

DISH - Amol Rajan, coconut fish curry and a piña colada

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

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

ANGELA HARTNETT: And I'm Angela Hartnett.

NICK GRIMSHAW: And today our guest is someone, Ange, that you are a big, big fan of, aren't you?

ANGELA HARTNETT: Big fan.

NICK GRIMSHAW: One of your favourite shows. Amol Rajan is going to be with us in a second. He's done all the jobs, Amol. Of course, he does the Today programme, he's got the Today podcast, which he does with Nick Robinson.

ANGELA HARTNETT: Yep.

NICK GRIMSHAW: So, do you start your day with this man every day?

ANGELA HARTNETT: Yes, I do.

NICK GRIMSHAW: Talk me through your morning routine, so, get up?

ANGELA HARTNETT: So, my morning routine- well, no, I lie in bed, the alarm goes off. But I've been very good at just having the alarm clock now, so try and get the phone out of the room and we purchased a radio.

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: So now we switch the radio on and we lie in bed listening to a bit of...

NICK GRIMSHAW: 1Xtra.

ANGELA HARTNETT: Yeah, 1Xtra. I don't even know what that is, it's over my head.

NICK GRIMSHAW: Get the Today programme on Radio 4.

ANGELA HARTNETT: The Today programme, and then I put it on my phone and as I get ready around the house, I listen to it en, sort of, route.

NICK GRIMSHAW: I've only, if I am honest, I only started Radio 4 in halfway through 2023.

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ANGELA HARTNETT: And what were you listening to? The Today programme?

NICK GRIMSHAW: The Today programme, yeah.

ANGELA HARTNETT: Okay, and why was that?

NICK GRIMSHAW: Because I didn't really know what was going on in the world. Or I knew what was going on in the world, but I was like, why did this start? So I was like, I just need to have a regular news intake and not just read things on Twitter.

ANGELA HARTNETT: Yes, it's much better than Twitter.

NICK GRIMSHAW: Do you know what I mean? Yeah. He was the youngest editor of a national newspaper, right, of the- edited the-

ANGELA HARTNETT: Independent.

NICK GRIMSHAW: -Independent when he was twenty-nine.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: He's an occasional judge on Masterchef, he's been a restaurant critic.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Which I never knew until I looked into my Amol Rajan history.

ANGELA HARTNETT: Notes.

NICK GRIMSHAW: He's been the BBC media editor, and of course he is the host of University Challenge. Before we get Amol in, let's speak to Liz, who has been, on in lovely Suffolk. Liz says, 'Hi Angela and Nick. Love listening to Dish, your funny banter and how you make all your guests feel so at ease. Please can I come?' If you want, Liz. Let's get her in. 'My other half, Mick, keeps going on about how I should use anchovies in my cooking, but as I think they must taste of fish, I am failing his request miserably.' First of all, some stuff to unpack there. Why is Mick in control of what Liz does in the kitchen?

ANGELA HARTNETT: Yeah, I don't know if that's our podcast though.

NICK GRIMSHAW: No, it might be a different....

ANGELA HARTNETT: You know, we could side line into that if you want.

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NICK GRIMSHAW: This is a, it's a big question. 'Could you explain why anchovies are so popular and suggest some uses please?' They're popular because they're delicious.

ANGELA HARTNETT: Of course.

NICK GRIMSHAW: Yummy. I love them.

ANGELA HARTNETT: Well, this is your dilemma, or was your dilemma, with Mesh. He didn't like anchovies, did he?

NICK GRIMSHAW: No, he didn't.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: And I said, you must try it and keep forcing it until you like it. Some things, you're initially-

ANGELA HARTNETT: Is that your suggestion? Just keep forcing it?

NICK GRIMSHAW: Yeah, keep trying it. Like, I, when I was little, wanted olives because Max and Susannah on Brookside had them and I thought they were posh.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: So I just forced myself to like olives because I thought they were adult things. Same with anchovies, same with dark chocolate, same with black coffee.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Just stick at it. Stick at it. You'll like it one day-

ANGELA HARTNETT: Stick at your habit and you'll be fine.

NICK GRIMSHAW: -and you'll like it. But anchovies- do you know what I did? I made a chicken soup like a chicken broth in a separate pan.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Some really thinly sliced fennel on a mandolin, chopped celery, preserved lemons, and anchovies.

ANGELA HARTNETT: Yeah.

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NICK GRIMSHAW: And once the anchovies like melt down into nothing, put like that sort of anchovy, lemony, fennel-y, celery stuff in with the chicken stock.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And it was banging.

ANGELA HARTNETT: It's the umami thing of it, and it's the saltiness of it.

NICK GRIMSHAW: The saltiness.

ANGELA HARTNETT: And the thing is, like you say, people don't realise, like last year I was away with my brother, but he admitted recently his conversion to anchovies. Cause I hate to admit it. I'd walk past him, he was cooking this tomato sauce, I said, put anchovies in it. And he did begrudgingly and then said it was the most delicious tomato sauce he's ever made, and he goes, now he puts anchovies in everything. I said, but the thing is, Michael, you've been eating them all your life. I've been putting anchovies in everything. I said, but because no one-

NICK GRIMSHAW: In his cup of tea.

ANGELA HARTNETT: Yeah, yeah, you just- because it's one of those things, it's like a parmesan rind.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: You know, it's like a pork sausage. So you won't taste fishiness.

NICK GRIMSHAW: No.

ANGELA HARTNETT: That's what she needs to realise. I would say Liz, make a simple tomato sauce.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Put a small little, few anchovies in there and then taste it and see if you like it.

NICK GRIMSHAW: And would you put them in at the beginning, before the tomatoes or at the end?

ANGELA HARTNETT: I put them in at the end, just before. Whilst I put the pasta down, I put my anchovies in the tomato sauce, and then by the time the pasta's ready, they've melted into the sauce.

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NICK GRIMSHAW: Oh yeah. Yum.

ANGELA HARTNETT: And buy the brown ones, 'cause you may be trying the sort of cured white ones.

NICK GRIMSHAW: Oh yeah.

ANGELA HARTNETT: You might not like those, but buy the brown ones, they're the best ones for cooking down.

NICK GRIMSHAW: Alright, there you go Liz, get on that anchovy train. If, like Liz, you want to send us an email, you can whenever you want, dish@waitrose.co.uk is the way to do it. Let's get Amol in, shall we?

ANGELA HARTNETT: Yes.

[Dinner table sounds]

NICK GRIMSHAW: Starter for ten, can you name the UK's longest and trickiest quiz show? Well, you don't need to because we have the presenter right here, everybody. It's Amol Rajan, everyone!

ANGELA HARTNETT: Woo!

[Applause]

NICK GRIMSHAW: Hi, Amol.

AMOL RAJAN: Hi, everyone.

NICK GRIMSHAW: How are you?

AMOL RAJAN: I mean, I hope never to lose that sense of excitement when you get put in a cab, sent somewhere, and given a piña colada at ten-thirty in the morning. I mean, I don't- I think, you know, as a piña colada obsessive, I don't think I've ever had one at ten-thirty.

NICK GRIMSHAW: Out of all the drinks, quite breakfast-y.

ANGELA HARTNETT: It feels like a smoothie.

AMOL RAJAN: It's basically a smoothie, isn't it?

NICK GRIMSHAW: Feels like, probiotic.

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AMOL RAJAN: Probiotic, gut health.

NICK GRIMSHAW: Amol, how are you?

AMOL RAJAN: I'm absolutely fantastic. I'm genuinely .. most people come on this podcast probably say this to all the time and they're lying, I actually do listen to this podcast and I'm slightly like, are you sure that I'm big enough to be here?

NICK GRIMSHAW: Oh come on.

ANGELA HARTNETT: Yes!

NICK GRIMSHAW: Come on.

AMOL RAJAN: Like, I mean, like, I mean, seriously, I just listened to. the most recent one I listened to is Gordon. and he's a sort of food god and when you're a great mate and mentor, and this is like, this is the podcast. I am completely humbled, and I'm obviously a massive foodie and I obviously work in broadcasting, so the idea of getting to know you guys better, it's, it's exciting. And I've slept, I've slept for the first time in weeks-

NICK GRIMSHAW: He's slept! Yeah.

[Applause]

AMOL RAJAN: -which is, which when you work on the Today programme and you set your alarm clock for three o'clock, which is like these little devils on your phone, ugh, three o'clock. And when you've got four young kids, I tell you what, to have slept feels amazing.

ANGELA HARTNETT: And I have to say, I thought, okay, we're seeing Amol later, I switched on my radio this morning as I was doing my- I thought, where is he?

AMOL RAJAN: I'm sorry.

ANGELA HARTNETT: I thought you might have done at least the morning's work before I fed him.

AMOL RAJAN: Part-time-

ANGELA HARTNETT: I mean, come on, part-time today.

AMOL RAJAN: If I'd done, if I'd done- we're recording this in the morning, if I'd done this morning-

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ANGELA HARTNETT: You'd be-

AMOL RAJAN: I'd just be dead by now.

NICK GRIMSHAW: No into it.

AMOL RAJAN: No. I'm doing tomorrow, I'm doing, I'm doing tomorrow, actually. Do you listen- you don't, do you?

ANGELA HARTNETT: I do, genuinely.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: No, I'm a big fan.

AMOL RAJAN: Really?

ANGELA HARTNETT: Yeah, yeah.

AMOL RAJAN: So ma- when, 'cause I don't.

ANGELA HARTNETT: Because yeah, you say- well, I don't listen to this, so we're the same way.

AMOL RAJAN: Whey! The two of us, we're both faking it.

NICK GRIMSHAW: But I think you don't want to listen to it. When I worked at Radio 1, I wouldn't listen to Radio 1 when I got home, because I think it just reminded me of work. So I'd be like, oh, I know- the news is coming. But I guess you can't, can you.

AMOL RAJAN: But also the real thing, which I know is probably a terrible thing to say, which is at the moment- and I know, you know, we've got to do it because it's grim, but there's a lot of grim stuff around, you know, it's really hardcore. And this morning as I was trying to shovel Weetabix into my children and give them a vaguely healthy breakfast, you put on the news and it's like, it's not nice, you know, it's really intense stuff. And I totally understand why a lot of people, and there are solutions for this, but a lot of people just like, rather listen to music. And it's really interesting, at the weekend, I listen to Radio 1 or I listen to 6 Music, I'm just happier, you know, I'm just like, I just feel good about the world. And I think it is actually a genuine interesting challenge, because we've got, you know, if there's a war on, you've got to- that's, that's what's on, you've got to tell people about it. But it is an interesting thing of how can you try to make the world of news less 'down', and I'm a sort of generally 'up' sort of person, and I think if you could try to make news real, it's the stuff that's happening, but make it a bit more upbeat, I think people would thank you for it.

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NICK GRIMSHAW: Yeah.

AMOL RAJAN: Cheers.

ANGELA HARTNETT: Cheers.

NICK GRIMSHAW: Cheers.

ANGELA HARTNETT: On that note. Here we go.

AMOL RAJAN: We should, we should do- b***** hell, I'm giving a sermon already. This is amazing. We should definitely have piña coladas on the Today programme.

NICK GRIMSHAW: A hundred percent. You and Nick Robinson.

NICK GRIMSHAW: So we read in your email that you love rum.

AMOL RAJAN: Doesn't everyone love rum?

NICK GRIMSHAW: Absolutely delicious.

AMOL RAJAN: I mean, rum, it's just basically sugar water. And I've got, as I'm sure we've talked about, I've got a big, big, big Caribbean thing in my life, I grew up around Caribbean people, so anything that makes me think of the Caribbean, as a piña colada does makes me happy, but it's also just, it's nice to have a drink that's sweet. I just, I've got a massive sweet tooth. It's basically like a sort of milky...

NICK GRIMSHAW: Dessert.

AMOL RAJAN: Dessert. And it's not very good for your waistline.

ANGELA HARTNETT: You have to invest in this because it is thick.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: So you've got to take your time when you drink it.

AMOL RAJAN: You can take your time, and I feel like you kind of feel like you're basically just having a tropical drink, you sort of forget about the rum, the rum is disguised.

NICK GRIMSHAW: Yes.

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AMOL RAJAN: But you know how smell just transports you.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm-hm.

AMOL RAJAN: I smell a piña colada and I'm on a beach.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: I love the way you've closed your eyes. You're there.

NICK GRIMSHAW: He's there.

ANGELA HARTNETT: You are there.

NICK GRIMSHAW: He's there, yeah.

ANGELA HARTNETT: Yeah, why not.

AMOL RAJAN: You get that when you smell something, don't you?

ANGELA HARTNETT: Oh yeah, definitely. But, you know, I mean your history where you're back where your parents are from. I find that about India with every sense. Like when I go, when I've been to India, the smell, the sound, the sights you see. All your senses, more than any country I've been to, are awakened by the culture there.

AMOL RAJAN: Have you spent a lot of time there?

ANGELA HARTNETT: I've been cooking out there and just, you know, could never cross a road and still can't over there, you know, it's madness, but it's brilliant.

AMOL RAJAN: The thing that's amazing about India is it is, it really is like fifty different countries in one.

ANGELA HARTNETT: Yeah.

AMOL RAJAN: And my mum and dad, who had an arranged marriage and who would have, you know, never met each other before the moment they walked into a room and were going to get married, they're from two completely different cultures. And people think of, you know, having Indian parents as like one kind of grouping. My dad's from Tamil Nadu in the south east, and that cuisine, which is dosa, idli, it's almost quite Korean, hot, sour taste, sambar, you know, rasam, that sort of thing - it's

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completely different to where my mum's from, which is west India, which is like, curries, and a lot more like the sort of curry houses you get in Brick Lane or Balti houses in Birmingham. So India's got like so many different cuisines.

ANGELA HARTNETT: It's a melting pot, isn't it?

AMOL RAJAN: Yeah.

ANGELA HARTNETT: Literally, yeah.

AMOL RAJAN: So people think about going for a curry and it's like, what kind of curry?

NICK GRIMSHAW: What kind? What type?

AMOL RAJAN: But I mean- I don't know if I'm allowed to say this, but I think the Dishoom chain is amazing.

ANGELA HARTNETT: Yeah. It is.

AMOL RAJAN: You go there, and it's like they properly make you feel like you've closed your eyes and transported you to India, and they've got that kind of street food vibe. And if I was going to have a last meal, it would be... I don't know what I said in the email, but I think it would be somewhere between Caribbean and Indian cuisines, it's just, it's amazing that stuff.

ANGELA HARTNETT: Yeah, it's beautiful.

NICK GRIMSHAW: Tasty, deliciously.

ANGELA HARTNETT: God, I feel like I've already got to deliver now on the curry.

NICK GRIMSHAW: Yeah, I know, yeah, good. No pressure, Ange.

ANGELA HARTNETT: No pressure.

NICK GRIMSHAW: By the way, if you want to try this piña colada, you can get the full recipe on [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes), but it is a super sweet large pineapple, golden rum, coconut cream, pineapple juice, sugar syrup, and some ice, blended, and that is how you do it.

AMOL RAJAN: Gorgeous, gorgeous.

ANGELA HARTNETT: Lovely.

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NICK GRIMSHAW: Easy as that.

[Dinner table sounds]

NICK GRIMSHAW: Now, I really love, Amol, that you are one of those people that loves all food. I was just saying before we came in to Angela, I hate when someone's like, 'Oh, I hate peas.'

AMOL RAJAN: Who does that?

NICK GRIMSHAW: Like, shut up.

AMOL RAJAN: It's like you're not seven anymore.

NICK GRIMSHAW: Just eat it!

AMOL RAJAN: I hate that. And I hate, it's the worst thing about kids. They're fussy eaters. So, you know, it's like, oh, I don't want fish and chips, I want pasta. Shut up, it's Friday, you're having fish. I hate fussy eaters, and basically I could eat anything.

NICK GRIMSHAW: And you have four. Do you think they ever gang up on you and think, let's really take mum and dad for a ride?

ANGELA HARTNETT: Exactly, yeah.

AMOL RAJAN: Well, one of them's eight weeks old, so if she...

[Laughter]

NICK GRIMSHAW: She's very, she's a mastermind.

AMOL RAJAN: Yeah, I mean, I think she's going that way, but-

NICK GRIMSHAW: She's the ringleader.

AMOL RAJAN: She's the ringleader. I've got, you know, my kids have got very distinct personalities and I don't want to drop any of them in it, but anyway, the eldest daughter, she is, she's called Jamaica because we've got a big Caribbean thing going on, my son's Winston - she's terrifying. She is really, really scary. She's got more personality than Donald Trump, and I mean that in a bad way, like she's pretty much the only person I've ever met that I'm genuinely scared of, and the thing that's so terrifying is you come in, you come in after you've been away or whatever, you come in, you've gone off to work, you're full of energy and she just gives you this evil eye, she's like... I'm like, what have I done wrong? And she's like, 'Why were you away?' Like, for a four-year-old, that's a bit much, sort of thing.

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ANGELA HARTNETT: Yeah.

AMOL RAJAN: So I think she's testing us. I think the way it's going to work out, I think she's going to be the ringleader. I think she might be in prison by the time she's eighteen. And I think, and I think everyone else is going to basically dance to her tune, 'cause she's absolutely... The other ones are too little, Winston, the boy, he's just going to have to deal with his younger sisters, you know. I'm terrified of them.

NICK GRIMSHAW: It's a lot of people, four kids, innit?

ANGELA HARTNETT: It's a lot to deal with, yeah.

NICK GRIMSHAW: It's a lot of people, so every tea you're going to have it in future, table for six. That's like a massive- that's party.

AMOL RAJAN: And then the cars-

ANGELA HARTNETT: And how do you get up in the morning without like waking four kids up at three?

AMOL RAJAN: Well, obviously we've got the newborn in bed with us now, which is not great. I actually should try and sleep on the sofa so that when my alarm goes off I don't wake up my wife. But this is a terrible thing to say, but I don't sleep well if I'm not next to my wife.

NICK GRIMSHAW: Aw.

ANGELA HARTNETT: No, that's a lovely thing to say.

AMOL RAJAN: I really

NICK GRIMSHAW: Everyone going, awww.

AMOL RAJAN: Aw. I had this big thing I had the first time I went on the Today programme, I had a massive, massive panic attack. And it, it was, it's weird because it wasn't really about doing the Today programme, it was just like the need to sleep, and it really- I got more and more wound up. I did that terrible thing of when you have to wake up at three o'clock, don't go to bed early, make it a big deal that you're going to bed early. Just treat it like a normal night, just get up a little bit earlier. But I went to bed at seven and I got more and more kind of panicked at eight o'clock, nine o'clock, ten o'clock- I think I might've listened to Dish actually, to try and-

ANGELA HARTNETT: Try and get to sleep.

AMOL RAJAN: Yeah, try and get to sleep.

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NICK GRIMSHAW: Knocked him right out.

AMOL RAJAN: Yeah, exactly, exactly, and after that I was fine. And after that, I was totally fine.

NICK GRIMSHAW: Yeah, brilliant.

NICK GRIMSHAW: But I just, and my wife was amazing about it. And now if I sleep next to her and our little newborn baby daughter, Nesta, I feel like I'm going to get some sleep. So, my alarm is set for three o'clock, but I did yes- last week I did do the Today programme on a complete all-nighter I just didn't sleep, and it was 1:30 in the morning and I was just, I was just winding myself up and I was like, f*** it, I'm just gonna go into the office.

ANGELA HARTNETT: Yeah.

AMOL RAJAN: And that is actually not good.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: No way?

AMOL RAJAN: Yeah, I mean in general I get two or three hours sleep, and I don't recommend it. I really, I really, I don't recommend it. I really, I really don't-

NICK GRIMSHAW: Really bad lifestyle.

AMOL RAJAN: Yeah. I reckon-

NICK GRIMSHAW: And then do you do a nap in the day? Like when you come home from that, or are you just powering through?

AMOL RAJAN: I have to. So that was the deal with my wonderful wife is she said, you could do this as long as you're not a complete zombie in the afternoon, so I try and race back. And there's something about if I can get into bed for ten in the morning, I know I sleep with confidence and I know I can be like, I can have a couple of hours. And then basically I'm just dicking about on my phone.

NICK GRIMSHAW: Yeah.

AMOL RAJAN: Cause these days, yeah. I mean, you must be on your phone-

NICK GRIMSHAW: I'm so bad.

AMOL RAJAN: Really?

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NICK GRIMSHAW: Getting into bed.

AMOL RAJAN: And then there's an hour just disappears.

NICK GRIMSHAW: Getting into bed early, it's like ten. And then 1:30 I'm like watching someone-

AMOL RAJAN: But what are you doing in that time?

NICK GRIMSHAW: Just like watching someone like, I don't know, paint a plant pot.

ANGELA HARTNETT: Literally.

NICK GRIMSHAW: Or someone saying, 'Here's how I make my eggs,' and I'm like, oh, save that. And I'm like, what am I doing? I'm better in the morning now because I used to get up and look on my phone, and now I get up and I don't look on my phone at all-

ANGELA HARTNETT: That's good.

NICK GRIMSHAW: -and I really try and get like the sun in my eyeballs as quick as possible but when it's winter, that happens about half eleven or summat, so...

AMOL RAJAN: Imagine how much better you would be if you just slept mate.

NICK GRIMSHAW: I know, I know, I know.

AMOL RAJAN: But you'd be better off watching telly. Just messing about on a phone, honestly.

NICK GRIMSHAW: I know, it's terrible.

AMOL RAJAN: And the memes that you get, and the way that it feeds you these memes. So I've got, I get a lot of Indian street makers making a dosa, I'm like, I don't want to look at this. And then you start looking at it, it's like, Oh my god, look at that dosa!

NICK GRIMSHAW: Look at that.

AMOL RAJAN: It's incredible. And I tell you, the other thing, this is probably going to give away some bad stuff about what's going on in my mind, but somehow, Facebook, which I don't look at that much, it feeds me pictures of crocodiles eating people.

ANGELA HARTNETT: Weird.

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AMOL RAJAN: And just like, violent crocodiles.

NICK GRIMSHAW: Oh.

AMOL RAJAN: And I swear on my life, I've never searched for like, 'Crocodile eating.'

ANGELA HARTNETT: That's your eldest daughter. She's like, what can I do today? Yes, crocodiles.

AMOL RAJAN: Crocodile eating dads. I think, yeah that's true, that's why she'll go to prison. Because she'll have set a crocodile on me. But I think Facebook knows. The algorithms know.

ANGELA HARTNETT: That's frightening.

AMOL RAJAN: If you click on it and you look at it, then it knows, it's like this dude wants to look at crocodiles eating dads.

NICK GRIMSHAW: Do you know, I can't stop watching, and I've got into it, and Mesh, my boyfriend, hates it, is, you know, like a farrier, who changes the shoes on a horse.

ANGELA HARTNETT: Okay, yeah.

NICK GRIMSHAW: And they, I don't know how I got into that, because again I never search, 'shoe changing horse'.

ANGELA HARTNETT: Blacksmith, yeah.

NICK GRIMSHAW: And they take the horseshoe off and then they shave down the horse's hoof, and it's like parmesan.

ANGELA HARTNETT: Right.

NICK GRIMSHAW: And it's like shaving it off and they dig it all out, and then I'm like- I can't sleep until I've seen a clean horse foot, and then I'm like, oh God, that horse is fine. And I don't know how I got into that. And I love it.

[Dinner table sounds]

NICK GRIMSHAW: Wow, Ange.

AMOL RAJAN: Mmm.

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ANGELA HARTNETT: Liking this?

NICK GRIMSHAW: Wow. This looks really good.

AMOL RAJAN: If only podcasts could do smell because that's gorgeous.

NICK GRIMSHAW: I'm getting coconut.

AMOL RAJAN: Lime zest?

ANGELA HARTNETT Yeah.

NICK GRIMSHAW: So come on Ange, what is this?

ANGELA HARTNETT: So we have a coconut fish curry with scotch bonnet and it's by Lerato Umah-Shaylor.

NICK GRIMSHAW: Wow, that is good.

AMOL RAJAN: That is unbelievable. Not unbelievable, it's believable 'cause it's-

NICK GRIMSHAW: Made by Angela.

AMOL RAJAN: Dame Angela Hartnett. How do you keep that so soft?

ANGELA HARTNETT: If I say it, you'll just go shut up.

AMOL RAJAN: No tell me.

ANGELA HARTNETT: Just don't overcook it, you know, that's why, you know, it's why...

AMOL RAJAN: Shut up! God, I thought you were going to tell...

ANGELA HARTNETT: Just cook it for a smaller time.

NICK GRIMSHAW: I don't know what happened, but everyone's worried that they're going to kill themselves in their kitchen.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: By undercooking food.

ANGELA HARTNETT: Mm.

DISH - Amol Rajan, coconut fish curry and a piña colada

NICK GRIMSHAW: People are like, do a bit longer, do a bit longer, is it cooked, is it cooked? Like, there's a panic, isn't there? But with fish, how long are we cooking that for?

ANGELA HARTNETT: That was five minutes.

NICK GRIMSHAW: Five minutes.

AMOL RAJAN: Ooh, I just got a pop of cardamom.

ANGELA HARTNETT: Yep.

NICK GRIMSHAW: Mmm.

AMOL RAJAN: That's quite an Indian flavour as well.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah, I love a little cardamom pod moment. So Ange, tell us about this recipe - if anyone wants to do this, by the way [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes) -you marinade the fish before right?

ANGELA HARTNETT: So you've got your marinade first, which is your coconut milk, your lime zest, your ginger, turmeric, seasoned up, that's the base.

NICK GRIMSHAW: And you just get that and rub it all over the monkfish?

ANGELA HARTNETT: No, that you marinade- mix that all together, leave that to one side. Then you make your base curry, which is toasting off all your spices, your fennel, your coriander, your cumin seeds. Separate them from your cardamom, but toast those off. And then your base curry is more coconut, tomato, onion, garlic, ginger, lime leaves. Blitz all that together. Then you let that simmer away, add back in the spices to it, and then you have the marinade for the fish, so they're sort of jointly working, one while the fish is marinating, the curry is working.

NICK GRIMSHAW: Okay, nice.

ANGELA HARTNETT: And then after that you add your fish to your curry and cook it, and finish it and serve.

NICK GRIMSHAW: Okay, nice. And how long have we got to marinate that fish for?

ANGELA HARTNETT: About an hour.

DISH - Amol Rajan, coconut fish curry and a piña colada

NICK GRIMSHAW: You've used monkfish. Is that the best fish for it, because it's a bit meaty?

ANGELA HARTNETT: I prefer monkfish. The original recipe is hake, but I think monkfish is better.

NICK GRIMSHAW: What would be a no go?

ANGELA HARTNETT: I wouldn't put salmon or something like that, trout, I wouldn't put sea bass or anything like sole. No, I think monkfish and cod are probably the best, and hake, best things for curry.

NICK GRIMSHAW: Okay.

ANGELA HARTNETT: Or prawns.

NICK GRIMSHAW: Mmm.

AMOL RAJAN: You could do this with scallops as well though, couldn't you?

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Mmm, yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: This is a good January meal. I need some flavour in January, do you know what I mean? No offence to my mum. But do you know what I mean? You need summat a bit like, palate-cleansing of a January after it's- it's a gravy heavy month for me, December.

ANGELA HARTNETT: Yeah.

[Drink pouring sounds]

NICK GRIMSHAW: We're gonna pair this with the wine, the wine with it is a wine from New Zealand, perfect with a spiced curry, this wine. It's a Viognier, St. Clair Gimblett Gravels Reserve Viognier.

AMOL RAJAN: That is gorgeous.

NICK GRIMSHAW: And we're doing this with a naan bread, did you make these?

ANGELA HARTNETT: We've got- no, I didn't make these.

DISH - Amol Rajan, coconut fish curry and a piña colada

NICK GRIMSHAW: Nah, nah.

ANGELA HARTNETT: Come on.

NICK GRIMSHAW: She ain't got time for that.

AMOL RAJAN: Where'd you get, where'd you get them, Waitrose?

ANGELA HARTNETT: Waitrose, well, yeah.

NICK GRIMSHAW: Waitrose.

AMOL RAJAN: Can you gimme the intelligent chef's take on why scotch bonnet, which is such a big part of my life, is so amazing 'cause it's in, it is main thing in jerk, isn't it? Jerk chicken.

ANGELA HARTNETT: Rather than some spice that's just harsh, there's a slight softness to it, I think, that it makes it very smooth in your mouth when you get that heat as well. So that's why I like it. I like, and I like it when it's dried.

AMOL RAJAN: These are the sentences I was meant to produce when I was a restaurant critic.

ANGELA HARTNETT: Ohh.

NICK GRIMSHAW: Oh my God. Because I never knew you were a food critic.

AMOL RAJAN: Yeah, neither did I, mate. I did it for about six and a half years, and it's one of those random things that came about 'cause I worked at a newspaper called The Independent, and we didn't have a huge amount of staff, so there was quite a lot of jobs going around.

ANGELA HARTNETT: Who- was Lisa Markwell your editor?

AMOL RAJAN: Of course. She was, no she was the editor of The Independent on Sunday when I was editor of The Daily Independent. But she was the editor of the magazine.

ANGELA HARTNETT: Right, yeah.

AMOL RAJAN: When someone else screwed up and she said, do you want to have a go? Lisa, who we should say, is an amazing human being.

ANGELA HARTNETT: Incredible.

DISH - Amol Rajan, coconut fish curry and a piña colada

AMOL RAJAN: Beyond journalism. She's been through a lot in her life, but she's also a fantastic journalist, was a really good editor and a big foodie.

ANGELA HARTNETT: Yeah.

AMOL RAJAN: And she said you have a go at this and at the time I was like, well, hang on, so I go and have a meal with my girlfriend and you pay.

ANGELA HARTNETT: Yeah.

AMOL RAJAN: And then I write about it? That sounds great. And at that time I've got to say, I didn't have a huge amount of confidence, because I didn't feel like I knew enough to do it and do it well. I had quite a good palate growing up, eating my mum's food, which is absolutely fantastic, and I thought really hard about it and then I read a huge amount in a short space of time. But I do feel a little bit now like, being a food critic, I would understand why proper chefs would hate us. Because I feel a little bit like fundamentally as a critic, even if you swat up, even if you like, know everything about it, you just don't appreciate the hours, the effort, the sweat, the tears.

ANGELA HARTNETT: Yeah.

AMOL RAJAN: And I sort of had this general rule that I tried not to be really horrible about independent restaurants. And then I was once, and I just feel this enormous guilt because it's a restaurant in Cambridge and it was awful. There's no two ways about it. It was absolutely dreadful.

ANGELA HARTNETT: And it's still around?

AMOL RAJAN: And it's not still around. And I, I'm not saying I shut it, but I do know that she- the owner sent me an email letting me know that she was not very happy with what I'd written. And I do know that just because of the way Google works, when you put in the name of that restaurant, my review was ahead of the restaurant.

ANGELA HARTNETT: Right.

AMOL RAJAN: And I feel awful about that. I feel absolutely awful. I used to justify it by saying, well, it is easy to waste money as a family of four so you do need critics to tell you what's good and what's not.

ANGELA HARTNETT: Sure.

AMOL RAJAN: But I basically think if you're a chef, these critics come along and you must think, oh, for God's sake, I've got to be nice to this person, and what this random person writes could have quite a big influence on my career, having gone

DISH - Amol Rajan, coconut fish curry and a piña colada

through- and also having gone through all that pain to set up a business, you know, to get the bricks and mortar. How do you feel about critics?

ANGELA HARTNETT: Well, I think Grace always says it right.

AMOL RAJAN: Grace Dent, yeah.

ANGELA HARTNETT: Grace Dent. Cause she, you know, she does the Guardian and she always says, at the end of the day, I've got a responsibility of people who are earning their hard-earned money, and they're going to spend fifty quid, or these days, probably seventy, eighty some place- you know, I want to give them the truth. And I think she does write it well. She'll say stuff she doesn't like, but that's maybe just my taste, but if you're into that, you're going to- you know, I think she's fair. I think people like Giles, when, you know, Adrian, A.A. Gill was writing, there was so much-

AMOL RAJAN: They're fantastic, by the way, they're fantastic writers and critics.

ANGELA HARTNETT: Oh, incredible, entertaining writers, but as Giles says, you know, there's so many words, I can't just talk about the food the whole time.

AMOL RAJAN: Yeah, yeah.

ANGELA HARTNETT: So I do talk about other things and bring it all in. And I think Matthew Fort was always the one, but Jay Rayner will always disagree with him. Matthew will always come three months later. He says restaurants can't open like that and the chef be on point from day one, it just can't work. You know, even though a play, you expect that, the cinema, you expect that, you know, you expect that a football match.

NICK GRIMSHAW: And why do you think that is? What do you think it takes-

ANGELA HARTNETT: Well, I think it's just because you're dealing with lots of different people and you need that energy of doing it once, twice, fifteen times to get everyone right. You know, I remember one of the first nights we opened Murano, we had four critics in on the same night, we only had fourteen tables. One was Giles, and then we had three other different nationals in and it was the M25. We could not get the food out. Everyone was waiting. I comped five tables, I just went up to them, I said, 'I'm so sorry for waiting.' Giles left after main course and I thought, that's it, I'm going to get a really bad review.

AMOL RAJAN: Cause it does matter, what Giles Coren-

ANGELA HARTNETT: It does, you know.

AMOL RAJAN: He's a really, he's a really thoughtful critic.

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ANGELA HARTNETT: Then I called him up. I said, 'You had a really rubbish time. Come back as my guest Saturday,' and he goes, 'I've already booked, I'm coming anyway,' and then he just sort of said, 'Don't f*** it up this time.' I went, 'I won't Giles!' And he was really fair in the review, he said, 'I've been twice. The first time the food was delicious, but it was so slow, they're struggling,' you know-

AMOL RAJAN: But it's really hard, running a restaurant, isn't it?

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah, it's tough.

AMOL RAJAN: And that was really listening to- I mean, I've listened to a lot of episodes of this, but listen to Gordon- Gordon Ramsay, I should say, it's part of this series. Listening to the two of you, a bit like Nick came on the Today programme the other day and talking to him about when you and Annie Mac started out on Radio 1, listening to you and Gordon talk about that early era where you and Marcus Wareing, another giant of the trade started out, the two things I thought about that, one was, God, it is awful being a chef. You know, God, it's awful, it's so-

NICK GRIMSHAW: It's a crazy choice.

AMOL RAJAN: Crazy choice, I mean, the most antisocial hours, the way you would just chuck out those, 'Ah, it was six days a week,' six days a week? I mean, first of all, you can't have a family, so- and there's a really interesting thing about that, which is my other kind of big takeaway. I talk- I'm obsessed with social mobility and I spend a lot of my life trying to help kids from poor backgrounds get on in the world, and they quite often these days talk to me about work life balance.

ANGELA HARTNETT: Yeah.

AMOL RAJAN: And I sort of want to say to them, the thing about work-life balance is you need to work really hard before you can have the balance. And in your twenties, you know, Nick was working ridiculous hours late at night, you were doing the Radio 1 show ten till midnight where you and you could do that when you're in your twenties, you can do that, and then you know, you would go out on a Saturday, meet your mates at two in the morning, whatever. And I just thought, God, you, it's such an important thing. If you're going to be professionally successful, to meet the right group of people in your twenties, when working that hard can be fun and rewarding.

ANGELA HARTNETT: Yeah, yeah, yeah.

AMOL RAJAN: And I think probably, I mean, you are obviously, you know, the cream of the crop. There's probably a lot of chefs around this country who work their nuts off and who just leave in their thirties, broken, exhausted.

DISH - Amol Rajan, coconut fish curry and a piña colada

ANGELA HARTNETT: No, I can believe that, yeah.

AMOL RAJAN: And I just, I feel for them. And I've got critic guilt.

ANGELA HARTNETT: Critic guilt.

AMOL RAJAN: I don't think I was ever unfair and I don't think I ever kind of

ANGELA HARTNETT: I can't imagine you ever being unfair.

NICK GRIMSHAW: You never know, you might have changed their life direction and made them go on to bigger and better things.

AMOL RAJAN: I doubt it!!

[Salt grinder sounds]

NICK GRIMSHAW: I wanted to know when, you know, you're listening to the Today programme, and I listen to it because I think I don't know what's going on or if I have a busy few days, I like drop out of the news and I'm like, wait, s***, what's happening?

AMOL RAJAN: Imagine being a presenter, mate.

NICK GRIMSHAW: How do you stay informed? Are you constantly, constantly consumed with world news?

AMOL RAJAN: So you can't know about everything. You just can't know about everything that's going on in the world. And I should say, and I'm not just saying this to be nice, the calibre of the team on the Today programme, these often, you know, people who are producers in their late twenties, early thirties, they swot up for you. The one thing you do have to do is take on a huge amount of information in a short space of time.

ANGELA HARTNETT: Yes.

AMOL RAJAN: And you also find that you just do need to have a kind of background knowledge of what's going on. So if there's a terrible war in the Middle East, you know, you do need to have read for years about kind of the various things that have happened. So it's a little bit of both. And I think you do realise after a certain amount of time that it's quite weird to just be constantly bombarded by information, you know. I think if an alien came down to earth and they saw what kids these days do with smartphones, and I know that makes me sound really old, but you just take in more information every hour of every day than most humans took in over the course of a week.

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ANGELA HARTNETT: Yeah.

AMOL RAJAN: And so it is a bit weird, you've got the radio on, you've got the TV on, you're scrolling on your phone, and it is kind of, it's quite exhausting.

NICK GRIMSHAW: I really liked as well on the Today podcast, you and Nick just reminiscing about your first day on the podcast.

AMOL RAJAN: Yeah. But that's so much-

NICK GRIMSHAW: Which was really nice, it just made me-

AMOL RAJAN: I feel like that's so much more conversational. And I actually think, it's tricky because with the Today programme, it's so big and it's so influential, and it's such a powerful and important institution. And it's got a lot of older listeners who've listened from the days of Jack de Manio and been around for fifty years, that you don't want to change it too much.

NICK GRIMSHAW: Yeah.

AMOL RAJAN: I mean, I think the thing, I mean, you guys know it's better than anyone, but I think you've got to be yourself.

ANGELA HARTNETT: Yeah.

AMOL RAJAN: You've got to be, you know, I- you know, so with University Challenge, there's no point me trying to be like Jeremy Paxman because I'm a very, very different personality.

ANGELA HARTNETT: Yeah.

AMOL RAJAN: With the Today programme, there's no point in me trying to be the famous John Humphrys or...

ANGELA HARTNETT: Yeah, yeah, yeah, sure.

NICK GRIMSHAW: Well, I got a load of stick when I took over Chris Moyles.

AMOL RAJAN: Cause he was a big figure, right?

NICK GRIMSHAW: Yeah, he was a big figure, and he was really loved, and he did it for eight years, and I think when morning radio, or anything with a schedule changes, people really feel the change because you know, you have your routine- Nick and Amol

DISH - Amol Rajan, coconut fish curry and a piña colada

ANGELA HARTNETT: You're invested in it, yeah.

NICK GRIMSHAW: And yeah, you know, when you're in the shower or when you're at that traffic light. So I think any change, even if we moved a feature on the Breakfast Show, you know, if we were like, actually, we're going to play that game in half an hour, people would go nuts. So when it was a total change- and also Radio 1's message at the time was, we don't want anyone over thirty to listen. So it was kind of like, we're getting rid of like this, like, thirty-eight year old lad and replacing it with like, a twenty-seven year old gay guy who like, wants to play loads of hip hop. They were like, are you f***** joking? So I got quite a lot of stick then. And I never really thought about it and I was just like, well, whatever. But I think when you're young, I was just like, I don't really, I'm not really bothered. But then when I was writing my book and I look back and I was like, oh, maybe it was really harsh?

AMOL RAJAN: Yeah.

NICK GRIMSHAW: Maybe it was hard.

AMOL RAJAN: I think that shows a lot of character. Cause it gets, 'cause it gets to me-

NICK GRIMSHAW: Was it like that when you took over University Challenge? Because that's like the same in terms of, you know, so loved and so set in, and even more so like, set into British culture.

AMOL RAJAN: It is, and it's only been three hosts. That's the thing that's, that's bonkers. There are people who, you know, there's a very famous guy called Bamber Gascoigne, who is the first presenter. And Bamber Gascoigne was the guy who presented University Challenge in the sixties when there were two channels. And so University Challenge, with its incredibly hard questions, was getting watched by twelve million people, and people were obsessed with it. And to go from Bamber Gascoigne to Jeremy Paxman to me, I mean first of all, that just feels surreal.

ANGELA HARTNETT: Yeah.

AMOL RAJAN: But also I do, you know, I am conscious that you know if you've had Jeremy Paxman asking questions in your life for twenty-nine years, it's quite a big deal to have a change, especially someone who sort of looks different, sounds different-

NICK GRIMSHAW: Twenty-nine years.

AMOL RAJAN: He did it for twenty-nine years. It's the longest running quiz, he did it for twenty-nine years. So I felt I kind of wanted to be respectful to him. And also, I mean he's spoken very publicly about it, but he's, he's got Parkinson's.

DISH - Amol Rajan, coconut fish curry and a piña colada

ANGELA HARTNETT: He's not well, is he.

AMOL RAJAN: He's not at all well, so you kind of, there was a sort of sensitivity about it. And the way that I tried to handle that is, you know, I had a lot of very difficult conversations from my years in newspapers. I thought it was really important to ring him. I know a little bit because of a family connection to Parkinson's that quite often, not always the way, but quite often the morning is a good time to talk to people who've got Parkinson's, so I rang him up in the morning and I knew I wanted to deliver two really crisp messages. One was, thank you for handing over the show in such a great condition. And the other was, I'll try not to screw it up.

ANGELA HARTNETT: Yeah, yeah, yeah.

AMOL RAJAN: And he listened really intently, there was a little pause, and then he said, 'Thank you for saying that. I really appreciate your calling. You were right to say it and to all the best.' And that put me at ease, I have to say, cause that's a big- when you're getting handed the baton, you want to do it with someone's blessing. And I just kind of, yeah, that made everything a lot easier. And I haven't had too much stick, you know, people have been pretty nice about it. Getting a lot of trouble for the size of my chair.

NICK GRIMSHAW: Yeah, the ch- there's a lot of chair chat. Also, the box gets some press as well.

AMOL RAJAN: It is a little-

NICK GRIMSHAW: I don't know if I love the finish on the box.

ANGELA HARTNETT: See, people like Nick.

AMOL RAJAN: The box, I mean-

NICK GRIMSHAW: Monday night, Monday night, I love Monday night quiz on BBC.

AMOL RAJAN: Yeah, yeah, yeah.

NICK GRIMSHAW: I love it.

AMOL RAJAN: By box you mean the chimney shoot that some people are talking about... What can I tell you? All I'll say is, there are active discussions, which may change, about the box, bringing back the question cards and also about the size of my b***** chair.

NICK GRIMSHAW: The b***** chair.

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AMOL RAJAN: Look, I didn't notice it was- well, apparently, apparently I look really small in the chair. And I'm not that small, I mean, I'm not that small.

NICK GRIMSHAW: No!

ANGELA HARTNETT: It's like that sort of, Ronnie Corbett, you know, in that big chair.

NICK GRIMSHAW: Thanks, Ange. Thanks, Ange.

AMOL RAJAN: No one had gone that far, actually, Angela, thanks very much. Ronnie Corbett actually was quite small.

ANGELA HARTNETT: We love you.

AMOL RAJAN: But anyway, we are looking at the size of the bleedin' chair, and we're in active discussions about the question cards which may make a comeback.

NICK GRIMSHAW: Okay!

ANGELA HARTNETT: Oh God, you heard it here first.

NICK GRIMSHAW: Okay.

ANGELA HARTNETT: Wow.

NICK GRIMSHAW: If I watch University Challenge and I get like four, I'm like, I have to like, ring my mum. Or if I get like, three in thirty minutes, I'm like...pretty good.

AMOL RAJAN: I know, but the reason, I know, but the reason people should give it a try is, it's so satisfying when you get something right.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Oh, yeah.

AMOL RAJAN: You're like, I'm up there with the legends.

ANGELA HARTNETT: My IQ, yes!

NICK GRIMSHAW: I always love it when you're like, right, the round of contemporary music, and I'm like, oh, and you're like, 'In 1880...' Contemporary?

ANGELA HARTNETT: Yeah, what era.

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NICK GRIMSHAW: I'm always like, oh. I was going to say Doja Cat.

[Dinner table sounds]

NICK GRIMSHAW: Okay. We have come to our end of the show question. We are going to ask Amol, how well does he know University Challenge?

AMOL RAJAN: Oh my gosh. Alright, here's a first start for ten, okay. 'For the goodie bag, here are your bonus questions. Can you name a former famous competitor who has acted in the Harry Potter franchise?'

NICK GRIMSHAW: Mm-hm.

AMOL RAJAN: Miriam Margolyes?

ANGELA HARTNETT: Yes!

NICK GRIMSHAW: Yes!

AMOL RAJAN: Yes!

ANGELA HARTNETT: Nice one.

NICK GRIMSHAW: Yeah.

[Applause]

ANGELA HARTNETT: One down. One down.

NICK GRIMSHAW: One down. That's a third of the goodie bag secured.

ANGELA HARTNETT: And she was the first female to swear on national TV, on University Challenge.

NICK GRIMSHAW: Was she?

ANGELA HARTNETT: Yes.

AMOL RAJAN: A habit she has not given up very easily.

ANGELA HARTNETT: Yeah, no, exactly.

AMOL RAJAN: The way she says it with such relish as well.

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ANGELA HARTNETT: She loves it.

AMOL RAJAN: Okay, next up, another five points.

NICK GRIMSHAW: Okay, next question.

AMOL RAJAN: 'What was the highest score in this history of the show? And we'll give you ten points either way.' Okay. This is a trick question because they changed the way in which you score about halfway through the show's run. So in this round where it's been ten points for starter of five for...

NICK GRIMSHAW: The highest score in history...

AMOL RAJAN: I mean, basically I have absolutely no idea. I'm going to guess something very high. I'm going to guess 390?

NICK GRIMSHAW: 390, and who do you think scored it?

AMOL RAJAN: Well, there was a brilliant series a few years ago with Eric Monkman and Bobby Seagull. You want the team?

NICK GRIMSHAW: Well, just the uni, come on.

AMOL RAJAN: Well, if it was Eric Monkman, that was Wolfson College in Cambridge.

NICK GRIMSHAW: Okay.

AMOL RAJAN: Or if it was Bobby Seagull, you can give me that, it was Emmanuel College in Cambridge.

NICK GRIMSHAW: Okay.

AMOL RAJAN: Is it completely wrong?

ANGELA HARTNETT: Yeah-

AMOL RAJAN: Oh no! No, no!

NICK GRIMSHAW: Come on.

AMOL RAJAN: Was it? There was a really good Durham side about fifteen years ago.

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ANGELA HARTNETT: No, you're going too far away.

AMOL RAJAN: Manchester?

ANGELA HARTNETT: No.

NICK GRIMSHAW: No, no.

AMOL RAJAN: Bristol, Leeds...

ANGELA HARTNETT: Think the opposite of Cambridge.

AMOL RAJAN: Am I gonna lose out on the hamper?

NICK GRIMSHAW: University College, Oxford scored 520 points in the final ITV series in 1987.

AMOL RAJAN: Where are they now?

NICK GRIMSHAW: I don't know.

AMOL RAJAN: Rich.

NICK GRIMSHAW: Writi- rich somewhere.

AMOL RAJAN: Wow, okay, I'm miles off.

NICK GRIMSHAW: Third and final question.

AMOL RAJAN: 'What was the lowest score of any team in the original or revived series, again, we'll go 10 points either way.' I don't know the answer to this. I'm going to like a really embarrassingly-

NICK GRIMSHAW: What do you reckon is low?

AMOL RAJAN: I should know that I should know this.

NICK GRIMSHAW: Cause I get like three on average. Realistically.

AMOL RAJAN: So if you were competing, you'd get like-

NICK GRIMSHAW: I'd get three.

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AMOL RAJAN: Okay. So, say you've got a starter and two bonuses. Okay. Let's go really low, let's go like, 40.

NICK GRIMSHAW: Sussex University, 10 points.

ANGELA HARTNETT: No!

NICK GRIMSHAW: In 1971.

AMOL RAJAN: That's dreadful.

ANGELA HARTNETT: Bad.

AMOL RAJAN: That's really bad.

NICK GRIMSHAW: What was going on? Like, 10? Is that like a question?

AMOL RAJAN: That's, that's a starter, yeah.

NICK GRIMSHAW: I mean, kind of impossible for you to know, 'cause you weren't born. So, wasn't watching that episode. Anyway, we'll give him the goodie bag, right?

ANGELA HARTNETT: Yes, come on.

NICK GRIMSHAW: Come on.

[Applause]

NICK GRIMSHAW: Amol that was really fun.

ANGELA HARTNETT: Thank you.

AMOL RAJAN: I loved it.

NICK GRIMSHAW: Round of applause, Amol Rajan everybody.

[Applause]

NICK GRIMSHAW: Thank you.

AMOL RAJAN: Thank you so much. Wow. And that piña colada, I've been saving this bit of pineapple as well.

ANGELA HARTNETT: Enjoy.

DISH - Amol Rajan, coconut fish curry and a piña colada

NICK GRIMSHAW: That is it for season four of Dish. We are going to take a short break, so that Angela can put down the utensils and rinse her sieve and get ready for season five.

ANGELA HARTNETT: Marvellous!

NICK GRIMSHAW: We will see you very soon!

ANGELA HARTNETT: Details of all the delicious meals I've cooked on Dish can be found at [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes). All the links are in our show notes.

NICK GRIMSHAW: We love reading your reviews, don't we Ange? Ange?

ANGELA HARTNETT: Yep.

NICK GRIMSHAW: Yeah. Please keep them coming, and you know, the bigger the better.

ANGELA HARTNETT: Dish is a SE Creative Studio production.

VOICEOVER: Waitrose, food to feel GOOD about