

**Lou Sanders, mushroom & pistachio tagliatelle, and a Tuscan red**



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

*[theme song plays]*

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

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

**NICK GRIMSHAW:** And we are here for another episode of Dish. Today we're gonna welcome the very funny comedian Lou Sanders.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** Have you ever met Lou Sanders, Ange?

**ANGELA HARTNETT:** Never met her, but been watching her recently on the Last One Laughing.

**NICK GRIMSHAW:** Oh yeah.

**ANGELA HARTNETT:** And she was brilliant.

**NICK GRIMSHAW:** I really like her.

**ANGELA HARTNETT:** Yeah. She's fun.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** She's fun. You've met her?

**NICK GRIMSHAW:** I've met her, yeah, I've met her a few times. I- we've done the radio together.

**ANGELA HARTNETT:** Oh, nice.

**NICK GRIMSHAW:** Um, and I really really like her, 'cause she's one of those people that is funny.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** And therefore is a comedian.

**ANGELA HARTNETT:** Okay.

**NICK GRIMSHAW:** As opposed to, you know sometimes, you can sometimes meet a comedian that's not funny.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** And then when they go on stage they're a comedian.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Like Lou Sanders-

**ANGELA HARTNETT:** They're playing it.

**NICK GRIMSHAW:** Yeah, is a funny person.

**ANGELA HARTNETT:** Yeah. Brilliant, I'm looking forward to it.

**NICK GRIMSHAW:** That happens to be a comedian. So yeah, get ready for the Ange laugh-

**ANGELA HARTNETT:** Laughing.

**NICK GRIMSHAW:** -everybody listening to this.

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

**NICK GRIMSHAW:** Look out for the laugh. Anthony, um, who's- who does the sound on Dish.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** Um-

**ANGELA HARTNETT:** Tottenham supporter.

**NICK GRIMSHAW:** Tot-

**ANGELA HARTNETT:** But we forgive him.

**NICK GRIMSHAW:** We forgive him for that.

**ANGELA HARTNETT:** We forgive him.

**NICK GRIMSHAW:** Um, always, you know, have to be ready, when you are...

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

**NICK GRIMSHAW:** About to be met by a comedian. 'Cause the laugh goes off. Um, yes, Lou Sanders is gonna be here, her memoir is called, 'What's That Lady Doing?'.

**ANGELA HARTNETT:** This? I've got it, got it.

**NICK GRIMSHAW:** Yeah. So she talks a lot, as it says, guilt, shame, blame, and other funny stories.

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

**NICK GRIMSHAW:** You may well have seen her on Taskmaster, as well.

**ANGELA HARTNETT:** Ah, yes.

**NICK GRIMSHAW:** Which she won couple of years ago, and- and has just appeared on Last One Laughing, which is what you love. Earlier this year she

launched a brand new podcast called A Psychic Told Us To Do It, with her best mate from down the road, Georgie.

**ANGELA HARTNETT:** Oh.

**NICK GRIMSHAW:** We can get a bit spiritual-

**ANGELA HARTNETT:** Yeah, we can.

**NICK GRIMSHAW:** -a little bit later on.

**ANGELA HARTNETT:** Have you been to a psychic ever?

**NICK GRIMSHAW:** Um once.

**ANGELA HARTNETT:** And? What did they say?

**NICK GRIMSHAW:** They were a bit off.

**ANGELA HARTNETT:** Bit off.

**NICK GRIMSHAW:** They were off with the details, but the sentiment was right.

**ANGELA HARTNETT:** Okay. So they didn't know stuff correctly?

**NICK GRIMSHAW:** No, but...

**ANGELA HARTNETT:** Okay.

**NICK GRIMSHAW:** So they were like, 'You've got a great relationship with your mum.'

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** And I said, 'I do,' and she said, 'Do you think like, now you- you've got a better relationship because your dad's not around?' And I said, 'Oh yeah, maybe,' and then she said something mental like, 'And when you used to live in Florida,' I was like, 'Ooh, no.'

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

**NICK GRIMSHAW:** But she was, she was like nearly... you know-

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** -the sentiment was right, yeah.

**ANGELA HARTNETT:** Yeah. Okay.

**NICK GRIMSHAW:** Have you been to one?

**ANGELA HARTNETT:** Never.

**NICK GRIMSHAW:** No.

**ANGELA HARTNETT:** No. I've had, I think I've done tarot cards.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Maybe at the fair or something.

**NICK GRIMSHAW:** What about star signs? Do you have any interest in that?

**ANGELA HARTNETT:** You see, I... I d- interested as one does, but I'm not the star sign people think I am, because I do not represent it in any way. And I've literally had stand up rows with people who goes, 'No you're not a Virgo,' and I go, 'That's my date of birth.'

**NICK GRIMSHAW:** 'I am.'

**ANGELA HARTNETT:** 'No, no, you're not. You can't be.' I said, 'Whatever you want to say, that's my date of birth.'

**NICK GRIMSHAW:** 'That's my date of birth.'

**ANGELA HARTNETT:** So, you know. There are certain Virgo traits I definitely have-

**NICK GRIMSHAW:** Yes.

**ANGELA HARTNETT:** -I do believe that, when you meet people, like I've got friends who are Cancer or Gemini, like two of my oldest friends are both Gemini, and I think they both represent that star sign.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** What are you again, you're August, oh so you're-

**NICK GRIMSHAW:** I'm a Leo.

**ANGELA HARTNETT:** -before me, yeah, you're Leo.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Yeah, d'you think you're a Leo.

**NICK GRIMSHAW:** Uh, yeah, I do think I'm a Leo-

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** -yeah. They're like slightly annoying.

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

**NICK GRIMSHAW:** Um...

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

**NICK GRIMSHAW:** De- *[laughs]* desperate for attention.

**ANGELA HARTNETT:** Yeah, ticking all the boxes so far.

**NICK GRIMSHAW:** Ticking all the boxes!

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

**NICK GRIMSHAW:** Now, something that people always ask you.

**ANGELA HARTNETT:** Ooh.

**NICK GRIMSHAW:** Me included

**ANGELA HARTNETT:** Mm?

**NICK GRIMSHAW:** Is what's seasonal?

**ANGELA HARTNETT:** Yeah.

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

**ANGELA HARTNETT:** What's happening in the world.

**NICK GRIMSHAW:** So we thought world we could start doing that on the podcast-

**ANGELA HARTNETT:** Lovely, yeah.

**NICK GRIMSHAW:** -letting people know what is seasonal. It's better to be eating seasonal, obviously-

**ANGELA HARTNETT:** Yeah, course.

**NICK GRIMSHAW:** -because, as we discussed a couple of weeks ago, I think, with Cynthia.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** Um... when I had some asparagus that was in season, it was a taste that didn't-

**ANGELA HARTNETT:** Delicious.

**NICK GRIMSHAW:** It was f\*\*\*\*\* great.

**ANGELA HARTNETT:** Course.

**ANGELA & NICK:** Yeah.

**NICK GRIMSHAW:** Um, so I was like-

**ANGELA HARTNETT:** Instead of when you have them in December [*laughs*]

**NICK GRIMSHAW:** Yes! I was like, Angela was right.

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

**NICK GRIMSHAW:** Um, today we have cherries. Love a cherry. I like them after my tea.

**ANGELA HARTNETT:** Yep.

**NICK GRIMSHAW:** On- on a bit of ice.

**ANGELA HARTNETT:** Very nice.

**NICK GRIMSHAW:** Like ice cold.

**ANGELA HARTNETT:** Very restaurant-y.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** Yeah, very nice like that.

**NICK GRIMSHAW:** Do you have a nice relationship with a cherry?

*[crew laugh]*

**ANGELA HARTNETT:** I love a cherry. I do.

**NICK GRIMSHAW:** What? What would you ever cook with them?

**ANGELA HARTNETT:** You can cook with them. The only problem with cherries is they've obviously got that little pip in the middle.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** So you have to sort of de-stone them.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Which you can get- buy a little machine that does it, it just *[makes spitting sound]* um, perforates the skin and... and, and the stone comes out. Um, duck and anything sort of gamey is brilliant with cherries.

**NICK GRIMSHAW:** Yeah, use my glass there.



**ANGELA HARTNETT:** Oh, thank you very much. We did them the other day, I did them for a party I was cooking at, and we basically pickled them. And initially they call it agrodolce, so it's like sweet and sour.

**NICK GRIMSHAW:** Mmm.

**ANGELA HARTNETT:** And so that worked really well with the duck, and we put them through the sauce at the end.

**NICK GRIMSHAW:** Mmm.

**ANGELA HARTNETT:** It's a bit restaurant-y, but it works. But if you had loads of, um, cherries, and you hadn't eaten them all, you could basically pickle them, or cherry pie.

**NICK GRIMSHAW:** Mmm.

**ANGELA HARTNETT:** Always a classic, lovely cherry pie, short crust pastry and cherry pie.

**NICK GRIMSHAW:** Love a cherry pie.

**ANGELA HARTNETT:** Or you can do them, um, use 'em in nice drinks, like, like I said, pickle them, have them in the fridge so you can use them, or you can put them in soufflés. You know, make a little compôte and make a nice little cherry soufflé, if you wanna be fancy. So it works.

**NICK GRIMSHAW:** Mmm. I love them just like that. Truly, love them.

**ANGELA HARTNETT:** I sort of think sometimes you don't need to mess around with them, just keep 'em like that. We serve them after dinner at Murano.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Cherries and strawberries when they're in season, we just, rather than give you chocolates, we give 'em a bowl of cherries and a bowl of strawberries, and people just help themselves.

**NICK GRIMSHAW:** And do you serve them with anything, or literally just as they are?

**ANGELA HARTNETT:** No, literally just like that.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** A little bowl for the pips, and that's it.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Or stones.

**NICK GRIMSHAW:** Uh, now before we get Lou in, let's, uh, take a... listener question.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Georgie has been on, hi Georgie. 'Hi Nick and Angela, I found out about your podcast this year from a friend when we were eating at one of Angela's cafes in Bermondsey.'

**ANGELA HARTNETT:** Ah.

**NICK GRIMSHAW:** Um, 'It was so rubbish. I hated it.'

[*laughs*]

**NICK GRIMSHAW:** Oh I'm only joking. No, she said, 'It was so, so delicious.'

**ANGELA HARTNETT:** Aw, bless her.

**NICK GRIMSHAW:** Um, 'I started listening to Dish at work and find you two and your guests just so much fun. I've even found that sometimes-'

**ANGELA HARTNETT:** I love the fact she's listening at work.

**NICK GRIMSHAW:** Yeah.

[*laughter*]

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

**ANGELA HARTNETT:** Went to work, put on a podcast.

**NICK GRIMSHAW:** She's, uh, an ambulance driver.

**ANGELA HARTNETT:** Yeah.

[laughter]

**NICK GRIMSHAW:** Um, 'I've even found that sometimes my suppressed giggles spill out into my very quiet office due to your infectious laughs.'

**ANGELA HARTNETT:** [laughs]

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

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** 'My question for Angela is regarding a summer barbecue/pizza banquet. I'm hoping to do a selection of pizzas and flatbreads in the pizza oven with some form of steak or lamb on the barbecue. What would you say could be some side dishes that not only taste yummy, but look very lovely on the garden picnic table, ideally make big portions.'

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** She got thirty people to feed, has Georgie.

**ANGELA HARTNETT:** Ooh, big portion, party.

**NICK GRIMSHAW:** So flatbreads of some sort, pizza of some sort, steak or lamb on the barbecue.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** What would you do? What would you do on the sides?

**ANGELA HARTNETT:** I would do-

**NICK GRIMSHAW:** What- in fact, what, what flatbread would you do? Like simple, like garl- make garlic flatbreads.

**ANGELA HARTNETT:** I think garlic rosemary flatbread, bit of olive oil, tiny bit of chilli, that's all you need to do. I don't think you need- not if you've got lamb steak and everything.

**NICK GRIMSHAW:** Yes.

**ANGELA HARTNETT:** Then if she's doing her pizzas, keep them, you know, you could do a marinara with, um, anchovies, capers, tomato.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Or just do a normal margarita.

**NICK GRIMSHAW:** Simple.

**ANGELA HARTNETT:** I think don't, don't mess around with that.

**NICK GRIMSHAW:** Yeah.

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

**NICK GRIMSHAW:** No.

**ANGELA HARTNETT:** For the love of God, not even a prawn, please.

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

**ANGELA HARTNETT:** Anyway, so that. And then I think big salads, if you want to impress, I think a great one at the moment is a peach and mozzarella salad.

**NICK GRIMSHAW:** Mmm.

**ANGELA HARTNETT:** So also, you've got the barbecue, so you could slightly char your peaches and cut them up. Basil, mint, lovely bit of olive oil, some lemon juice, lime juice, and loads of torn up mozzarella.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** Bit of rocket on top of that. Or beans are now bang in season, so you got green beans, yellow beans, flat beans, all of that with one of our lovely mustard dressings, we love a Dijon mustard dressing.

**NICK GRIMSHAW:** We do.

**ANGELA HARTNETT:** Mix all that together with some lovely parsley or lovage. Or if you're feeding that many, I would do a pasta salad, and I would cheat and go to Waitrose and buy the ready-made pesto, and mix that in with the pasta salad, and put loads of fresh basil through it, and even some t- like diced cherry tomatoes.

**NICK GRIMSHAW:** Mm, yes.

**ANGELA HARTNETT:** I think that's good.

**NICK GRIMSHAW:** Mm. I wanna go.

**ANGELA HARTNETT:** You wanna go?

**NICK GRIMSHAW:** Yeah, I wanna go! Well, there you go, Georgie, there's the answer-

**ANGELA HARTNETT:** Hope that helps Georgie.

**NICK GRIMSHAW:** -to your question. If you ever wanna ask us a question you can email us, [dish@waitrose.co.uk](mailto:dish@waitrose.co.uk). Shall we get Lou Sanders in?

**ANGELA HARTNETT:** Let's do it.

**NICK GRIMSHAW:** Let's do it!

**ANGELA HARTNETT:** Let's do it.

**NICK GRIMSHAW:** Come on.

*[theme song plays]*

**NICK GRIMSHAW:** Time to welcome our guest-

**ANGELA HARTNETT:** Mhm.

**NICK GRIMSHAW:** A comedian, an actress, a writer, uh, and a face yoga enthusiast. It's Lou Sanders everybody!

**ANGELA HARTNETT:** Woo!

[*applause*]

**LOU SANDERS:** Hello.

**NICK GRIMSHAW:** Hi!

**LOU SANDERS:** Hello.

**NICK GRIMSHAW:** Welcome.

**LOU SANDERS:** Thank you for having me. Lovely to be at the table.

**ANGELA HARTNETT:** Thank you.

**NICK GRIMSHAW:** Yeah, we love this table.

**LOU SANDERS:** Mm.

**NICK GRIMSHAW:** We are quite far away, but that's okay.

**LOU SANDERS:** That's okay, that's- you got the memo not to be sat near me.

[*laughter*]

**NICK GRIMSHAW:** Yeah. Lou was like, 'Here's what I'd like to eat, and don't sit near me.'

**ANGELA HARTNETT:** 'Don't sit near me. Another room perhaps.'

**NICK GRIMSHAW:** 'Don't sit near me.'

[*laughter*]

**NICK GRIMSHAW:** I was dead excited that you were coming along.

**ANGELA HARTNETT:** Yeah.

**LOU SANDERS:** Well we've worked together before, haven't we?

**NICK GRIMSHAW:** We have.

**LOU SANDERS:** Worked is a strong word [*laughs*].

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

**ANGELA HARTNETT:** What did you do together before?

**NICK GRIMSHAW:** [*laughing*] Worked. This! This!

**ANGELA HARTNETT:** This? Just chatting?

**NICK GRIMSHAW:** Well, we've, we've chatted before.

**ANGELA HARTNETT:** Oh.

**LOU SANDERS:** Yeah.

**ANGELA HARTNETT:** Okay.

**NICK GRIMSHAW:** Yeah that's my job, Ange, thank you for undermining it.

**ANGELA HARTNETT:** No, I know, I know.

**LOU SANDERS:** Yeah.

**NICK GRIMSHAW:** Yes. I read out your accolades there of comedian-

**LOU SANDERS:** Yeah.

**NICK GRIMSHAW:** -actor, writer-

**LOU SANDERS:** Yeah.

**NICK GRIMSHAW:** -face yoga enthusiast.

**LOU SANDERS:** Mm.

**NICK GRIMSHAW:** Before I got to face yoga enthusiast, you winced on one. Which one made you wince?

**LOU SANDERS:** We-

**NICK GRIMSHAW:** Writer? Actress? Comedian? You were like...

**LOU SANDERS:** I think no, I could-

**NICK GRIMSHAW:** Or just the general compliment?

**LOU SANDERS:** Well, I did do some acting the other day, and I hadn't done any acting for ages, and I turned up and I went, 'Honestly, I don't really do any acting and, um, I don't think I'm much good and I, I'm very bad with learning lines,' and they went, 'Okay!'

*[laughter]*

**LOU SANDERS:** But then they were so nice and it was a lovely day. So yeah, put me down for actor.

*[laughter]*

**LOU SANDERS:** I can do anything.

*[laughter]*

**NICK GRIMSHAW:** Um, to start, we are having this REAL Sec Non-Alcoholic Sparkling Dry White.

**LOU SANDERS:** Mmm.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** So alcohol free.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Delicious this.



**ANGELA HARTNETT:** It is lovely.

**LOU SANDERS:** I'm so sorry because...

**ANGELA HARTNETT:** No, don't apologise.

**LOU SANDERS:** You must be doing this job, you know, well, because it's a laugh, but also then you get nice food, you get nice drink.

**NICK GRIMSHAW:** Mm-hm.

**LOU SANDERS:** And I've come in, you are thinking you could get, you know, pissed, and I'm saying I can't drink, it's not, it's not ideal for you.

**ANGELA HARTNETT:** No.

**NICK GRIMSHAW:** Well we could drink-

**ANGELA HARTNETT:** Yeah.

**LOU SANDERS:** You could drink.

**NICK GRIMSHAW:** -but we, we could. We could.

**LOU SANDERS:** Yeah, you could drink.

**NICK GRIMSHAW:** But we're not, I'm happy to have that.

**ANGELA HARTNETT:** Yeah.

**LOU SANDERS:** I would drink but I get very sexually aggressive and so I...

**NICK GRIMSHAW:** Right.

*[crew laugh]*

**LOU SANDERS:** You know, it's... yeah.

**NICK GRIMSHAW:** Yeah, best avoid.

**ANGELA HARTNETT:** Maybe not the best thing to finish the end of the day.

[laughter]

**NICK GRIMSHAW:** Yeah, that's not how we want to go on.

**LOU SANDERS:** [*makes sounds of exertion*]

**NICK GRIMSHAW:** [*makes drunk noises*]

**ANGELA HARTNETT:** Tone it down, son [*laughs*]

**NICK GRIMSHAW:** So we, we thought we'd, we'd start with- the show with this.

**ANGELA HARTNETT:** I'm fine with this, this is delicious.

**NICK GRIMSHAW:** I'm fine with this actually.

**LOU SANDERS:** Yeah, it's nice.

**NICK GRIMSHAW:** It actually is delicious.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** Hey, you just got back from Costa Rica.

**LOU SANDERS:** Hey...

**NICK GRIMSHAW:** Yeah.

**LOU SANDERS:** Hey, I did...

**NICK GRIMSHAW:** Hey...

**LOU SANDERS:** [*laughs*]

**ANGELA HARTNETT:** What were you doing out there?

**NICK GRIMSHAW:** Hey...

**LOU SANDERS:** [*laughs*]

**ANGELA HARTNETT:** So hold on, no, but what were you doing there?

**NICK GRIMSHAW:** What were you there for? Holiday?

**LOU SANDERS:** Oh, holiday-

**NICK GRIMSHAW:** Or work?

**LOU SANDERS:** -yeah, but I was, um, if you're the tax man, doing some work as well.

**NICK GRIMSHAW:** Right. Okay, yeah.

[laughter]

**LOU SANDERS:** With your birth chart, um, you are supposed to feel an affinity with different countries at different times.

**ANGELA HARTNETT:** Okay.

**LOU SANDERS:** And I definitely find it easier to write in- sorry, I'm just, I know there's a belch coming, so I'm...

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

**NICK GRIMSHAW:** Yeah, I can feel one brewing.

**LOU SANDERS:** Do you know what I mean?

**NICK GRIMSHAW:** Yeah. I can feel it from that as well.

**LOU SANDERS:** So I'm not fully in the moment.

**NICK GRIMSHAW:** No.

**LOU SANDERS:** You can imagine.

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

**LOU SANDERS:** I've got half mind on the...

**NICK GRIMSHAW:** It will arise.

**ANGELA HARTNETT:** It will come. It'll come.

**LOU SANDERS:** [*coughs*]

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

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

**LOU SANDERS:** That was just a cough, that was a cough.

**NICK GRIMSHAW:** It's gone. That was a cough.

**LOU SANDERS:** That was a cough, that was a cough.

**NICK GRIMSHAW:** That was a cough. That was a cough.

**ANGELA HARTNETT:** Setting us up.

**LOU SANDERS:** Anyway, anyway so...

**ANGELA HARTNETT:** Yeah, go on.

**LOU SANDERS:** Edit point.

[*laughter*]

**LOU SANDERS:** No, so apparently you are supposed to feel an affinity with different countries, and then depending on the time of your, kind of, life and your birth chart.

**ANGELA HARTNETT:** Right.

**LOU SANDERS:** And I definitely think that's true. And when I went to Paris, let me tell you, I felt very creative.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** Right, okay.

**LOU SANDERS:** Yeah. So I do think different countries respond differently to different people.

**ANGELA HARTNETT:** Yeah.

**LOU SANDERS:** Like Costa Rica, I couldn't live there but my, one of my best friends lives there.

**NICK GRIMSHAW:** Uh-huh.

**ANGELA HARTNETT:** Okay.

**LOU SANDERS:** And that's 'cause we're all different, I suppose.

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

**NICK GRIMSHAW:** Yeah we are, at the end of the day.

**LOU SANDERS:** Yeah.

**NICK GRIMSHAW:** Do you feel that you are drawn to a particular place?

**LOU SANDERS:** My home, actually.

**NICK GRIMSHAW:** Yeah.

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

**NICK GRIMSHAW:** Your bed.

**LOU SANDERS:** I love...

**NICK GRIMSHAW:** But is there any-

**LOU SANDERS:** I really don't like leaving my house.

**NICK GRIMSHAW:** Do you not?

**LOU SANDERS:** No. But I've just moved in September, and I've only just done it up and, um, I'm in a codependent relationship with my cat, I think one of them I was married in previous life.

[laughter]

**LOU SANDERS:** You know, um... not my words.

[laughter]

**LOU SANDERS:** The words of a healer. Um...

[laughter]

**LOU SANDERS:** I have cut the cord, obviously. I've cut the cord so it's a bit more natural between us, but when I go away he sort of s\*\*\*\* on the bed.

**ANGELA HARTNETT:** Oh.

**LOU SANDERS:** Cheers.

**NICK GRIMSHAW:** Cheers.

[laughter]

**NICK GRIMSHAW:** Cheers.

**LOU SANDERS:** Yeah. At the moment I really like standing- spending time at home.

**NICK GRIMSHAW:** Staying at home.

**ANGELA HARTNETT:** Right.

**LOU SANDERS:** Yeah.

**NICK GRIMSHAW:** Is there anywhere you feel like, where you work better or anywhere you think you might work better?

**LOU SANDERS:** Ooh ooh or have you had that thing where you go to a different country and you feel a certain thing?

**NICK GRIMSHAW:** Yeah. Or like your personality changed a bit?

**ANGELA HARTNETT:** I definitely, I think when I go somewhere it just feels calm, and I think it's as much about the weather than the people.

**LOU SANDERS:** Yeah.

**ANGELA HARTNETT:** Like you go somewhere like India, everyone's so lovely and kind.

**LOU SANDERS:** Yeah.

**ANGELA HARTNETT:** And hospitable, and it just makes you relax.

**LOU SANDERS:** Yeah.

**ANGELA HARTNETT:** Because then you go somewhere like New York and everyone's lovely, and... but everyone's like [*makes angry noises*]

**LOU SANDERS:** Yeah, yeah.

**ANGELA HARTNETT:** And then you're on edge. So it's all about, I think, how, what their vibe is, 'cause I think like even southern Italy I like more than, in a way, the north, 'cause it's like, they close on a Sunday, all the shops, very civilised, on a Wednesday afternoon it's half d- you know? And it's just like, this is our pace of life, get on board.

**LOU SANDERS:** Yeah.

**ANGELA HARTNETT:** We're not changing.

**LOU SANDERS:** Yeah.

**ANGELA HARTNETT:** I like that about places. And no people. I would live by myself in an island, with no-

**LOU SANDERS:** Really?

**ANGELA HARTNETT:** Yeah, no, I like a bit of solitude.

**NICK GRIMSHAW:** Oh.

[*crew laugh*]

**ANGELA HARTNETT:** I do. No, I keep saying, my husband's Scottish and I said, 'Let's go and move to Scotland,' and he was like, 'No. It's miserable weather and the people are miserable. We can't move there.' But I'd love to live in the middle of nowhere somewhere.

**LOU SANDERS:** Really.

**NICK GRIMSHAW:** Wow.

**ANGELA HARTNETT:** But he couldn't because he loves a chat.

**NICK GRIMSHAW:** 'Cause you see those things like every now and then, Instagram, like a, someone will share like a, you know, it'll be like, 'You could buy this island and it is only twenty grand!'

**LOU SANDERS:** Yeah.

**NICK GRIMSHAW:** And it's like, yeah, but you never see anyone and you can't eat anything.

**ANGELA HARTNETT:** Yeah.

**LOU SANDERS:** Yeah.

**NICK GRIMSHAW:** And you can't live there. And some people are like, 'I would love' - you'd like that.

**ANGELA HARTNETT:** Mm. Grow stuff.

**NICK GRIMSHAW:** No. Can't grow Pringles.

[laughter]

**LOU SANDERS:** I've started growing stuff in my garden.

**ANGELA HARTNETT:** Oh, okay.

**LOU SANDERS:** It's-

**NICK GRIMSHAW:** What you growing?



**LOU SANDERS:** -very wholesome.

**ANGELA HARTNETT:** Yes.

**LOU SANDERS:** Um, lettuce.

**ANGELA HARTNETT:** Nice.

**NICK GRIMSHAW:** Yes.

**LOU SANDERS:** Carrots.

**ANGELA HARTNETT:** Lovely

**LOU SANDERS:** Tomatoes.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Very nice.

**LOU SANDERS:** Potatoes.

**NICK GRIMSHAW:** Ooh, yeah.

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

**LOU SANDERS:** I don't know what's what.

**NICK GRIMSHAW:** Yeah.

*[crew laugh]*

**ANGELA HARTNETT:** Oh stop.

**LOU SANDERS:** And some herbs.

**NICK GRIMSHAW:** Ooh yeah.

**LOU SANDERS:** Yeah.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** And have you enjoyed that, 'cause I, you, you've been- you just said you've been renovating.

**LOU SANDERS:** Yeah, and then-

**NICK GRIMSHAW:** So this has been like a real moment of, of change. New house.

**LOU SANDERS:** I'm in my gardening era.

**NICK GRIMSHAW:** You're gardening.

**ANGELA HARTNETT:** Right, okay.

**LOU SANDERS:** I'm at the age where I'm in my gardening era.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** You got your sh- gardening gloves, your secateurs, yeah.

**LOU SANDERS:** I mean, I do pay someone else to do it [*laughs*]

[*laughter*]

**LOU SANDERS:** *She's* in her gardening era.

[*laughter*]

**LOU SANDERS:** I did put the- I did put the crops in.

**ANGELA HARTNETT:** Okay.

**NICK GRIMSHAW:** Yes.

**LOU SANDERS:** Crops is a big word.

**ANGELA HARTNETT:** I like the crops.

**NICK GRIMSHAW:** Crops.

[*crew laugh*]

**ANGELA HARTNETT:** [*laughing*] Like it's massive like-

**NICK GRIMSHAW:** The crops, yeah, yeah.

**LOU SANDERS:** The crops. About that big [*laughs*]

**ANGELA HARTNETT:** Like she's talking about half of Kent, the crops  
[*laughs*]

**LOU SANDERS:** Yeah, I put the crops in.

[*glass clinking sound*]

**NICK GRIMSHAW:** Lou, we have your likes and dislikes, which we're gonna get into in a second. Food based.

**LOU SANDERS:** Yes [*laughs*]

**NICK GRIMSHAW:** Um, but we found- [*laughs*] we found out that you are a fast eater.

**LOU SANDERS:** Yes, very fast.

**NICK GRIMSHAW:** Very fast.

**LOU SANDERS:** I do eat fast, but I'm gonna try and eat slow for this.

**NICK GRIMSHAW:** Yeah.

**LOU SANDERS:** I would love to try and eat slowly.

**NICK GRIMSHAW:** Yeah...

**LOU SANDERS:** And I'm still- with my mum, she still sort says, 'Slow down.'

**NICK GRIMSHAW:** 'Slow it down.'

**LOU SANDERS:** 'Slow down.'

**NICK GRIMSHAW:** Yeah. I have that too.

**LOU SANDERS:** Mm.

**NICK GRIMSHAW:** I'm fast eater.

**LOU SANDERS:** Yeah.

**NICK GRIMSHAW:** So's my brother.

**LOU SANDERS:** Right.

**NICK GRIMSHAW:** And I don't what happened, just me and my brother are both... like we shove it down, and our family are like, relax. Because we're also a family that will talk about what we're going to eat all day.

**LOU SANDERS:** Yeah.

**NICK GRIMSHAW:** I'll be like, 'What can we make for dinner?' and I'll really talk about it and then it's ate in like twenty seconds.

**LOU SANDERS:** Yeah.

**NICK GRIMSHAW:** Essentially cooking's a con.

**LOU SANDERS:** I know. I know.

**NICK GRIMSHAW:** Yeah. It's like that [*clicks fingers*]

**LOU SANDERS:** Yeah. It does seem, sorry, Angela, to-

**ANGELA HARTNETT:** No, that's all right.

**LOU SANDERS:** But it does seem a bit, um, sort of pointless, the whole thing.

[laughter]

**ANGELA HARTNETT:** Maybe not so sorry now, if you've said that.

**LOU SANDERS:** No, no, no, no, no.

**ANGELA HARTNETT:** Brilliant.

**LOU SANDERS:** I'm only joking. I love good food. I really do.

**NICK GRIMSHAW:** Steve Coogan was a, a quick eater when he came on.

**ANGELA HARTNETT:** He was very quick, yeah.

**NICK GRIMSHAW:** Yeah.

**LOU SANDERS:** Yeah.

**NICK GRIMSHAW:** M-

**ANGELA HARTNETT:** Yeah. Lots of people like, yeah, you're quick, my-Neil's quick. I always think it's to do with your siblings.

**LOU SANDERS:** If they stole, yeah.

**ANGELA HARTNETT:** That when you grow up and that- you- maybe they grab the food before you or something.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** Was our Andrew eating quicker than you, or no?

**NICK GRIMSHAW:** No, because our Andrew is thirteen years older than me.

**ANGELA HARTNETT:** Oh, right.

**NICK GRIMSHAW:** So when I was four he would've been seventeen, so...

**ANGELA HARTNETT:** Oh yeah, that's true, no, that makes no sense.

**NICK GRIMSHAW:** I doubt he'd be stealing my food.

**ANGELA HARTNETT:** No.

**LOU SANDERS:** As a- from a four-year-old, I would.

**NICK GRIMSHAW:** Inappropriate. Yeah.

**LOU SANDERS:** I, I'd steal from a four-

**NICK GRIMSHAW:** 'Look, Thomas the Tank Engine!' 'What?'

[laughter]

**LOU SANDERS:** But young people, very young people, like, do you call them children, I suppose.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Yeah.

**LOU SANDERS:** They...

[laughter]

**LOU SANDERS:** They, um, they are very slow eaters.

**ANGELA HARTNETT:** Mm.

**LOU SANDERS:** So of course they're gonna get their food stolen 'cause it's like, put some effort in. And then old people are so slow at eating. I took an older relative out for lunch, 'cause I'm a good person. They were so slow at eating, I've- I've gotta- I'm so impatient, I really need to work on that, I've just got some Flower Remedy for it actually, so watch this space. But um...

**ANGELA HARTNETT:** Flower as in flowers?

**LOU SANDERS:** Flower remedy, yeah-

**ANGELA HARTNETT:** Okay, right.

**NICK GRIMSHAW:** Okay, herb.

**LOU SANDERS:** -like the Bach Flower Remedies, which are-

**ANGELA HARTNETT:** Not like self-raising flour, no.

**LOU SANDERS:** No.

**NICK GRIMSHAW:** No.

**ANGELA HARTNETT:** Okay, just checking [*laughs*]

**LOU SANDERS:** Tipping [*laughs*] tipping flour.

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

**LOU SANDERS:** Tipping spelt flour in.

**NICK GRIMSHAW:** Quite dry but it works a treat.

[*laughter*]

**LOU SANDERS:** ‘Cause you've got-

**ANGELA HARTNETT:** Your patience- just throw it over yourself.

**LOU SANDERS:** ‘Cause you, you forget that you're waiting for someone to eat ‘cause you've got other problems.

**ANGELA HARTNETT:** Yeah, yeah.

[*laughter*]

**NICK GRIMSHAW:** You, you choke.

**LOU SANDERS:** Yeah. You're covered in flour.

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

**LOU SANDERS:** Um, but yeah, and I was just get- getting like so impatient.

**ANGELA HARTNETT:** Yeah.

**LOU SANDERS:** And I just thought, what an ugly side of myself.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** Mm.

**LOU SANDERS:** But also, do hurry up a little bit.

**NICK GRIMSHAW:** Do hurry up a little bit.

**ANGELA HARTNETT:** Yes.

*[dinner table sounds]*

**NICK GRIMSHAW:** When we were reading about the life and times of you, our guest today, we found quite an amazing array of facts. But we wanted to go through these, kind of like a speed date, if you will.

**LOU SANDERS:** Okay, yeah.

**NICK GRIMSHAW:** Um, but with fact checking.

**LOU SANDERS:** Yeah.

**NICK GRIMSHAW:** You were born in Devon.

**LOU SANDERS:** Is Barnstable in Devon?

**ANGELA HARTNETT:** Yes.

**LOU SANDERS:** Then I was.

**NICK GRIMSHAW:** That's our baseline question.

**LOU SANDERS:** That's something that I should know, I suppose.

**NICK GRIMSHAW:** Yeah. We're starting with baselines.

**LOU SANDERS:** Yeah, okay.

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



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

**LOU SANDERS:** Yeah.

**NICK GRIMSHAW:** Yes.

**LOU SANDERS:** Yeah.

**NICK GRIMSHAW:** Okay, we are getting the trust, okay.

**LOU SANDERS:** Okay.

**NICK GRIMSHAW:** You have a Blue Peter Badge that you got at the age of seven?

**LOU SANDERS:** Yes. Yes, for cheating, so...

**NICK GRIMSHAW:** What happened?

**LOU SANDERS:** Doesn't, uh...

**NICK GRIMSHAW:** What?

**LOU SANDERS:** Doesn't, I'm not proud of it.

**NICK GRIMSHAW:** No.

**LOU SANDERS:** Uh, but I still got it.

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

**LOU SANDERS:** I, I traced Donald Duck and then I said I drew it.

*[crew laugh]*

**ANGELA HARTNETT:** Oh...

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

**LOU SANDERS:** But thick of them to think that I di- you know...

**NICK GRIMSHAW:** Yeah.

**LOU SANDERS:** If, if, if you're letting that slide through, that's on you.

**ANGELA HARTNETT:** That's, that's on them.

**NICK GRIMSHAW:** Yeah, they should've be checking that.

**LOU SANDERS:** I'm seven. I can't, I'm not, I'm not like a...

**ANGELA HARTNETT:** You're not Picasso.

**LOU SANDERS:** I'm not Picasso.

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

**ANGELA HARTNETT:** Come on, you're seven.

**LOU SANDERS:** Gimme the badge and check your facts.

[*laughter*]

**LOU SANDERS:** Never used it, not once.

**NICK GRIMSHAW:** You have two trampolines. Not one, but two.

**LOU SANDERS:** Yes. One for me, one in case a friend pops by.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Ah.

[*crew laugh*]

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

**ANGELA HARTNETT:** Do you have any, your chats on the trampoline then?

**LOU SANDERS:** [*laughing*] Yeah.

**ANGELA HARTNETT:** Okay.

**LOU SANDERS:** You can't- when you're bouncing around, you know, it's very hard to be sad.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Yeah, that's true. I- I'd agree with that.

**NICK GRIMSHAW:** I heard that actually is true.

**LOU SANDERS:** Yeah, that is true.

**NICK GRIMSHAW:** It's the same with skipping.

**LOU SANDERS:** And I, I didn't get it for that though, I got it from...for, for cellulite.

**ANGELA HARTNETT:** Okay.

**NICK GRIMSHAW:** Right.

**ANGELA HARTNETT:** Exercise.

**LOU SANDERS:** Do you wanna check? [*laughs*] If it's worked?

[*laughter*]

**NICK GRIMSHAW:** It's, we'll check- we'll check that's- we'll do that in the next part. We're gonna check. Um, you have two cats, Baby and Bobert.

**LOU SANDERS:** Mm.

**NICK GRIMSHAW:** Bobert... is that Robert-

**LOU SANDERS:** Bobert, Bobert is Robert with a B, Bobert.

**NICK GRIMSHAW:** Yeah.

**LOU SANDERS:** And, uh, he was my husband and a past life [*laughs*]

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

**NICK GRIMSHAW:** Great, great to know.

**LOU SANDERS:** Yeah.

**NICK GRIMSHAW:** How did you find out he was your husband in a, in a past life? Through a-

**LOU SANDERS:** We've got this link that's undeniable.

**NICK GRIMSHAW:** Right.

**LOU SANDERS:** Um, as I say, he does s\*\*\* on the bed when I go away, is...

**NICK GRIMSHAW:** Just like your husband.

**LOU SANDERS:** Screaming *[laughs]* ex- ex-husband.

**NICK GRIMSHAW:** Ex-husband, yeah.

*[laughter]*

**LOU SANDERS:** All my boyfriends have followed the same sort of pattern, so...

**NICK GRIMSHAW:** Yes.

**ANGELA HARTNETT:** Right.

**NICK GRIMSHAW:** Yeah, yeah, yeah.

**ANGELA HARTNETT:** Okay.

**NICK GRIMSHAW:** Makes sense.

**LOU SANDERS:** Yeah.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Yeah.

**LOU SANDERS:** Baby's lovely too, but it's, Baby's a bit newer.

**ANGELA HARTNETT:** Right.

**LOU SANDERS:** He hasn't been around so many times, so he's a bit-

**ANGELA HARTNETT:** And they get on?

**LOU SANDERS:** Yeah, um, although I did go to a pet psychic, obviously.

**NICK GRIMSHAW:** Obviously.

**LOU SANDERS:** And, uh, the pet psychic said that Baby said, 'Oh, Bobert's so annoying.'

**NICK GRIMSHAW:** [*gasps*]

**LOU SANDERS:** So they get on, but you know, squabble.

**NICK GRIMSHAW:** I wanna go to pet psychic. 'Cause I've got two dogs.

**LOU SANDERS:** Oh, I thought you were say...

**ANGELA HARTNETT:** Oh, why-

**LOU SANDERS:** 'Cause they are for pets.

**ANGELA HARTNETT:** Why-

[*laughter*]

**LOU SANDERS:** 'I wanna go to pet psychic!'

**NICK GRIMSHAW:** 'You're not a pet.'

[*dinner table sounds*]

**NICK GRIMSHAW:** As always, we like to do our guest's food likes and dislikes-

**LOU SANDERS:** Yes.

**NICK GRIMSHAW:** -and comedians always deliver a list of food and likes that's always solid and descriptive.

**LOU SANDERS:** Yes.

**NICK GRIMSHAW:** Which we rate, we like. You told us, 'I like creamy pasta and filled pasta with mushrooms and cream and white wine sauce. But vegan.'

**LOU SANDERS:** Mm.

**NICK GRIMSHAW:** 'And although I'm teetotal, I think the alcohol wears off in the sauce.' I think that too.

**LOU SANDERS:** Yeah, it does, it does.

**NICK GRIMSHAW:** Does it Ange?

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

**LOU SANDERS:** Yeah, yeah, yeah, yeah...

**NICK GRIMSHAW:** Yeah, yeah, yeah...

[laughter]

**NICK GRIMSHAW:** Big time.

**ANGELA HARTNETT:** Bottle of wine I put in earlier, you won't taste it, you'll be fine.

**NICK GRIMSHAW:** You tried vegan scallops, and you like them?

**LOU SANDERS:** Yeah, co- co-

**NICK GRIMSHAW:** What the hell is a vegan scallop?

**LOU SANDERS:** Uh, could have been a, just a scallop and someone was being nice, but um...

[laughter]

**LOU SANDERS:** But I love scallops-

**NICK GRIMSHAW:** Ooh yeah.

**LOU SANDERS:** -so much. And, and I used to eat them even though I was vegan, because I thought, they haven't got a face, what are they?

[laughter]

**LOU SANDERS:** But then, some-

**ANGELA HARTNETT:** So you used to eat them not knowing- you knew were-

**LOU SANDERS:** No I used to eat them all the time, so I wouldn't eat any meat or dairy.

**NICK GRIMSHAW:** Yeah.

**LOU SANDERS:** But then I'd have a scallop or, or if I'm honest, a mussel or a clam.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Okay.

**LOU SANDERS:** Because I'm like, well what is it? And then someone...

**NICK GRIMSHAW:** It's like a growth.

**LOU SANDERS:** But then someone said that clams have got two hundred eyes per clam and... I stopped eating them.

**NICK GRIMSHAW:** Oh.

**LOU SANDERS:** But you can't see the eyes, that's the ironic thing.

**NICK GRIMSHAW:** Right.

**LOU SANDERS:** Where are they? And what can the clam see?

**NICK GRIMSHAW:** Get the, yeah [*laughs*]

[*laughter*]

**LOU SANDERS:** But... anyway. I don't know, but...

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

**LOU SANDERS:** I stopped eating them. I also like vegetables, but I forgot to put that in.

**NICK GRIMSHAW:** Okay.

**LOU SANDERS:** Yeah.

**NICK GRIMSHAW:** That's good if you're vegan-

**LOU SANDERS:** Yeah.

**NICK GRIMSHAW:** -cause that's all there is, yeah. Um, potato dauphinoise

**LOU SANDERS:** Oh yeah.

**NICK GRIMSHAW:** You like spag bol, vegan. 'I like most things really, and will try new things.'

**LOU SANDERS:** I, I wanted you to know that I will try new things.

**NICK GRIMSHAW:** You will try new things. You will try new things.

**LOU SANDERS:** Yeah.

**NICK GRIMSHAW:** But it's a no to raw onion.

**LOU SANDERS:** Raw onion on food? You should have to really stress like, do you know this dish has got a raw onion in? Is that okay with you?

**NICK GRIMSHAW:** Mm.



**LOU SANDERS:** Because what you're saying is, and sometimes they hide, they don't even put it on the menu, and then they put raw- they scatter it, raw onion. Like it's a bomb. It's like, oh, I'm gonna make you stink for three days. How about this? It's, it should be illegal.

**NICK GRIMSHAW:** It should be illegal, Angela.

**ANGELA HARTNETT:** Yeah, I'm not doing it. Don't have a go at me.

**NICK GRIMSHAW:** No I know, but th-

*[crew laugh]*

**LOU SANDERS:** But Angela, would you ever put raw onion in a meal? And do be honest.

**ANGELA HARTNETT:** The only time I'd ever put it in a- in a anything would be in a salad. And it would be a red onion.

**LOU SANDERS:** Yeah.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** And it would be like in a slaw or something. I would never put it in-

**NICK GRIMSHAW:** Oh.

**LOU SANDERS:** But, but, would you highlight it on the menu in capital letters?

**ANGELA HARTNETT:** Well, I think if I put slaw on people would suspect it was in there, but I wouldn't sort of say, 'Here's the steak and here's some raw onion,' no. 'Cause you don't highlight every ingredient.

**LOU SANDERS:** In, it-, it-, it is terrible in a salad because you have to pick out the bits, and then your hands stink.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** Yeah, because you're picking out the bits 'cause you don't like it, it's not terrible, is it?

**LOU SANDERS:** Think about what you're doing Angela.

*[laughter]*

**ANGELA HARTNETT:** But I'm with you, I don't like, 'cause I don't like, you know, everyone makes garlic bread, and they think garlic bread is lovely, but it's not cooked garlic.

**LOU SANDERS:** No.

**ANGELA HARTNETT:** And it's horrible.

**LOU SANDERS:** Yeah.

**ANGELA HARTNETT:** 'Cause it needs to be cooked.

**LOU SANDERS:** Yeah.

**ANGELA HARTNETT:** And the same, and I- so I get you on the onion. I'm with you, I am, I'm just not with you about writing every ingredient and how we process it on a menu-

**LOU SANDERS:** Well something we can talk-

**ANGELA HARTNETT:** -be like three essays.

**LOU SANDERS:** Something about- we can talk about after the show.

**ANGELA HARTNETT:** We'll talk about it. I'll get you to come over to Murano-

**NICK GRIMSHAW:** Come down to the Murano kitchen tonight.

**LOU SANDERS:** Yeah.

**NICK GRIMSHAW:** Your parents, I heard, when you said you wanted to be vegetarian, said what?

**LOU SANDERS:** Uh ‘You're just doing it for attention.’

[*laughter*]

**ANGELA HARTNETT:** You're just doing it to what?

**LOU SANDERS:** ‘For attention’.

**ANGELA HARTNETT:** Brilliant.

**LOU SANDERS:** And I was like- I was like-

**ANGELA HARTNETT:** I bet so many parents have said that.

**LOU SANDERS:** But I was like, I'm doing quite a lot of stuff for attention, but that's not [*laughs*]

[*crew laugh*]

**ANGELA HARTNETT:** That's not why I did this one.

**NICK GRIMSHAW:** Not, not that one. So how- what age were you when you, um, were vegetarian? Or did you start vegan?

**LOU SANDERS:** Thirteen.

**NICK GRIMSHAW:** Thirteen?

**LOU SANDERS:** Yeah. And then I really did not wanna become vegan.

**NICK GRIMSHAW:** Uh-huh.

**LOU SANDERS:** I thought that looks not fun.

**NICK GRIMSHAW:** Uh-huh.

**LOU SANDERS:** And then Simon Amstell was like, ‘What's in your way?’

**NICK GRIMSHAW:** Mm-hm.

**LOU SANDERS:** And I was like, ‘Cheese, I think,’ um...

[laughter]

**LOU SANDERS:** Now and again, I do cheat and I feel horrible afterwards. Like, not with meat.

**NICK GRIMSHAW:** No.

**LOU SANDERS:** But now and again, I... like in Costa Rica they bought, sorry to keep banging on about, oh

**NICK GRIMSHAW:** Costa Rica.

**LOU SANDERS:** -she's been on holiday.

[crew laugh]

**LOU SANDERS:** Um, they bought, they had- on the menu it said 'Vegan,' but I was eating it and I was like, this is cheese. It can't be vegan. And then I was like, but what can I do? I've started eating it now.

**NICK GRIMSHAW:** Yeah.

**LOU SANDERS:** But then afterwards I felt horrible, like all claggy in the mouth and just-

**NICK GRIMSHAW:** Oh really?

**LOU SANDERS:** Yeah, just sort of like claggy-

**NICK GRIMSHAW:** Feel a bit weird.

**LOU SANDERS:** -like a- kept thinking of a cow's teat, you know?

**NICK GRIMSHAW:** Oh.

**LOU SANDERS:** Yeah.

**NICK GRIMSHAW:** So it was quite an erotic meal.

**LOU SANDERS:** It was erotic, yeah [laughs]

**NICK GRIMSHAW:** Yeah, very erotic meal. Yeah, yeah.

**LOU SANDERS:** Would do- would do it again.

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

[*dinner table sounds*]

**NICK GRIMSHAW:** And then do you like to cook now, Lou?

**LOU SANDERS:** Well, I like to cook, but I don't think recipes work.

**NICK GRIMSHAW:** Right. All?

**LOU SANDERS:** In my hands.

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

**LOU SANDERS:** [*laughs*] I like to freestyle.

**NICK GRIMSHAW:** Uh-huh.

**LOU SANDERS:** So my flatmate says- because, because I used to be so bad at cooking really, really bad. And then I think I'm quite good now, but it's potluck. And then my flatmate said, 'You can cook now, but you can't say what anything is.' You know what I mean, like, I call it a delicious Susan.

**NICK GRIMSHAW:** Right.

**LOU SANDERS:** Or something. But he's like, nothing's...

**NICK GRIMSHAW:** What is it?

**LOU SANDERS:** What is it? You know?

**NICK GRIMSHAW:** Yeah.

**LOU SANDERS:** What is it?

**NICK GRIMSHAW:** What is it?

**LOU SANDERS:** We've got a friend who can really cook.

**NICK GRIMSHAW:** Mm-hm.

**LOU SANDERS:** And the difference between someone that can throw something together and it's edible.

**NICK GRIMSHAW:** Mm-hm.

**LOU SANDERS:** B- or something that's like insanely nice in your mouth, I'd love to be the latter, but...

**NICK GRIMSHAW:** Yeah. Hello? Madam over there.

**LOU SANDERS:** Yeah. Worse thing of all is I'm a feeder.

**NICK GRIMSHAW:** Mm-hm.

**LOU SANDERS:** So I love like, showing love by cooking for people. But, you know, it's, it's like [*laughs*] my, my, my love language, and everyone's thinking, you should really get a new one.

[*laughter*]

**LOU SANDERS:** You should really do- [*laughs*] Wow. Thank you.

**NICK GRIMSHAW:** Ooh.

**LOU SANDERS:** That looks incredible. Angela-

**NICK GRIMSHAW:** Wow.

**LOU SANDERS:** -you do know what you're doing.

**NICK GRIMSHAW:** Oh, you do know what is going on here. Um, Lou, please.

**ANGELA & NICK:** Tuck in.

**ANGELA HARTNETT:** Tuck in.

**NICK GRIMSHAW:** Please. Tuck in.

**LOU SANDERS:** Smells so good.

**ANGELA HARTNETT:** I hope so.

**NICK GRIMSHAW:** It smells really good. What have we got today?

**LOU SANDERS:** Oh my God sn- take a sniff of that.

*[crew laugh]*

**ANGELA HARTNETT:** Sniff that.

**NICK GRIMSHAW:** Oh my God.

**LOU SANDERS:** Do, do people do that at the restaurant?

**ANGELA HARTNETT:** Sniff, yeah.

**NICK GRIMSHAW:** Sniff that, well get tucked in, you have to, you start, Lou.

**ANGELA HARTNETT:** You carry on.

**NICK GRIMSHAW:** You start with that.

**LOU SANDERS:** That's amazing.

**NICK GRIMSHAW:** Yeah. So tell us what we've got, we've got-

**ANGELA HARTNETT:** So we've got a creamy mushrooms and pistachio tagliatelle.

**NICK GRIMSHAW:** Mmm.

**ANGELA HARTNETT:** Okay. So roasted mushrooms.

**NICK GRIMSHAW:** Yes.

**ANGELA HARTNETT:** Um, chestnut and flat mushrooms. Touch of pistachio nuts, with tahini- so we make a sauce with tahini, garlic, and thyme.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** And then you mix that in with the pasta and the mushrooms once they're cooked. I always use a little bit of the cooking liquid of the pasta.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** To get it smooth and silky. And then on top, um, chopped parsley and some chopped roasted pistachios.

**NICK GRIMSHAW:** Mmm.

**LOU SANDERS:** You're a gift from the gods, this is insane.

**ANGELA HARTNETT:** Oh, bless you.

**LOU SANDERS:** This is insane.

**ANGELA HARTNETT:** And then some, um, just some spinach wilted with a little bit of lemon, olive oil and *cooked* garlic.

**NICK GRIMSHAW:** Mm. Mm.

**LOU SANDERS:** This is so good.

**NICK GRIMSHAW:** Angela –

**ANGELA HARTNETT:** Is it, it's not salty, 'cause I was worried-

**LOU SANDERS:** I love-

**ANGELA HARTNETT:** - I'd over-reduced the water a bit.

**LOU SANDERS:** -no, I love salty, sometimes you go and something's got no flavour.

**NICK GRIMSHAW:** Yeah, no, this is good.

**LOU SANDERS:** I ate in a very fancy place, um...



**ANGELA HARTNETT:** Oh. Do tell.

**LOU SANDERS:** The other day, and it was... this is like a hundred times better than, than there. But...

**ANGELA HARTNETT:** Mm.

**LOU SANDERS:** It, it was nice, but this is like different class.

**NICK GRIMSHAW:** Is it hard to come across creamy stuff when you're vegan? Cause creamy must be a tough.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Not much can be like cream apart from...

**LOU SANDERS:** But there's so many options now.

**ANGELA HARTNETT:** There's so many su- su- not s- I hate the word substitute. There's so many things that aren't cream that do the job just as well.

**LOU SANDERS:** Yeah. This-

**NICK GRIMSHAW:** This is really, really tasty. So the sauce is what? Remi-tahini?

**ANGELA HARTNETT:** Tahini. You blitz the tahini with the pistachio nuts and the garlic, a little bit of water. And then you roast off your mushrooms beforehand in a high heat, and I had a little bit of olive oil as well. And if you wanted to, you could add a bit of chilli into that, you could add. I'll tell you what would, another herb that would work really well is tarragon would work really well with the mushrooms, that's a great combination. So there's lot- you know, there's tons of options.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** And if you didn't wanna do tahini, something like a bit of coconut milk or even coconut yogurt, that could work as well, you know, just give you that creamy effect.

**NICK GRIMSHAW:** It's very good.

**LOU SANDERS:** Marry me.

**ANGELA HARTNETT:** Marry me, of course, well, you've got bonkers cat and I like dogs, otherwise it would've been a yes, that's all I'm saying.

*[crew laugh]*

**ANGELA HARTNETT:** You know. It's the cat, it's not you, it's your cat.

**LOU SANDERS:** The cat can go. The cat can go.

**NICK GRIMSHAW:** We've also done a dealcoholized red wine as well, which is the Thomas-

**ANGELA HARTNETT:** Oh, it says that, oh, I wondered why you were saying that, dealcoholized.

**NICK GRIMSHAW:** Yeah, dealcoholized.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** Which is Thomas & Scott Naughty Rouge Wine, which is, 'A well-balanced red with a hint of red ripe fruit and black pepper,' as well.'

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** So this is apparently the perfect pairing.

**LOU SANDERS:** Let's get hammered.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Let's-

**ANGELA HARTNETT:** Let's do it.

**NICK GRIMSHAW:** Let's get hammered on this 0% wine. And then there's also an alcohol wine pairing, which is...

**ANGELA HARTNETT:** Yeah, a Brunello di Montalcino.

**NICK GRIMSHAW:** A Brunello, mm.

**ANGELA HARTNETT:** Um, from Tuscany, which works well 'cause it's nice and rich, but it works well with the mushrooms and that sort of richness of the sauce. 'Cause this is rich, with nuts and the pistachios and the mushrooms.

**NICK GRIMSHAW:** It is, yeah. It's great. Thank you.

**LOU SANDERS:** I've never heard of- oh, well I've heard of pistachios, but I've never heard of pist- well...

**ANGELA HARTNETT:** Putting them in the sauce.

**LOU SANDERS:** Yeah.

**ANGELA HARTNETT:** 'Cause they do sort of give that sort of creamy, they're- you know, they break down in that way. Chestnuts are a good one like that as well.

**NICK GRIMSHAW:** Mm.

**LOU SANDERS:** It is really nice.

**NICK GRIMSHAW:** It's really good. Um, if you wanna try this pasta that "we" have made for Lou Sanders.

**LOU SANDERS:** *[laughs]*

**NICK GRIMSHAW:** You can of course get all your ingredients and the recipe how to do it on [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes). All our recipes are on there, the wine pairing, everything.

*[drink pouring sounds]*

**NICK GRIMSHAW:** Lou Sanders. It is time for your fast food quiz. Are you ready? What is your favourite form of potato?

**LOU SANDERS:** Dauphinoises.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** Oh, very nice. What's your favourite crisp?

**LOU SANDERS:** Uh... crisp.

**NICK GRIMSHAW:** Crisp.

**ANGELA HARTNETT:** Crisps, just all crisps.

**NICK GRIMSHAW:** All crisps.

**ANGELA HARTNETT:** All crisps. We like that one.

**LOU SANDERS:** Uh, no-

**NICK GRIMSHAW:** Favourite- oh, yeah.

**LOU SANDERS:** -come on, Skips are one of them.

**NICK GRIMSHAW:** Ooh.

**ANGELA HARTNETT:** Skips? Oh yeah.

**LOU SANDERS:** Hard to tie yourself down to one, I'm a woman of the world actually.

**ANGELA HARTNETT:** It's true actually. Yes [*laughs*]

**LOU SANDERS:** But...

**ANGELA HARTNETT:** Fair enough.

**NICK GRIMSHAW:** What is your favourite sandwich filling?

**LOU SANDERS:** Hm. I, I think these questions are reductive.

[*laughter*]

**NICK GRIMSHAW:** The choice is too hard.

**LOU SANDERS:** Because one day you might want a cheese and pickle, vegan cheese and pickle.

**NICK GRIMSHAW:** Yes.

**ANGELA HARTNETT:** Mm.

**LOU SANDERS:** And one day you might want a sort of, you know, mayonnaise, pasta, and Skips.

**NICK GRIMSHAW:** Yeah, you may.

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

**LOU SANDERS:** It's just different days. I'm a woman of the world [*laughs*]

**NICK GRIMSHAW:** She's a woman of the world.

**ANGELA HARTNETT:** She knows it. She knows it.

**NICK GRIMSHAW:** She's a woman of the world. Ask a serious one like this.

**ANGELA HARTNETT:** Um, yeah, what's your favourite kitchen utensil?

**LOU SANDERS:** Thank you. Finally.

[*laughter*]

**NICK GRIMSHAW:** Like Prime Minister's Questions.

**LOU SANDERS:** God I was wa- I was gonna walk out unless we got to that.

[*laughter*]

**LOU SANDERS:** Well, I think a sieve.

**ANGELA HARTNETT:** A sieve. I like that, 'I think a sieve.'

**LOU SANDERS:** And I won't- and I won't be answering any further questions about that.

[*laughter*]

**NICK GRIMSHAW:** And that's the end of that.

*[plates shuffling sound]*

**NICK GRIMSHAW:** Lou, can I ask you about tour life? Because you've been, you've been touring.

**LOU SANDERS:** Mm.

**NICK GRIMSHAW:** Um, and is that an element of your job you enjoy? 'Cause it's quite hardcore.

**LOU SANDERS:** I do now.

**NICK GRIMSHAW:** Yeah. And did you not always?

**LOU SANDERS:** Mm-mm. No, but now I've just decided to enjoy it.

**NICK GRIMSHAW:** Mm-hm.

**LOU SANDERS:** And, um, it's a real revelation.

**NICK GRIMSHAW:** Mm. Just enjoy it.

**LOU SANDERS:** Yeah. I just thought, why don't you enjoy this you little pig? And, um...

*[crew laugh]*

**NICK GRIMSHAW:** Just enjoy that. And what was it you didn't like?

**LOU SANDERS:** Um. Turning up really.

**NICK GRIMSHAW:** Yeah, the whole turning up doing it.

**LOU SANDERS:** Then having to do the show.

**NICK GRIMSHAW:** Yeah.

**LOU SANDERS:** I got very, I used to get very nervous.

**NICK GRIMSHAW:** Yes.

**ANGELA HARTNETT:** Right. Yeah.

**LOU SANDERS:** And then I just thought, 'cause I used to think, oh, I'm at the behest of the energy in the room.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Yeah.

**LOU SANDERS:** Nothing to do with me. So I was like, oh, I don't how this gig will go, I wonder how this gig will go. Wonder what they're like? And then I remembered, actually, no, it's your job.

**ANGELA HARTNETT:** Yeah.

**LOU SANDERS:** And like it should be down to you how the gig goes.

**NICK GRIMSHAW:** And did you speak to someone who gave you that advice or did you just say, wow, I sh- I am at the control of this?

**LOU SANDERS:** A switch just flicked in my brain after [*laughing*] seventeen years.

**NICK GRIMSHAW:** Before you joined us, had a chat about psychics, spirituality, the spiritual world.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** You have a podcast called A Psychic Told Us To Do It, um, which when it was first broadcast was recorded in a sauna.

**LOU SANDERS:** Yeah, it s- well...

**NICK GRIMSHAW:** What was the...

**LOU SANDERS:** We made a slight pig's ear of the podcast 'cause we gave it two names, very hard to find. Podcast In A Sauna and A Psychic Told Us To Do It. The sauna element, uh, broke quite a lot of equipment, uh...

[*laughter*]

**LOU SANDERS:** And then we thought, this is a faff. And my friend sort of had got cancer halfway through. She's fine now.

**ANGELA HARTNETT:** Okay, good.

**LOU SANDERS:** Absolutely fine, but she had to have a hysterectomy, whip it out, get it out.

**NICK GRIMSHAW:** Mm-hm.

**LOU SANDERS:** And then she's actually thriving.

**ANGELA HARTNETT:** Mm.

**LOU SANDERS:** But, um, you're not really allowed in the sauna when you're um...

**NICK GRIMSHAW:** Right.

**LOU SANDERS:** When you've had a hysterectomy, et cetera.

**ANGELA HARTNETT:** Yeah.

**LOU SANDERS:** So, yeah, uh, plagued with errors, do listen if you can.

[laughter]

**NICK GRIMSHAW:** Plagued with errors.

**ANGELA HARTNETT:** How was Last One Laughing? 'Cause you were brilliant in it.

**LOU SANDERS:** Mm-

**ANGELA HARTNETT:** I mean, I'm still getting slight nightmares about your routine. If one can call it a routine [laughs].

**LOU SANDERS:** I think we can. I think we can.

**ANGELA HARTNETT:** It was incredible. Did you- was that a fun, I mean, it must have been so hard.



**LOU SANDERS:** Yeah, I was, I was... it was so fun. I was dreading a routine thinking, God, I'm gonna get called up any minute-

**ANGELA HARTNETT:** Yeah.

**LOU SANDERS:** -and then, they took ages to do my routine and I thought...

**ANGELA HARTNETT:** Yeah.

**LOU SANDERS:** They, they wanna bin it off, quite right too.

[laughter]

**LOU SANDERS:** Um... But no, that was fun. I really had to summon all the courage to do the routine, but the rest was very easy, very fun.

**ANGELA HARTNETT:** Really, you didn't- you- when you felt you were laughing, what did you, what was- what stopped you basically?

**LOU SANDERS:** That.

**ANGELA HARTNETT:** Just doing that.

**LOU SANDERS:** 'Cause do you remember when you used to play lions...

**ANGELA HARTNETT:** Yeah.

**LOU SANDERS:** Or something. Sleeping lions.

**ANGELA HARTNETT:** Yeah, when I was a kid. Yeah.

**LOU SANDERS:** And you're just like, I would go like that, so...

**NICK GRIMSHAW:** [*imitates sucking in cheekbones*] Mhm, do it.

**LOU SANDERS:** And it makes you look, good cheekbones.

**NICK GRIMSHAW:** Yeah, you've got that, 'Is that a model?'

**ANGELA HARTNETT:** Yeah, yeah, that's true, yeah.

**NICK GRIMSHAW:** 'Is that a model?'

**ANGELA HARTNETT:** Actually, you saw a lot of the girls doing that on that.

**NICK GRIMSHAW:** Yeah.

**LOU SANDERS:** Yeah.

**ANGELA HARTNETT:** It was a lot of, mmm.

**NICK GRIMSHAW:** Mmm.

**ANGELA HARTNETT:** Mm, mm, like that.

**NICK GRIMSHAW:** You'd be terrible on that. You'll, oh my God.

**ANGELA HARTNETT:** I would, no, I'd be rubbish.

**NICK GRIMSHAW:** You wouldn't last three seconds.

**ANGELA HARTNETT:** When- once I start laughing, there's no cha- chance.

**LOU SANDERS:** Well what I thought, 'cause Harriet and I were saying we're gonna go out first, like-

**ANGELA HARTNETT:** Yeah.

**LOU SANDERS:** -you know, that's, there's no chance, 'cause I do laugh at everything and sometimes it's a nervous thing as well, just like-

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

**LOU SANDERS:** -you know, to ease social things as well.

**NICK GRIMSHAW:** Yes.

**ANGELA HARTNETT:** Mm.

**LOU SANDERS:** So I really didn't think I would last very long. But then I am very ambitious.

**NICK GRIMSHAW:** Yes.

**ANGELA HARTNETT:** Yes.

**LOU SANDERS:** And, er- competitive with games.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Yeah.

**LOU SANDERS:** Not ambitious, competitive.

**ANGELA HARTNETT:** I thought it was a brilliant show.

**LOU SANDERS:** It's fun, it was really fun-

**NICK GRIMSHAW:** Good idea. Great idea.

**LOU SANDERS:** They're doing another series, that's what I thought.

**NICK GRIMSHAW:** Oh really?

**ANGELA HARTNETT:** Are they? That's it.

**NICK GRIMSHAW:** Very fun.

*[theme song plays]*

**NICK GRIMSHAW:** Lou Sanders, we come to the end of show question.

**LOU SANDERS:** Okay. It's goodie bag time.

**NICK GRIMSHAW:** It's goodie bag time.

**ANGELA HARTNETT:** Oh, she knows!

**LOU SANDERS:** *[claps]*

**NICK GRIMSHAW:** This is why she's here. Uh, for your chance to take home this Waitrose goodie bag.

**LOU SANDERS:** Oof.

**NICK GRIMSHAW:** All you gotta do is answer this question.

**LOU SANDERS:** Top her up.

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

**NICK GRIMSHAW:** All you gotta do is answer this. Okay.

**LOU SANDERS:** Okay. Okay. Here we go.

**NICK GRIMSHAW:** Here we go.

**LOU SANDERS:** Seriously.

**NICK GRIMSHAW:** Okay. Seriously, here we go, Lou. Okay.

**LOU SANDERS:** Seriously.

**NICK GRIMSHAW:** Okay.

**LOU SANDERS:** ‘Hi Lou, that was really, really fun, thank you.’ When did you write that?

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

**NICK GRIMSHAW:** Um, just now.

**LOU SANDERS:** ‘For your chance to win the Waitrose goodie bag,’ I’ll tell you what, I’m taking it, so...

*[laughter]*

**LOU SANDERS:** This is, this is by the by. ‘Just make Nick and Angela laugh.’

**NICK GRIMSHAW:** Oh.

**LOU SANDERS:** Oh, ‘They have forty-five seconds to resist laughing at anything you choose to discuss. They laugh: the goodie bag is yours.’ Um, okay.

Well I'll just put a load of stuff in that you can't put in the podcast 'cause it's too X-rated.

*[suppressed laughter]*

**LOU SANDERS:** What's the difference between me and a doctor?

**NICK GRIMSHAW:** What?

**ANGELA HARTNETT:** Don't know.

**LOU SANDERS:** I've never seen a flaccid penis.

*[laughter]*

*[applause]*

**LOU SANDERS:** I have, I have.

**NICK GRIMSHAW:** Lou Sanders-

**ANGELA & NICK:** The goodie bag is yours!

*[applause]*

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

**LOU SANDERS:** Thank you.

**ANGELA HARTNETT:** Oh, brilliant. You've been amazing.

**NICK GRIMSHAW:** Oh, it's funny 'cause it's true.

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

**NICK GRIMSHAW:** Yeah...

**LOU SANDERS:** *[with mouth full of food]* No, I've seen four, and it, you know, it's really okay if you do suffer from that.

**NICK GRIMSHAW:** Yeah.

[laughter]

**NICK GRIMSHAW:** Lou, thank you so much. That was a lot of fun.

**ANGELA HARTNETT:** Thank you so much, you've been brilliant.

**LOU SANDERS:** I've had a really nice day.

**NICK GRIMSHAW:** A round of applause for our guest Lou Sanders, everybody.

[applause]

**ANGELA HARTNETT:** Sit, where you going- oh!

**NICK GRIMSHAW:** Thank you Lou! Thank you Lou!

[theme song plays]

**NICK GRIMSHAW:** Coming up on Dish, we have, Sophie Turner.

**NICK GRIMSHAW:** Uh, how would you be having that sausage, with presumably sides-

**SOPHIE TURNER:** Not on its own.

**NICK GRIMSHAW:** Not on its own.

**SOPHIE TURNER:** I could, I would-

**NICK GRIMSHAW:** Yeah.

**SOPHIE TURNER:** Probably. Or- or- or, I'd you know, I'd have it, um, with beans.

**NICK GRIMSHAW:** Yeah.

**SOPHIE TURNER:** [laughs]

**NICK GRIMSHAW:** Yeah.

**SOPHIE TURNER:** And a fried egg.

**NICK GRIMSHAW:** You can get us a recipe later.

**SOPHIE TURNER:** *[laughs]*

**NICK GRIMSHAW:** Yeah, yeah, yeah.

**SOPHIE TURNER:** You're like, 'this one'.

**NICK GRIMSHAW:** *[laughing]* You're like, 'this one' -

**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.