICK GRIMSHAW:** Clear the board. Fine dice.

*[chopping sounds]*

**ANGELA HARTNETT:** Bloody hell, he's starting already, okay.

**NICK GRIMSHAW:** Okay, here we go. Okay. Ooh, look at that.

**ANGELA HARTNETT:** Oh, look at that technique.

*[crew laugh]*

**NICK GRIMSHAW:** Oh, technique.

*[chopping sounds]*

**NICK FROST:** Oh my God, I'm so-

**ANGELA HARTNETT:** Nice, nice.

**ANGELA & NICK:** Ooh!

**ANGELA HARTNETT:** Sorry, was that your finger *[laughs]*

**NICK FROST:** No.

**ANGELA HARTNETT:** Oh yeah.

**NICK GRIMSHAW:** Here we go. Oh, that is a fine dice, guys.

*[chopping sounds]*

**ANGELA HARTNETT:** Very nice

*[crew laugh]*

**NICK GRIMSHAW:** Wow.

**NICK FROST:** I don't think it's like a-

**NICK GRIMSHAW:** Oh my-

**NICK FROST:** -what is it called? A brunoise?

**ANGELA HARTNETT:** Yeah, nearly. It's pretty much there.

**NICK GRIMSHAW:** Oh, yes.

*[chopping sounds]*

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

**NICK GRIMSHAW:** Ooh!

**ANGELA HARTNETT:** I'll keep that for the next, no one throw that away, I'm keeping that for Natalie Portman.

*[laughter]*

**NICK FROST:** That's Portman quality onion.

**ANGELA HARTNETT:** Yes I am.

*[applause]*

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

*[cutlery sounds]*

**NICK FROST:** Chopping for me is all about mental health.

**ANGELA HARTNETT:** Really? That's interesting.

**NICK FROST:** Just find it...

**ANGELA HARTNETT:** Therapeutic, relaxing.

**NICK GRIMSHAW:** Well you just have to concentrate-

**NICK FROST:** Yeah.

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

**NICK GRIMSHAW:** -or your fingers will come off.

**NICK FROST:** And I've found as I'm getting older, I'm having to move my glasses down.

**NICK GRIMSHAW:** Uh-huh.

**NICK FROST:** 'Cause I, it's slightly out of focus.

**ANGELA HARTNETT:** But it sounds like cooking for you is a good way of sort of relaxing.

**NICK FROST:** Well it's, yeah.

**ANGELA HARTNETT:** Yeah.

**NICK FROST:** I think people expect actors to be big show-offs.

**ANGELA HARTNETT:** Mm.

**NICK FROST:** You know, and sometimes that's right, you know, and I've never been that at all, I'm just the opposite in terms of... but I feel like cooking sometimes is a way of showing off slightly.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Yeah.

**NICK FROST:** Maybe that's a release I need in terms of, that took eight hours to prep.

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

**NICK FROST:** And now I hope you really love it, you know?

**NICK GRIMSHAW:** Hope you like it. Yeah.

**ANGELA HARTNETT:** But I definitely, I get that bit about, like you say, showing the love without, it's not about actually physically showing the love or, or, or being demonstrative-

**NICK GRIMSHAW:** Saying it, yeah.

**ANGELA HARTNETT:** -but it's saying it, you know. But it-

**NICK FROST:** But it's a lot of effort to show you care, you know.

**ANGELA HARTNETT:** Yeah, it is like that, you know. And I, and my mum sort of does it through, like she'll care for her brother and sister, my mum's in her nineties.

**NICK FROST:** Right.

**ANGELA HARTNETT:** But she'll say to me, 'Oh I need you to go and make something for Ren and Ron.' 'Cause she wants to show the love, but she ha-can't so she goes, 'Will you make that? Go and buy that.' You know, and it's that sort of, so I'll make an apple pie and I'll send it, and it's that sort of thing, and I don't need to say anything, it's just he knows that's love 'cause he's made it.

**NICK FROST:** Yeah.

**NICK GRIMSHAW:** There's nothing nicer than someone making you something to eat.

**ANGELA HARTNETT:** Mm.

**NICK FROST:** Yeah.



**NICK GRIMSHAW:** Or if, if you came over with an apple pie.

**NICK FROST:** Oh my God.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** I don't think you'd ever forget that.

**ANGELA HARTNETT:** Yeah.

**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:** And there's a lot less of that now.

**ANGELA HARTNETT:** Mm.

**NICK FROST:** 'Cause sometimes when we have people over and you make a, even something like a crumble, it's like, they think you're a wizard or a-

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

**ANGELA HARTNETT:** Yeah, yeah.

**NICK FROST:** 'What?! You made this?!'

**NICK GRIMSHAW:** Yeah.

**NICK FROST:** Like, 'Yeah, yeah. It's really easy too.'

**NICK GRIMSHAW:** Uh-huh.

**NICK FROST:** You know.

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

**NICK FROST:** I'm of that thing as well if, if we have lots of leftovers, I'll text next door to say, 'Hey, we've just made... do you fancy it?'

**ANGELA HARTNETT:** Oh yeah. Nice.

**NICK FROST:** I've always done that, and my mum always did that as well, but my, my partner's like, 'What are you doing giving food?'

**ANGELA HARTNETT:** Yeah.

**NICK FROST:** It is like, well, I don't wanna throw it, and it's-

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Yeah.

**NICK FROST:** -it's really nice, you know.

**ANGELA HARTNETT:** We do that.

**NICK GRIMSHAW:** Yeah, we do that.

**ANGELA HARTNETT:** I say, 'We've got this' -

**NICK GRIMSHAW:** I love that, love that when, look, I love to be on the receiving end of that from a neighbour as well.

**ANGELA HARTNETT:** Yeah.

**NICK FROST:** Yeah.

**NICK GRIMSHAW:** Shout out to Penny across the road.

**NICK FROST:** Yeah.

**NICK GRIMSHAW:** I wanted to ask you about how this was going, because in A Slice of Fried Gold, your book, which is like food memoir, if anyone's not, um-

**NICK FROST:** Out now.

**NICK GRIMSHAW:** -come across it. Out right now.

**ANGELA HARTNETT:** There we go.

**NICK GRIMSHAW:** Hardback and paperback.

**ANGELA HARTNETT:** Slice of Fried Gold.

**NICK GRIMSHAW:** It's got the best dedication in it, to- which you say, 'To my kids, if you can't cook an omelette by the time I die, I've failed you.' Now you, you've got two younger ones.

**NICK FROST:** Yeah.

**NICK GRIMSHAW:** You've got one thirteen.

**NICK FROST:** Yeah.

**NICK GRIMSHAW:** Does the thirteen-year-old cook? Will they do you an omelette? Have you made their life?

**NICK FROST:** I think annoyingly I've done that thing where, maybe I've set the bar too high in term- I don't, I I think maybe they think I'm gonna be cross that it's not amazing or...

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Right.

**NICK FROST:** And that's my bad, you know.

**ANGELA HARTNETT:** Mm.

**NICK FROST:** Uh, but you know, they do bits and pieces, and my thirteen-year-old brings, I know someth- his mum texted me something, say he, he brought eggs up or something like that, so it is in him, you know.

**NICK GRIMSHAW:** Aw.

**NICK FROST:** I think he'll be all right.

**NICK GRIMSHAW:** Yeah, he'll be all right. The omelette journey has begun.

**NICK FROST:** He's doing food tech at school.

**ANGELA HARTNETT:** Nice.

**NICK FROST:** So he is, we're trying to work through what he wants to make.

**NICK GRIMSHAW:** Did you do food tech at school? 'Cause we were reminiscing about this on recently, and I did it and I had to do fruit salad.

**NICK FROST:** Right.

**NICK GRIMSHAW:** So I was like... that's just chopping up fruit.

**NICK FROST:** It's just chopping up fruit.

**NICK GRIMSHAW:** Just chopping up fruit.

**NICK FROST:** But yeah, we did, we had a really big, really angry Welsh man-

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Mm.

**NICK FROST:** And, uh, he'd whip things, but then the sweat'd come off his nose into the thing that he was-

**ANGELA HARTNETT:** Ohh...

**NICK GRIMSHAW:** Ugh...

**NICK FROST:** -whipping. And then we'd have to, he'd make us eat.

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

**NICK FROST:** [*laughs*]

**ANGELA HARTNETT:** Ohh... no, you don't want that.

**NICK GRIMSHAW:** Oh no... Wow.

**NICK FROST:** Yeah. 'We have to, do we have to eat it?'

**NICK GRIMSHAW:** [*in Welsh accent*] 'Yes, eat it.' That was Welsh.

**NICK FROST:** Yeah, I get it.

**NICK GRIMSHAW:** Yeah, you get it.

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

**NICK GRIMSHAW:** *[in Welsh accent]* ‘Yes, eat it.’

*[drink pouring sounds]*

**NICK GRIMSHAW:** We're gonna do your fast food quiz. Uh, quick fire answers to the following questions. What is your favourite way to eat eggs?

**NICK FROST:** Fried.

**ANGELA HARTNETT:** Favourite sandwich filling?

**NICK FROST:** It's cyclical for me, but right now I'm on a cheese and pickle tip.

**NICK GRIMSHAW:** Yes. Where else will we go in that sandwich circle?

**NICK FROST:** There's only two.

**ANGELA HARTNETT:** Okay.

**NICK FROST:** There's that, or heavily buttered ham.

**NICK GRIMSHAW:** Ooh.

**ANGELA HARTNETT:** Ooh...

**NICK FROST:** There's no other sandwich I've ever eaten in my life.

**NICK GRIMSHAW:** No *[laughs]*

**ANGELA HARTNETT:** White bread?

**NICK FROST:** Yeah, if I can.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** No, definitely.

**NICK GRIMSHAW:** Form of potato?

**NICK FROST:** Chips.

**ANGELA HARTNETT:** Favourite herb?

**NICK FROST:** Uh, you're not gonna like this, but coriander.

**ANGELA HARTNETT:** It's all right, I'll forgive you. I like you, so I'll forgive you.

**NICK FROST:** Thanks.

**ANGELA HARTNETT:** It's all right.

**NICK GRIMSHAW:** Nick Frost, what is the best crisp?

**NICK FROST:** It's either a Wotsit, it's a bacon Frazzle.

**NICK GRIMSHAW:** Mm-hm.

**NICK FROST:** Or a, a Hula Hoop.

**ANGELA HARTNETT:** Hula, oh I love a Hula Hoop.

**NICK FROST:** Same. That's essentially the only crisps that I'll eat.

**NICK GRIMSHAW:** Angela likes to put them on a fingers and eat them like that.

**ANGELA HARTNETT:** I do.

**NICK FROST:** Oh yeah.

**ANGELA HARTNETT:** I do. Uh, what's your favourite pie?

**NICK FROST:** Minced beef and onion.

**ANGELA HARTNETT:** Yeah, it's a good pie, good choice.

**NICK FROST:** But again, you know, we spoke about this-

**ANGELA HARTNETT:** Bottom and top as well, yeah.

**NICK FROST:** Yeah, double, double crust.

**ANGELA HARTNETT:** Course. Yeah.

**NICK GRIMSHAW:** Double crust. It's gotta be done. Favourite Sunday roast meat?

**NICK FROST:** Again cyclical, but right now it would be, uh, pork with crackling.

**NICK GRIMSHAW:** Mm-hm, what-

**NICK FROST:** 'Cause I just don't get it enough.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Yeah.

**NICK FROST:** And I, I, I just, I yearn for it.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Apple sauce on the side?

**NICK FROST:** A hundred percent, yeah.

**ANGELA HARTNETT:** Course. And go on then, finally, dish from your childhood?

**NICK FROST:** Very basic, but my mum used to do ham, egg, and chips.

**ANGELA HARTNETT:** Oh yeah.

**NICK FROST:** And I loved it.

**NICK GRIMSHAW:** I love it.

**NICK FROST:** And that was usually on Mondays.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Nice.

**NICK FROST:** We'd always have it on a Monday.

**NICK GRIMSHAW:** Ah, I- you can't beat egg and chips, we should have that one day on here.

**ANGELA HARTNETT:** I kno- I do, I do like, I do. I put tomato- I was gonna say it wrong. Ketch- ketchup.

**NICK GRIMSHAW:** That's right.

**ANGELA HARTNETT:** Ah-

**NICK GRIMSHAW:** Yeah, that's right.

**NICK FROST:** How were you gonna say it?

**ANGELA HARTNETT:** Katchup, I say [*laughs*]

[*crew laugh*]

**NICK GRIMSHAW:** Yeah. Catch up!

**ANGELA HARTNETT:** Apparently I was been saying that for years not realising, no one's ever corrected me.

**NICK GRIMSHAW:** [*laughing*] Saying it wrong for her entire life.

**ANGELA HARTNETT:** Anyway, in the egg.

**NICK GRIMSHAW:** In the egg. Yeah, yeah, yeah, yeah.

**ANGELA HARTNETT:** Yeah, yeah.

**NICK GRIMSHAW:** Fried, yeah.



**ANGELA HARTNETT:** Tomato sauce in the egg.

**NICK GRIMSHAW:** Mm-hm.

**NICK FROST:** In the egg?

**ANGELA HARTNETT:** Yeah, the runny yolk.

**NICK FROST:** F\*\*\*\*\* rubbish.

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

**NICK GRIMSHAW:** Get out.

[*theme music*]

**NICK GRIMSHAW:** We come to the end of the show question. For your chance to win that Waitrose goodie bag, all you gotta do is answer the question in the envelope.

**NICK FROST:** How much is it worth?

[*crew laugh*]

**NICK GRIMSHAW:** Uh... dunno.

**NICK FROST:** If you were to sell it-

**NICK GRIMSHAW:** Can we get the RRP on that, please?

**ANGELA HARTNETT:** [*laughing*] 'If you were to sell it.'

**NICK FROST:** Do I have to sell- do I have to open the-

**NICK GRIMSHAW:** Yeah, yeah, yeah. You open that and answer that, yeah.

**ANGELA HARTNETT:** Then read it

**NICK GRIMSHAW:** Yeah.

**NICK FROST:** ‘Hello, Nick. Huge thanks for coming on Dish. To win the Waitrose goodie bag, our question came after a late night thought. Is Frost the best surname out there? Our reasons: it's short, but carries weight and can be used on Wordle, it combines literacy with surnames like Frost and Grimshaw, Hartnett and Frost,’ Oh, okay, ‘It is excellent for word play and puns. Do you agree?’ Huh? No.

*[laughter]*

**NICK FROST:** I don't agree at all.

**NICK GRIMSHAW:** No?

**NICK FROST:** No.

**NICK GRIMSHAW:** No way. Absolutely not.

**NICK FROST:** It just feels like, not a lot of effort was put into that.

*[laughter]*

**NICK FROST:** Unlike the lamb, which was fantastic.

*[laughter]*

**ANGELA HARTNETT:** Well, you've got the goodie bag.

**NICK FROST:** Do I get it?

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Yeah, you get the goodie bag.

*[applause]*

**ANGELA HARTNETT:** I love the fact that's the first time someone's actually gone-

**ANGELA & NICK:** No.

**ANGELA HARTNETT:** No.

**NICK GRIMSHAW:** Actually, not a lot of effort.

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

**NICK GRIMSHAW:** No, no.

**ANGELA HARTNETT:** Well, you can take some of the lamb home as well.

**NICK GRIMSHAW:** Yes, please do.

**ANGELA HARTNETT:** Yeah. And relish and all of that.

**NICK GRIMSHAW:** I mean, yeah, about eighteen lambs on that plate.

**ANGELA HARTNETT:** Lot of lamb.

**NICK FROST:** It's a lot of lamb.

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

**NICK FROST:** Thank you. Thanks for having me.

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

**NICK FROST:** Oh my God, amazing.

**NICK GRIMSHAW:** Thank you for coming, Angela, thank you, that was delicious.

**ANGELA HARTNETT:** Thanks for doing the prep as well.

**NICK FROST:** Uh, uh...

**NICK GRIMSHAW:** Oh my God, yeah, the chopping

**NICK FROST:** Always happy to do prep.

**ANGELA HARTNETT:** And if you ever wanna come in the kitchen, honestly, let us know. You can, come and spend the day. Genuinely.

**NICK GRIMSHAW:** What go and do, work down Murano?

**ANGELA HARTNETT:** Of course.

**NICK GRIMSHAW:** Oh go on.

**ANGELA HARTNETT:** He can chop an onion, he'll be useless. I mean, not useless, useful.

**NICK GRIMSHAW:** What?

*[laughter]*

**ANGELA HARTNETT:** Sorry. I didn't mean that, I...

**NICK GRIMSHAW:** *[laughing]* Not useless.

**ANGELA HARTNETT:** He would be useful.

**NICK GRIMSHAW:** Not useless.

**ANGELA HARTNETT:** He's good.

**NICK FROST:** Can I have that wine?

*[laughter]*

**ANGELA HARTNETT:** No, I didn't mean it.

**NICK GRIMSHAW:** Round of applause for Nick Frost, everybody!

*[applause]*

**NICK GRIMSHAW:** *[laughing]* Not, not useless.

**ANGELA HARTNETT:** I didn't mean that. You know that.

**NICK GRIMSHAW:** Not useless.

*[theme song plays]*

**NICK GRIMSHAW:** Next week on Dish, our guest, will be, Fearne Cotton.

**FEARNE COTTON:** Back in the day you couldn't do an interview-

**NICK GRIMSHAW:** No.

**FEARNE COTTON:** -on a sofa, you had to go and do a thing.

**NICK GRIMSHAW:** An activity.

**ANGELA HARTNETT:** Really? Why was that?

**FEARNE COTTON:** I made a fry-up for Britney Spears.

*[laughter]*

**FEARNE COTTON:** In-in a caravan, in a car park.

*[laughter]*

**ANGELA HARTNETT:** No way!

**NICK GRIMSHAW:** Why?

**FEARNE COTTON:** Why? Why?

**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](http://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.