

LIFE ON A PLATE

SEASON 3, EPISODE 5: ROGER DALTREY

SUMMARY KEYWORDS

people, Roger Daltrey, farm, life, food, felt, trout, years, eat, fish, champagne, important, bit, hospital, tour, adult, beer, family, watched, cancer

SPEAKERS

Roger Daltrey, Jimi Famurewa, Alison Oakervee

Jimi 00:05

Hello and welcome to the third season of Life on a Plate, the podcast from Waitrose, in which we talk to some very special people about food, what it means to them, and the role it has played in their life. We ask about food memories and favourite recipes, must have ingredients, and the dishes that represent comfort, celebration, or adventure – and find out a lot more about our guests in the process.

Alison 00:35

Hey, how are you Jimi?

Jimi 00:36

Hello Alison. I am all right. And if I sound a little bit down, you probably know why.

Alison 00:44

Just not recovered from Sunday night yet?

Jimi 00:46

It was of course, England having the chance to win the Euros and not quite making it. So yeah, I am feeling alright actually. I'm feeling kind of over it. It was quite deflating. I watched it. You know, in London, out and about some friends. And it was so exciting. And the penalties were such a wild rollercoaster of emotion to watch them.

Alison

Were you able to watch them?

Jimi

Yeah, I was kind of wincing and watching. I'm one of those people I'm afraid – I can't really handle it. But I am feeling like it was an incredible achievement. I felt such a connection to this England team. And I know that a lot of people have felt that and I've had so many people say to me that they hadn't necessarily watched England, or felt represented in that way. And they just – it sounds trite – but they have really united the nation. They've made us all so proud, I think, and it's been great to see.

Alison 01:47

I'm not a football fan, but you know, I watched bits of it, you couldn't help not!

Jimi 01:52

Well, I was going to get in really deep on Southgate's formation, and now... your face just then [both laugh].

Alison 02:00

This look of horror! But just looking at the glimpses on telly and that kind of thing – you could just see how he united the team, and how strong they were, and just how contagious it's been around the country with really random people that don't normally watch football.

Jimi 02:16

Yeah, I think obviously, that's what success does and coming so close and doing so well. But also, you mentioned Gareth Southgate and it is true, the things that he represents, the things that he stands up for, the things that the players have talked about – of being one part in a bigger whole and being decent, and being welcoming and tolerant. These are things that we can all apply to all parts of our lives really. It was great to have that summer – to come so close was pretty agonising. But I am so glad that we had it and I think we'll really remember it.

Alison 02:51

It gives us lots of hope for next year, with it being the World Cup... it gives us hope that there's even more and better things in store for the England team.

Jimi 02:54

Not long to wait. So there's plenty of time Alison to get your England flag draped around your shoulders... St George's Cross on your face.

Alison

Need to learn some of the rules first though [both laugh].

Jimi

I'll get you down there yet! Well, someone who is a big football fan as well, is our guest on this episode – it is Roger Daltrey, the front man of The Who and bonafide rock legend. He was a wonderful surprise in many ways, because he talked about community – which I've already mentioned in relation to the England team – he talked about his upbringing in West London and how food has been really important to him, in terms of simple food, and gathering his whole family around the table for Sunday dinners. He really, really has got this really – uncompromising at times – but really great, honest, old school appreciation for those kind of very human qualities.

Alison 04:00

He really has. And actually food is so much part of him in that he's a farmer as well. And he's done all sorts of different types of farming over the years. You know he is a beef farmer, in the past he's farmed trout and then during lockdown he set up a microbrewery. So you know, he really has gotten into the rhythm of the land.

Jimi 04:21

Yeah, he also mentioned possibly the weirdest kind of pre-gig meal that we've heard. I could still remember our reactions and I won't spoil that for people that are listening, but it's quite, it seems like quite an acquired taste, shall we say?

Alison 04:37

Oh yeah.

Jimi 04:38

So here is our interview with Roger Daltrey.

Welcome Roger Daltrey to Life on a Plate. It's a tremendous honour to have you on here. How are you doing? How are things?

Roger Daltrey 04:54

Doing alright! Yeah, I mean, we are where we are and we are all in the same bloody boat. Let's hope we're all rowing the same way. But it's not been bad because I live on a farm so the rhythm of the land has kept me more connected than perhaps if I was still in my Council flat in London, way back in the 60s. I don't know how those people have actually done this amount of time locked up. And if anyone should be applauded, it's those in the high rises – with families, home schooling, it must have been an absolute nightmare. I cannot imagine. I've been incredibly privileged, because like I say, the rhythm of the land. We farm – I'm a farmer. I've been farming for 50 years.

Jimi 05:42

Let's go to your actual childhood then. What are your memories related to food because we've not really seen much of you talking about food.

Roger Daltrey 05:47

I mean, it was incredibly simple food. Every local high street had a fishmonger, a great greengrocer. Couldn't get much meat. But it didn't matter. We survived. We were probably a lot healthier then than we are today. That's for sure. You couldn't buy manufactured foods, you know.

Alison

And dinners at school?

Roger

I went onto school dinners in my secondary school, my grammar school. And I didn't mind them, you kind of get used to it, And it becomes an acquired taste. It's like everything else, you know when you're hungry, and you're growing as a teenager, you're always hungry. And the dinner ladies were great, so like I say, it wasn't that bad. We had the daily milk ration given out in school. We didn't have as much as we have today, but I don't ever say we were poor – we were very wealthy. You know we had nothing. Anything we wanted to get outside of the normal day-to-day – keeping yourself alive stuff – anything

extra in your life, you had to go out and work for, or make yourself. You had to repair your shoes. I mean, how many people today know how to mend a pair of shoes?

Jimi 07:05

[Laughs] It relates directly to the start of The Who as well, and the start of your career in music, because I've seen you talk in the past about making your first guitar.

Roger Daltrey 07:12

Not just me, Keith Richard made his first guitar, and so many of the rock stars of today – you know the old guys like me – we made our instruments because there was no way we could afford to buy them. So you went out and bought some planks of wood, you just copied something or someone had one you could copy. My first electric guitar I copied from a shop window – so, it was too big [laughs]. Which is quite funny. But it did its job.

Jimi 07:43

Did the shopkeeper know what you're up to? They didn't sort of try and clear you off?

Roger Daltrey 07:46

They can't see you when you're standing in front of a guitar measuring it [all laugh].

Jimi 07:52

What was the teenage Roger Daltrey eating then? What foods did you really crave?

Roger Daltrey 07:56

It would have been shepherd's pie – there was no such thing as leaving anything to waste. And any waste that was left, like the peelings of the potatoes – all that stuff – ends of carrots, brussels sprouts – all went in the pig bin. And the pig bin used to come round and that fed the pigs.

Jimi 08:17

Yeah, you're going to have to tell me a bit more about the pig bin – I'm fascinated.

Roger Daltrey 08:22

The pig bin was brilliant! Well, you know, now I have to put it all in a plastic bag, in a bin. So it stays in the plastic bag – God knows how long. Yeah, probably for 50 years before that even starts to... if it ever deteriorates in the ground where they stick it. But we had pig bins, which was a kind of strange looking vehicle, which had a kind of round back, on top of a truck. So it had these kind of lids that came down – like a great big bread bin. They used to go down the streets and everybody's waste used to be fed to the pigs.

Jimi 08:56

It all just went in there – wow!

Alison 08:55

So that'd go to a local farm near where you lived in West London?

Roger Daltrey 08:59

No, I don't know... you'd have to look up the history of how they organised getting the pig food/the pig bin stuff to the pigs, but it all went to the pigs. We were a wartime economy. Every other street would have a rabbit club. They were pet rabbits but they were kept for one thing. You've got to remember... was it about a quarter of a pound of meat per week, per family? I think it was. Something ridiculous. I mean, you look at the ration. I don't know whether you guys have ever looked at the rations that people were put on.

Alison 09:31

My dad is a similar age to you and they remember that at the end of the war, and trade reopening, and things like bananas and oranges and all the imported fruit and veg arriving. And is that something that you remember arriving? Or are you just a little bit too young?

Roger Daltrey 09:46

When you're young you just eat whatever you're given. But yeah, I mean, it gradually got better. I can remember around about 10-11 years old, when most of rationing was gone, and these other fruits and things started to appear – it was luxury. And I mean, in those days, we would have chicken twice a year. That would be Easter and Christmas. And the chicken wouldn't weigh more than three pounds. And now we have these huge things.

Jimi 10:19

It sounds like you've not lost a sense of what it felt like and how important these things were. And that idea of scarcity and appreciating what you've got. Has it always stayed with you, has it shaped your attitudes to food, to waste, to everything?

Roger Daltrey 10:36

It can't help but shape you that upbringing and that family background – it can't help but shape you. And you never forget. Because some of my mates are still back in the same place that I came from. And I've realised that I've had an incredibly lucky life and a lot of privilege. But I try and do the best with it.

Jimi 10:57

Completely. And one of the ways in which you do that is through the Teenage Cancer Trust. And it just seems like it's something that's really important to you. And really vital.

Roger Daltrey 11:08

Totally – it is one of the main drivers in my life. Apart from The Who, and the family, of course. The Teenage Cancer Trust, why it's important is I think we're at a time in our history where prior to probably the 1960s, it was fine to just have the hospital system split into two: paediatric and adult. But I think since the 60s, and certainly since the 90s, there's no doubt that this middle group – adolescents and young adults – they are socially, psychologically, and physically totally different than they ever have been in our history. No attention has been made to that fact. And why I support the Teenage Cancer Trust is it's the only age appropriate thing in our whole NHS system where teenagers can be amongst

their peers. And that's incredibly important if you've got an illness like cancer. The psychological impact of cancer on a teenager is absolutely... I can't imagine. We can't prove that we get benefit out of keeping them together in a group with their peers. But it's quite well known – and it's very well documented – that a psychologically content and happy patient will do much better than someone who's isolated and miserable. We just provide environment. But equally, we have changed the medicine by providing that environment. We've discovered things that couldn't have happened in the old system where the clock ticks down to the when you were 19 years old, and all of a sudden, you are now an adult. So you could have been with a paediatric oncologist and, in our system, you would have switched to an adult oncologist. You're the same person but all of a sudden your guys change. Well, that doesn't happen in our units. And we've discovered things by accident really. So I'm desperately, desperately fighting to keep our charity in the NHS because they're there. Every children's hospital has a nursery with teddy bears. Every other adult hospital has a kind of social facility for adults. But what is there for this age group? Nothing. And it's just not right.

Jimi 13:35

I was wondering – how is your ability in the kitchen? Were you ever cooking in those early days? Was it something that you came to later in life?

Roger Daltrey 13:42

No! I survived. I could cook a cornflake! And I could boil an egg. You know, I'm not really a foodie as such. And I can cook – my wife, about four years ago broke her wrist, so I had to cook. After six weeks of her healing period, I was quite good at it. Now she won't let me cook! Maybe I wasn't as good as I thought I was!

Alison 14:06

Did you have a signature dish in those six weeks that you perfected?

Roger Daltrey 14:11

No – we eat very simple food, I'm not into gourmet food.

Alison 14:16

What's that? What's an average dinner like in your family home?

Roger Daltrey 14:20

Well, sometimes we go days with just vegetables. You know, we have meat probably two times a week – but very little. The family likes lamb. The Sunday meal with the whole family is always important to me. Ten of us around the table – there will be grandkids. I mean, it's just really simple family stuff.

Alison 14:40

What about when you're on tour? Do you have any riders when it comes to food when you're on tours?

Roger Daltrey 14:45

The thing about a singer, you have to be very careful what time of day you eat, otherwise you eat it again on stage.

Jimi 14:54

[Laughs] Was there a particular moment when you learnt that lesson the hard way?

Roger Daltrey 14:58

No, you kind of just know. You just know how hard you've got to go out and push your stomach and all that area. You know that's not going to be a good thing to do. So what I do on tour, I'll have a quite reasonable breakfast of eggs, or avocado... rice – quite a lot of rice. I sometimes do just boiled potatoes and boiled onions and mash it all up.

Alison 15:29

For dinner, not breakfast that?

Roger Daltrey 15:30

No, breakfast. Good breakfast is good energy, and it's easy to digest. And then the last meal I eat when we're working is about two o'clock in the afternoon, and I'll usually have fish – just grilled fish. I like quinoa, again as a protein it's very good. And then I might not have anything until the next day. I might have a banana after the soundcheck at five o'clock. That's it. And then I don't eat until we come off stage at 11pm. It's a long day when you're on tour. People think this game is easy. It's not [laughs]. They're 14 hour days. It's a weird life.

Jimi 16:12

Have you still missed it though? Like presumably... because you were on tours when all this happened.

Roger Daltrey 16:19

I've missed it so much, because it's that half of me. And my wife said I wanted to marry the guy on the stage [laughs]. There you go. I mean, no, it's like another part of me – I've done it since I was 14 years old, and not being able to do that it's kind of weird. I can't wait to do it again. I've got a tour booked in August, in California, and the west coast of America. And more for my band than anything else because my band – they're all young, and they've got kids – and they had no earnings at all last year, it's terrible. So this one's for them. And hopefully The Who will be out next year if we don't know how long it will go on. But the way I feel about it is, it will go on as long as I can sing well. If I can't do what I have done all these years... this business gives you up, you don't give it up.

Jimi 17:25

It's extraordinary the longevity that you've had with The Who and to still be working so much and still touring. And your relationship with Pete – and still managing to record a brilliant new album a few years ago. Your first one in a couple of decades, wasn't it? What is the secret?

Roger Daltrey 17:44

We just love what we do. And there is something very different about our music. It's not like most rock music that's out there. And that's because of the genius of Pete Townsend, obviously. But there's a symbiotic relationship that we have that makes his songs special when there's the two of us.

Jimi 18:05

I was wondering because you drive the van, you'd make sure you got paid, you were doing everything for a lot of the time – weren't you? Did that entail making sure people ate as well?

Roger Daltrey 18:17

I was the van driver, the roadie, they used to help unload the van... Keith used to carry a couple of base drums out. [Jimi laughs] And the others used to get on one end of an amplifier. But it was always me on the other end, loading the van, driving the van, taking the money as you say. But it was myself and Betty Townsend, Pete's mom – she used to book my gigs. Betty, yeah – she was wonderful, his mum. And that is the way you duck and dive, you know. I get asked all these questions all the time, about what life was like then. I'm sure it's not much different now on the Council estates. There's something about the community that pulls together.

Jimi 19:03

You mentioned your voice and trying to maintain it. And there was a real scare like a few years ago in terms of you effectively thought that your voice was gone. And you had to have an operation to save it essentially.

Roger Daltrey 19:20

Yeah, that was kind of scary, but not scary. It's the kind of thing: What can you do? You just got to roll with it. You know, you just got to go: Well, I'm either going to wake up and it's going to be okay, or I'm never going to sing again. And I think so much of life is about acceptance. I had a very good woman I used to take on the road with me in the eighties – a little Austrian woman, her name was Rosa. And she was as strong as a horse, a fantastic masseur. And of course in those days, we were doing three hour shows, probably six shows a week, with one day off a week. And of course, that's quite strenuous. We were performing in temperatures, upwards of 90 degrees – in America and in the south. And so the physical effort of doing it was enormous. So I had to have someone keep my body in some kind of order. Anyway, when she used to massage me – like I say, she's the strongest woman I've ever had massage me – incredibly strong, and I'd scream sometimes, and she used to say to me: 'What are you're holding on for? Once you let go of it, it's all right.' And she was so right. It's all about you've got to accept, when you get hit by a blow, you might not be able to sing after this operation, because we don't know what it is, it could be cancer, we're not sure. You just go under the anaesthetic. I did anyway – with the feeling: 'Well, it's one of two things, I'm either going to wake up and it's going to be okay, and I'm going to be able to carry on, or I won't be able to sing again. If I can't sing again I'll go back to being a painter and decorator. I'll manage.'

Jimi 21:19

It's a hell of an attitude to have. And I think something that we could all learn from really, and particularly over the last year and a bit – or 18 months, throughout the pandemic, when so many of us have felt powerless in one way or another. One of the ways in which the pandemic did have an impact was obviously to return to the Teenage Cancer Trust, you weren't able to do those shows, you weren't able to raise that money.

Roger Daltrey 21:45

When the government shut us down, and with those shows, I mean, I had a whole week at the Albert Hall – sold out, with incredible guests. Overnight – that was an income of perhaps £2 million to the charity taken away from us.

Alison 22:00

So this year, you've got a Champagne named after you that's giving all its profit. Tell us a bit more how that's come about?

Roger Daltrey 22:08

Well, on our 50th anniversary, a friend of mine, a guy called Jerome who runs a thing called Eminent Life. And he also does Eminent Wines – he's a wine connoisseur. He came to me with a proposal: would I be prepared to put my name on a bottle of champagne? And I said: 'I'll consider it,' because, you know, because he does wines and champagnes for other bands. And he said: 'Well, it's your 50th anniversary, it would be great to have that.' So I considered it. I said: 'Well, could I do it? And I don't want to earn out of it. But could I do it and it might raise money for charity?' And he said: 'Sure.' So I'm not allowed to do that for the Teenage Cancer Trust because we're not allowed to make money off of alcohol. So I said: 'If we can do that, then we could do two other things – it has to be an exceptional champagne. And I would like it to be organic.' And he came back with this champagne from a vineyard called Charles Aubin, which has been in the same family for centuries. It's a fantastic cuvée. It's up there with Dom Perignon, and every bottle that sold an amount went to Teen Cancer America. I started Teen Cancer America eight years ago. And so I thought, well, it's worth a try. Who knows how many it would sell, it could have raised half a million dollars, it could have raised a million. Whatever it would raise, it would be more than what we had at the beginning. I had nothing from it. The champagne is fabulous. It really is fabulous. But I think that the run of it now is almost sold out. And it raised money for Teen Cancer America, which has only been going by the way... Teen Cancer America which I started in 2012. So we can only really count seven years if you count to 2019. We are already in 43 hospitals over there, with 60 in a queue to start programmes. So I think we have proved beyond doubt that what this country has done is led this movement and it's becoming worldwide. Australia's got it as Canteen. Europe are looking at it. There's even Teen Cancer São Paulo. So it's catching on because the health services are realising that this – like I said earlier – this age group are so different.

Jimi 24:43

Yeah, it sounds like... I presume you've got ideas to continue the work, as well as keep building on it and other people working for you – so that it can be this incredible thing that is a legacy and carries on.

Roger Daltrey 24:59

I live in hope that maybe in my life, I will see the first hospital wing dedicated to adolescents and young adults. I'm trying to find some American billionaire. Because there's only one... I'll tell you why, for those guys worth that kind of money – which is, you know, beyond my thinking – but if I was worth 100 billion or whatever, or 50 billion or 10 billion, I would quite willingly give a billion dollars of it to build a wing of a hospital dedicated to hospitalised illness for adolescents and young adults. Because there's only one chance to be first at this. Just as there was in – I think it was 1802 – that there was, the first children's hospital, opened in Paris. That's Hôpital D'enfants in Paris. Now, for Jeff Bezos, you know, or any of

those billionaires, to have their name in history, that they recognise as history – that's not a bad investment, is it? Into their legacy.

Jimi 26:14

I'm listening. Maybe we've got a couple of billionaires...

Roger

Yeah, come on Jeff, give us the dosh! [Jimi and Roger laugh]

Jimi

I think he's a fan! Sticking on the subject of philanthropy and generosity – you've done really well for yourself, as you said – so successful with the band, but I know that it's also been important to you to share it amongst your family and to have everyone around the table – as you mentioned earlier – for those dinners, and obviously, you've got all the grandkids and stuff. That just seems like it's been a real priority of yours to make sure that everyone's looked after as well.

Roger Daltrey 26:55

Yeah. Well, we don't live in isolation, do we? That's incredibly important to me. All my workers on the farm. I've had them since I've been farming. You know, I like continuity. I just try and treat people with kindness.

Alison 27:11

Have you got any of your family working for you on the farm?

Roger Daltrey 27:15

In the lockdown, I was looking at my son in laws – my two son in laws – who live locally, and my son, and right in the middle of lockdown, I said to them, come on, we've got to think of something here. None of us knew how long this would go on. I was trying to think of a cyclical thing that I could do on the farm, which would be linked to the land, and this area, which is a very famous hop growing area. So I thought hops, beer... I started a microbrewery. So it's called Lakedown Brewing Company. They are now up and running. I haven't got my brewery on my farm yet. I hope to do that... I'm building up to doing that and I hope that will follow in the years to come. But they've actually got it going, I've got a master brewer working for us. It's really good beer. I'm really surprised. I'm not a beer drinker.

Alison 28:13

And you like it?

Roger 28:15

It's fabulous. I can't drink the NEIPAs [New England IPAs]. I mean. I don't know how anyone drinks that. But youngsters love it, apparently.

Jimi 28:22

Right – the sort of IPA?

Roger Daltrey 28:25

Yeah, the IPA things.

Jimi 28:26

Yeah, very hoppy.

Roger Daltrey 28:28

Yeah, very hoppy. But everyone that tries them, who likes beer – and there are these beer connoisseurs now, just like wine connoisseurs – the craft beer industry is really growing. It's doing really well. And I'm just keeping my fingers crossed for the future because it's – again, we're using the water from a spring on the farm. We will be. The grain that we use to brew will be fed to my cattle. So it's this whole cyclical thing again. So I'm quite excited about that.

Jimi 29:01

Yeah, you've got champagne, you've got beer, you've got beef, you've got trout.

Roger 29:07

I'll tell you about... I farm trout. I had four farms way back in the 80s and 90s and I got really interested in – more about the science of fish farming, because it was very early days of trout farming on our rivers.

Jimi 29:24

Was that born from a passion for fishing generally – for trout fishing generally? I mean you say the science as well but I just wonder was... it maybe seems on the face of it, quite an unlikely rock star activity, but it seems like it's been something that you've enjoyed throughout your life.

Roger Daltrey 29:41

Well, our escape in our teenage years... In those days, we used to go fish the Grand Union Canal up in Notting Hill, and places like that. Those days we used to fish with a bicycle wheel and a piece of sacking. We put some breadcrumbs in the middle and pull it up a bit quicker and you might get a fish.

Jimi 30:02

What did you do with the fish?

Roger Daltrey 30:05

Oh, we put it back. But it was... you've got to understand going fishing has got nothing to do with catching fish. It's a Zen thing. Especially, you know, float fishing, where you've got a float bobbing about the ripples from the float go out. And you just sit there. And if you spend a day fishing, and you go back home, you would go out like a light [laughs]. Your mind will be totally at peace. It's a fabulous psychotherapy thing to do. And it's got nothing to do with catching the fish. I went off them completely because there was one time I was doing like five million trout a year. Ridiculous! So I didn't ever want to see another trout, let alone eat one. But I have to say that in the last six months, I've tried trout again, and it's fabulous.

Jimi 30:58

Yeah, underrated to a degree as well because so many people go for salmon.

Roger Daltrey 31:02

Well I guarantee you that anyone blindfolded – if you put smoked trout up against a smoked salmon, they will choose smoked trout.

Alison 31:17

There's a question that I always ask and no one gets away without answering. What ingredient do you always have in your house? Is there a store cupboard ingredient that the house falls apart when it runs out?

Roger 31:29

Ah, cider vinegar.

Jimi 31:30

Hmm, very good.

Alison 31:31

What do you use it for? Is that for your voice?

Roger Daltrey 31:33

No, I drink it. It's always there. I drink a tablespoon a day. It's in a glass of water. It's really good. It's a homoeopathic thing. I've been into alternative medicine for, you know, 40 odd years. 50 years. And cider vinegar is part of that cleansing thing that they use.

Alison 32:01

Presumably when you go on tour, you take it on tour with you?

Roger Daltrey 32:02

Yes, cider vinegar. Colman's mustard. Cuppa tea. I love coffee, but it doesn't like me.

Alison 32:09

That brings us nicely to our quickfire kitchen real questions.

Roger Daltrey 32:14

I'm no good in the kitchen. I'm good at building them. [All laugh]

Alison 32:20

You've already answered this question already. Tea or coffee?

Roger Daltrey 32:23

Well, there you go: tea. I actually would prefer coffee, but it doesn't like me. It brings me out in a rash if I drink too much.

Jimi 32:31

Oh dear, really?

Roger 32:32

I'm allowed one cup a day.

Alison 32:35

One cup of coffee a day. But the rest is tea. How do you take your tea?

Roger 32:37

In my mouth.

Alison 32:39

[Laughs] But do you have it nice and strong...

Roger Daltrey 32:42

Through a straw... I can have either... black, it doesn't really bother me. Whatever's going. I'm a real non fussy person like that.

Alison 32:49

I like it! What about fruit or veg?

Roger Daltrey 32:52

Oh, veg all the time. I love veg.

Alison 32:55

And for breakfast – porridge or cereal?

Roger Daltrey 32:58

Not getting on with porridge these days anymore. I used to do it when I was younger. Now it's cereal. And I have it with apple juice.

Jimi 33:05

No milk, just apple juice?

Roger Daltrey 33:06

No, apple juice is lovely. I sometimes have it with milk. I can do it with milk but apple juice is just nice.

Alison 33:13

I'll give it a try! Mash or chips?

Roger Daltrey 33:19

Well it depends how the chips are done. Are they soggy chips or are they real potatoes? [Laughs] Are they reconstituted rubbish or real potatoes?

Jimi 33:32

The best possible chips.

Roger Daltrey 33:34

The best possible chips would be ones my wife makes where she boils the potato first, and then she cuts it up, and then she puts it in the oven, puts oil on it, and then put some white flour on it. Yeah, they're a bit hard to beat so I'd have to go chips.

Alison 33:51

But I bet they're nice and fluffy on the inside and crispy on the outside?

Roger Daltrey 33:54

Yes, very. And the flour does that job.

Alison 33:58

And for meals – would you like a restaurant meal or a sofa supper?

Roger Daltrey 34:02

Oh, I love restaurants. I love going to restaurants. I love taking people to dinner. I love it!

Jimi 34:09

What are some of your favourite restaurants?

Roger Daltrey 34:11

I go to a wonderful little Italian restaurant in Hastings. I'm a very big fan of Hastings – one of the poorest seaside towns in the country but I love it. There's something funky about Hastings. There's something down to earth about it that suits me. And there's an Italian, a little tiny Italian restaurant there called Bella Vista. And I just love going there – it's the atmosphere. I think just eating in a restaurant with the banter going on. Just people laughing and the bonhomie is wonderful.

Jimi 34:49

Yeah, you're absolutely right.

Alison 34:53

What about red or white wine?

Roger Daltrey 34:55

Oh, red – red every time.

Alison 34:57

And fried or poached?

Roger Daltrey 35:00

Oh, poached.

Alison 35:02

Bacon or smoked salmon?

Roger 35:05

I would have to say... that's a tough one. I'd have a piece of bacon on top of a smoked salmon.

Alison 35:14

Nice. Good answer. Spicy or mild.

Roger Daltrey 35:15

Oh, I can't do very spicy. I swallowed a nail when I was four years old so my guts are a bit chopped about.

Jimi 35:21

Wow. I feel like we've missed the hour.

Roger Daltrey 35:25

So I have to be a little bit careful with the spicy. So there you go.

Alison 35:31

Wow, swallowing a nail.

Roger Daltrey 35:32

But you know, I don't suffer from iron deficiency. [Laughs]

Alison 35:38

Especially not with the cider vinegar – the two of them. Chocolate or crisps?

Roger 35:44

That's a ridiculous question. [All laugh] Dark chocolate.

Alison 35:54

Dark chocolate. Nice. That's it.

Roger Daltrey 35:55

Is that it? It's like an inquisition!

Jimi 35:58

Roger Daltry, it's been an absolute joy. Thank you so much for taking the time.

Roger Daltrey 36:03

All right, Jimi. And you, Alison. Bye.

Jimi 36:10

You've been listening to Life on a Plate from Waitrose. I'm Jimi Famurewa, thank you to my co-host Alison Oakervee, and our guest, Roger Daltrey. If you've enjoyed this conversation, you can find lots more like it by subscribing wherever you get your podcasts. To learn more about the series, go to waitrose.com/podcast.