

Sophie Turner, cheesy lemon spaghetti and a Pouilly-Vinzelles



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

[theme song plays]

NICK GRIMSHAW: Oh, hello and welcome to Dish from Waitrose. I'm Nick Grimshaw.

ANGELA HARTNETT: And I'm Angela Hartnett.

NICK GRIMSHAW: MBE.

ANGELA HARTNETT: OBE.

NICK GRIMSHAW: OBE.

ANGELA & NICK: CBBC.

[laughter]

ANGELA HARTNETT: I read the card.

NICK GRIMSHAW: Oh, you read the card?

ANGELA HARTNETT: Smart arse.

NICK GRIMSHAW: Oh *[laughs]*

ANGELA HARTNETT: Actually I'm very into my CBBC now, 'cause Elsie.

NICK GRIMSHAW: Oh yeah.

ANGELA HARTNETT: We love Raa Raa the Lion.

NICK GRIMSHAW: Little Elsie.

ANGELA HARTNETT: 'Raa Raa, Raa Raa.' Know all the catch phrases.

NICK GRIMSHAW: Aw.

ANGELA HARTNETT: Yeah, she loves it.

NICK GRIMSHAW: Aw, that's-

ANGELA HARTNETT: 'Raa Raa Lion, Ange! Raa Raa Lion!'

NICK GRIMSHAW: I like that she calls you Ange.

ANGELA HARTNETT: Yeah, she does.

NICK GRIMSHAW: Of course she does, I mean-

ANGELA HARTNETT: Well, she-

NICK GRIMSHAW: -it is your name, but it's quite funny, a baby calling you Ange.

ANGELA HARTNETT: She actually calls me Angie.

NICK GRIMSHAW: Angie.

ANGELA HARTNETT: She can't say Angela, but she go, 'Where Angie? Where Angie?'

NICK GRIMSHAW: 'Where Angie.'

ANGELA HARTNETT: She's very sweet.

NICK GRIMSHAW: Oh, little Elsie.

ANGELA HARTNETT: One of two people in this world that call me Angie.

NICK GRIMSHAW: Who's the other one?

ANGELA HARTNETT: Uh, my best friend Lara, her father Latif, he's the only one.

NICK GRIMSHAW: Aw.

ANGELA HARTNETT: Yeah, those two.

NICK GRIMSHAW: Angie.

ANGELA HARTNETT: Angie, I'm not a fan of, Ange I'm okay with.

NICK GRIMSHAW: Ange you're all right with. All right-

ANGELA HARTNETT: Right.

NICK GRIMSHAW: -she likes the full name. Angela Hartnett.

ANGELA HARTNETT: Yeah. No...

NICK GRIMSHAW: MBE. Which one's the best one? M or O?

ANGELA HARTNETT: O.

NICK GRIMSHAW: O, okay.

ANGELA HARTNETT: O, O, O.

NICK GRIMSHAW: O, O, O.

ANGELA HARTNETT: O, O. How are you?

NICK GRIMSHAW: I'm good.

ANGELA HARTNETT: Nice.

NICK GRIMSHAW: Yeah, I'm all right. Yeah, I'm good, I'm very excited for today.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: I am very much looking forward to what we're gonna eat.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: I do not like what I saw when I first arrived into the Dish studio and opened up the fridge and saw multipacks of Peperamis.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: For our guest, Sophie Turner.

ANGELA HARTNETT: You're not a Peperami fan.

NICK GRIMSHAW: No.

ANGELA HARTNETT: No.

NICK GRIMSHAW: Are you?

ANGELA HARTNETT: Never.

NICK GRIMSHAW: No. I used to try in the nineties, because the adverts were so good.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: I'd be like, I wanna like that.

NICK GRIMSHAW: Surely it's for dogs.

ANGELA HARTNETT: I think you're right, 'cause our dog trainer said, 'Actually, if ever your dog's off the lead,' she goes, 'Always have something in your pocket that's a real treat,' and we said, 'What?'

NICK GRIMSHAW: You're like, 'A carbonara?'

[crew laugh]

ANGELA HARTNETT: She literally said, 'A pepperoni sausage.'

NICK GRIMSHAW: Pepperoni.

ANGELA HARTNETT: She said, 'Get one of those real,' she goes, 'Cause they're so addictive to dogs, they'll love it.'

NICK GRIMSHAW: Hey, today we have Sophie Turner.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Joining us, very soon. Sophie Turner shot to fame of course, in Game of Thrones.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: She was very young, was she like thirteen, when she did Game of Thrones?

ANGELA HARTNETT: Really young.

NICK GRIMSHAW: Um, and sort of grew up on that show, was there for like ten years, and she really credits Game of Thrones as, as a place that really taught her how to act and, and growing up on a show of that scale must have been quite a unique experience, I imagine, growing up on Game of Thrones. Have you ever got into it, Ange?

ANGELA HARTNETT: I haven't, I've gotta be honest.

NICK GRIMSHAW: Did you ever try?

ANGELA HARTNETT: No...

NICK GRIMSHAW: Or not really? What- why, why not?

ANGELA HARTNETT: Well, what-

NICK GRIMSHAW: I mean, Sophie Turner won't care.

ANGELA HARTNETT: Who told me that, someone said it's just people killing themselves naked. That was a description that some-

[*crew laugh*]

NICK GRIMSHAW: Like Murano kitchens.

ANGELA HARTNETT: You know. And it sort of didn't make me wanna watch it, really.

[*crew laugh*]

NICK GRIMSHAW: No?

ANGELA HARTNETT: I mean, yeah. I mean, is that the right description? I don't...

[*crew laugh*]

NICK GRIMSHAW: It's a very, it's ...it's pretty stabby.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: It's pretty naked.

ANGELA HARTNETT: It's stabby. Pretty naked.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: It sort of didn't make me think...

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: You know...

NICK GRIMSHAW: Well, it's like, you know, it's meant to be like the-

ANGELA HARTNETT: Did you watch it?

NICK GRIMSHAW: I watched the first two series.

ANGELA HARTNETT: Okay.

NICK GRIMSHAW: And um...

ANGELA HARTNETT: And how many are there? Eight or nine?

NICK GRIMSHAW: Oh my god, like ten?

ANGELA HARTNETT: Oh, right, so-

NICK GRIMSHAW: So many.

ANGELA HARTNETT: And so you stopped after series two?

NICK GRIMSHAW: Yes. I really liked the idea of it.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: I really- well, the reason I started watching it was because I would have Sophie Turner and Maisie Williams-

ANGELA HARTNETT: One the radio, okay.

NICK GRIMSHAW: -on Radio 1.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: So when they were promoting it, I was like, oh, I should watch it.

ANGELA HARTNETT: Yeah, watch it, yeah, of course.

NICK GRIMSHAW: So I, I mean, I really, really did like it. I don't know why I fell out of love with it. I don't- I didn't, I just, I'd never-

ANGELA HARTNETT: A lot to watch,

NICK GRIMSHAW: Can I just say I've never watched a series of any-

ANGELA HARTNETT: Ever?

NICK GRIMSHAW: -of any- I don't think I've ever finished a series. Even if I like it, and please get my therapist in.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: I won't finish it.

ANGELA HARTNETT: You won't on purpose, or you just, time wise?

NICK GRIMSHAW: I just can't remember that I love it.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And then one day I'll be like, I love Succession, why don't I watch it?

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Or, I've done it with so many- Severance. Loved it.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Just forget to watch it. I think I just get distracted.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Maybe.

ANGELA HARTNETT: Well, yeah.

[laughter]

NICK GRIMSHAW: Anyway, Sophie Turner will be on pretty soon. Um, she has got a lot to talk about outside of Game of Thrones, of course, she's done like two X-Men films, she's got that- she did that big show, uh, Joan, do you remember that big drama that everyone loved?

ANGELA HARTNETT: And she's got a new series coming out.

NICK GRIMSHAW: She's got a new few-

ANGELA HARTNETT: Got a new film.

NICK GRIMSHAW: -few things coming up that she needs to talk about, um, but most importantly, she has listed a jacket potato and beans-

ANGELA HARTNETT: [*laughs*]

NICK GRIMSHAW: -on her list of what she would like to eat.

ANGELA HARTNETT: We should have so made that.

NICK GRIMSHAW: Since I saw that.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: That is all-

ANGELA HARTNETT: You really feel like you want to eat?

NICK GRIMSHAW: -I've thought about.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: It's all I thought about.

ANGELA HARTNETT: There is something, do you put cheese on your jacket potato?

NICK GRIMSHAW: Yeah, jacket, jacket potato. My mum used to do them really, like really good.

ANGELA HARTNETT: Nice.

NICK GRIMSHAW: I can't get them like my mum.

ANGELA HARTNETT: What- what, 'cause it was nice, crispy s...

NICK GRIMSHAW: She'd put 'em in in like May and we'd eat them in November.

[laughter]

NICK GRIMSHAW: They'd be in for ages. And it felt-

ANGELA HARTNETT: Cremated.

NICK GRIMSHAW: -it was like multilayered.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Of crispiness.

ANGELA HARTNETT: Yeah, nice.

NICK GRIMSHAW: Before we hear from a Dish listener, what the hell is in season this week Angela, on Dish?

ANGELA HARTNETT: In season this week on Dish.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: We, we seem to be fruit a lot, but it's apricots.

NICK GRIMSHAW: Ooh, an apricot.

ANGELA HARTNETT: Looovely apricot.

NICK GRIMSHAW: An apricot is very chic, isn't it?

ANGELA HARTNETT: Very chic.

NICK GRIMSHAW: Great colour.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: A furry little friend. You could have that as a pet.

ANGELA HARTNETT: Yeah [laughs]

[crew laugh]

ANGELA HARTNETT: It's like a small little peach.

NICK GRIMSHAW: It's cute, isn't it?

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: So what are you cooking with a, an apricot, some sort of tagine?

ANGELA HARTNETT: Tagine, you can, well, there you go, you've said it. You can do lots of lovely things with lamb and tagines and apricots, that works really well. It works well with veal as well, if you ever want to use that, or pork.

NICK GRIMSHAW: Mmm.

ANGELA HARTNETT: Um, I, I sort of cut them in half and in quarters and then sauté them off with some wild mushroom, 'cause girolles are coming into season now.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: So that's a really nice thing. Or you can make like spicy apricot compôte that you could serve with meat, like a chutney.

NICK GRIMSHAW: Mmm.

ANGELA HARTNETT: But then we also poach them, um, in this lovely sort of sugar syrup, so sugar, water, touch of star anise, and maybe a sprig of rosemary. Poach them till they're really nice and soft and then serve it with a ricotta cream and some lovely nuts on top. And that, that is delicious.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: That's a great dessert. And it's so easy and simple.

NICK GRIMSHAW: Remind me of that again, it's apricots...

ANGELA HARTNETT: So you've got ricotta.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Um, mascarpone cream and icing sugar.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Whi- whisk that together so it's a really lovely creamy consistency.

NICK GRIMSHAW: Mmm.

ANGELA HARTNETT: You know, spread that on your plate. Then you poach your apricots in some sugar, water, touch of lemon juice, sprig of rosemary, and one star anise.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Let them go cool and spoon it on the ricotta, and pistachios on top.

NICK GRIMSHAW: [*with food in mouth*] Yes. Yum.

ANGELA HARTNETT: Yeah, it is an yum actually.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: That, I have to give credit, is a Mr. Luke Holder recipe from Limewood.

NICK GRIMSHAW: [*with food in mouth*] Mmm. Yes, Luke.

ANGELA HARTNETT: We love Luke.

NICK GRIMSHAW: Okay, before we get Sophie in let's have a question from one of our listeners, Jane, who says, 'Hello, Angela and Nick.'

ANGELA HARTNETT: Hello Jane.

NICK GRIMSHAW: 'I catch up with your podcast on a Tuesday each week when I clean the lines at our micro pub. I have a question for you both. When you do go to the pub with friends, what is your go-to drink? Or do you like to

see what's on the bar, top shelf, and vary your beverage?' Pub. Keep this pub based, not a bar.

ANGELA HARTNETT: Pub based.

NICK GRIMSHAW: What would you have in a pub?

ANGELA HARTNETT: So, I'm gonna talk about my local pub.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: So it's The Golden Heart run by Sandra Esquilant.

NICK GRIMSHAW: Oh yeah.

ANGELA HARTNETT: And the drink I would always have in there is either a bottle of Peroni beer.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: And... and or rather.

[crew laugh]

ANGELA HARTNETT: Or a white wine spritzer.

NICK GRIMSHAW: Ooh yes.

ANGELA HARTNETT: See, that's it.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: I don't really ever go spirits, never do gin or anything like that.

NICK GRIMSHAW: No, I don't do spirits in a pub.

ANGELA HARTNETT: So it's either a cold beer.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Or you know, I never- can't do a pint, so it's a half pint or a bottle, or white wine spritzer.

NICK GRIMSHAW: Yeah, I'd do a pint.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah, I'd do a pint. I've been to that pub for pint.

ANGELA HARTNETT: Yeah. Yeah.

NICK GRIMSHAW: I've been ignored by Sandra in that pub.

ANGELA HARTNETT: Oh, have you?

NICK GRIMSHAW: Many a time. I say, 'Hiya Sandra, you all right?' she's like, [*bluntly*] 'Yeah.'

[*laughter*]

ANGELA HARTNETT: She's obviously a busy lady.

NICK GRIMSHAW: She's busy lady, she's a busy lady. We had a nice afternoon of...

ANGELA HARTNETT: Drinking pints.

NICK GRIMSHAW: Pints.

ANGELA HARTNETT: I know.

NICK GRIMSHAW: And you kept saying, 'Half, half.'

ANGELA HARTNETT: And you and Mesh kept ignoring it.

NICK GRIMSHAW: And me and Mesh were like, 'Shut up, Ange.'

ANGELA HARTNETT: Oh, we, I came with Betty, didn't I?

NICK GRIMSHAW: You came with Betty, yeah.

ANGELA HARTNETT: Yeah, down by the Truman Brewery, we did.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah, I know. I think I went home legless there.

[laughter]

ANGELA HARTNETT: Me and Betty, like dribbled home, you know.

NICK GRIMSHAW: I wish, uh, my only build for the great pubs of this great country is, um, having a... having a cold glass.

ANGELA HARTNETT: Cold glass, yeah.

NICK GRIMSHAW: Like when we were in Japan last year.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: It- it's not that much of-

ANGELA HARTNETT: They do it. Yeah.

NICK GRIMSHAW: Everywhere the glass is cold.

ANGELA HARTNETT: Yeah, yeah.

NICK GRIMSHAW: So the beer? It is the nicest drink you've ever had in your life.

ANGELA HARTNETT: Yeah. It's so true.

NICK GRIMSHAW: And it's just a beer on tap and you're like, f***** h-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: It's just cold.

ANGELA HARTNETT: It's just cold.

NICK GRIMSHAW: It's funny that, innit? Wonder why we don't like it really cold here?

ANGELA HARTNETT: I don't know.

NICK GRIMSHAW: 'Cause they do in Europe.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Like cold glass.

ANGELA HARTNETT: Definitely do.

NICK GRIMSHAW: Don't you, if you're like going on holiday.

ANGELA HARTNETT: Space, I reckon they'll all say about, is where you store-

NICK GRIMSHAW: Space.

ANGELA HARTNETT: -your glasses.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: But, um, there is something wonderful about that.

NICK GRIMSHAW: Ooh yeah.

ANGELA HARTNETT: Ooh yeah.

NICK GRIMSHAW: Ice cold beer on a hot day.

ANGELA HARTNETT: You want that now, don't you?

NICK GRIMSHAW: I would love that right now.

ANGELA HARTNETT: [*laughs*]

NICK GRIMSHAW: Yeah. Um, well, Jane-

ANGELA HARTNETT: What- are you beer then?

NICK GRIMSHAW: -thank you for your question.

ANGELA HARTNETT: That's it, your-

NICK GRIMSHAW: I'd do a pint.

ANGELA HARTNETT: Yeah, a pint, yeah.

NICK GRIMSHAW: I'd do a pint, yeah. Never dabble in a spirit.

ANGELA HARTNETT: Never dabble.

NICK GRIMSHAW: I'd have like a cocktail- not in a pub.

ANGELA HARTNETT: Nah.

NICK GRIMSHAW: Nah. You don't wanna be ordering a martini in a pub.

ANGELA HARTNETT: No.

NICK GRIMSHAW: Do you? Our Andrew.

ANGELA HARTNETT: Our Andrew.

NICK GRIMSHAW: 'Bloody look at the state of him.'

[laughter]

NICK GRIMSHAW: Um, anyway, if you do wanna get in touch, any reason is a good reason, you can email us dish@waitrose.co.uk. Jane actually DM'd us on Instagram,

ANGELA HARTNETT: Oh.

NICK GRIMSHAW: So you can DM us if you want.

ANGELA HARTNETT: Many ways to get in touch.

NICK GRIMSHAW: Yeah. Do DM us. Or email us, dish@waitrose.co.uk. Right, shall we get Sophie Turner in?

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Let's.

[theme music]

NICK GRIMSHAW: Time to welcome an actor who has played a jewel thief, a queen, and a mutant with telepathic abilities. Um, none of which will come in handy today.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Um, as we're just here to have a drink, a chat, and pasta. Uh, a round of applause for Sophie Turner, everybody!

[applause]

ANGELA HARTNETT: Woo!

NICK GRIMSHAW: Welcome! Hi.

SOPHIE TURNER: Hi!

NICK GRIMSHAW: How are you?

SOPHIE TURNER: I'm so happy to be here, you have no idea.

ANGELA HARTNETT: Oh, we're very happy to have you with us.

SOPHIE TURNER: I'm really thrilled. Thank you.

NICK GRIMSHAW: Thank you for coming to see us, and thanks for our cocktail as well.

ANGELA HARTNETT: Yeah.

SOPHIE TURNER: Well...

NICK GRIMSHAW: Uh, we're starting with a St. Germain Hugo Spritz.

SOPHIE TURNER: Yes, that's the water though.

NICK GRIMSHAW: That's the water!

[*laughter*]

NICK GRIMSHAW: Oh God.

ANGELA HARTNETT: Get it right, get it right.

NICK GRIMSHAW: You're like, 'It's really...'

ANGELA HARTNETT: 'It's lovely.'

SOPHIE TURNER: 'You can't even taste the alcohol.'

NICK GRIMSHAW: 'It's quite plain. You actually can't taste anything.'

SOPHIE TURNER: [*laughs*] Yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: 'That's water babe.'

SOPHIE TURNER: 'That's lethal.'

[*laughter*]

NICK GRIMSHAW: Um, but thank you for making this for us.

ANGELA HARTNETT: Mm.

SOPHIE TURNER: You're so welcome.

NICK GRIMSHAW: Love this little cocktail.

ANGELA HARTNETT: Delicious.

NICK GRIMSHAW: In the Hugo, we have prosecco, soda water, and St. Germain. And a fun fact about the Hugo Spritz-

ANGELA HARTNETT: Go on, fun fact.

NICK GRIMSHAW: -I presumed it was a man called Hugo. No.

ANGELA HARTNETT: No?

NICK GRIMSHAW: No, no, no. Uh, made by a man called Roland.

ANGELA HARTNETT: Ah.

SOPHIE TURNER: Wow.

NICK GRIMSHAW: Yeah!

SOPHIE TURNER: I didn't even know that.

NICK GRIMSHAW: Who's Roland?

ANGELA HARTNETT: Aw, Roland.

SOPHIE TURNER: I don't know, but-

NICK GRIMSHAW: Roland Spritz. Um, so it's the 20th anniversary of the drink this year. So shout out to Roland.

ANGELA HARTNETT: Yeah, thanks Roland.

SOPHIE TURNER: Shout out Roland.

NICK GRIMSHAW: Cheers, Roland.

ANGELA HARTNETT: Well done Roland. Cheers.

SOPHIE TURNER: We love you.

NICK GRIMSHAW: Cheers, Roland. Thank you.

ANGELA HARTNETT: Thanks for that.

NICK GRIMSHAW: For this. Thank you, Roland. Yeah, I like the idea of a drink be named... you could definitely have an Ange. Like I think in like-

ANGELA HARTNETT: [*laughs*]

SOPHIE TURNER: Ooh, the Ange.

NICK GRIMSHAW: Don't you think? The Ange. What are you having? The Ange.

ANGELA HARTNETT: The Ange [*laughs*]

SOPHIE TURNER: But what would it be?

NICK GRIMSHAW: What would it be? Yeah.

SOPHIE TURNER: Would it be like, smoky, would it be...

NICK GRIMSHAW: Ooh.

ANGELA HARTNETT: Not smoky.

SOPHIE TURNER: Sweet?

ANGELA HARTNETT: Dry.

SOPHIE TURNER: Dry.

ANGELA HARTNETT: Dry, um, sharp. Uh, citrusy.

SOPHIE TURNER: [*gasps*] Oh, I love that.

NICK GRIMSHAW: Mmm.

ANGELA HARTNETT: I wouldn't, I wouldn't have, yeah, no smokiness.

NICK GRIMSHAW: No.

ANGELA HARTNETT: No sweets, none of that.

NICK GRIMSHAW: ‘Oh, just have, give us a pint of Ange.’

ANGELA HARTNETT: [*laughs*]

SOPHIE TURNER: [*laughing*] A pint. Yeah, yeah, yeah. It's one of them.

NICK GRIMSHAW: ‘Oh, just a pint of Ange.’

SOPHIE TURNER: ‘Gimme a pint of Ange.’

ANGELA HARTNETT: God, I’ve got more money I need to make doing that then.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: No more podcast-

NICK GRIMSHAW: You should do it

ANGELA HARTNETT: -no more restaurants.

NICK GRIMSHAW: Rude.

ANGELA HARTNETT: [*laughs*]

SOPHIE TURNER: [*laughing*] Oh my God...

NICK GRIMSHAW: Really rude.

SOPHIE TURNER: She's ready to drop you like that.

NICK GRIMSHAW: Very rude.

ANGELA HARTNETT: Oh yeah.

NICK GRIMSHAW: Very very rude. Um, but yeah, dead nice to see you, I've not seen you for a very long time.

SOPHIE TURNER: I know.

NICK GRIMSHAW: We used to cross paths at Radio 1.

SOPHIE TURNER: We did, quite often-

NICK GRIMSHAW: Yeah.

SOPHIE TURNER: -but I think it's probably been about seven or eight years since I've seen you.

NICK GRIMSHAW: Yeah. It's been a while.

SOPHIE TURNER: And you haven't aged a day.

NICK GRIMSHAW: Right?

ANGELA HARTNETT: Aw.

NICK GRIMSHAW: We look, we look...

SOPHIE TURNER: We look amazing!

NICK GRIMSHAW: We look amazing.

[*laughter*]

NICK GRIMSHAW: Wasted on a podcast.

SOPHIE TURNER: Wasted.

NICK GRIMSHAW: All jokes aside, we actually do.

[*laughter*]

SOPHIE TURNER: [*laughing*] Right, right, right.

[*laughter*]

ANGELA HARTNETT: I love that.

NICK GRIMSHAW: But I've not seen you for a very long time, and I was very happy that you were coming on. So I always had like, great memories of you and a great fun time with you.

SOPHIE TURNER: We always had a laugh.

NICK GRIMSHAW: Always had a laugh.

SOPHIE TURNER: Always had laugh.

NICK GRIMSHAW: Always had a laugh.

ANGELA HARTNETT: Aw.

NICK GRIMSHAW: Always had a laugh. Um, now one thing that I wanna talk to you about before we, uh, get into, you know, the life and times of Sophie Turner, is your, your food likes and dislikes.

ANGELA HARTNETT: Mm.

SOPHIE TURNER: Yes.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Something we always like to start Dish with. You're very pasta forward.

SOPHIE TURNER: Listen, I have the palate of a five-year-old.

ANGELA HARTNETT: Okay.

SOPHIE TURNER: And I'm sure you know this by now, from my likes and dislikes.

ANGELA HARTNETT: We've read through things.

NICK GRIMSHAW: Well, when I came in-

[laughter]

NICK GRIMSHAW: When I came in and the fridge was full of Peperami-

ANGELA HARTNETT: [*laughs*]

NICK GRIMSHAW: -I was like, who the hell is coming in today?

SOPHIE TURNER: Yes!

ANGELA HARTNETT: Here you go, look.

SOPHIE TURNER: Oh my God, thank you so much.

NICK GRIMSHAW: Oh yeah-

ANGELA HARTNETT: There you go.

NICK GRIMSHAW: Go on, I'll try one, is there any... yeah?

ANGELA HARTNETT: I'll go and get you one. Let's-

Yeah.

SOPHIE TURNER: Let's all have a Peperami.

NICK GRIMSHAW: We're- we're not actually cooking today, that's it.

[*crew laugh*]

SOPHIE TURNER: [*laughing*] This is it, this is lunch.

NICK GRIMSHAW: [*laughing*] That's it, just a Peperami. But yeah, it was very pasta forward. So you, you love, you love pasta, right?

SOPHIE TURNER: I love pasta, it's all I eat all day every day.

NICK GRIMSHAW: Has it been a lifelong love?

SOPHIE TURNER: It's been a lifelong love. I-

ANGELA HARTNETT: Do you have these in your bag?

SOPHIE TURNER: Uh...

ANGELA HARTNETT: These little snacks.

SOPHIE TURNER: You know I should, but I don't.

NICK GRIMSHAW: Yeah. Ninety-nine cals per stick.

ANGELA HARTNETT: Yeah, marvellous.

SOPHIE TURNER: I know- not bad.

NICK GRIMSHAW: Not bad.

SOPHIE TURNER: Not bad at all. Are we cracking them open?

NICK GRIMSHAW: Yeah.

SOPHIE TURNER: Alright.

NICK GRIMSHAW: Oh, it's-

ANGELA HARTNETT: Oh, there's a way you did that. Yeah.

NICK GRIMSHAW: Okay.

SOPHIE TURNER: Okay.

ANGELA HARTNETT: Okay.

NICK GRIMSHAW: And it's- it-

SOPHIE TURNER: I also have a technique with this-

NICK GRIMSHAW: Okay, let's see it.

SOPHIE TURNER: -it's almost like an OCD thing.

ANGELA & NICK: Okay.

SOPHIE TURNER: I have to put my finger right on top of the other-

NICK GRIMSHAW: Uh-huh.

SOPHIE TURNER: -so that all of the flavour from the wrapper goes onto my fingers, and then I can lick my fingers.

[*laughter*]

SOPHIE TURNER: Sometimes I suck on the wrapper, but I'm not gonna do that.

NICK GRIMSHAW: Don't do that, please.

ANGELA HARTNETT: Okay.

NICK GRIMSHAW: Please don't.

ANGELA HARTNETT: [*laughs*]

NICK GRIMSHAW: Yeah. Okay...

ANGELA HARTNETT: Okay.

SOPHIE TURNER: So then you do that.

NICK GRIMSHAW: Okay. I'm not gonna-

SOPHIE TURNER: It's the tiniest nibbles.

ANGELA & NICK: Tiniest nibbles.

NICK GRIMSHAW: Okay. I'm not gonna re- I'm not gonna remove it fully naked in case I wanna save it for later.

SOPHIE TURNER: Oh, you're not gonna deglove it?

NICK GRIMSHAW: No.

SOPHIE TURNER: Okay.

ANGELA HARTNETT: Quite firm, isn't it?

[*laughter*]

ANGELA HARTNETT: Like texturally. Sorry, is that, I mean, it is though, isn't it?

SOPHIE TURNER: It is-

NICK GRIMSHAW: Quite firm.

SOPHIE TURNER: -have you ever had- is this your first Peperami?

ANGELA HARTNETT: It's my first Peperami.

NICK GRIMSHAW: No it is not.

ANGELA HARTNETT: It is!

NICK GRIMSHAW: What?

SOPHIE TURNER: What?

ANGELA HARTNETT: Sorry.

NICK GRIMSHAW: What? I feel like there should be a siren.

ANGELA HARTNETT: I have-

[*makes klaxon sound*]

ANGELA HARTNETT: I have had pepperoni on a pizza, but it's not this stuff you have on a pizza.

NICK GRIMSHAW: No.

SOPHIE TURNER: No, no.

ANGELA HARTNETT: This is my first Peperami.

SOPHIE TURNER: And what about the flavour-

NICK GRIMSHAW: What do you think?

SOPHIE TURNER: -do you like it?

NICK GRIMSHAW: We really need to get into it. What you think?

ANGELA HARTNETT: I don't mind it.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: I don't mind it.

SOPHIE TURNER: It's hard on the outside, but so juicy on the inside.

ANGELA HARTNETT: Mm. Actually, nicely seasoned. I can see why people would become addicted to it.

NICK GRIMSHAW: Mm-hm.

SOPHIE TURNER: Yeah.

ANGELA HARTNETT: I think you have an addiction [*laughs*]

SOPHIE TURNER: I do have an addiction.

NICK GRIMSHAW: How many are we getting through a day?

SOPHIE TURNER: You know what, I've, I've kind of left these alone for a few months.

ANGELA HARTNETT: Have we opened up a can of worms now?

SOPHIE TURNER: But you have. It's all about nostalgia for me, when it comes to food.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mmm.

SOPHIE TURNER: It's all about what I ate when I was five.

ANGELA HARTNETT: Was this something that like your mum would put in a lunchbox or something?

SOPHIE TURNER: Yeah.

ANGELA HARTNETT: That sort of thing, yeah.

SOPHIE TURNER: Exactly.

ANGELA HARTNETT: Okay, I get that. That makes sense.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: I really, I mean, I'm gonna save it for later.

ANGELA HARTNETT: I'm putting that down.

NICK GRIMSHAW: I'm putting it back in the plastic for a second yeah. So yeah, let's get back onto what we're gonna be eating today-

ANGELA HARTNETT: While you're talking-

NICK GRIMSHAW: -we're gonna be eating some pasta.

ANGELA HARTNETT: Yes, which I'm gonna go and...

NICK GRIMSHAW: You're gonna, yeah, get in a second, if not Peperamis for everyone. Like I said, it was very pasta forward, the, the message that we got back from, from you, Sophie. So, 'Pasta with parmesan and butter is the number one. Love pasta, pesto, ragu.' Then you went away and had a think, and replied again to say, 'Most pasta dishes.'

SOPHIE TURNER: *[laughs]*

NICK GRIMSHAW: I think it... yeah, it is hard to not like pasta, isn't it? Um, but don't worry, we are gonna have pasta today.

SOPHIE TURNER: Ah, music to my ears.

NICK GRIMSHAW: The classic Peperami starter, and then, and then pasta. There was more though. You love, 'Chicken tikka masala, Thai green curry, and also you said, 'A very specific salad that you can only get in New York City.'

SOPHIE TURNER: Yeah, that's right.

NICK GRIMSHAW: Describe this salad.

SOPHIE TURNER: You know, it's interesting, I don't remember anything that's in it other than avocado [*laughs*]

[*laughter*]

NICK GRIMSHAW: Where's it from?

SOPHIE TURNER: It's from a place called Extra Virgin in the West Village.

NICK GRIMSHAW: Okay.

SOPHIE TURNER: Um, that I've just seen is now permanently closed.

NICK GRIMSHAW: Oh.

SOPHIE TURNER: So no one can get it.

NICK GRIMSHAW: Okay.

SOPHIE TURNER: But it was the Extra Virgin Salad [*laughing*] It was delicious, I went there every day.

NICK GRIMSHAW: Can't remember what's in, and it's closed.

[*laughter*]

SOPHIE TURNER: [*laughing*] So... enjoy.

NICK GRIMSHAW: Check it out [*laughs*].

SOPHIE TURNER: Check it out, it's sick.

NICK GRIMSHAW: RIP to that salad, place.

SOPHIE TURNER: So sad.

NICK GRIMSHAW: Your favourite one. Um, more of your loves, 'Burrata and cherry tomatoes,' and then in the same sentence, we went to, 'Jacket potatoes with beans and cheese.'

SOPHIE TURNER: Correct.

NICK GRIMSHAW: Absolutely correct.

SOPHIE TURNER: That might have to be the top one.

NICK GRIMSHAW: Yeah. Yeah, yeah, yeah.

SOPHIE TURNER: Jacket potato with beans and cheese.

NICK GRIMSHAW: Yeah.

SOPHIE TURNER: Do you like jacket potato with beans and cheese?

NICK GRIMSHAW: Obviously yes. And what about when you go out, do you ever go to a restaurant and be like, oh, just can't be bothered with this, give us just cheese and beans on a jacket potato?

SOPHIE TURNER: You know what, I've never asked.

NICK GRIMSHAW: No.

SOPHIE TURNER: But I'll normally just, if I go to a restaurant, most of the time I do sides, side dishes.

NICK GRIMSHAW: Right. Okay.

SOPHIE TURNER: All collated into one big dish.

NICK GRIMSHAW: Okay. Okay, quite like that.

SOPHIE TURNER: Yeah. I think I'm a cheap date.

NICK GRIMSHAW: Choice. Yeah, choice there.

SOPHIE TURNER: Which is good.

NICK GRIMSHAW: Yeah. You finished off with a classic, 'Sausage and chips from the chippy.'

SOPHIE TURNER: Yeah.

NICK GRIMSHAW: Um, a lot of sausage chat in our Sophie Turner research.

SOPHIE TURNER: You know what I love sausages.

NICK GRIMSHAW: Yeah?

SOPHIE TURNER: I really love them. I used to have a sausage reviewing page on Instagram called 'Sophie's Sausage Reviews'. And I forgot my password and I...

NICK GRIMSHAW: Ugh, no.

SOPHIE TURNER: Yeah.

ANGELA HARTNETT: [*from the kitchen*] So what's your best sausage ever?

NICK GRIMSHAW: Great question.

[*crew laugh*]

SOPHIE TURNER: That is a really good question.

NICK GRIMSHAW: Mm-hm.

SOPHIE TURNER: It has to be the sausages that my dad gets from his local butcher, Stevie Quigley. Shout out Stevie Quigley.

NICK GRIMSHAW: Shout out Stevie.

SOPHIE TURNER: Your sausages are the best.

NICK GRIMSHAW: Ooh, go on Stevie.

SOPHIE TURNER: Stevie, man. He drives me crazy.

[laughter]

SOPHIE TURNER: Um, it has to be them, they're just the best, they're perfectly- it's a bit like the Peperami, perfectly firm on the outside, but then it all, you know, it bursts in your mouth.

NICK GRIMSHAW: Mmm. Mmm.

SOPHIE TURNER: The moisture from inside is revealed and-

NICK GRIMSHAW: Ooh, yeah. How would you be having that sausage with, presumably sides? Not on its own.

SOPHIE TURNER: I could, I would probably.

NICK GRIMSHAW: Yeah.

SOPHIE TURNER: Or, or I'd, you know, I'd have it, um, with beans [laughs].

NICK GRIMSHAW: Yeah. Yeah.

SOPHIE TURNER: And a fried egg.

NICK GRIMSHAW: Give Ange the recipe later.

SOPHIE TURNER: [laughing] Yeah, yeah.

NICK GRIMSHAW: [laughing] Yeah, yeah.

SOPHIE TURNER: 'You'll like this one.'

NICK GRIMSHAW: 'You'll like this one.'

ANGELA HARTNETT: There's nothing wrong, I love sausages and beans-

NICK GRIMSHAW: I love sausage and beans.

ANGELA HARTNETT: -do you put beans on a breakfast though?

NICK GRIMSHAW: Yeah.

SOPHIE TURNER: What's that?

ANGELA HARTNETT: Do you think beans go on a breakfast, like an English breakfast?

SOPHIE TURNER: Oh, yeah.

ANGELA HARTNETT: Yeah, there you go then.

SOPHIE TURNER: Do you?

ANGELA HARTNETT: Yeah, nothing wrong with that.

NICK GRIMSHAW: Who doesn't?

ANGELA HARTNETT: Some people don't.

SOPHIE TURNER: Really?

ANGELA HARTNETT: Not saying me-

SOPHIE TURNER: Americans.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: -before you jump down my throat.

[crew laugh]

SOPHIE TURNER: Americans.

NICK GRIMSHAW: Americans. Um, excellent dislikes too from you, Sophie.

SOPHIE TURNER: Oh.

NICK GRIMSHAW: Um, 'Seafood, spicy things, raisin and nuts, olives, mushrooms, pickles.' So none of that today.

SOPHIE TURNER: Great. Thank God.

NICK GRIMSHAW: Yeah. What, uh, do- did you have a spicy situation which made you dislike spicy food? Or has it just been a lifelong hatred?

SOPHIE TURNER: It's been a lifelong hatred.

NICK GRIMSHAW: [*laughing*] Yeah.

SOPHIE TURNER: I, I, uh... you know, like at Nando's you can go in and see the, like mango and... that's like the lowest spice level-

NICK GRIMSHAW: Yeah, like the baby one.

SOPHIE TURNER: -level, like the mango.

NICK GRIMSHAW: Mango and lime?

SOPHIE TURNER: Yeah, I think it's-

NICK GRIMSHAW: Something and lime.

SOPHIE TURNER: -mango and lime.

NICK GRIMSHAW: Yeah.

SOPHIE TURNER: I can't, like that is too spicy.

NICK GRIMSHAW: No, it is not.

SOPHIE TURNER: Pepper is too spicy for me.

NICK GRIMSHAW: [*laughs*] No it isn't.

ANGELA HARTNETT: [*from the kitchen*] Pepper is too spicy?

SOPHIE TURNER: I don't. Yeah, but you can put pepper on it, don't worry.

[laughter]

SOPHIE TURNER: Don't worry.

NICK GRIMSHAW: Sophie's like, 'Pwhoah.'

SOPHIE TURNER: [laughs]

NICK GRIMSHAW: 'What have we got? Cheesy pasta? Pwhoah. Hohh.'

SOPHIE TURNER: 'I feel like I'm on Hot Ones.'

[laughter]

ANGELA HARTNETT: [from the kitchen] Here's like, here we go.

NICK GRIMSHAW: [laughs]

ANGELA HARTNETT: Let's just start again. Hop back in.

SOPHIE TURNER: Yeah, yeah, yeah.

NICK GRIMSHAW: You must have been asked to go on Hot Ones?

SOPHIE TURNER: No.

NICK GRIMSHAW: No.

SOPHIE TURNER: And I'm quite glad.

NICK GRIMSHAW: Yeah, good.

SOPHIE TURNER: But I also think it would be entertaining for the masses, but not for me.

NICK GRIMSHAW: Yeah, you're like having a glass of water, 'Pwhoah.'

SOPHIE TURNER: 'Hoh, that's spicy.'

[laughter]

NICK GRIMSHAW: ‘Oh, that is bit spicy.’ And then what about growing up? Did you have, how was dinner in your house? Were you a family that had sit around and have dinner every night?

SOPHIE TURNER: Oh yeah.

NICK GRIMSHAW: Did you just do it on Sundays? What, what was it like when you, was teatime at yours?

SOPHIE TURNER: Uh, teatime was all together, around the dinner table. If, you know, once phones kind came to be around, phones were not allowed at the table.

NICK GRIMSHAW: Yes.

SOPHIE TURNER: It was very much like sit down, have an hour of good talk with the family. And I really enjoyed that-

NICK GRIMSHAW: Yeah.

SOPHIE TURNER: -and I’ve tried to keep that up.

NICK GRIMSHAW: Yeah. And how's that? Is it happening? Does it...

SOPHIE TURNER: [*sighs*] I'm trying.

NICK GRIMSHAW: Yeah.

SOPHIE TURNER: You know, I've got a, a four and a two-year-old, so it's not as easy as sitting down.

NICK GRIMSHAW: Yeah. Maybe a little bit too young to be like, ‘So how was your day?’

SOPHIE TURNER: Yeah, ‘So tell me who's your favourite philosopher?’

[*laughter*]

SOPHIE TURNER: Um, yeah. No, it's, it's, it is not like that yet.

NICK GRIMSHAW: Yeah, not yet.

SOPHIE TURNER: But we're getting there.

NICK GRIMSHAW: We'll get there. When you have friends coming over or family coming over, do you, do you like to cook or are you, do you delegate? Are you like, let's order in?

SOPHIE TURNER: I delegate.

NICK GRIMSHAW: Yeah.

SOPHIE TURNER: Yeah. I'm not a very good cook, and I can make the dishes that you have on that list of likes and dislikes and that's about it.

NICK GRIMSHAW: Mm-hm.

SOPHIE TURNER: You know, I would do jacket potato with beans and cheese for my guests, but I don't- they all have quite refined palettes.

NICK GRIMSHAW: Right, okay. So what do you do for the refined, you know...

SOPHIE TURNER: I don't invite them over.

NICK GRIMSHAW: No. Sorry.

SOPHIE TURNER: I go to theirs.

NICK GRIMSHAW: You go to theirs. 'I'll come to yours, the kids, blah, blah, blah.'

SOPHIE TURNER: 'These kids...'

NICK GRIMSHAW: Yeah, 'Kids...'

SOPHIE TURNER: 'You don't want that.'

[plate shuffling sounds]

NICK GRIMSHAW: Okay, the food is coming.

SOPHIE TURNER: Oh yes!

NICK GRIMSHAW: Oh yes.

SOPHIE TURNER: My favourite.

NICK GRIMSHAW: Yeah?

SOPHIE TURNER: Yeah.

NICK GRIMSHAW: Tomato and...

SOPHIE TURNER: Burrata.

NICK GRIMSHAW: Burrata salad with pesto.

SOPHIE TURNER: With a bit of pesto.

NICK GRIMSHAW: Mmm.

SOPHIE TURNER: Doesn't get better than that.

NICK GRIMSHAW: No.

SOPHIE TURNER: Thank you.

NICK GRIMSHAW: Should I do us a wine with our dinner?

SOPHIE TURNER: Yeah.

NICK GRIMSHAW: Yeah.

SOPHIE TURNER: Oh my gosh, look at that.

NICK GRIMSHAW: Ooh, Angela.

SOPHIE TURNER: Ooh!

ANGELA HARTNETT: There you go my dear.

SOPHIE TURNER: Oh my gosh, thank you so much-

NICK GRIMSHAW: Ooh!

SOPHIE TURNER: Wow, this looks banging.

NICK GRIMSHAW: Wow that smells good.

SOPHIE TURNER: [*gasps*]

NICK GRIMSHAW: So we are having cheesy lemon spaghetti.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Um, with a tomato salad and burrata and basil oil as well.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Um, talk to me all about this. Let's break this down.

SOPHIE TURNER: Break it down.

NICK GRIMSHAW: How did this dish begin, please?

ANGELA HARTNETT: So, cook your spaghetti in salted boiling water.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Then-

NICK GRIMSHAW: And- and how much salt are we thinking? Like a lot.

ANGELA HARTNETT: Yeah. Enough to season the pasta, yeah.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: It needs to be salty when you taste the water. Um, and then in a separate pan, add your butter, let that start to foam.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Grate a clove of garlic into there and let that start to cook a little bit.

SOPHIE TURNER: Mmm.

ANGELA HARTNETT: Um, then add some lemon rind.

NICK GRIMSHAW: Mmm.

ANGELA HARTNETT: And, a little bit of lemon rind and leave that to one side. And then you basically, once your pasta is cooked, you put your pasta in there with your parmesan, lemon juice, toss it all together, add a little bit of your cooking water. And this is where you can sort of add more cheese if you want to, more lemon if you want to, you know, so you can season it up to how you want it.

NICK GRIMSHAW: No pepper.

ANGELA HARTNETT: You can add pepper, but you don't-

SOPHIE TURNER: Thank you.

ANGELA HARTNETT: Or you could-

SOPHIE TURNER: If you guys want pepper, please.

ANGELA HARTNETT: No, but if you could, I mean there's a great dish in Italy called aglio, olio e peperoncino, which is basically oil, garlic and peppers, like chilli peppers and that, I think chilli peppers would be great. But we-

NICK GRIMSHAW: Mm. Yeah, or some like chilli flakes.

ANGELA HARTNETT: Yes, exactly. Yeah, yeah, that- exactly that. And then a little bit of parsley at the end, and then dash more parmesan on top. But one of those dishes, once it's tossed together, you gotta serve it and eat it.

SOPHIE TURNER: Straight away.

ANGELA HARTNETT: 'Cause it soaks up all that juices and everything.

NICK GRIMSHAW: That is so delicious.

SOPHIE TURNER: It is so good.

ANGELA HARTNETT: And then the tomato salad is a just simple tomato salad, with burrata and basil olive oil, and we've just basically blitzed up some basil with some olive oil, a touch of garlic, and made this sort of basil oil.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: And then burrata broken down on top of seasoned tomatoes in olive oil and salt. And as we said, it's just gotta be ripe tomatoes served at room temperature.

SOPHIE TURNER: Here.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: No, you, you get involved first, please.

SOPHIE TURNER: No, help yourselves.

NICK GRIMSHAW: No, no. You've not made it.

SOPHIE TURNER: The, the chef-

NICK GRIMSHAW: [*laughing*] You're-

ANGELA HARTNETT: [*laughs*]

NICK GRIMSHAW: Yeah, Sophie's like-

SOPHIE TURNER: The chef must try.

NICK GRIMSHAW: Try this, please.

ANGELA HARTNETT: Try this.

NICK GRIMSHAW: Yeah, the chef must try.

[*crew laugh*]

SOPHIE TURNER: Try, try it.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Sophie's like, 'Please guys, just tuck in.'

SOPHIE TURNER: [*laughs*]

ANGELA HARTNETT: Just tuck in, come on.

NICK GRIMSHAW: I just threw this together.

ANGELA HARTNETT: You're showing us up now.

NICK GRIMSHAW: Threw this together.

ANGELA HARTNETT: That's it. Perfect.

NICK GRIMSHAW: Do you want me to serve you some of this?

SOPHIE TURNER: Oh...

ANGELA HARTNETT: No, that's perfect-

SOPHIE TURNER: If you don't mind.

NICK GRIMSHAW: Yeah?

ANGELA HARTNETT: -for me, that's cool.

SOPHIE TURNER: Thank you, that's great. Do I get the recipe after?

ANGELA HARTNETT: Yes, of course.

NICK GRIMSHAW: Yeah.

SOPHIE TURNER: Can I get that?

ANGELA HARTNETT: Well, all our recipes are on Waitrose website.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: But yeah, of course we can give, you can give you one of these cards if you want.

NICK GRIMSHAW: You take that home.

SOPHIE TURNER: Thank you.

NICK GRIMSHAW: Try it out. Try it out.

SOPHIE TURNER: Souvenir. Yeah, bring it back.

NICK GRIMSHAW: And then what sort of cheeses is the right sort of cheese to do with this pasta, hard-

ANGELA HARTNETT: So parmesan.

NICK GRIMSHAW: -nutty.

ANGELA HARTNETT: Yeah, hard, nutty parmesan. Couple of, you know, 24-year-old. 24 months, excuse me, parmesan, I think is great. You could add pecorino, but I think pecorino is too salty.

SOPHIE TURNER: Mm.

ANGELA HARTNETT: So there's that other brilliant, you know, cacio e pepe?

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Which is pecorino cheese with cacio e pepe, which is the big Roman dish.

NICK GRIMSHAW: Mmm.

ANGELA HARTNETT: But that's very salty-

SOPHIE TURNER: Yeah.

ANGELA HARTNETT: -and you need the pepper to cut through that saltiness.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: So I think with this, parmesan's great.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: And if you're vegetarian, you can get vegan parmesan, so you know, you can make this dish totally vegan, totally vegetarian. So it's an all-round winner really.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: All round winner.

SOPHIE TURNER: It is a winner.

NICK GRIMSHAW: It is a winner.

SOPHIE TURNER: I heard that, um, someone told me maybe I, I've got this wrong, that when you're making pasta, you need to make the pasta water as salty as the sea.

ANGELA HARTNETT: I've heard that before. It definitely needs to be salty. I'm not necessarily sure about the sea.

SOPHIE TURNER: No.

ANGELA HARTNETT: But certainly salty.

SOPHIE TURNER: 'Cause I did try that, and it was a lot.

NICK GRIMSHAW: Yeah [*laughs*]

ANGELA HARTNETT: Yeah.

SOPHIE TURNER: It was a lot.

ANGELA HARTNETT: What that there.

SOPHIE TURNER: I tried to put all the salt in to-

ANGELA HARTNETT: Oh yeah, no-

SOPHIE TURNER: -make it as salty as the sea.

ANGELA HARTNETT: -you're talking Richard E. Grant salt now?

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: He came on the podcast with his own salt pot and bag.

SOPHIE TURNER: Really?

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: And told me I hadn't seasoned everything and literally put tons of salt in it.

[*crew laugh*]

SOPHIE TURNER: Oh...

ANGELA HARTNETT: Yeah, so...

NICK GRIMSHAW: So you tried it with the, trying to make your own...

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Seawater.

SOPHIE TURNER: Yeah, I tried to make my own seawater and it was absolutely rancid.

[*laughter*]

NICK GRIMSHAW: Maybe it's more like a turn of phrase.

ANGELA HARTNETT: Yeah.

SOPHIE TURNER: Mm.

NICK GRIMSHAW: But I thought that, I thought that, that that was like a thing, but yeah you're right...

ANGELA HARTNETT: But it definitely needs to be salty, but not, I don't think, sea salty.

NICK GRIMSHAW: Not the actual sea.

SOPHIE TURNER: Yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: The crew have been mentioning a great tomato tip that you gave.

ANGELA HARTNETT: I should start charging them, that's all-

NICK GRIMSHAW: You should.

SOPHIE TURNER: *[laughs]*

NICK GRIMSHAW: You actually do.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: It's called hosting this.

[laughter]

ANGELA HARTNETT: I stand with a bag, 'You heard that tip.'

[laughter]

ANGELA HARTNETT: 'Come on, fiver in there please.'

NICK GRIMSHAW: What was your top tomato tip, that you shared?

ANGELA HARTNETT: Never have tomatoes from the fridge and make a salad. 'Cause they lose all their flavour.

NICK GRIMSHAW: Mm-hm.

SOPHIE TURNER: Mmm.

ANGELA HARTNETT: So they've gotta be ripe and they've gotta be at room temperature. Do you, if you tried that coming from the fridge, it would have a t-well it just wouldn't be as good.

NICK GRIMSHAW: Yeah, doesn't taste anything.

ANGELA HARTNETT: Not as good.

SOPHIE TURNER: Wow. Interesting.

ANGELA HARTNETT: So always, uh, room temp.

NICK GRIMSHAW: Um, there is a wine pairing with this pasta.

SOPHIE TURNER: Mm.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: We've gone for a white wine, quite an elegant white burgundy.

ANGELA HARTNETT: Mmm.

SOPHIE TURNER: Mm.

NICK GRIMSHAW: We've gone for the Pouilly-Vinzelles Joseph Drouhin, which is, 'An elegant white Burgundy with bright peach and hazelnut.' So that'll be nice, like nutty friends, the cheese and the hazelnut.

SOPHIE TURNER: Oh, that's nice, isn't it?

ANGELA HARTNETT: Friends, yeah.

NICK GRIMSHAW: Cheers.

ANGELA HARTNETT: And it's- yeah.

NICK GRIMSHAW: Cheers to nutty friends.

SOPHIE TURNER: Cheers to nutty friends.

[*laughter*]

ANGELA HARTNETT: Cheers.

NICK GRIMSHAW: [*laughing*] Cheers.

ANGELA HARTNETT: And if you sort of look, look this up and buy at Waitrose, it's not a cheap wine, you know, it's a..

SOPHIE TURNER: Mmm.

ANGELA HARTNETT: You know, a good sort of thirty pound bottle. But I love the idea of something so simple like this pasta that costs you absolutely next to nothing to make.

SOPHIE TURNER: Yeah.

ANGELA HARTNETT: And then you sort of think if- you know, Neil and I sometimes do that, have something really simple, he goes, 'Should we get a cheeky, nice bottle of wine?'

NICK GRIMSHAW: Mmm.

ANGELA HARTNETT: And I think it's nice to have a little cheeky bottle of wine at the back of the fridge-

NICK GRIMSHAW: Yeah.

SOPHIE TURNER: Oh, yeah.

ANGELA HARTNETT: -or somewhere.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: And treat yourself, you know?

SOPHIE TURNER: Why not?

ANGELA HARTNETT: Not mad steak-

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: -but it's nice to spend your money on that, you know?

NICK GRIMSHAW: Ooh yeah.

SOPHIE TURNER: This is really nice.

ANGELA HARTNETT: It's very nice.

NICK GRIMSHAW: Isn't it?

SOPHIE TURNER: I don't normally drink white wine, but this is-

ANGELA HARTNETT: There you go.

SOPHIE TURNER: -hitting the spot.

[*laughter*]

SOPHIE TURNER: Uh-oh.

ANGELA HARTNETT: I don't think you are gonna leave, I think you're gonna last all afternoon.

NICK GRIMSHAW: No.

SOPHIE TURNER: I don't think I- I don't want to.

ANGELA HARTNETT: You'll be there at the next podcast [*laughs*]

SOPHIE TURNER: [*laughing*] Yeah, yeah.

ANGELA HARTNETT: The next guest.

SOPHIE TURNER: I'll be sat right there, 'Woo!'

NICK GRIMSHAW: 'I live here!'

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm. That is great with the pasta.

SOPHIE TURNER: Mm.

ANGELA HARTNETT: Yeah, very good.

NICK GRIMSHAW: Mm. If you wanna create this dish at home, all the ingredients used in today's podcast are available at Waitrose, or you can get 'em online, of course. Um, all the recipes that we do are on [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes). This is really good, really tasty, really quick.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: I mean, I'm saying it like I did it, but it felt quick.

SOPHIE TURNER: [*laughs*] It was so easy to do.

NICK GRIMSHAW: It was, do you know what, is was- for me and Sophie, it was actually very easy.

SOPHIE TURNER: [*laughs*]

ANGELA HARTNETT: You can take all these ingredients home and make it for Mesh tonight, you see?

NICK GRIMSHAW: Do you know what I actually might-

SOPHIE TURNER: There you go,

NICK GRIMSHAW: -'cause he's actually home tonight.

ANGELA HARTNETT: There you go.

NICK GRIMSHAW: And you know what he likes? Pasta.

ANGELA HARTNETT: Loves a bowl of pasta.

NICK GRIMSHAW: You know, most days 'cause Me- Mesh and I will work on like different, you know, I go to bed early. I get up early.

SOPHIE TURNER: Yeah.

NICK GRIMSHAW: He works in, he's a choreographer, so he'll be like working like-

SOPHIE TURNER: Oh, so he's late.

NICK GRIMSHAW: -God knows whatever time.

SOPHIE TURNER: Yeah.

NICK GRIMSHAW: And every morning he'll come down and there'll be leftover pasta, like, because he cannot get the quantity.

ANGELA HARTNETT: Oh, right.

NICK GRIMSHAW: Of pasta ever right. So it, I mean-

SOPHIE TURNER: Who can though?

NICK GRIMSHAW: And he'll be, it's like a massive thing of like pasta leftover on my counters-

ANGELA HARTNETT: Yeah, yeah.

NICK GRIMSHAW: -d'you know, it'll be served in like a salad bowl.

SOPHIE TURNER: *[laughs]* Oh my God.

NICK GRIMSHAW: Then he'll be like, 'I'm knackered from dancing.' But how do you know how much to do?

ANGELA HARTNETT: There is a-

NICK GRIMSHAW: For per person?

ANGELA HARTNETT: There's a great thing my, uh, sister-in-law Jennifer bought me, which is like a measuring thing for pasta, especially spaghetti.

NICK GRIMSHAW: Mm-hm.

SOPHIE TURNER: No way.

ANGELA HARTNETT: That you basically will say for three portions, four portions, and you just put the spaghetti- so, I've done it so often, I sort of...

NICK GRIMSHAW: You just know, yeah.

ANGELA HARTNETT: But I ne- I never get it right when it's things like rigatoni and penne. 'Cause I just throw it in, and you always think, yeah, because pasta takes ten minutes, which is no time at all, but if you've got all of it ready, you don't wanna then cook another bit. So you always add a bit extra.

SOPHIE TURNER: It's true.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: It's fine. It's good to be generous.

NICK GRIMSHAW: Good to be generous.

SOPHIE TURNER: It is good to be generous.

NICK GRIMSHAW: It's good to be generous.

ANGELA HARTNETT: Right.

NICK GRIMSHAW: Um, Sophie, is there anything, whilst you are here with Angela Hartnett, OBE, uh, that you would like to know about cooking?

SOPHIE TURNER: So how, how do you cook?

[laughter]

ANGELA HARTNETT: Well I think we're here to talk about your career, not-
[laughs]

SOPHIE TURNER: It's not as exciting as yours.

ANGELA HARTNETT: That could take a while.

SOPHIE TURNER: You know what, I would love to go to a cookery class.
Where's, where's the best one?

ANGELA HARTNETT: There's loads.

SOPHIE TURNER: Or, or just a one-on-one.

ANGELA HARTNETT: I'll let you know when we do one, we'll- we're gonna
reintroduce them at one of the cafes, so we'll get-

SOPHIE TURNER: Oh great.

ANGELA HARTNETT: -you to do the one where we show you how to make
pasta.

SOPHIE TURNER: I would-

ANGELA HARTNETT: Yeah.

SOPHIE TURNER: Well, I, I, you know...

ANGELA HARTNETT: But fresh-

SOPHIE TURNER: Ten minutes- oh f- oh! Make your own pasta!

NICK GRIMSHAW: Yeah! Not boil the kettle [laughs]

ANGELA HARTNETT: I mean, give me some credit. You know, come on.

NICK GRIMSHAW: So you turn it on.

SOPHIE TURNER: Okay, I would love that.

ANGELA HARTNETT: Okay. We'll let you know.

SOPHIE TURNER: I really like to do that.

NICK GRIMSHAW: I really wanna do that-

ANGELA HARTNETT: Come together.

NICK GRIMSHAW: -and we've said this for three years now.

ANGELA HARTNETT: Yeah, we haven't started them yet, we got a few other things yet.

SOPHIE TURNER: Oh.

NICK GRIMSHAW: Okay.

SOPHIE TURNER: Okay.

ANGELA HARTNETT: So we will, in the next year, the beginning of next year, we'll start them, and then you two will be our first guests.

SOPHIE TURNER: [*gasps*]

NICK GRIMSHAW: Oh, yeah, come on.

SOPHIE TURNER: Okay I would love that.

ANGELA HARTNETT: There we go, making our pasta.

NICK GRIMSHAW: Have you ever been asked to play a chef?

ANGELA HARTNETT: Yes.

SOPHIE TURNER: [*laughs*] No.

NICK GRIMSHAW: No.

SOPHIE TURNER: [*laughing*] No. That's one thing on my, I will not lie about on my Spotlight.

NICK GRIMSHAW: You'd have to have a stunt double.

ANGELA HARTNETT: *[laughs]*

SOPHIE TURNER: Yeah, a cooking double.

NICK GRIMSHAW: You could be the stunt double.

ANGELA HARTNETT: Yeah. Do that.

NICK GRIMSHAW: Like your hands, like *[makes fast chopping sound]*.

ANGELA HARTNETT: Yeah.

SOPHIE TURNER: Actually that would be great.

ANGELA HARTNETT: Could work.

NICK GRIMSHAW: That would be good.

SOPHIE TURNER: That would be really good.

NICK GRIMSHAW: That would be good.

ANGELA HARTNETT: I've always fancied going on to like film set and doing catering for the crew.

SOPHIE TURNER: Really?

ANGELA HARTNETT: I think- well, it would be quite easy, there'd be certain times, wouldn't it?

SOPHIE TURNER: You know what?

ANGELA HARTNETT: You know, just lunchtime-

SOPHIE TURNER: We would love to have you as our catering.

ANGELA HARTNETT: And you just know your numbers.

NICK GRIMSHAW: Mm-hm.

SOPHIE TURNER: Yeah.

ANGELA HARTNETT: You know, you know your menu.

SOPHIE TURNER: Yeah.

ANGELA HARTNETT: No one's- all they're choosing from that, I think it'd be quite a nice little gig.

NICK GRIMSHAW: Mm. Yeah.

ANGELA HARTNETT: Is there a lot, do they spend a lot of money on food for the crew? Not really.

SOPHIE TURNER: I don't, I, I don't the budgeting, but I wouldn't-

ANGELA HARTNETT: Well, not- obviously. Sorry.

[laughter]

ANGELA HARTNETT: That's a really stupid question. What I meant is it, does it feel like-

NICK GRIMSHAW: Does it feel nice?

ANGELA HARTNETT: -jacket potatoes or is it a bit Ottonlegghi salads, is what I'm saying.

NICK GRIMSHAW: Yeah.

SOPHIE TURNER: You know... um...

ANGELA HARTNETT: Depends on the film?

SOPHIE TURNER: It does- well...

ANGELA HARTNETT: No.

SOPHIE TURNER: You get good and you get bad.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Oh right, okay.

SOPHIE TURNER: And... yeah.

ANGELA HARTNETT: Yeah-

[laughter]

ANGELA HARTNETT: That's all you're saying, they're good and end it there.

SOPHIE TURNER: To be fair, I only ask them to make me jacket potatoes with beans and cheese, so...

ANGELA HARTNETT: They must love you.

SOPHIE TURNER: *[laughs]* I don't know if they love me or they hate me.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: The chefs like, 'Ugh. Trained in Paris for this.'

[laughter]

ANGELA HARTNETT: Yes, yeah.

SOPHIE TURNER: Yeah, exactly.

NICK GRIMSHAW: Yeah. Just get the beans on.

SOPHIE TURNER: Yeah.

ANGELA HARTNETT: *[laughs]*

SOPHIE TURNER: Put the beans on guys.

NICK GRIMSHAW: Just get beans on.

ANGELA HARTNETT: Put the beans on.

SOPHIE TURNER: Put some Heinz on.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: One of the other things we noticed in your food likes was quite a lot of chocolate mentions.

SOPHIE TURNER: Mm.

NICK GRIMSHAW: Um... we're not massively into sweet things.

SOPHIE TURNER: Are you not?

NICK GRIMSHAW: No. Not as like a room collective, just like me and Ange.

ANGELA HARTNETT: Yeah.

SOPHIE TURNER: Really?

NICK GRIMSHAW: Not mad for it. Do like a Malteser.

SOPHIE TURNER: I do like a Malteser.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: No I like a Malteser.

NICK GRIMSHAW: But you, you are-

SOPHIE TURNER: Do you?

ANGELA HARTNETT: That's one thing-

SOPHIE TURNER: I was actually told by the producers to say I like Maltes-

[laughter]

NICK GRIMSHAW: [laughing] No you were not. [flatly] I like Maltesers.

SOPHIE TURNER: I love them.

ANGELA HARTNETT: Don't pretend. Don't pretend.

SOPHIE TURNER: I actually do love Maltesers.

ANGELA HARTNETT: You do, okay. I'm not sure I trust you anymore now.

NICK GRIMSHAW: Um, but you are-

[laughter]

NICK GRIMSHAW: You are a chocolate fan.

SOPHIE TURNER: Mmm.

NICK GRIMSHAW: Um-

SOPHIE TURNER: I love chocolate.

NICK GRIMSHAW: -how often are we indulging in the pursuit of great chocolate? Daily?

SOPHIE TURNER: Every day.

NICK GRIMSHAW: Every day?

SOPHIE TURNER: Daily.

NICK GRIMSHAW: And what's your go-to?

SOPHIE TURNER: Milky Way.

ANGELA HARTNETT: Really?

NICK GRIMSHAW: Oh, Milky Way.

SOPHIE TURNER: Mm.

ANGELA HARTNETT: So it's not, I thought it might be a bit of chocolate. You know, that's, everyone says have a square of bitter chocolate for health.

SOPHIE TURNER: Oh no. I don't do dark chocolate.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: No.

ANGELA HARTNETT: Okay.

SOPHIE TURNER: No.

ANGELA HARTNETT: No I don't.

NICK GRIMSHAW: Just Milky Way, that'll do it.

SOPHIE TURNER: Just a Milky Way.

NICK GRIMSHAW: I didn't know Milky Ways were still on.

ANGELA HARTNETT: Mm.

SOPHIE TURNER: Yeah.

NICK GRIMSHAW: Yeah.

SOPHIE TURNER: Oh, they're still going. I have, um, in my house, like little jars of, you know, you know, proper food, like pasta and whatnot, and then right next to it is my jar of Milky Ways.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: And is that just for you?

SOPHIE TURNER: The kids will try and take one, but hands off.

NICK GRIMSHAW: Get off.

ANGELA HARTNETT: Yeah.

SOPHIE TURNER: That's mummy's.

NICK GRIMSHAW: That's mummy's.

[drink pouring sounds]

NICK GRIMSHAW: We've got to talk about Game of Thrones. Um, we were talking about it before you came on and they were saying that's how we, we met, I presume.

SOPHIE TURNER: Yeah, I think so.

NICK GRIMSHAW: Is from Game of Thrones. And you were, I was saying that, you know, you sort of grew up on that show.

ANGELA HARTNETT: Mm.

SOPHIE TURNER: Yeah.

NICK GRIMSHAW: Um, I can't believe it's, I always think it's been on for about four years.

SOPHIE TURNER: Really?

NICK GRIMSHAW: Yeah. In my head I'm like, oh, it was probably about four years ago.

ANGELA HARTNETT: Mm, mm.

SOPHIE TURNER: People always say, you know, what was it, like five, six years?

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Oh, right.

NICK GRIMSHAW: Now before you came in Ange was like, 'I've never watched it because someone told me it was just like, people getting stabbed.'

SOPHIE TURNER: It is.

NICK GRIMSHAW: And I was like, 'It is, yes, yeah.'

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Um, could I get what- your pitch to Ange.

ANGELA HARTNETT: Yes. Yeah, pitch it to me.

SOPHIE TURNER: I've also never watched the show, so...

[laughter]

SOPHIE TURNER: Um...

[laughter]

SOPHIE TURNER: I couldn't really tell you.

[laughter]

SOPHIE TURNER: I know what my character does.

ANGELA HARTNETT: Yeah.

SOPHIE TURNER: Um, which isn't very nice.

[laughter]

SOPHIE TURNER: Um, basically it's warring families fighting for the throne.

ANGELA HARTNETT: Yeah.

SOPHIE TURNER: There's dragons, um, and... that's about it really.

NICK GRIMSHAW: I love you've never watched it.

SOPHIE TURNER: I-

NICK GRIMSHAW: *[laughs]*

SOPHIE TURNER: You can't, you can't.

ANGELA HARTNETT: There's so many series.

SOPHIE TURNER: I'm sure you guys understand, right.

NICK GRIMSHAW: You can't.

ANGELA HARTNETT: Yeah.

SOPHIE TURNER: It's horrible watching yourself.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah. Have you never been able to watch yourself back on something?

SOPHIE TURNER: I mean, I've been forced to endure-

NICK GRIMSHAW: Yeah.

SOPHIE TURNER: -like premieres and whatnot.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Yeah, yeah, yeah.

SOPHIE TURNER: But I mean, it's just awful.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah.

SOPHIE TURNER: I, I leave going into like a two month bout of depression after I watch myself, so I just don't do it.

NICK GRIMSHAW: Yeah, just don't do it.

ANGELA HARTNETT: No, we've had, we've had lots of actors and actors on here, and I don't think anyone's ever said, I love going to watch myself or I've seen it.

NICK GRIMSHAW: No.

SOPHIE TURNER: No.

ANGELA HARTNETT: No one does.

SOPHIE TURNER: No, I can't imagine. But also I wouldn't say it if I did.

ANGELA HARTNETT: Yeah, that's a fair point actually.

NICK GRIMSHAW: Maybe she's acting now.

ANGELA HARTNETT: *[laughs]*

SOPHIE TURNER: I'm gonna go home and watch all my movies.

NICK GRIMSHAW: Season five, here we go. Um, I interviewed an actress the other day who will remain nameless because she said- it was before she came into the radio and she went, she came in and she went, 'Don't ask me about the plot. I can't remember what happens.'

[laughter]

NICK GRIMSHAW: And I was like, 'Really?' she went, 'I'm not joking,' she's like, 'I don't know what goes on.'

[laughter]

NICK GRIMSHAW: And I was like, 'Really?' she was like, 'Pft not a clue.'

SOPHIE TURNER: Not a clue.

NICK GRIMSHAW: I said, 'Did you not think to watch it?' she said, 'Oh, I couldn't.'

SOPHIE TURNER: No.

NICK GRIMSHAW: Not a clue!

ANGELA HARTNETT: But there must be a time lapse between when you finish filming, it's being produced and then it comes out, so you don't necessarily gonna remember every single thing.

SOPHIE TURNER: No, exactly.

NICK GRIMSHAW: No.

SOPHIE TURNER: No.

ANGELA HARTNETT: Yeah.

SOPHIE TURNER: And also, when you only read your lines in the script, it's like-

ANGELA HARTNETT: But did you enjoy making it? Because it was a huge series?

SOPHIE TURNER: I loved it.

ANGELA HARTNETT: Yeah.

SOPHIE TURNER: I did love making it. It was it, it was like, it was the best acting class I've ever had. 'Cause I never had like proper, formal training, so I got to learn from the amazing actors around me, which was like, I felt like I'd won, you know, a competition or something.

ANGELA HARTNETT: Yeah.

SOPHIE TURNER: But it was great. It was like we all were a family and the character I got to live with for ten years, so it felt like we kind of merged into one person by the end of it. Um, but it was amazing. It informed my entire life in terms of like business decisions, just etiquette on set, how to act, um *[laughs]* everything, everything I learned from Game of Thrones.

ANGELA HARTNETT: Wow.

SOPHIE TURNER: And a bit from my parents.

NICK GRIMSHAW: *[laughs]*

ANGELA HARTNETT: That's pretty amazing though, isn't it?

NICK GRIMSHAW: Yeah, it really is.

SOPHIE TURNER: It was.

NICK GRIMSHAW: Probably quite nice way in as well to like have the regular like...

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: You know, going, and letting the character develop and build, and like-

SOPHIE TURNER: Totally.

NICK GRIMSHAW: -same people, especially as being, you know, a young person, probably quite nice reassuring way-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: -to go and do like, really f***** up s***t on screen.

SOPHIE TURNER: Oh

NICK GRIMSHAW: *[laughs]*

SOPHIE TURNER: It actually was really great.

NICK GRIMSHAW: Really crazy s***.

SOPHIE TURNER: Yeah, really crazy s***. I, I definitely got my sex education from that show.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Wow. Wow.

SOPHIE TURNER: More, more than enough.

NICK GRIMSHAW: Not advised.

SOPHIE TURNER: Yeah.

NICK GRIMSHAW: Not advised. And then last year you did Joan-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: -which was so loved and so celebrated. Did you enjoy going to doing something, you know, completely different and getting to go and do, you know, a, a really loved drama like that?

SOPHIE TURNER: I loved it. I love, I think Joan was like my favourite job after Game of Thrones because... I dunno, she was, she's such a departure from me. Playing a real-life person is also quite intimidating but we had the real Joan being incredibly supportive of it all.

ANGELA HARTNETT: Yeah.

SOPHIE TURNER: Um, it was, it was just... it was wild, it was like the wildest six months of my life. I, I totally fell in love with the crew around me. I had a [laughs] really bad personal life at that time, and they all were, you know...

ANGELA HARTNETT: Supporting.

SOPHIE TURNER: Uplifting me and supporting me, and, and I got to really find like a safe haven in, in that job.

ANGELA HARTNETT: Yeah.

SOPHIE TURNER: And so I, I just loved it.

NICK GRIMSHAW: Aw. Um, so you have Steal coming, which is-

SOPHIE TURNER: I do.

NICK GRIMSHAW: -like a heist thriller.

SOPHIE TURNER: It is.

NICK GRIMSHAW: Coming to Amazon.

SOPHIE TURNER: Coming to Amazon, I think probably next year.

NICK GRIMSHAW: Uh-huh.

SOPHIE TURNER: Um, and that is an incredibly, like high stakes, cliffhanger every episode, um, it's fast paced and it is truly, uh, you won't be able to predict what happens in it.

NICK GRIMSHAW: Oh, wow.

SOPHIE TURNER: It's, it's totally, it throws you off at every corner and it's-

ANGELA HARTNETT: Oh, brilliant.

SOPHIE TURNER: Fantastic.

NICK GRIMSHAW: Oh, fun.

SOPHIE TURNER: I think.

NICK GRIMSHAW: Yeah,

SOPHIE TURNER: I mean I haven't watched it 'cause you know...

[laughter]

NICK GRIMSHAW: You know, 'cause I'm in it.

SOPHIE TURNER: I'll never watch it, but it's great.

NICK GRIMSHAW: And alongside that, you also have a horror film. Um, called Trust.

SOPHIE TURNER: I do.

NICK GRIMSHAW: Which is my idea of hell.

ANGELA HARTNETT: Mm.

SOPHIE TURNER: It is-

NICK GRIMSHAW: 'Cause you're like, what, trapped in like a, a panic room?

SOPHIE TURNER: Yeah, almost like a panic room, yeah.

NICK GRIMSHAW: Right, right.

SOPHIE TURNER: Um, well, it's more like a boiler room, um, which is even worse.

NICK GRIMSHAW: Like the pub. No. Oh, like a- no.

SOPHIE TURNER: Oh, no. Charlie XCX's Boiler Room.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Yeah, you were trapped in Boiler Room.

[laughter]

NICK GRIMSHAW: No like an ac- yeah.

SOPHIE TURNER: Which is our idea of heaven.

NICK GRIMSHAW: *[laughing]* Yeah, that, yeah.

ANGELA HARTNETT: Yes.

SOPHIE TURNER: Um...

ANGELA HARTNETT: Yeah.

SOPHIE TURNER: But yeah, that's gonna be a, a really fun one as well, it's about, um, this, uh, celebrity, she's kind of grown up her whole life on this, um, like American soap, she's like, America's sweetheart.

ANGELA HARTNETT: Mm.

SOPHIE TURNER: And photos get leaked, including one of her pregnan-positive pregnancy test. And so she kind of goes away to get away from it all. And then some s*** hits the fan and she has to go and hide in a panic room and you'll have to find out what happens next.

ANGELA HARTNETT: Ooh.

NICK GRIMSHAW: Oh, wow. I'm sold.

[dinner table sounds]

NICK GRIMSHAW: Sophie, it is time for your fast food quiz. Are you ready?

SOPHIE TURNER: I'm ready.

NICK GRIMSHAW: Okay.

ANGELA HARTNETT: Right.

NICK GRIMSHAW: Sophie, what is your favourite way to eat eggs?

SOPHIE TURNER: Poached.

[silence]

[crew laugh]

NICK GRIMSHAW: No rush.

ANGELA HARTNETT: No, I've got the wrong card, sorry I'll read yours, it's fine.

NICK GRIMSHAW: No, no, no. We'll share these.

ANGELA HARTNETT: It's fine. Share this one.

SOPHIE TURNER: *[laughs]*

ANGELA HARTNETT: Okay. Sorry. Uh, favourite crisp?

SOPHIE TURNER: Um, um, uh, Flame Grilled Steak McCoys.

ANGELA HARTNETT: That was very descriptive.

NICK GRIMSHAW: Yeah, I like that.

ANGELA HARTNETT: I like that, I like that.

NICK GRIMSHAW: That was quite good. Yeah. Um, favourite form of potato?

SOPHIE TURNER: Hasselback.

NICK GRIMSHAW: Oh, not a jacket?!

SOPHIE TURNER: Not a jacket I'm afraid.

NICK GRIMSHAW: What-

SOPHIE TURNER: No, it's actually not-

NICK GRIMSHAW: -this whole podcast has been about jacket potatoes.

SOPHIE TURNER: I know. I mean, I've never tried a hasselback with beans and cheese, but...

NICK GRIMSHAW: Yum.

ANGELA HARTNETT: Yeah, that could work.

SOPHIE TURNER: I'm intrigued. Right?

ANGELA HARTNETT: With the ridges, yeah. Favourite pizza topping?

SOPHIE TURNER: I don't eat pizza that much.

ANGELA HARTNETT: Oh, okay.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: All right.

SOPHIE TURNER: Margarita?

NICK GRIMSHAW: Um-

ANGELA HARTNETT: Yeah, that works.

NICK GRIMSHAW: What's your favourite pasta?

SOPHIE TURNER: Uh, you mean shape wise?

NICK GRIMSHAW: Uh, yeah.

ANGELA HARTNETT: Either or sauce.

NICK GRIMSHAW: Yeah, shape wise, shape.

SOPHIE TURNER: Oh, okay.

ANGELA HARTNETT: Yeah.

SOPHIE TURNER: I mean, it ebbs and it flows, you know, it depends on the time of year-

NICK GRIMSHAW: Thus is life.

SOPHIE TURNER: Thus is life, it's a breathing entity.

[laughter]

SOPHIE TURNER: Um, but it would be fusilli at the moment.

NICK GRIMSHAW: Oh yeah.

ANGELA HARTNETT: Fusilli, okay.

NICK GRIMSHAW: Yeah.

SOPHIE TURNER: Yeah.

ANGELA HARTNETT: Uh, favourite Sunday roast? You do a Sunday roast?

SOPHIE TURNER: I, I don't- I eat them, yeah.

ANGELA HARTNETT: Yes, yeah.

SOPHIE TURNER: Um, my favourite Sunday roast would be a Brook- Brook House.

NICK GRIMSHAW: What's that?

ANGELA HARTNETT: What's a Brook House?

SOPHIE TURNER: In Fulham.

NICK GRIMSHAW: Oh, a place.

ANGELA HARTNETT: Where you go to eat it.

NICK GRIMSHAW: Okay, got it.

ANGELA HARTNETT: But would it be chicken-

SOPHIE TURNER: Oh.

ANGELA HARTNETT: -beef?

SOPHIE TURNER: Chicken-

ANGELA HARTNETT: Chicken-

SOPHIE TURNER: -it would be chicken.

ANGELA HARTNETT: -okay.

SOPHIE TURNER: Yeah.

ANGELA HARTNETT: Chicken, all right.

NICK GRIMSHAW: And finally, what's your favourite dish from your childhood?

SOPHIE TURNER: [*sadly*] Oh...

NICK GRIMSHAW: Emotional one to end.

ANGELA HARTNETT: Yes, yes.

SOPHIE TURNER: It... it, it has to be... my mum's gonna be so bummed out 'cause this isn't one of hers, it's what I used to make after a night out. But still from my childhood.

NICK GRIMSHAW: Yeah.

SOPHIE TURNER: I was pretty wild back in the day. But I would come home and have, um, spaghetti with Bisto gravy.

ANGELA HARTNETT: Oh my gosh.

SOPHIE TURNER: Yeah.

[*crew laugh*]

ANGELA HARTNETT: Not quite sure how to react to that.

NICK GRIMSHAW: Wow.

ANGELA HARTNETT: [*laughs*]

SOPHIE TURNER: Yeah...

NICK GRIMSHAW: Ejector seat [*laughs*]

[*crew laugh*]

NICK GRIMSHAW: Wow- don't have-

SOPHIE TURNER: I mean... have you tried it?

NICK GRIMSHAW: No.

ANGELA HARTNETT: But, there's a big spaghetti with Marmite.

SOPHIE TURNER: Oh, I've- yes!

NICK GRIMSHAW: Right.

ANGELA HARTNETT: So I can see how that can work.

SOPHIE TURNER: It does work.

ANGELA HARTNETT: You know.

SOPHIE TURNER: It works.

ANGELA HARTNETT: I'm not gonna say no.

SOPHIE TURNER: Okay.

ANGELA HARTNETT: Always try something.

NICK GRIMSHAW: No, we will try it.

SOPHIE TURNER: Maybe I'll make it for you one day.

ANGELA HARTNETT: There we go.

NICK GRIMSHAW: Yeah!

ANGELA HARTNETT: You bring your Bisto, I'll get the pasta-

NICK GRIMSHAW: Yeah.

SOPHIE TURNER: Okay.

ANGELA HARTNETT: -we'll do that as a little, uh, extra course for everyone.

SOPHIE TURNER: [*laughing*] Okay.

ANGELA HARTNETT: That'll send them off.

NICK GRIMSHAW: Mmm.

SOPHIE TURNER: Mmm.

ANGELA HARTNETT: Mmm.

[laughter]

ANGELA HARTNETT: No Bisto's gotta be mmm!

NICK GRIMSHAW: No, I can imagine it, I can imagine it, maybe.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Imagine quite silky.

ANGELA HARTNETT: Yes.

SOPHIE TURNER: Yeah.

NICK GRIMSHAW: You know like.

SOPHIE TURNER: I mean, it depends how much you whisk it, you know-

ANGELA HARTNETT: Oh right, yeah.

SOPHIE TURNER: -it could be quite blobby, couldn't it?

ANGELA HARTNETT: Yeah. Cheese with that?

SOPHIE TURNER: Uh, no.

ANGELA HARTNETT: No, just pure Bisto.

SOPHIE TURNER: No, but with Marmite pasta *[laughs]*

[crew laugh]

SOPHIE TURNER: But with Marmite pasta, I would put cheese in there.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah. Yeah, yeah. That makes sense, yeah.

SOPHIE TURNER: What- what- actually, this is a question for Angela.

ANGELA HARTNETT: Go on then.

SOPHIE TURNER: What cheese would you recommend putting with Marmite pasta?

ANGELA HARTNETT: Oh, parmesan I think.

SOPHIE TURNER: Oh really?

ANGELA HARTNETT: Yeah.

SOPHIE TURNER: Okay.

ANGELA HARTNETT: Why? What'd you put?

SOPHIE TURNER: Well, I've been going between parmesan and cheddar and I can't figure out which one I like more.

ANGELA HARTNETT: Okay. Yeah, I mean you want one that melts, so that's why I think parmesan works, but it could become too salty, 'cause you've got parmesan, Marmite, it could be too rich. So cheddar could balance it.

NICK GRIMSHAW: And what about cheese would you recommend with the Bisto pasta?

SOPHIE TURNER: Ooh yeah, yeah [*laughs*]

ANGELA HARTNETT: The Bisto, I'm not quite sure-

NICK GRIMSHAW: Dairy Lea Cheese Triangle?

[*laughter*]

ANGELA HARTNETT: I think those little, um, Babybels, just on the side-

NICK GRIMSHAW: [*laughing*] Babybel.

ANGELA HARTNETT: -as a little garnish [*laughs*]

SOPHIE TURNER: Unwrapped.

ANGELA HARTNETT: Oh my God. Angela, you're gonna get struck off.

[*laughter*]

NICK GRIMSHAW: You're gonna get banned.

ANGELA HARTNETT: Yeah. I quite like a Babybel.

NICK GRIMSHAW: Oh!

SOPHIE TURNER: I like a Babybel.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: What's wrong with a Babybel?

NICK GRIMSHAW: They're a laugh, aren't they.

ANGELA HARTNETT: They sell those at Waitrose, they're lovely.

[*theme music*]

NICK GRIMSHAW: Uh, we have the end of the show question. Sophie Turner, for your chance to win this Waitrose goodie bag.

SOPHIE TURNER: Ooh!

NICK GRIMSHAW: It's full of Bisto.

SOPHIE TURNER: [*laughing*] Wha...

NICK GRIMSHAW: Um... oh.

ANGELA HARTNETT: Just this

SOPHIE TURNER: What is...

NICK GRIMSHAW: It's just that.

SOPHIE TURNER: Loads of Peperami.

NICK GRIMSHAW: Uh, Sophie, here's your question. Should you choose to answer it, the goodie bag is yours.

SOPHIE TURNER: I'm obviously choosing to answer it.

NICK GRIMSHAW: *[laughs]*

SOPHIE TURNER: Let's find out. 'Hi, Sophie, thank you, thank you, thank you for coming on, Dish, you've been a dream.' Thanks guys.

ANGELA HARTNETT: Aw.

SOPHIE TURNER: 'For your chance to take home the Waitrose goodie bag, please answer the following questions: sausages or chocolate?' Sausages.

ANGELA HARTNETT: Ah.

NICK GRIMSHAW: Sausages.

SOPHIE TURNER: Sausages.

ANGELA HARTNETT: She loves sausages.

NICK GRIMSHAW: Massive congratulations to sausages.

ANGELA HARTNETT: Yes.

[laughter]

ANGELA HARTNETT: For that win.

NICK GRIMSHAW: For that win. Sophie, thank you so much for coming to see us.

ANGELA HARTNETT: You've been brilliant.

SOPHIE TURNER: Thank you!

ANGELA HARTNETT: Thank you.

NICK GRIMSHAW: Thanks for that cocktail as well.

ANGELA HARTNETT: Yes, so delicious.

SOPHIE TURNER: Thank you.

NICK GRIMSHAW: Sophie Turner, everybody!

ANGELA HARTNETT: Woo!

[applause]

NICK GRIMSHAW: Thank you.

SOPHIE TURNER: Thank you guys!

ANGELA HARTNETT: Thank you.

SOPHIE TURNER: This was so good.

[theme song plays]

NICK GRIMSHAW: Okay. That is it for Season 7 of Dish. Um, thank you for all of your emails, comments, and messages throughout the season. We have loved it, haven't we Ange?

ANGELA HARTNETT: We have loved it.

NICK GRIMSHAW: Ooh, we've loved it.

ANGELA HARTNETT: It's been fabulous.

NICK GRIMSHAW: We'll be back, of course, for...

ANGELA & NICK: Season 8!

NICK GRIMSHAW: At the end of the summer.

[theme song plays]

NICK GRIMSHAW: If you are feeling hungry, after that episode, follow Dish on Instagram, YouTube, and TikTok, to see Angela in action, making each of these weekly recipes. If you wanna take them on, I'm the kind of cook that needs the visual, I have to watch a chef doing it for me to attempt it.

ANGELA HARTNETT: If you wanna make any of the meals I cook on Dish, head to waitrose.com/dishrecipes, for all the ingredients and the recipes.

NICK GRIMSHAW: If you do wanna get in touch, please do, email your questions, thoughts, and suggestions to dish@waitrose.co.uk.

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

VOICEOVER: Waitrose, food to feel good about.