

**Fearne Cotton, roast cauliflower with chicory salad and a fiery lime margarita**



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

*[theme song plays]*

**ANGELA HARTNETT:** Hi, my name's Angela Hartnett and welcome to Dish.

**NICK GRIMSHAW:** From Waitrose.

**ANGELA HARTNETT:** Oh s\*\*\*.

*[laughter]*

**NICK GRIMSHAW:** Well, yes, of course it is Dish, from-

**ANGELA & NICK:** Waitrose!

**NICK GRIMSHAW:** And I'm Nick Grimshaw, and this is Angela Hartnett, and we are here for another episode of Dish from Waitrose. Of course-

**ANGELA HARTNETT:** All right, you've made your point-

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

**ANGELA HARTNETT:** -here we go.

**NICK GRIMSHAW:** How are you, Ange?

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

**NICK GRIMSHAW:** How's life in the kitchens right now? Because summertime for a chef is a time where I think, probably not that fun in there, is it?

**ANGELA HARTNETT:** Very hot. Very hot.

**NICK GRIMSHAW:** Very hot.

**ANGELA HARTNETT:** But I stand the other side of the pass.

**NICK GRIMSHAW:** Yes.

**ANGELA HARTNETT:** Nice fan coming through.

**NICK GRIMSHAW:** Ooh yeah.

**ANGELA HARTNETT:** Yeah, that's the way to do it.

**NICK GRIMSHAW:** So is it harder in the summer or is that a stupid-

**ANGELA HARTNETT:** Yeah, it's a bit of a stupid question, but it is harder in the summer.

*[crew laugh]*

**ANGELA HARTNETT:** Of course it's gonna be harder, you're in a hot kitchen, it's hot outside.

**NICK GRIMSHAW:** Yeah, but I don't know if they have aircon. They might-you might be like, 'No, they're all air conditioned and it's fine.'

**ANGELA HARTNETT:** They are a bit now-

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** -they weren't back in the day.

**NICK GRIMSHAW:** No.

**ANGELA HARTNETT:** No, back in the day.

**NICK GRIMSHAW:** Oh, back in the day.

**ANGELA HARTNETT:** The old, back in the day.

**NICK GRIMSHAW:** [*in cockney accent*] You don't know how lucky you are you youngins.'

**ANGELA HARTNETT:** 'You youngsters with your aircon.'

**NICK GRIMSHAW:** [*in cockney accent*] 'Julius Roberts.'

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

**NICK GRIMSHAW:** Well we are gonna get into the podcast. Today we've got Fearne Cotton joining us, who's a podcaster extraordinaire. Who when she started podcasting, apparently...

**ANGELA HARTNETT:** Before everyone.

**NICK GRIMSHAW:** Before everyone.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** Apparently, when she was pitching it out to guests, pitched out to Dawn French and said, 'Would you come on my podcast?' and Dawn French was like, 'Yeah, what's a podcast?'

**ANGELA HARTNETT:** Yeah, course.

**NICK GRIMSHAW:** That, I dunno if that's a true story, but we can ask Fearne when she joins us.

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

**NICK GRIMSHAW:** So she's been doing it for many years, um, so lots to talk to Fearne-

**ANGELA HARTNETT:** She's a professional.

**NICK GRIMSHAW:** She- we're professional.

[crew laugh]

**ANGELA HARTNETT:** Wasn't talking about you.

**NICK GRIMSHAW:** Thank you. You know what?

**ANGELA HARTNETT:** Have you been on her podcast?

**NICK GRIMSHAW:** Uh, yeah, I did like the live podcast, 'cause the podcast now has become a festival.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** So the Happy Place podcast has become, uh, the Happy Place Festival.

**ANGELA HARTNETT:** So you were a live guest.

**NICK GRIMSHAW:** So I went and did the live show with her-

**ANGELA HARTNETT:** Oh, cool.

**NICK GRIMSHAW:** -in, it's in Cheshire.

**ANGELA HARTNETT:** She does three festivals around the country, no, is that right?

**NICK GRIMSHAW:** Yeah, she does two, so it's in Gunnersbury Park in London, and also in...

**ANGELA HARTNETT:** Up in Cheshire.

**NICK GRIMSHAW:** Cheshire. It's like Reading and Leeds.

**ANGELA HARTNETT:** Okay, yeah.

**NICK GRIMSHAW:** Like that.

**ANGELA HARTNETT:** Exactly, we like that.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Good.

**NICK GRIMSHAW:** But no bands.

**ANGELA HARTNETT:** No.

**NICK GRIMSHAW:** Just massive exhaling exercises.

**ANGELA HARTNETT:** Yeah [*laughs*] Grief exercises.

**NICK GRIMSHAW:** Yeah, that sort of thing. But yeah, I went and did it there. So, uh, yeah, Fearne will be here soon. But first we have a question, and this one's actually for me.

**ANGELA HARTNETT:** Unbelievable.

**NICK GRIMSHAW:** Unbelievable.

**ANGELA HARTNETT:** What's going on here?

**NICK GRIMSHAW:** Unbelievable.

**ANGELA HARTNETT:** Well, it's about time we had a question for you.

**NICK GRIMSHAW:** To be fair, yeah, d'you wanna read it or should I-

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** -you read it, come on, I'm always reading.

**ANGELA HARTNETT:** 'Hi Ange and Nick'-

**NICK GRIMSHAW:** Let me have a break.

**ANGELA HARTNETT:** That's your job. Are you gonna cook today?

**NICK GRIMSHAW:** Yeah, why not?

**ANGELA HARTNETT:** Yeah right. 'Hi Ange and Nick'-

**NICK GRIMSHAW:** Salad season.

**ANGELA HARTNETT:** Will you shush while I'm trying to read? Honestly.

**NICK GRIMSHAW:** De, debag, a bit of lettuce.

**ANGELA HARTNETT:** Right, you ready?

**NICK GRIMSHAW:** Ready.

**ANGELA HARTNETT:** You gonna shut up?

**NICK GRIMSHAW:** Yeah, I'll just do what you do, hang on.

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

**NICK GRIMSHAW:** *[bangs cutlery together]*

*[crew laugh]*

**ANGELA HARTNETT:** No I do this a lot *[shuffles cue cards]* I'm gonna do it more now, you know that. I'm gonna do it the whole time. I am.

**NICK GRIMSHAW:** F\*\*\*\*\* Tony Allen over here.

*[laughter]*

**ANGELA HARTNETT:** Right. 'Hi, Angela and Nick, I'm a massive fan of Dish. It's my go-to on my drives to work, which always makes the journey so much better. I know it's 'Ask Angela a question,' but since Angela's been finally over to Nick's for dinner and bigged up his cooking, plus Nick is always going on about how good his salads are,' that's true. You are always going about that.

**NICK GRIMSHAW:** Not really.

**ANGELA HARTNETT:** 'I've got to know, Nick, what's your go-to salad, recipe? Cucumber and caper free please, I've got beef with both.' Alice has asked that question.

**NICK GRIMSHAW:** Thank you, Alice. I do like making a salad.

**ANGELA HARTNETT:** You do.

**NICK GRIMSHAW:** I don't do like a rubbish sad one, 'cause a salad sounds like you're dieting.

**ANGELA HARTNETT:** What's a rubbish salad?

**NICK GRIMSHAW:** You know, when someone says a salad, like, 'Oh, I'm having a salad,' it sounds like punishment, or like it's a reduced-

**ANGELA HARTNETT:** You, you like a-

**NICK GRIMSHAW:** - calorie meal.

**ANGELA HARTNETT:** -a wholesome.

**NICK GRIMSHAW:** I'm, I'm not talking about that sa- I'm not talking about a salad that my mum would have on a Wednesday night after going to Weight Watchers.

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

**NICK GRIMSHAW:** I'm not talking about that. I'm talking about-

**ANGELA HARTNETT:** Your substantial salad.

**NICK GRIMSHAW:** Substantial.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** So I-

**ANGELA HARTNETT:** It's a meal in itself.

**NICK GRIMSHAW:** Yeah. Yeah, no, truly.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** I don't really like cucumber in a salad so-

**ANGELA HARTNETT:** Nor does she.

**NICK GRIMSHAW:** -that's quite good.

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

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** That's good. Do you like a caper?

**NICK GRIMSHAW:** I do like a caper, unfortunately.

**ANGELA HARTNETT:** Anchovy, we love, in this house.

**NICK GRIMSHAW:** Love an anchovy. But I like to keep it all green.

**ANGELA HARTNETT:** Okay, why is that?

**NICK GRIMSHAW:** Just aesthetically.

**ANGELA HARTNETT:** Okay.

**NICK GRIMSHAW:** So I do like-

**ANGELA HARTNETT:** Nothing to do with flavour.

**NICK GRIMSHAW:** No.

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

**NICK GRIMSHAW:** I mean, I do like a, a green... whatever leaf you want.

**ANGELA HARTNETT:** Okay.

**NICK GRIMSHAW:** Whatever you like the look of.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** I like a bitter one-

**ANGELA HARTNETT:** Okay.

**NICK GRIMSHAW:** -like a radicchio, but they're probably not in season are they, in summer?



**ANGELA HARTNETT:** And they're also red.

**NICK GRIMSHAW:** And they're red, yeah.

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

**NICK GRIMSHAW:** Um, they are red, but I mean, in terms of like the greens, I do like a bit of asparagus in it.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Some mangetout, sugar snap peas.

**ANGELA HARTNETT:** Lovely.

**NICK GRIMSHAW:** So I'd blanche all my veg, really quick. Mix it with some leaves.

**ANGELA HARTNETT:** Dressing?

**NICK GRIMSHAW:** I just do what you taught me really.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Um, which is some olive oil, a bit of vinegar.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** I do a bit- a of tablespoon of mustard. I like it very mustardy.

**ANGELA HARTNETT:** Dijon, yeah.

**NICK GRIMSHAW:** Dijon, a garlic clove, and then I maybe do a bit of honey.

**ANGELA HARTNETT:** Oh, cheeky, little sweetness.

**NICK GRIMSHAW:** Yeah, a little bit.

**ANGELA HARTNETT:** Little bit.

**NICK GRIMSHAW:** 'Cause you don't actually too sweet. And then I like to have like toasted seeds.

**ANGELA HARTNETT:** Lovely.

**NICK GRIMSHAW:** Or some toasted pine nuts, or some sort of crunch.

**ANGELA HARTNETT:** And would you add a protein, like some chicken or some fish or anything?

**NICK GRIMSHAW:** Mm, not in the salad, no.

**ANGELA HARTNETT:** No.

**NICK GRIMSHAW:** No.

**ANGELA HARTNETT:** Okay. Alright.

**NICK GRIMSHAW:** Or maybe sometimes a little sliced radish.

**ANGELA HARTNETT:** Ooh, look at you with your mandolin.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Marvellous.

**NICK GRIMSHAW:** Otherwise, I like what I made for you. When it's like a, just a bitter leaf.

**ANGELA HARTNETT:** That was lovely. That was a bitter leaf salad.

**NICK GRIMSHAW:** Just all radicchio, and then you keep, again, colour-wise, you do your purples.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** Pale pink, your whites.

**ANGELA HARTNETT:** Yes. Yes.

**NICK GRIMSHAW:** Yeah?

**ANGELA HARTNETT:** It did look aesthetically beautiful.

**NICK GRIMSHAW:** Yeah. D'you know what I mean?

**ANGELA HARTNETT:** And it tasted very nice as well.

**NICK GRIMSHAW:** Or, so this is your third salad option.

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

**NICK GRIMSHAW:** Oh no, she don't like cucumber.

**ANGELA HARTNETT:** She doesn't like cucumber.

**NICK GRIMSHAW:** I do like a sort of Turkish style salad.

**ANGELA HARTNETT:** Oh.

**NICK GRIMSHAW:** Chopped really fine, really small.

**ANGELA HARTNETT:** Nice.

**NICK GRIMSHAW:** Cucumber, tomato, red onion, parsley.

**ANGELA HARTNETT:** Nice.

**NICK GRIMSHAW:** Lemon.

**ANGELA HARTNETT:** Could add feta into it, make a Greek salad.

**NICK GRIMSHAW:** Bit of feta. Yeah.

**ANGELA HARTNETT:** Olives as well.

**NICK GRIMSHAW:** Mm-hm. Yeah, olives chopped very small.

**ANGELA HARTNETT:** Oregano, dried oregano, not fresh.

**NICK GRIMSHAW:** Mmm.

**ANGELA HARTNETT:** There's loads of options for you there, Alice. Hope you like them.

**NICK GRIMSHAW:** Oh, and I like a herb, and also essential: salt.

**ANGELA HARTNETT:** You know Fearne's outside, she's just waiting-  
[pushes over mic]

[crew gasp]

**NICK GRIMSHAW:** Oh my God.

**ANGELA HARTNETT:** Sorry. Sorry, sorry Anthony.

**NICK GRIMSHAW:** Bloody hell, I just got glassed.

**ANGELA HARTNETT:** [laughing] Sorry.

[crew laugh]

**NICK GRIMSHAW:** If you just list- if you're just listening-

**ANGELA HARTNETT:** [laughing] You didn't get glassed!

[crew laugh]

**NICK GRIMSHAW:** -if you're listening to this, she just smashed a bottle over me head.

[crew laugh]

**ANGELA HARTNETT:** Oh my God. You so exaggerate.

**NICK GRIMSHAW:** Last thing-

**ANGELA HARTNETT:** Everyone's fine.

**NICK GRIMSHAW:** -salt. Salt and pepper.

**ANGELA HARTNETT:** Salt and pepper.

**NICK GRIMSHAW:** Yeah. I just think sometimes you- people forget to salt their salads.

**ANGELA HARTNETT:** Are you looking at me or...

**NICK GRIMSHAW:** No, not you!

**ANGELA HARTNETT:** in an accusing way.

**NICK GRIMSHAW:** But do you know what I mean?

**ANGELA HARTNETT:** I don't put pepper in my salad, I only put salt.

**NICK GRIMSHAW:** No. No, that's what I mean, yeah, no pepper.

**ANGELA HARTNETT:** *[laughs]* No pepper.

**NICK GRIMSHAW:** Yeah, but salt, lots of salt.

**ANGELA HARTNETT:** Any lemon juice?

**NICK GRIMSHAW:** Yeah, lemon juice-

**ANGELA HARTNETT:** Yeah, lemon juice.

**NICK GRIMSHAW:** -get it on-

**ANGELA HARTNETT:** -that's a given.

**NICK GRIMSHAW:** -whack it on.

**ANGELA HARTNETT:** Alice, loads of options for you. Right, let's go. Should we get Fearne in?

**NICK GRIMSHAW:** Yeah, please. Let's do it.

**ANGELA HARTNETT:** Let's go.

**NICK GRIMSHAW:** I like Ange in charge.

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

**NICK GRIMSHAW:** Do you?

*[theme music]*

**NICK GRIMSHAW:** Okay, time to be actually quite professional, because we have podcasting-

**ANGELA HARTNETT:** *[laughs]* Yes.

**NICK GRIMSHAW:** -royalty in the building, everybody.

**FEARNE COTTON:** Yeah, I expect like a real level of professionalism.

**NICK GRIMSHAW:** Level, please.

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

**NICK GRIMSHAW:** She invented the format of the podcast, everybody.

**FEARNE COTTON:** Did I.

**NICK GRIMSHAW:** A round of applause for Fearne Cotton, everybody!

*[applause]*

**FEARNE COTTON:** Thank you.

**NICK GRIMSHAW:** Hi Fearne.

**FEARNE COTTON:** Hi guys.

**ANGELA HARTNETT:** Hi Fearne, hi.

**NICK GRIMSHAW:** Welcome. Welcome to Dish.

**FEARNE COTTON:** I'm so excited about this. Thanks for having me.

**NICK GRIMSHAW:** Aw.

**ANGELA HARTNETT:** Aw, it's our pleasure.

**NICK GRIMSHAW:** Thank you for coming.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** We were just saying before you arrived that we were, hearing that story that you asked Dawn French to come on your podcast, so many years ago, so ahead of the curve, that she was like, 'What's...'.

**FEARNE COTTON:** 'What's a podcast?'

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** 'What's a podcast?'

**FEARNE COTTON:** She went, 'Sure, if you come to my house in Cornwall,' and I was like, win, win.

**ANGELA HARTNETT:** Yeah.

**FEARNE COTTON:** And she had pasties for us.

**ANGELA HARTNETT:** Nice.

**FEARNE COTTON:** And I didn't know what I was doing, 'cause I've never done a podcast.

**NICK GRIMSHAW:** Mm-hm.

**FEARNE COTTON:** Which, I didn't tell her that, but I just sort of winged my way through it. And seemingly still am.

**NICK GRIMSHAW:** Well... yeah.

**FEARNE COTTON:** Yeah, we all are, aren't we?

**NICK GRIMSHAW:** Yeah, big time.

**FEARNE COTTON:** Winging our way through life.

**ANGELA HARTNETT:** But you're very natural at it.

**FEARNE COTTON:** I love interviewing people.

**ANGELA HARTNETT:** It's just like you love chatting.

**FEARNE COTTON:** I do, I love it.

**ANGELA HARTNETT:** Yeah.

**FEARNE COTTON:** And I'm constantly fascinated by people.

**ANGELA HARTNETT:** Mm.

**FEARNE COTTON:** And I sort of weirdly become an expert in someone every week with Happy Place.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** Yeah.

**FEARNE COTTON:** So it's, I'm learning constantly about new subjects, which is great.

**NICK GRIMSHAW:** And nice to dive in to like, one person

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** -for the week.

**ANGELA HARTNETT:** Mm.

**FEARNE COTTON:** It is, it's fascinating.

**NICK GRIMSHAW:** Mm-hm.

**FEARNE COTTON:** And you can often think you know someone because you've watched them on the telly-

**ANGELA HARTNETT:** Yeah, sure.

**FEARNE COTTON:** -or you know their music, but there's so many hidden stories or parts of their personality that you don't know about.



**ANGELA HARTNETT:** Yeah.

**FEARNE COTTON:** And I think, you know, you feel this from doing Dish, having an hour or however long you record for, you can really get into it.

**ANGELA HARTNETT:** Mm.

**FEARNE COTTON:** And when we are doing the radio, you can't do that in four minutes, it's impossible.

**NICK GRIMSHAW:** No, we'd be done now, you'd be leaving.

**FEARNE COTTON:** Yeah, 'Bye, see you later.' You'd go, 'Have a'-

**NICK GRIMSHAW:** 'Thank you, Fearne Cotton, everybody!'

**ANGELA HARTNETT:** Wey!

**FEARNE COTTON:** But I haven't like sold the thing I came to sell, so like, let me talk more.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Yeah.

**FEARNE COTTON:** But we get into it. It's really good.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Mm.

**FEARNE COTTON:** Really good.

**NICK GRIMSHAW:** Yeah. Well, thank you for coming to see us, on Dish.

**FEARNE COTTON:** Plezh. When are we, when's that happening?

**NICK GRIMSHAW:** Oh, now!

**ANGELA HARTNETT:** Whenever you want, sorry.

**FEARNE COTTON:** Great.

**NICK GRIMSHAW:** Sorry, yeah.

**FEARNE COTTON:** Okay. Okay.

**NICK GRIMSHAW:** Cheers, welcome.

**ANGELA HARTNETT:** Cheers.

**FEARNE COTTON:** I was just like, so-

**ANGELA HARTNETT:** Cheers, cheers.

**NICK GRIMSHAW:** Yeah, we're having a spicy margarita, at your request. Welcome.

**FEARNE COTTON:** Ugh, I've been thinking about this since like eight this morning.

**NICK GRIMSHAW:** Oh, Fearne.

*[laughter]*

**ANGELA HARTNETT:** Okay. Mmm. Very nice.

**FEARNE COTTON:** Oh, that's so good- did you make that?

**NICK GRIMSHAW:** I didn't.

**FEARNE COTTON:** Oh.

*[laughter]*

**NICK GRIMSHAW:** I normally do, but we didn't today.

**ANGELA HARTNETT:** He's very honest. Very honest.

**FEARNE COTTON:** So nice, that's like the perfect strength of tequila.

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

**FEARNE COTTON:** Good amount of spice.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Nice and chilled.

**FEARNE COTTON:** Salty rim. Perfect marg. Yeah, love.

**NICK GRIMSHAW:** So good. Really good. Well, like I said, we we're so excited you're here. Fearne and I, you know, used to work together at- not literally together on Radio 1, but we would-

**ANGELA HARTNETT:** Yeah, your paths would cross a lot.

**NICK GRIMSHAW:** Our paths would cross daily.

**ANGELA HARTNETT:** Yeah.

**FEARNE COTTON:** Daily, I'd see you every day.

**NICK GRIMSHAW:** Yeah. Every single day, yeah.

**FEARNE COTTON:** Every day.

**NICK GRIMSHAW:** And I'd be finishing and Fearne'd be on and you know...

**ANGELA HARTNETT:** Nice.

**NICK GRIMSHAW:** So as I say, it won't be like that.

**FEARNE COTTON:** Yeah, sure.

**NICK GRIMSHAW:** No music.

**FEARNE COTTON:** No music.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Margaritas.

**FEARNE COTTON:** No, also like, no rules, there's a lot of rules at the BBC.

**NICK GRIMSHAW:** Lot of rules.

**ANGELA HARTNETT:** Yes.

**FEARNE COTTON:** There's no rules, are there-

**NICK GRIMSHAW:** No.

**ANGELA HARTNETT:** No.

**FEARNE COTTON:** -with podcasting. That's why we like it.

**NICK GRIMSHAW:** But yeah, no, we're happy 'cause you're a great guest, you love a chat, you love food.

**FEARNE COTTON:** Love a chat.

**NICK GRIMSHAW:** You're the perfect Dish guest, essentially.

**FEARNE COTTON:** Oh god. I've gotta live up to that now, crickey.

**NICK GRIMSHAW:** And I'm glad you like the margarita, 'cause I was thinking, the people who we've done margaritas for have been great guests.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Brian Cox.

**ANGELA HARTNETT:** Oh God.

**FEARNE COTTON:** Oh my God, I'm in great company.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** Love. Not the scientist, the actor.

**FEARNE COTTON:** Yeah. Both great though.

**NICK GRIMSHAW:** Yeah. Both great.

**FEARNE COTTON:** Yeah.

**NICK GRIMSHAW:** Who's your favourite?

**FEARNE COTTON:** Uh, ooh...

*[laughter]*

**ANGELA HARTNETT:** Ooh...

**FEARNE COTTON:** So awkward.

**NICK GRIMSHAW:** Um...

**FEARNE COTTON:** Uhh...

**NICK GRIMSHAW:** He loved them.

**FEARNE COTTON:** Going Succession. Sorry.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Yeah.

**FEARNE COTTON:** Sorry, er, professor.

**NICK GRIMSHAW:** Aw. Aw, love professor Brian.

**FEARNE COTTON:** But I also love Professor- I do.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Mm.

**FEARNE COTTON:** But also like intimidating, because I interviewed him on Radio 2 once, and he just knows so much.

**ANGELA HARTNETT:** Everything, yeah.

**FEARNE COTTON:** And you just feel thick.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Totally.

**FEARNE COTTON:** You just sit there going, I am stupid.

**NICK GRIMSHAW:** I've had the exact same feeling with him.

**FEARNE COTTON:** Yeah.

**ANGELA HARTNETT:** It's all right, we just got Brian Cox drunk. It was fine.

**FEARNE COTTON:** That's great.

**ANGELA HARTNETT:** He went off to a show later, didn't he.

**FEARNE COTTON:** [*gasps*]

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

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

**FEARNE COTTON:** So he was doing the theatre?

**ANGELA HARTNETT:** Yeah, that night.

**NICK GRIMSHAW:** Mm-hm. Yeah, he got right on it.

**FEARNE COTTON:** What a legend.

**ANGELA HARTNETT:** Absolutely.

[*crew laugh*]

**NICK GRIMSHAW:** He got right- didn't he?

**ANGELA HARTNETT:** He was brilliant though.

**NICK GRIMSHAW:** He got right on.

**ANGELA HARTNETT:** He was.

**FEARNE COTTON:** So once- so you don't just get one margarita if you-

**ANGELA HARTNETT:** No no.

**FEARNE COTTON:** There's a top up if you need.

**NICK GRIMSHAW:** If you want, yeah Fearne.

**ANGELA HARTNETT:** You've come to our house, you're round the table.

**NICK GRIMSHAW:** We'll keep on going if you want.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Yeah.

**FEARNE COTTON:** Mmm, ok. Great.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Drink as quick as you want, Fearne, it's fine.

*[laughter]*

**NICK GRIMSHAW:** And we also-

**FEARNE COTTON:** I've had a rough week, so...

**NICK GRIMSHAW:** Yeah, get it down ya.

**FEARNE COTTON:** Yeah.

**NICK GRIMSHAW:** We heard you say about Happy Place, like sometimes when you're doing a podcast and especially with Happy Place, people will go on, and they know that you're gonna, you know, talk about their life and how they deal with certain things, and you're gonna be, you know, deeply personal and deeply emotional. And you were saying sometimes it takes a bit of time to settle in.

**FEARNE COTTON:** I think twenty minutes.

**NICK GRIMSHAW:** Twenty minutes.

**ANGELA HARTNETT:** Yeah.

**FEARNE COTTON:** I think twenty minutes seems to be the, the sort of sweet spot, where they have really relaxed into the conversation.

**ANGELA HARTNETT:** Yeah.

**FEARNE COTTON:** But I also get to a point where I forget I'm doing a podcast, which I love.

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

**FEARNE COTTON:** Because I think at the start-

**ANGELA HARTNETT:** But that's a great thing, yeah.

**FEARNE COTTON:** Yeah, you know, at the beginning I'm really focused on my notes and where I wanna go with it. But if I get to that point where I'm just listening to them.

**ANGELA HARTNETT:** Yeah.

**FEARNE COTTON:** And yes, hopefully I'll refer to my prep and the research I've done, but I just want it to go in the direction they take it. Twenty minutes in, I'm like, oh my God, it's just me and them. And it feels like a real privilege, and I don't wanna sound wanky saying that, but I do feel like it is just you and them and it's, you're so lucky to have that time with someone where they're just freely telling you about some pretty difficult stuff in their life or some pretty personal stuff, I do not take that for granted one bit. I love it.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** The one thing that can really accelerate that is tequila.

[laughter]



**NICK GRIMSHAW:** It can really get you... studies have shown it can get it from twenty-

**FEARNE COTTON:** Like, take the time down to ten.

**ANGELA HARTNETT:** Get there quicker.

**NICK GRIMSHAW:** -to ten. Yeah, yeah.

**FEARNE COTTON:** Yeah, yeah, yeah,

**NICK GRIMSHAW:** And that's science. That's Brian Cox to us.

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

**FEARNE COTTON:** I feel like we're in the sweet spot now.

**NICK GRIMSHAW:** Yeah, we're in there now, we're in there now. Do you get nervous chatting to people?

**FEARNE COTTON:** Yeah, of course.

**NICK GRIMSHAW:** 'Cause I still get nervous, interviewing people.

**FEARNE COTTON:** Oh definitely. I think because I love it and I care about it. And there are some guests that are more intimidating than others, you know, I had Hillary Clinton on. I was absolutely-

**ANGELA HARTNETT:** Oh my God.

**FEARNE COTTON:** -bricking myself. And also they make it scary for you, because-

**ANGELA HARTNETT:** What was she like?

**FEARNE COTTON:** She was-

**ANGELA HARTNETT:** Was this when she was running to be president or post?

**FEARNE COTTON:** She had just lost.

**ANGELA HARTNETT:** Oh, right, God.

**FEARNE COTTON:** So it was a really interesting time. But also they make it scary. So I turn up to this hotel, they'd literally shut the whole hotel down. There was the, these sort of huge man mountains on every doorway with earpieces.

**ANGELA HARTNETT:** Yeah.

**FEARNE COTTON:** And I was terrified-

**ANGELA HARTNETT:** Secret Service, yeah.

**FEARNE COTTON:** -I was like, how have I even ended up in this situation? Why have they allowed me to do this? And I was sat in this sweeping boardroom waiting for her arrival, and they kept going, [*in American accent*] 'She's walking.'

[*laughter*]

**FEARNE COTTON:** 'She's walking.' I'm like, oh my God, she's walking, she's walking, okay, get in the zone, get in the zone. And then, 'She's not walking, she's not,' and then you'd sort of stand down.

**NICK GRIMSHAW:** And that feeling of waiting is horrible.

**FEARNE COTTON:** They kept doing that for so long. But then she was really personable and did that thing of like, using my name in a sentence-

**ANGELA HARTNETT:** Oh nice-

**FEARNE COTTON:** -so I felt really special.

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

**FEARNE COTTON:** [*in American accent*] 'Well Fearne,' I was like, oh my God...

[*laughter*]

**FEARNE COTTON:** It's my name! What? Like I'm from Eastcote, what's going on? This is wild. So that was a moment. But yeah, I obviously get really nervous all the time.

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

**FEARNE COTTON:** All the time.

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

**NICK GRIMSHAW:** And do you have anything you do to get over it? 'Cause I- every time I get nervous for interviewing someone or so- you know, doing the radio or something, I always think, oh, tomorrow I should really come up with some sort of plan to get over this.

*[laughter]*

**NICK GRIMSHAW:** I've been saying that since I was like twenty years old. And I'm like, well I really should think of some sort like method for doing it.

**FEARNE COTTON:** Yeah.

**NICK GRIMSHAW:** Do you have a method or something that you like to do to, to ease yourself in?

**FEARNE COTTON:** I prepare enough so I know I've done all I can.

**ANGELA HARTNETT:** Yeah.

**FEARNE COTTON:** When I get to the day, all I can do is that, is the research. And the rest is sort of, I guess, depends on the mood they're in.

**ANGELA HARTNETT:** Mm.

**FEARNE COTTON:** 'Cause sometimes, you know, it's the mood that we're both in, I'll turn up and I just feel a bit anxious that day.

**ANGELA HARTNETT:** Sure.

**FEARNE COTTON:** Or I just feel a bit flat that day and... you know, there's so many variables that are out of your control.

**ANGELA HARTNETT:** Yep.

**NICK GRIMSHAW:** I think if you've done the prep, that is all you can do, and then you've just got hope for the best. And some will be great and some you'll go home and go, oh God, I could have done a much better job, you maybe next week it'll be a better one, and that's fine, they're not all gonna be brilliant.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** Yeah.

**FEARNE COTTON:** I think that's okay.

**NICK GRIMSHAW:** Yeah.

**FEARNE COTTON:** So I don't, I don't have... I don't have a solution to that problem, Grim.

**NICK GRIMSHAW:** No.

**FEARNE COTTON:** Really sorry.

**NICK GRIMSHAW:** Okay.

**ANGELA HARTNETT:** Yeah.

**FEARNE COTTON:** Yeah, maybe like, drinking margaritas.

**NICK GRIMSHAW:** Margaritas.

**ANGELA HARTNETT:** Yeah.

**FEARNE COTTON:** Is the way.

**NICK GRIMSHAW:** Honestly, like you saying like, maybe like next one will be good, when I started doing Radio 1 breakfast, it was just before Children in Need, and I'd met Terry Wogan 'cause I was gonna do some things with him and he was like, 'How's it all going?' and I was like, 'Yeah, it's good,' I was like, 'Some days it's like really scary, and then some days you just don't even think about it and you'd like just go and like chat s\*\*\* for a few hours and then some

days you're having an existential crisis,' and he was like, 'Well, it's 'cause you're a human. Some days you hate it.'

**FEARNE COTTON:** Exactly. Yeah.

**NICK GRIMSHAW:** And I was like, really good advice.

**ANGELA HARTNETT:** You can't all expect to be perfect a hundred percent.

**FEARNE COTTON:** No.

**ANGELA HARTNETT:** Life's not like that-

**FEARNE COTTON:** No, it's really not.

**ANGELA HARTNETT:** -so why should any, yeah.

**FEARNE COTTON:** Oh my God, Sir Terry was so full of all the gems.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Did he give you gems?

**FEARNE COTTON:** Oh, all the gems. I loved working with him so much. If we did Children Need which goes on for hours and hours, definitely by about ten, the red wine had come out.

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

**ANGELA HARTNETT:** Mm.

**FEARNE COTTON:** And then by midnight the Baileys would come out.

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

**NICK GRIMSHAW:** Oh s\*\*\*!

**FEARNE COTTON:** The Baileys. And you- there'd be like a little cornered off curtained area.

**ANGELA HARTNETT:** Yeah.

**FEARNE COTTON:** And there'd be a little tray with the Bailey's and the wine, and I was like, okay, we're cooking, we're-

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

**NICK GRIMSHAW:** Wow. Come on Terry.

**FEARNE COTTON:** And by the end of it, when you're doing the big totalised, when you've gotta read a number that is so long, you're incapable.

*[laughter]*

**FEARNE COTTON:** I don't know how to read that number.

**ANGELA HARTNETT:** *[laughing]*

**NICK GRIMSHAW:** Yes. There's so much donation-

**FEARNE COTTON:** 'It's 32 million ish.'

**ANGELA HARTNETT:** Two... ish.

**FEARNE COTTON:** 'Four hundred and sixty thousand... and one hundred pounds?' It doesn't make any sense.

*[laughter]*

**NICK GRIMSHAW:** Or pence.

**FEARNE COTTON:** Yeah, or pence.

*[laughs]*

**ANGELA HARTNETT:** Yeah, you're like, 'Pounds or pence?'

**FEARNE COTTON:** There's a decimal somewhere, yeah.

**NICK GRIMSHAW:** Yeah. I, I never did the whole night with him but did the late shift with him.

**ANGELA HARTNETT:** Mm.

**FEARNE COTTON:** Ooh.

**NICK GRIMSHAW:** And he-

**FEARNE COTTON:** That's the Baileys bit.

**NICK GRIMSHAW:** Yeah, a b- he definitely-

**ANGELA HARTNETT:** He loved a drink.

**NICK GRIMSHAW:** -said [*in Terry Wogan voice*] 'Do you want a glass of red wine?'

**FEARNE COTTON:** Yes!

**NICK GRIMSHAW:** And I was like, 'I don't know if I want a glass of red wine for the first time I've ever done live TV.'

[*laughter*]

**NICK GRIMSHAW:** 'No probably not,' he was like, 'Oh...'

[*laughter*]

**ANGELA HARTNETT:** Steady your nerves, steady your nerves.

**NICK GRIMSHAW:** Amazing.

**FEARNE COTTON:** [*laughs*] It's so good.

[*cocktail making sounds*]

**NICK GRIMSHAW:** Well, we wanna talk more about your, uh, wonderful broadcasting career, but first we're gonna talk food for a second.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** We always like to get our, our guests like likes and, and dislikes.

**FEARNE COTTON:** Mm.

**NICK GRIMSHAW:** Fearne, you're a vegan. Surprise.

**FEARNE COTTON:** I am.

**NICK GRIMSHAW:** You are a vegan. Um...

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

**NICK GRIMSHAW:** Which-

**FEARNE COTTON:** Well d'you know what I wanna know, when you found out I was a vegan, did you eye roll?

**ANGELA HARTNETT:** No, I didn't actually.

**NICK GRIMSHAW:** No.

**FEARNE COTTON:** Okay.

**NICK GRIMSHAW:** Opposite.

**ANGELA HARTNETT:** No, no, no, no.

**NICK GRIMSHAW:** No.

**FEARNE COTTON:** I get nervous. I get nervous telling people that I'm vegan.

**ANGELA HARTNETT:** That's ridiculous now.

**FEARNE COTTON:** I get really nervous.

**ANGELA HARTNETT:** These days, that's bad.

**FEARNE COTTON:** I know, but I just think people go, ugh.

**NICK GRIMSHAW:** Ve-

**ANGELA HARTNETT:** No, no.

**NICK GRIMSHAW:** Are we- I mean, I'm not vegan, so I don't know, but do you think we're through the vegan...



**ANGELA HARTNETT:** Yeah, I would've thought.

**NICK GRIMSHAW:** Like there was a moment where it was probably quite difficult-

**FEARNE COTTON:** No.

**NICK GRIMSHAW:** -for you to eat.

**FEARNE COTTON:** Oh, yeah.

**NICK GRIMSHAW:** But then there was a, I feel like there was a big piss take section.

**FEARNE COTTON:** If you- no, there's still, I think we're in that.

**NICK GRIMSHAW:** Are we still in that?

**FEARNE COTTON:** I think so, I think people are just a bit like, 'Oh God, that's so annoying.' It's annoying.

**ANGELA HARTNETT:** If you go to a restaurant, are people like that? No, surely not.

**FEARNE COTTON:** I don't think people are in restaurants. And there are many more options now.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Yeah, sure.

**FEARNE COTTON:** It's quite easy. But also, I am sometimes a naughty vegan. I'm not like militant about it. I'd say I'm 99.9% vegan, but then there are these little moments where, for instance, like when I was in hospital before Christmas, I wanted more than anything the worst white bread, like the cheapest thin white bread.

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

**FEARNE COTTON:** With the crappiest butter, in a gold packet.

**ANGELA HARTNETT:** Yeah.

**FEARNE COTTON:** That is all I wanted, and I ate it.

**NICK GRIMSHAW:** Yeah.

**FEARNE COTTON:** So every now and again, I'm like, I'm the one keeping the rules here, and sure,

**ANGELA HARTNETT:** Yeah, sure.

**NICK GRIMSHAW:** Yeah.

**FEARNE COTTON:** Vegans might judge, but whatever. It's, there are moments where I go a bit off-piste, but I've been veggie since I was a kid, so I'd never eat meat.

**ANGELA & NICK:** Yeah.

**FEARNE COTTON:** That's not happening.

**ANGELA HARTNETT:** But that's, I'd more eye roll if someone comes in and says, 'I'm a vegan,' and then you put something down and they go, 'Oh, but I'll eat fish,' and it's like, we'll you're not vegan.

**NICK GRIMSHAW:** You're not a vegan then.

**ANGELA HARTNETT:** Sorry, that's it. That's the difference.

**FEARNE COTTON:** I've got a mate, says she's vegan and I've seen her wrap wafer thin ham around Monster Munch and eat it.

[laughter]

**ANGELA HARTNETT:** Well, there you go.

**FEARNE COTTON:** But you know what, actually I've got a, I've gotta admit something, now you've mentioned fish, because I have been proper vegetarian since I was a tiny kid, but I...

**ANGELA HARTNETT:** Were your family? Or you just decided.

**FEARNE COTTON:** My mum is.

**ANGELA HARTNETT:** Okay.

**FEARNE COTTON:** My dad and brother are not. But about four years ago I was doing a podcast, a Happy Place episode, with Ludovico Einaudi, who I'm a mega fan of, like that, I was so nervous.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** Yeah.

**FEARNE COTTON:** And I had to fly to Sicily to do this podcast episode.

**ANGELA HARTNETT:** Oh my God. Amazing.

**FEARNE COTTON:** Because he was conducting an orchestra out there and this opera. Beautiful. And I was so excited. I didn't know what to expect. I turned up to this big opera house and he said, we were like, 'Oh, where can we set up to do the podcast?' he went, 'Well, we'll go for lunch first,' and I was like, 'Sorry? Okay.' So then I end up going for lunch with Ludovico Einaudi.

**ANGELA HARTNETT:** Oh my God.

**FEARNE COTTON:** And his team. And we walked out of the beautiful, it's like one of the oldest opera houses in Europe, round the corner, to a fish restaurant where there is nothing, and I mean nothing but fish. Not even a salad.

**ANGELA HARTNETT:** No.

**FEARNE COTTON:** Just fish.

**NICK GRIMSHAW:** Just fish.

**FEARNE COTTON:** Now am I gonna say, 'I can't, I can't eat here'.

**ANGELA HARTNETT:** Yeah, yeah.

**FEARNE COTTON:** That's mortifying.

**ANGELA HARTNETT:** Yeah.

**FEARNE COTTON:** So did I eat loads of fish for lunch?

**ANGELA HARTNETT:** Yes.

**FEARNE COTTON:** Yes, I did.

[laughter]

**ANGELA HARTNETT:** I call that polite.

**FEARNE COTTON:** Like fish balls, like meatballs but fish.

[laughter]

**FEARNE COTTON:** Yeah, um, ceviche. I was scoffing it down.

**NICK GRIMSHAW:** [laughing] Wow. Wow. And how was the experience for you? How was it?

**FEARNE COTTON:** It was fine, I mean, it was like hard to digest, but, um...

**NICK GRIMSHAW:** Yeah. Yeah.

**FEARNE COTTON:** But I did it. And then did the podcast after and I saved myself from feeling embarrassed, so that's good.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** It's a tricky one.

[laughter]

**NICK GRIMSHAW:** That is a very tricky situation to be in because yeah-

**FEARNE COTTON:** So bad.

**NICK GRIMSHAW:** -you're there to like have rapport with him.

**ANGELA HARTNETT:** Yeah.

**FEARNE COTTON:** But I'm also a mega fan. If I hadn't been a fan, I might have been like, oh, this is a bit... or maybe I'll have some bread.

**ANGELA HARTNETT:** Yeah.

**FEARNE COTTON:** But I thought, I want him to like me.

**NICK GRIMSHAW:** Yeah.

**FEARNE COTTON:** Let's be honest. I want him to like me.

**NICK GRIMSHAW:** And also in Italian culture as well, like the gift of food, and the bond- yeah.

**ANGELA HARTNETT:** And it wouldn't have been a quick lunch.

**FEARNE COTTON:** No, no-

**ANGELA HARTNETT:** I imagine you were there for three, four hours.

**FEARNE COTTON:** -it was, there was wine. There was courses, it was gorgeous.

**ANGELA HARTNETT:** You could not have made that bread last for that length of time [*laughs*] that would've been like, you know...

**FEARNE COTTON:** No, no, no, no, no, no, no. I was fully-

**ANGELA HARTNETT:** No it's true.

**FEARNE COTTON:** Involved with the fish, so...

**ANGELA HARTNETT:** But Joanna Lumley came on the podcast and she, she-

**FEARNE COTTON:** I watched that one.

**ANGELA HARTNETT:** -she's vegetarian, and she said, and she would never say it when she goes to people, she goes, I would just eat what I'm given.

**FEARNE COTTON:** Oh, really?

**ANGELA HARTNETT:** She goes, yeah 'cause she goes, that's polite and you don't change it. Whereas I, I'm all for the fact that if someone's coming to your house and you are a guest, you are looking after them.

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

**ANGELA HARTNETT:** So if you came, you said, 'I'm vegan,' it wouldn't bother me at all.

**FEARNE COTTON:** Also, having kids, I'm cooking eight different meals every day, 'cause one like this...

**NICK GRIMSHAW:** Oh no, they like, oh no.

**FEARNE COTTON:** Oh yeah.

**NICK GRIMSHAW:** Fearne.

**FEARNE COTTON:** You say you're not gonna do it.

**NICK GRIMSHAW:** And then.

**FEARNE COTTON:** And you do.

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

**ANGELA HARTNETT:** Put your foot down.

**FEARNE COTTON:** 'Oh sorry, you don't want sauce on that?

**ANGELA & FEARNE:** 'I'll do it again.'

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

**ANGELA HARTNETT:** Love me more! Love me more!

**NICK GRIMSHAW:** Oh my God.

**FEARNE COTTON:** Yeah. You do it.

**ANGELA HARTNETT:** Right, I'm gonna get you some food.

**NICK GRIMSHAW:** You've gotta do it, yeah.

**FEARNE COTTON:** So annoying.

**NICK GRIMSHAW:** 'Cause like vegans, they get s\*\*\* for, you know, you see those memes that were like, 'How'd you know they're a vegan? They'll tell you.'

**FEARNE COTTON:** Yeah, 'They'll tell you,' [*laughs*]

**NICK GRIMSHAW:** And it's like, well, yeah, 'cause they have to tell you-

**FEARNE COTTON:** [*laughing*] I know.

**NICK GRIMSHAW:** -otherwise you're gonna give them meat.

**FEARNE COTTON:** Yeah.

**NICK GRIMSHAW:** My mum said it the other day, she said, 'Why does everyone have to tell you about their allergies?'

**FEARNE COTTON:** [*laughs*]

**NICK GRIMSHAW:** I said, 'Cause they're allergic.'

[*laughter*]

**FEARNE COTTON:** About their allergies?

**NICK GRIMSHAW:** That's what I said.

**FEARNE COTTON:** Cause they might die.

**NICK GRIMSHAW:** I said, 'Cause they're allergic to it.'

**FEARNE COTTON:** 'Cause they might die.

**NICK GRIMSHAW:** She said, 'No one was allergic to anything in the seventies.'

**FEARNE COTTON:** That's what my mum says!

**NICK GRIMSHAW:** I'm like, what are you talking about?

**FEARNE COTTON:** My mum says this.

**NICK GRIMSHAW:** She said, 'I'd never heard of anyone having an allergy.'

**FEARNE COTTON:** Yeah, or being gluten intolerant.

**NICK GRIMSHAW:** 'When I was a kid,' I was like, 'Yeah but you didn't have the internet! So unless anyone around your table wasn't allergic to nuts, then maybe yeah, you didn't.'

**FEARNE COTTON:** Exactly!

**NICK GRIMSHAW:** My mum was like, 'Okay, good point.' The last thing that you said goodbye to from vegetarian to ve- *[laughs]* veganity?

*[laughter]*

**NICK GRIMSHAW:** To being a vegan.

**FEARNE COTTON:** *[laughing]* Veganity?

**NICK GRIMSHAW:** Veganity.

**FEARNE COTTON:** Yeah.

**NICK GRIMSHAW:** You lost your veganity to...

**FEARNE COTTON:** *[laughs]*

**NICK GRIMSHAW:** Eggs.

**FEARNE COTTON:** Eggs, eggs I found hard.

**NICK GRIMSHAW:** Eggs. You found it hard to say goodbye to eggs.

**FEARNE COTTON:** 'Cause I loved an omelette.

**NICK GRIMSHAW:** Yeah.



**FEARNE COTTON:** I'd loved an omelette, and I did find that hard, but again, being an occasional not great vegan. If- I love baking and if I make a cake when people come to the house, which I will always do.

**NICK GRIMSHAW:** Mm-hm.

**FEARNE COTTON:** I might have a cheeky little slither, and I've put an egg in there to bind it.

**NICK GRIMSHAW:** Yeah.

**FEARNE COTTON:** 'Cause using flax is not the same.

**NICK GRIMSHAW:** No.

**FEARNE COTTON:** *[laughs]*

**NICK GRIMSHAW:** Your dislikes are: coriander.

**FEARNE COTTON:** Angela, you don't like it, do you? Thank you.

**ANGELA HARTNETT:** Can't stand it.

**NICK GRIMSHAW:** Yeah. She doesn't like it. You also don't like mushrooms.

**FEARNE COTTON:** No.

**NICK GRIMSHAW:** Vegan staple though.

**FEARNE COTTON:** Well, that's what everyone says, but they are slimy.

**NICK GRIMSHAW:** Mmm.

**ANGELA HARTNETT:** Oh that's not good.

*[crew laugh]*

**FEARNE COTTON:** And they, it is like eating a shoe. I don't like-

*[crew laugh]*

**NICK GRIMSHAW:** What about a big guy? No?

**FEARNE COTTON:** Oh...

**NICK GRIMSHAW:** No?

**FEARNE COTTON:** The bigger the worse.

**NICK GRIMSHAW:** [*laughing*] No.

**FEARNE COTTON:** Oh the big guys are so bad.

**NICK GRIMSHAW:** No?

**FEARNE COTTON:** No, that's like a big rubbery tyre.

**NICK GRIMSHAW:** Oooh-

**FEARNE COTTON:** I'm not eating that.

**NICK GRIMSHAW:** -not liking a big one.

**FEARNE COTTON:** Oh my God, what is this?

**NICK GRIMSHAW:** Wow, thank you. It's mushrooms.

**FEARNE COTTON:** Okay-

[*laughter*]

[*chopping sounds*]

**NICK GRIMSHAW:** Well, the food has arrived.

**FEARNE COTTON:** Oh my God, I'm so excited.

**ANGELA HARTNETT:** Food has arrived.

**NICK GRIMSHAW:** So Angela, fill us in, what have we got here?

**ANGELA HARTNETT:** So we got roasted cauliflower with dates, spiced chickpeas, preserved lemons and green tahini, with a chicory salad, by our favourite, Diana Henry.

**NICK GRIMSHAW:** Mmm.

**ANGELA HARTNETT:** It's her recipe. And we're serving it for you Fearne, 'cause we know you like red wine, a chilled No. 1 Beaujolais Village, which is, 'Fresh and fruity, red berry character, with a hint of spice.'

**FEARNE COTTON:** Sorry, we've got wine as well?

**ANGELA HARTNETT:** Wine as well. You're parked up there as they say, Fearne, with your margarita.

**FEARNE COTTON:** Oh my God, this is the best day ever.

**ANGELA HARTNETT:** Best day.

**NICK GRIMSHAW:** You've not got the school run after, have you?

**ANGELA HARTNETT:** Yeah.

**FEARNE COTTON:** No, no, no, no.

**NICK GRIMSHAW:** Yeah, see you later kids.

**ANGELA HARTNETT:** No tea for the kids.

**FEARNE COTTON:** No, no, no, no.

**NICK GRIMSHAW:** Make your own tea tonight.

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

**FEARNE COTTON:** I'm just get- exactly, make your own dinner babes. Mmm.

**ANGELA HARTNETT:** This is a lovely recipe.

**NICK GRIMSHAW:** Yeah, talk us through.

**ANGELA HARTNETT:** So as basically you roast your cauliflower off-

**FEARNE COTTON:** Yeah.

**ANGELA HARTNETT:** -with some chilli, cumin, fennel seeds, all in the oven, some red onion, olive oil, and salt. So that roasts off together. And then the tahini paste is basically tahini, they put- Diana puts coriander, but we've put parsley 'cause you know I don't like it.

**FEARNE COTTON:** So much better.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** So, garlic, tahini, parsley, olive oil, and a touch of water. Like it smooth.

**FEARNE COTTON:** Tahini is the best.

**ANGELA HARTNETT:** It is.

**NICK GRIMSHAW:** Tell us about this, Ange, you've gone for a cauliflower. Is it kind of perfect to do for a salad like this, main course situation, cauliflower?

**ANGELA HARTNETT:** I think so, 'cause it feels quite-

**NICK GRIMSHAW:** It feels substantial.

**ANGELA HARTNETT:** It feels substantial.

**FEARNE COTTON:** Yeah.

**NICK GRIMSHAW:** Yeah.

**FEARNE COTTON:** It does.

**NICK GRIMSHAW:** It feels like, slightly nutty.

**ANGELA HARTNETT:** It can take the spice, it can take that heat, and then I think you can roast it. And even if it slightly chars a little bit, I don't think that's wrong.

**FEARNE COTTON:** Oh I love that.

**ANGELA HARTNETT:** 'Cause it loves that sort of smokiness to it.

**NICK GRIMSHAW:** And I think the spicy, with the date, with the tahini.

**FEARNE COTTON:** Yeah the date.

**ANGELA HARTNETT:** Smooths it all out.

**NICK GRIMSHAW:** Really works.

**FEARNE COTTON:** Mmm, so good, the dates.

**NICK GRIMSHAW:** Mm-hm.

**FEARNE COTTON:** Heaven. I went to Oman recently, dates everywhere.

**ANGELA HARTNETT:** Oh wow.

**FEARNE COTTON:** They're in every dish.

**NICK GRIMSHAW:** Mmm.

**ANGELA HARTNETT:** Mmm.

**FEARNE COTTON:** That's so good.

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

**FEARNE COTTON:** Mmm.

**NICK GRIMSHAW:** Oh wow. The tahini dressing, and if you're listening to this, you might be imagining like a dressing covering everything, but it's more of like a...

**FEARNE COTTON:** Do you wanna say paste?

**ANGELA HARTNETT:** Like mayonnaise-y

**NICK GRIMSHAW:** A paste.

**FEARNE COTTON:** A paste.

**NICK GRIMSHAW:** I was gonna say a cement.

**ANGELA HARTNETT:** A cement?

*[crew laugh]*

**NICK GRIMSHAW:** For which the cauliflower can be laid like bricks.

**FEARNE COTTON:** I don't think Angela was going for that.

*[laughter]*

**FEARNE COTTON:** Do you know who she is?

**NICK GRIMSHAW:** No but-

**FEARNE COTTON:** Do you know who-

**NICK GRIMSHAW:** -I was like, if you're listening, like how would it look like?

**ANGELA HARTNETT:** Cement?!

*[laughter]*

**ANGELA HARTNETT:** I mean, that's how it would look like?

**NICK GRIMSHAW:** No but I meant-

**FEARNE COTTON:** The opposite.

**ANGELA HARTNETT:** I mean, I can't imagine those hands ever picking up a brick, mind you.

*[laughter]*

**NICK GRIMSHAW:** No, but I mean, it's something to like hold the cauliflower.

**ANGELA HARTNETT:** It's more mayonnaise-like consistency.

**NICK GRIMSHAW:** Yeah, but it's like, they're like, they're resting in the sauce.

**ANGELA HARTNETT:** Shut up backtracking with your resting-

**FEARNE COTTON:** Using more delicate language, yes.

**ANGELA HARTNETT:** -in the sauce.

**NICK GRIMSHAW:** Yeah.

**FEARNE COTTON:** Yeah, it's like a, yeah, it's a like a paste, like a houmous-y, kind of, yeah.

**ANGELA HARTNETT:** It's houmous texture.

**NICK GRIMSHAW:** Yeah, a houmous texture.

**FEARNE COTTON:** Yeah, not cement. We don't eat cement.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Anyway, I think it's delicious.

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

**NICK GRIMSHAW:** I do.

**ANGELA HARTNETT:** I know you do.

**NICK GRIMSHAW:** I really do.

**FEARNE COTTON:** It's my dream meal.

**ANGELA HARTNETT:** Have you tried the red wine?

**NICK GRIMSHAW:** No.

**FEARNE COTTON:** No.

**ANGELA HARTNETT:** You got to.

**FEARNE COTTON:** Oh my God.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Ooh yeah, let's try it. You've got- I love, 'You've got to.'

**ANGELA HARTNETT:** Well, you know...

*[crew laugh]*

**FEARNE COTTON:** You do.

**ANGELA HARTNETT:** No, but Fearne's- you're drinking, aren't you?

**FEARNE COTTON:** I love red wine.

**ANGELA HARTNETT:** So I think it's sociable.

**FEARNE COTTON:** I love red wine. I'm not a fan of white, at all.

**NICK GRIMSHAW:** Mmm, I am.

**FEARNE COTTON:** I'm not red all the way.

**ANGELA HARTNETT:** Actually, good with the spice, this.

**FEARNE COTTON:** Mmm.

**NICK GRIMSHAW:** Oh yeah, that is good with the spice.

**ANGELA HARTNETT:** It sort of, sort of knocks it off a bit.

**NICK GRIMSHAW:** Do you like a cold red?

**FEARNE COTTON:** Oh that's lovely.



**ANGELA HARTNETT:** Yeah.

**FEARNE COTTON:** I love a cold, any red.

**ANGELA HARTNETT:** There you go.

**FEARNE COTTON:** I love red wine.

**NICK GRIMSHAW:** *[laughing]* Any red.

**FEARNE COTTON:** *[aggressively]* Any red.

**NICK GRIMSHAW:** *[aggressively]* Any red.

**FEARNE COTTON:** *[aggressively]* Give it to me.

**NICK GRIMSHAW:** I took my mum to a restaurant about nine years ago now, where they served her a cold red wine, and she still complains about it-

**ANGELA HARTNETT:** Really?

**NICK GRIMSHAW:** -I'd say monthly.

**FEARNE COTTON:** Yeah.

**NICK GRIMSHAW:** Every time we pass it, 'Gave me cold red wine in there,' I said, 'No, it was meant to be...'.

**ANGELA HARTNETT:** 'They're supposed to be.'

**FEARNE COTTON:** 'Meant to be cold.'

**NICK GRIMSHAW:** It's a thing. Uh, if you wanna create this dish in your home, then of course you can get all the ingredients used today, and the recipe, and the wine pairing, [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes), they are all on there if you want to try.

**FEARNE COTTON:** I am making this, asap.

*[drink pouring sounds]*

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

**FEARNE COTTON:** Okay.

**NICK GRIMSHAW:** It's the vegan edition, so it's eggless. Uh, what is your favourite sandwich filling?

**FEARNE COTTON:** Peanut butter.

**ANGELA HARTNETT:** Oh nice.

**FEARNE COTTON:** I, my death row meal would sadly be peanut butter on toast. There is no better food. I eat it with a spoon out of the jar.

**NICK GRIMSHAW:** I eat it with a spoon.

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

**NICK GRIMSHAW:** How do you feel about almond butter?

**FEARNE COTTON:** Yeah, fine with it.

**NICK GRIMSHAW:** Yeah, fine.

**ANGELA HARTNETT:** Okay.

**NICK GRIMSHAW:** What is your favourite form of potato?

**FEARNE COTTON:** I am common as muck, so I'm going like, chip.

**NICK GRIMSHAW:** Chip.

**ANGELA HARTNETT:** That's not common, that's fine.

**NICK GRIMSHAW:** I love a chip.

**ANGELA HARTNETT:** We all love a chip

**FEARNE COTTON:** But I grew up 90% chip for dinner.

**ANGELA HARTNETT:** That's fair enough, what about your favourite salad ingredient?

**FEARNE COTTON:** Ooh. Probably lentils. I put- I try and get, get protein in everything, so I think if I'm doing a big, hearty salad.

**ANGELA HARTNETT:** Yeah.

**FEARNE COTTON:** Just some really good lentils in there I think beefs it all up, and then anything you add.

**ANGELA HARTNETT:** Perfect.

**FEARNE COTTON:** It's delightful.

**ANGELA HARTNETT:** Yeah. Delicious.

**NICK GRIMSHAW:** Fearne, what is your favourite beverage, hot or cold?

**FEARNE COTTON:** Coffee.

**NICK GRIMSHAW:** Yes.

**FEARNE COTTON:** There's- it's an unbeatable drink. I have one every morning and if I didn't have one, I would die.

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

**FEARNE COTTON:** Probably going cheese and onion.

**NICK GRIMSHAW:** Mm-hm.

**FEARNE COTTON:** And again, like classic bog standard, common as muck cheese and onion.

**NICK GRIMSHAW:** Can I say how much I'm respecting the thought that is going into your answers?

**ANGELA HARTNETT:** Yeah, very much so.

**FEARNE COTTON:** Of course, I'm on Dish.

**NICK GRIMSHAW:** You're considered, yeah, yeah.

**FEARNE COTTON:** Like this is not a chance-

**NICK GRIMSHAW:** You're like, this is crisps.

**FEARNE COTTON:** -for me to just like flippantly say thing.

**NICK GRIMSHAW:** Correct, thank you.

**FEARNE COTTON:** Do you know I spent, this is so bad. This is slow fire guys.

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

**FEARNE COTTON:** The other day I was out with a friend. We might have had two margaritas at this point.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Yeah.

**FEARNE COTTON:** *[laughing]* We spent two hours working out a top ten list of chocolate bars of all time.

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

**NICK GRIMSHAW:** Publish it.

**FEARNE COTTON:** Two hours. And do you know what? After the two hours we left the bar, we'd only got to number four.

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

*[laughter]*

**NICK GRIMSHAW:** What, so ten to four or one to four?

**FEARNE COTTON:** No, one to four was one.

**NICK GRIMSHAW:** One to four.

**ANGELA HARTNETT:** What was one? Tell us.

**FEARNE COTTON:** Number one, we came to a compromise, because I, I would've gone straight up, non-vegan, Dairy Milk.

**NICK GRIMSHAW:** Right.

**FEARNE COTTON:** Like, can't get any better-

**ANGELA HARTNETT:** Yeah.

**FEARNE COTTON:** -just a classic.

**ANGELA HARTNETT:** Classic, yeah.

**NICK GRIMSHAW:** Classic.

**FEARNE COTTON:** But we landed on Buttons because my friend prefers the shape of a button.

**NICK GRIMSHAW:** Wow.

**ANGELA HARTNETT:** Did Maltesers come in the top four?

**FEARNE COTTON:** They weren't even in the top ten.

**NICK GRIMSHAW:** Ohh!

**ANGELA HARTNETT:** Fearne!

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

*[crew laugh]*

**FEARNE COTTON:** No, because we start- no.

*[laughter]*

**FEARNE COTTON:** Because...

**NICK GRIMSHAW:** Woah.

**ANGELA HARTNETT:** Fearne.

**FEARNE COTTON:** Because we start-

**NICK GRIMSHAW:** Restart the podcast.

**FEARNE COTTON:** No-

**ANGELA HARTNETT:** Yeah. But is, is it 'cause it's not considered a chocolate bar?

**FEARNE COTTON:** No, no, not at all, there was no direct rules with this one, it's because we kept going off on these weird tangents of like, chocolate bars, we'd long forgotten.

**ANGELA HARTNETT:** Mm.

**FEARNE COTTON:** So when I was a kid, we had a news agent called Stars on the corner of my street, Abbotsbury Gardens, and my friend Lucy text me, 'cause I obviously had to like phone a friend, to get help on this one, and she said, 'Do you remember the Secrets chocolate bar?' which might have been a niche Northwest London thing.

**NICK GRIMSHAW:** Secrets...

**ANGELA HARTNETT:** Yeah, I don't remember Secrets.

**FEARNE COTTON:** It had like a lattice chocolate effect and mousse in the middle.

**NICK GRIMSHAW:** I remember Secrets, was it, it was see through?

**ANGELA HARTNETT:** Isn't that like a Whispa?

**FEARNE COTTON:** It was so-

**NICK GRIMSHAW:** The tray had sides.

**FEARNE COTTON:** -it was mousse. Yes!

**NICK GRIMSHAW:** Like this.

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

**FEARNE COTTON:** Yes!

**NICK GRIMSHAW:** I remember Secrets!

**FEARNE COTTON:** The Secrets!

**ANGELA HARTNETT:** Right, one more question, what's your favourite pasta?

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

**FEARNE COTTON:** Favourite pasta?

**ANGELA HARTNETT:** Yeah, come on, that's thrown you, come on.

*[crew laugh]*

**FEARNE COTTON:** Um...

**ANGELA HARTNETT:** *[makes beeping sound]* Come on.

**FEARNE COTTON:** Oh no don't do a time, it's still stressing me out.

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

**FEARNE COTTON:** I'll have a panic attack.

**NICK GRIMSHAW:** *[laughing]* Wait, I'm obsessed with, 'Right, one more question, what's ya-

**FEARNE COTTON:** Um... d'you know what...

*[laughter]*

**NICK GRIMSHAW:** *[laughing]* 'What's your favourite pasta?'

**ANGELA HARTNETT:** I was just thinking time. You know someone's got to keep the clock going.

**FEARNE COTTON:** She's like, 'Wrap this s\*\*\* it up.'

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

**NICK GRIMSHAW:** 'One more question, what's your favourite pasta?'

*[laughter]*

**FEARNE COTTON:** Don't, don't do a top ten pasta.

**ANGELA HARTNETT:** No, no, no.

**FEARNE COTTON:** 'Cause we haven't got all day.

**ANGELA HARTNETT:** No, we haven't got-

**FEARNE COTTON:** Just do one.

**ANGELA HARTNETT:** One pasta, go on.

**NICK GRIMSHAW:** Just one *[laughs]*

**FEARNE COTTON:** I'm gonna go... tagliatelle.

**ANGELA HARTNETT:** Nice choice.

**FEARNE COTTON:** Me and my son made our own fresh tagliatelle the other day.

**ANGELA HARTNETT:** Lovely.

**NICK GRIMSHAW:** Yes.

**FEARNE COTTON:** He bought himself a little pasta machine.

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

**FEARNE COTTON:** And we did a little pasta making, and the tagliatelle was mwah.

**ANGELA HARTNETT:** I bet it was delicious.



**NICK GRIMSHAW:** Mmm.

**FEARNE COTTON:** Dreamy, and he loved making it.

**ANGELA HARTNETT** Oh fab.

**FEARNE COTTON:** So I'll go straight up tagliatelle, with pesto.

**NICK GRIMSHAW:** Ooh yes.

**ANGELA HARTNETT:** Lovely. Nice choice.

*[dinner table sounds]*

**NICK GRIMSHAW:** We will talk about the Happy Place podcast-

**ANGELA HARTNETT:** Yes, we've got to.

**NICK GRIMSHAW:** -and festival.

**FEARNE COTTON:** Oh, we'll get to that.

**NICK GRIMSHAW:** We'll get to that-

**FEARNE COTTON:** Whatever. Whatever.

**NICK GRIMSHAW:** -but I really wanna talk to you about Top of the Pops.

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

**NICK GRIMSHAW:** Because on Top of the Pops you would get to do really ridiculous things, where you'd get to, I don't know, go shopping with-

**FEARNE COTTON:** Victoria Beckham, in Harrods, actually happened.

**NICK GRIMSHAW:** That is really ludicrous.

**FEARNE COTTON:** Yeah.

**ANGELA HARTNETT:** So hold on, hold on. Back back-

**NICK GRIMSHAW:** Yeah-

**FEARNE COTTON:** Yeah.

**ANGELA HARTNETT:** When she was part of the Spice Girls?

**FEARNE COTTON:** No, post-Spice Girls.

**NICK GRIMSHAW:** Solo.

**FEARNE COTTON:** Yeah. We went Christmas shopping.

**NICK GRIMSHAW:** When she had the fake nose ring.

**FEARNE COTTON:** We got to do all sorts of wild things like that.

**ANGELA HARTNETT:** That's nuts. Wow.

**FEARNE COTTON:** Yeah.

**NICK GRIMSHAW:** Do you ever look back at those things and think, what the f\*\*\* was going on?

**FEARNE COTTON:** Yeah. Oh, I love looking back at that era. I'm sure you feel the same Nick.

**NICK GRIMSHAW:** Mm-hm.

**FEARNE COTTON:** Like it was outrageous. The opportunities we got and just the strange situations you would end up in, like even outside of the Top of the Pops one, I made this little documentary series where I'd go and follow people around. So I'd end up in like Paris Hilton's house, spinning around her stripper pole. Because...

*[laughter]*

**FEARNE COTTON:** Because that's part of the show. Because that's what we're, we're doing. And it was just all so fast, I didn't have kids, so my whole life was work.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Mm-hm.

**FEARNE COTTON:** And it was just next project, next thing, what are we doing next? And it was so exciting. I feel very lucky to have been part of that era of TV where we had Top of the Pops and...

**NICK GRIMSHAW:** Yes, so good.

**FEARNE COTTON:** It was just great.

**NICK GRIMSHAW:** 'Cause it was so fast paced, would you ever now have to think if you'd met someone or not?

**FEARNE COTTON:** All the time.

**NICK GRIMSHAW:** I have that so bad.

**FEARNE COTTON:** I have no i- and people go to me, 'Oh my God, do you remember when we, um, did that interview on the London Eye?' And I am going...

**NICK GRIMSHAW:** No?

**FEARNE COTTON:** Like I, it's not in there. I cannot recall any of that me- it's not in there. It's gone. Because it was so, it was wild.

**NICK GRIMSHAW:** Every day.

**FEARNE COTTON:** It's every day.

**ANGELA HARTNETT:** Jumping j- yeah, moving and moving, yeah.

**NICK GRIMSHAW:** Mm-hm.

**FEARNE COTTON:** And I, I have to, this is so bad. Sometimes I have to Google if I've met someone like, and it could be a really big celebrity.

**NICK GRIMSHAW:** I do that.

**FEARNE COTTON:** Have to Google, like-

**NICK GRIMSHAW:** Did you Google if you'd met Nick?

**FEARNE COTTON:** -'Fearne and Kylie Mingoue.'

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

[*laughter*]

**FEARNE COTTON:** That's so bad.

**NICK GRIMSHAW:** No, it's so bad. But d'you know what, I have to do it-

**FEARNE COTTON:** You're not blasé. It was just a lot.

**NICK GRIMSHAW:** It was just every day.

**FEARNE COTTON:** It's every day.

**NICK GRIMSHAW:** Have I- and I think there's something weird where I can never compute, like have I, um, met Will.i.am...

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

**FEARNE COTTON:** Yeah.

**NICK GRIMSHAW:** Or have I just seen him on the telly? Like I dunno. So you have to check, and turns out, yeah, I made sushi with him for BBC2.

[*laughter*]

**FEARNE COTTON:** Made sushi with him!

**NICK GRIMSHAW:** Things like that.

**FEARNE COTTON:** But that was the thing. Back in the day, you couldn't do an interview on a sofa.

**NICK GRIMSHAW:** No.

**FEARNE COTTON:** You had to go and do a thing.

**NICK GRIMSHAW:** An activity.

**FEARNE COTTON:** I made-

**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.

**ANGELA HARTNETT:** No way.

**NICK GRIMSHAW:** Why?

**FEARNE COTTON:** Why?

**NICK GRIMSHAW:** Why?

**FEARNE COTTON:** Why?

**NICK GRIMSHAW:** Uh, I played a game called Catching Crabs from Jason Derulo.

*[laughter]*

**NICK GRIMSHAW:** And...

**FEARNE COTTON:** Did crazy golf with Justin Timberlake.

**ANGELA HARTNETT:** Oh my God *[laughs]*

*[laughter]*

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

*[salt grinder sounds]*

**NICK GRIMSHAW:** Tell us about the Happy Place Festival, because your podcast has just grown and grown and grown, and grown such a brilliant

community, and you've been doing the festival for couple of years now. Five years?

**FEARNE COTTON:** Five years.

**NICK GRIMSHAW:** Five years.

**FEARNE COTTON:** Yeah.

**NICK GRIMSHAW:** And it's a double header, so you have a northern one-

**FEARNE COTTON:** Yes.

**NICK GRIMSHAW:** -and a southern one. I said earlier on, like Reading and Leeds.

**ANGELA HARTNETT:** Yeah.

**FEARNE COTTON:** Let's go with that. I love that.

**NICK GRIMSHAW:** It's like Reading and Leeds.

**FEARNE COTTON:** Yeah. I mean, you've been.

**NICK GRIMSHAW:** I've been, yeah!

**FEARNE COTTON:** You very generously gave your time up and we did a live podcast, and it was so great.

**NICK GRIMSHAW:** I had a great time.

**FEARNE COTTON:** Aw.

**NICK GRIMSHAW:** I really loved that.

**FEARNE COTTON:** Thank you. It's really good vibe.

**NICK GRIMSHAW:** Cause essentially it was like nice, uh, therapy for me.

**FEARNE COTTON:** Yeah.

**NICK GRIMSHAW:** Um, which sometimes can be daunting, but in front of a live audience, so I like that.

**FEARNE COTTON:** I like that.

**NICK GRIMSHAW:** Yeah.

**FEARNE COTTON:** I like that a lot.

**NICK GRIMSHAW:** I did like that. Yeah.

**FEARNE COTTON:** But it was so good, we talked about your book, it was so lovely. We do live podcasting, obviously, so we have two guests a day, so we've got some brilliant people there, this year. Davina's gonna do a live, live podcast-

**ANGELA HARTNETT:** Oh, she'll be brilliant.

**NICK GRIMSHAW:** Love.

**FEARNE COTTON:** -which will be incredible. Jordan Stephens is gonna be there.

**ANGELA HARTNETT:** Oh he'll be good, yeah.

**FEARNE COTTON:** Dame Kelly Holmes, she's done it a couple of times before. She's done workouts on the workout stage. So there's all the talks and the live podcasting bit. But if you wanna do yoga, you've got that, there's meditation, there's workouts. If that does not float your boat, there's still plenty to do, there's live singing and music. There's arts and crafts. There's a massive shopping area, which I- Lin is in that shopping bit the whole-

**NICK GRIMSHAW:** She's mooching.

**FEARNE COTTON:** She doesn't see anything else.

**NICK GRIMSHAW:** No.

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

**FEARNE COTTON:** She's mooching around the shopping bit in her four-inch wedges, having a great time.

[laughter]

**FEARNE COTTON:** The shopping bit's brilliant. There's spoken word, there's just a lot of lovely things to go and get involved in. There's a kids area too, if you wanna bring your kids. Loads of good food.

**NICK GRIMSHAW:** Mmm.

**ANGELA HARTNETT:** Yeah.

**FEARNE COTTON:** So, yeah, it's just a, a nice vibe.

**NICK GRIMSHAW:** It was a really nice vibe. I had such a great time and I did a book signing, and I got to meet, you know, everyone at the signing, and they were such a great gang.

**FEARNE COTTON:** Nice people.

**NICK GRIMSHAW:** Really nice people. Do go.

**FEARNE COTTON:** Yeah.

[theme music]

**NICK GRIMSHAW:** We come now to the end of the show question. Fearne Cotton, in here is a question. Should you choose to answer it, this Waitrose goodie bag will be yours.

**ANGELA HARTNETT:** Oooh...

**NICK GRIMSHAW:** Oooh...

**FEARNE COTTON:** Uh- sorry?

**NICK GRIMSHAW:** Yeah.

**FEARNE COTTON:** I want that.

**NICK GRIMSHAW:** Well, you better answer that bloody question.

**ANGELA HARTNETT:** Answer the question.



**NICK GRIMSHAW:** Yeah.

**FEARNE COTTON:** ‘Hi Fearne, thank you so much for coming on Dish. To win the Waitrose goodie bag, there's just one question. In 2015, you and Nick did a Children in Need photoshoot. Who were you styled as, and what about Nick? You're the best, team Dish.’ Now I remember what I was styled as because I was pregnant and I looked bloody awful in this picture.

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

**FEARNE COTTON:** And they sent it to me in a frame, and that is still in my loft.

*[laughter]*

**FEARNE COTTON:** I was styled as a slightly overweight Debbie Harry.

**NICK GRIMSHAW:** *[laughing]* Okay. I remember!

**FEARNE COTTON:** Yeah.

**NICK GRIMSHAW:** Do you remember who I was? So it was like musical icons.

**FEARNE COTTON:** I'm gonna say...

**NICK GRIMSHAW:** You were Debbie Harry, don't be rude.

**FEARNE COTTON:** I really want that.

**NICK GRIMSHAW:** Come on.

**FEARNE COTTON:** *[laughs]* I'm gonna say Boy George?

*[laughter]*

**NICK GRIMSHAW:** Yes, I-

**ANGELA HARTNETT:** Think, think north. Think north.

**NICK GRIMSHAW:** I painted my neck.

**FEARNE COTTON:** Morrissey.

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

**ANGELA HARTNETT:** No.

**FEARNE COTTON:** Oh.

**NICK GRIMSHAW:** Touring this year.

**ANGELA HARTNETT:** This year.

**NICK GRIMSHAW:** You can't get a ticket. Well, you probably can, but you can't get a ticket. It was the whole thing.

**FEARNE COTTON:** Oh, Liam Gallagher.

**NICK GRIMSHAW:** Yes.

**ANGELA HARTNETT:** There we go.

**FEARNE COTTON:** Do I get that? Even though it's my fourth guess?

**NICK GRIMSHAW:** You do!

**ANGELA HARTNETT:** You do.

**FEARNE COTTON:** Yay!

**NICK GRIMSHAW:** Congratulations, the bag is yours.

**ANGELA HARTNETT:** Have you seen these?

**FEARNE COTTON:** Oh, awful.

**ANGELA HARTNETT:** Do we see these?

**FEARNE COTTON:** Absolutely dreadful

**NICK GRIMSHAW:** Let's see. Oh my God.

**FEARNE COTTON:** I look horrendous.

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

**NICK GRIMSHAW:** I hate that so much.

**FEARNE COTTON:** I hate it so much *[laughs]*

**NICK GRIMSHAW:** I, you actually look fab.

**FEARNE COTTON:** I look absolutely dreadful.

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

**ANGELA HARTNETT:** You've been amazing.

**FEARNE COTTON:** Oh my God, thank you, this been like the best-

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

**FEARNE COTTON:** -afternoon I've had in years.

**ANGELA & NICK:** Aw!

**NICK GRIMSHAW:** Fearne!

**FEARNE COTTON:** So fun.

*[laughter]*

**NICK GRIMSHAW:** You can go to the Happy Place Festival.

**FEARNE COTTON:** Yes.

**NICK GRIMSHAW:** In the north and in the south.

**FEARNE COTTON:** Yes.

**NICK GRIMSHAW:** It's gonna be happening in July and in August as well. Find it on the Happy Place website. Round of applause for Fearne Cotton, everybody!

[*applause*]

**FEARNE COTTON:** Aw. Thank you.

**NICK GRIMSHAW:** Thank you Fearne.

**ANGELA HARTNETT:** Thank you.

**NICK GRIMSHAW:** Thank you.

[*theme music*]

**NICK GRIMSHAW:** Coming up next we have Ewan McGregor and Charley Boorman.

**CHARLEY BOORMAN:** They had this big pot in the middle, on the stove, and they lifted this, uh, this lid, and there were 200 testicles-

**ANGELA HARTNETT:** [*gasps*]

**CHARLEY BOORMAN:** Bubbling away with all their entrails.

**ANGELA HARTNETT:** Oh my god.

**CHARLEY BOORMAN:** Everything sort of bubbling from sheep-

**ANGELA HARTNETT:** Mhm.

**CHARLEY BOORMAN:** To goats, to yaks. You name it, it was all in there. And we convinced them to give us one each, and Ewan had a small one, his was-

**EWAN MCGREGOR:** It wasn't that small.

**CHARLEY BOORMAN:** It was, it was-

[*laughter*]

**CHARLEY BOORMAN:** Mine was enormous. And, um.

**EWAN MCGREGOR:** I don't know that yours was much bigger than mine-

**ANGELA HARTNETT:** But, hold on, one of you had to eat it.

**EWAN MCGREGOR:** That's excuse making now.

**ANGELA HARTNETT:** If you would like to recreate any of the meals I make on Dish, you can find the ingredients and the method on [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes).

**NICK GRIMSHAW:** We love hearing from you, so please come on, send us a question, I read them, Angela answers them. If you want to do it, [dish@waitrose.co.uk](mailto:dish@waitrose.co.uk)

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

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