

Joe Marler, jalapeño honey pulled pork with lime slaw, and a viognier



NICK GRIMSHAW: Dish from Waitrose is a Cold Glass production. This podcast may contain some strong language and adult themes.

[theme music, continues under talking]

NICK GRIMSHAW: Hello welcome to Dish from Waitrose. I am Nick Grimshaw.

ANGELA HARTNETT: And I'm Angela Hartnett.

NICK GRIMSHAW: No way.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: What?

ANGELA HARTNETT: What?

NICK GRIMSHAW: What? Hiya.

ANGELA HARTNETT: Hey, how are you, Nicholas?

NICK GRIMSHAW: I'm good. Welcome to December.

ANGELA HARTNETT: Thank you.

NICK GRIMSHAW: *[laughs]* You're welcome!

[laughter]

ANGELA HARTNETT: I mean, what do you want me to say to that?

NICK GRIMSHAW: I love that on the cards, by the way, Tom's wrote, um, blah, blah, blah, like, 'Say hello,' blah, blah, 'Welcome to December, the last month of the year.'

[laughter]

NICK GRIMSHAW: Just in case.

ANGELA HARTNETT: In case we didn't realise.

NICK GRIMSHAW: Just in case we didn't know.

ANGELA HARTNETT: Oh, what do you like about December?

NICK GRIMSHAW: I love everything about December.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: I like- I actually do, I'm- joke, Tom, but I do like that it's a time of reflection. It's, um... good time to get together.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Um, I love all the lights, I love the trees, I love the food.

ANGELA HARTNETT: Love the cold, winters-

NICK GRIMSHAW: I love the cold-

ANGELA HARTNETT: -big coats, fires.

NICK GRIMSHAW: -much prefer, yeah, I'd say October to February, my dream time.

ANGELA HARTNETT: You're happy, yeah.

NICK GRIMSHAW: I enjoy it more, don't you?

ANGELA HARTNETT: I love winter.

NICK GRIMSHAW: Yeah. I love winter.

ANGELA HARTNETT: Yeah favourite, love it. I love the fact it's dark at four o'clock.

NICK GRIMSHAW: Mm-hm. Yeah. Night night!

ANGELA HARTNETT: Well, that's it.

NICK GRIMSHAW: Night night!

ANGELA HARTNETT: Let's go to bed now.

NICK GRIMSHAW: Yeah. I like it.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Um, but yeah, no, um, we're here, we are ready, we've gone Christmassy, there's a Christmas lamp.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: I love Christmas lamp. Um, we have Joe Marler joining us today.

ANGELA HARTNETT: Very exciting, yes.

NICK GRIMSHAW: Uh, who you'll know off of rugby.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Obviously we're huge rugby fans.

[crew laugh]

NICK GRIMSHAW: And then he turned up on-

ANGELA HARTNETT: This has got to be the first time-

NICK GRIMSHAW: And then he turned up on Traitors, and we were like, oh my God, our favourite player.

ANGELA HARTNETT: [*laughing*] Yeah.

[*laughter*]

NICK GRIMSHAW: From...

ANGELA HARTNETT: This-

NICK GRIMSHAW: From the-

ANGELA HARTNETT: has the first time-

NICK GRIMSHAW: -Rugby...

ANGELA & NICK: League?

ANGELA HARTNETT: League? No?

NICK GRIMSHAW: Gool-

ANGELA HARTNETT: Ru-

NICK GRIMSHAW: Gooners! Who?

[*crew laugh*]

ANGELA & NICK: Rugby Union.

ANGELA HARTNETT: Rugby Union.

NICK GRIMSHAW: FC team!

[*laughter*]

NICK GRIMSHAW: The way he scrums.

ANGELA HARTNETT: [*laughs*]

NICK GRIMSHAW: And...

ANGELA HARTNETT: Do you know what a-

NICK GRIMSHAW: Kicks.

ANGELA HARTNETT: -scrum is?

NICK GRIMSHAW: Yeah, I know what scrum is.

ANGELA HARTNETT: Okay. All right.

NICK GRIMSHAW: When they all get in there.

[crew laugh]

ANGELA HARTNETT: And they all get like that.

ANGELA & NICK: Yeah.

ANGELA HARTNETT: Okay.

NICK GRIMSHAW: But there- but there's not just rugby to talk about Joe with-

ANGELA HARTNETT: No. Lots more.

NICK GRIMSHAW: -that's why we've got Joe on.

ANGELA HARTNETT: He's doing his podcast-

NICK GRIMSHAW: So much.

ANGELA HARTNETT: -coming up.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: He's- Traitors.

NICK GRIMSHAW: Traitors. Um, shall we talk about the Angela Hartnett range at Waitrose?

[laughter]

ANGELA HARTNETT: Yeah, let's do a bit of self-promotion.

NICK GRIMSHAW: Yeah?

ANGELA HARTNETT: Hello, I'm Angela Hartnett.

NICK GRIMSHAW: Um... so, I didn't know this was happening.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: There's an Angela Hartnett Waitrose line?

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Of loads of nice- I love how it looks, by the way.

ANGELA HARTNETT: It's lovely, love the pack- well, that's a- kudos.

NICK GRIMSHAW: Can we just say as well, we've not been asked to do this? This is not something-

ANGELA HARTNETT: No, no, this is you.

NICK GRIMSHAW: We've not got a gun to our head.

ANGELA HARTNETT: No.

NICK GRIMSHAW: I was like, hello, let's talk about it.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: It looks so chic, Ange-

ANGELA HARTNETT: I know, yeah.

NICK GRIMSHAW: -it's like baby pink and a-

ANGELA HARTNETT: Lovely.

NICK GRIMSHAW: -nice dark forest green.

ANGELA HARTNETT: Cantuccioni de Mandorla.

NICK GRIMSHAW: Um, 'scuse me?

ANGELA HARTNETT: I can't, I haven't got me glasses on, I can't read a bloody thing. Excuse me.

NICK GRIMSHAW: Yeah, get that- get your glasses on.

[*crew laugh*]

ANGELA HARTNETT: Can't see anything.

NICK GRIMSHAW: Get your glasses on.

ANGELA HARTNETT: So we have some lovely cantucci here. Then we have some Brutti e- ma Buoni, so basically 'ugly and beautiful'.

NICK GRIMSHAW: Oh, what-

ANGELA HARTNETT: And the-

NICK GRIMSHAW: What is ugly and beautiful?

ANGELA HARTNETT: So basically, they're saying they're-

NICK GRIMSHAW: Meringues.

ANGELA HARTNETT: -sort of ugly b- biscuits, but they're lovely hazelnut meringues.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: But then they taste beautiful, they say 'buono'.

NICK GRIMSHAW: Oh, I'm gonna have one of these.

ANGELA HARTNETT: And then we've obviously got- oop, excuse me, Christmas panettone.

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: And then we've got a little savoury number, 'cause you know me, I like my savoury.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: We have our little, uh, biscotti with parmesan cheese.

NICK GRIMSHAW: Oh, I love those. Delicious.

ANGELA HARTNETT: So these are perfect for your drinks.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Little nibbles.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Or a little snack on Christmas day. And these make great gifts.

NICK GRIMSHAW: Oh I like the look of that.

ANGELA HARTNETT: There you go.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Taste test. Nice crunch.

NICK GRIMSHAW: Oh, it's horrible! [*with mouth full*] No, I'm joking.

ANGELA HARTNETT: [*laughs*]

[*crew laugh*]

NICK GRIMSHAW: [*with mouth full*] No, it's really good.

ANGELA HARTNETT: [*laughs*]

[*crew laugh*]

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mmm. Like, mmm!

ANGELA HARTNETT: Mmm.

NICK GRIMSHAW: Like a nuttier-

ANGELA HARTNETT: Mmm.

NICK GRIMSHAW: -less sweet amaretti biscuit.

ANGELA HARTNETT: Well, they're n- they're not gonna be over sweet, 'cause you know what I'm like-

NICK GRIMSHAW: Yeah, no, that's really good.

ANGELA HARTNETT: -don't like over sweet.

NICK GRIMSHAW: And then the panettone-

ANGELA HARTNETT: Well-

NICK GRIMSHAW: Tell us about this.

ANGELA HARTNETT: -my mum's really fussy about panettone.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: She likes to make sure there's enough butter in it. She doesn't like you going off mission and ma- putting pistachios or chocolate or anything. So all of this I did do, I didn't just taste it, I got Neil to taste it, I got Salvatore to taste it. I got my uncle to taste it. So we all had a big taste off. And everyone gave their opinion. So it was good. And my uncle was like, you know, 'No chocolate, no pistachio.' He's right-

NICK GRIMSHAW: Traditional.

ANGELA HARTNETT: Traditional. And that's it, and it's all made by these artisan Italian makers in Italy.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: So all from Italy, it was great.

NICK GRIMSHAW: They're delicious.

ANGELA HARTNETT: Thank you. I'm glad you like them.

NICK GRIMSHAW: I want to eat more of them. Um...

ANGELA HARTNETT: You have as many as you want, Nick.

NICK GRIMSHAW: We're gonna try something out which I've never had in my life, mulled rosé.

ANGELA HARTNETT: Does actually smell lovely and Christmassy.

NICK GRIMSHAW: Mmm.

ANGELA HARTNETT: It's the cinnamon in there, and the star anise.

NICK GRIMSHAW: So mulled rosé, and we put gin in it as well, just in case...

ANGELA HARTNETT: [*laughing*] You did-

NICK GRIMSHAW: That wasn't enough.

ANGELA HARTNETT: [*laughing*] -you thought rosé wasn't gonna get you hammered enough.

NICK GRIMSHAW: Whose idea was that? Bit of orange, cinnamon, star anise.

ANGELA HARTNETT: It's actually quite nice. 'Cause I don't normally like mulled wines.

NICK GRIMSHAW: No, I don't really like mulled wines.

ANGELA HARTNETT: But actually I quite like that.

NICK GRIMSHAW: It's quite medicinal.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: But not in a bad way.

ANGELA HARTNETT: No.

NICK GRIMSHAW: Botanical maybe is the word I'm looking for.

ANGELA HARTNETT: Botanical, it's botani- yes.

[crew laugh]

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Look at you.

NICK GRIMSHAW: Yeah. Well, perfect thing to drink before a guest arrives, a mixture of rosé and gin. What could go wrong?

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Let's get Joe Marler in.

[theme music]

JOE MARLER: Why does this feel like Line of Duty?

[crew laugh]

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: It's very serious, Joe.

JOE MARLER: *[sings note from Line of Duty theme]*

ANGELA HARTNETT: *[sings note from Line of Duty theme]* We are.

NICK GRIMSHAW: It's very serious.

ANGELA HARTNETT: Joe, yeah.

NICK GRIMSHAW: Um, time to welcome our guest.

ANGELA HARTNETT: *[laughing]* Now I'm just thinking of Line of Duty *[laughs]*

JOE MARLER: [*sings note from Line of Duty theme*]

NICK GRIMSHAW: It's very serious.

ANGELA HARTNETT: Right-

NICK GRIMSHAW: Very serious.

ANGELA HARTNETT: Joe Marler, where were you on the night of the 13th? [*laughs*]

[*crew laugh*]

NICK GRIMSHAW: ‘Where were ya?’

JOE MARLER: I was actually starting to think.

[*laughter*]

NICK GRIMSHAW: Yeah. Yeah. Where was I?

JOE MARLER: [*sighs*].

NICK GRIMSHAW: [*in nervous voice*] Oh where was I?

ANGELA HARTNETT: Can you identify that?

JOE MARLER: This is so hard.

NICK GRIMSHAW: [*in nervous voice*] Where was I?

ANGELA HARTNETT: Anyway, sorry, right, come on, let's do it.

NICK GRIMSHAW: Anyway, welcome our guest [*laughs*]

ANGELA HARTNETT: [*laughs*] Yes.

NICK GRIMSHAW: Who's spoke five times.

ANGELA HARTNETT: [*laughs*]

NICK GRIMSHAW: Um, a rugby union legend.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Who's also a broadcaster, podcaster, and no stranger to a round table.

ANGELA HARTNETT: Yes. Very good.

NICK GRIMSHAW: Um, just told us on arrival, hates Christmas.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: It's Joe Marler everybody!

[cheers and applause]

JOE MARLER: Hey.

NICK GRIMSHAW: Welcome.

ANGELA HARTNETT: Welcome Joe, welcome.

NICK GRIMSHAW: Hi Joe.

ANGELA HARTNETT: Thanks for coming. Yeah.

JOE MARLER: Thanks for having me.

NICK GRIMSHAW: Thank you for coming. Dead nice to meet you.

ANGELA HARTNETT: Yes.

JOE MARLER: Yeah.

NICK GRIMSHAW: Uh, we-

JOE MARLER: We've not actually... we have met but not met, haven't we?

NICK GRIMSHAW: No, we've not- not- we've not met.

JOE MARLER: I've stared at you.

NICK GRIMSHAW: I stared at you.

JOE MARLER: From afar.

NICK GRIMSHAW: But we've not met.

ANGELA HARTNETT: Where was this? When did you both stare at each other from afar?

JOE MARLER: Uh....

NICK GRIMSHAW: Um, at the Sumo Wrestling.

ANGELA HARTNETT: Oh...

JOE MARLER: Grand Sumo Tournament.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: I see.

JOE MARLER: At the Royal Albert Hall.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Right, yes.

NICK GRIMSHAW: I finally, that's my sport now, Joe.

ANGELA HARTNETT: Is it?

NICK GRIMSHAW: Love it.

JOE MARLER: What was your sport before sumo?

NICK GRIMSHAW: None.

ANGELA HARTNETT: None.

[laughter]

JOE MARLER: Well-

NICK GRIMSHAW: Badminton with my mum in the nineties?

JOE MARLER: Okay.

ANGELA HARTNETT: [laughs]

NICK GRIMSHAW: And then now sumo.

ANGELA HARTNETT: That's- that's it.

NICK GRIMSHAW: Well, nice to meet you properly.

JOE MARLER: Oh, yes.

NICK GRIMSHAW: Anyway.

JOE MARLER: Thank you, sorry.

NICK GRIMSHAW: Um-

JOE MARLER: Too much sumo.

ANGELA HARTNETT: Lovely to have you.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah. Thank you for coming. Um, we've- starting with a dark and stormy-

JOE MARLER: Yeah, cheers.

NICK GRIMSHAW: -'cause we heard that's your favourite.

ANGELA HARTNETT: Cheers, Joe.

JOE MARLER: Thank you. Cheers.

ANGELA HARTNETT: And welcome Joe.

JOE MARLER: Wow.

NICK GRIMSHAW: Cheers.

JOE MARLER: Yeah, cheers.

NICK GRIMSHAW: Cheers.

JOE MARLER: Cheers.

ANGELA HARTNETT: Cheers.

NICK GRIMSHAW: Cheers Ange.

ANGELA HARTNETT: Cheers.

NICK GRIMSHAW: Here we go.

ANGELA HARTNETT: Mm.

[drinking sounds]

ANGELA HARTNETT: Lovely.

JOE MARLER: It's delicious.

NICK GRIMSHAW: Is it good?

ANGELA HARTNETT: It is delicious.

JOE MARLER: That is delicious.

NICK GRIMSHAW: Okay, good.

ANGELA HARTNETT: Very good.

NICK GRIMSHAW: Thank you.

JOE MARLER: Mm.

ANGELA HARTNETT: Very delicious.

JOE MARLER: Had you had a dark 'n' stormy before?

ANGELA HARTNETT: Yes, I have. I love dark 'n' stormy.

NICK GRIMSHAW: I have not for a very long time.

ANGELA HARTNETT: I find it a very wintery drink.

NICK GRIMSHAW: Mm.

JOE MARLER: Mm.

ANGELA HARTNETT: I think it's a great one. Yeah.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Dark, stormy, yeah.

NICK GRIMSHAW: Ooh, a dark 'n' stormy.

JOE MARLER: Could you warm it up?

ANGELA HARTNETT: I suppose you could, yeah, but I think it's good chilled.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: I think it's good chilled.

JOE MARLER: Okay.

NICK GRIMSHAW: Hang on. We have to talk about the fact that [*laughing*] you don't love Christmas.

JOE MARLER: Okay.

ANGELA HARTNETT: *[laughs]*

JOE MARLER: Well you can if you wan- obviously I do do Christmas.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Yeah, but is it reluctantly?

JOE MARLER: Yeah.

NICK GRIMSHAW: Yeah.

JOE MARLER: Do you two like-

NICK GRIMSHAW: Not-

JOE MARLER: Do you two like Christmas?

NICK GRIMSHAW: Oh, do we ever?

ANGELA HARTNETT: Yeah, we do, yeah.

[crew laugh]

NICK GRIMSHAW: Yeah. Well, I love a thing. Like, any thing. Like my mum-

ANGELA HARTNETT: He likes a thing.

NICK GRIMSHAW: -made me-

JOE MARLER: You love any thing?

NICK GRIMSHAW: Any thing.

ANGELA HARTNETT: *[laughs]*

JOE MARLER: Any thing.

NICK GRIMSHAW: Any sense of occasion.

JOE MARLER: Oh, right.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: I will do it.

[crew laugh]

ANGELA HARTNETT: Yeah *[laughs]*

JOE MARLER: Or thing?

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Or thing, yeah. I like, like a, you know, a- a Bonfire Night.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Halloween.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Easter.

ANGELA HARTNETT: Easter.

NICK GRIMSHAW: Yeah.

[crew laugh]

NICK GRIMSHAW: Come on! A chance for lamb. It's like-

[laughter]

NICK GRIMSHAW: It's a simple, you know, it's just like any-

ANGELA HARTNETT: Meet Nick, who will put a twist on anything *[laughs]*

NICK GRIMSHAW: I like any time. My mum rang me when it was Halloween and she said, 'What you doing?' and- and me and Mesh were- I said, 'I'm doing a pumpkin and he's making a Halloween outfit,' and my mum said, 'Pair of bloody kids, you two!'

JOE MARLER: *[laughs]*

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: I was like, I love it.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: I love a thing like that.

ANGELA HARTNETT: Yeah.

JOE MARLER: That's not- you've actually made me like Christmas.

NICK GRIMSHAW: Aw.

ANGELA HARTNETT: Aw.

NICK GRIMSHAW: Christmas miracle.

JOE MARLER: You're so infectious, in a good way.

NICK GRIMSHAW: Yeah.

JOE MARLER: Not like in the bad sense.

NICK GRIMSHAW: No.

[crew laugh]

ANGELA HARTNETT: That was very quickly turned around.

JOE MARLER: Yes.

NICK GRIMSHAW: Yeah.

JOE MARLER: I like Christmas now.

[laughter]

NICK GRIMSHAW: Thank you Joe!

JOE MARLER: I love Christmas!

NICK GRIMSHAW: Thanks for watching!

[applause]

JOE MARLER: Here's to Christmas.

NICK GRIMSHAW: Christmas!

ANGELA HARTNETT: [laughs]

NICK GRIMSHAW: Um, we need to talk about Traitors, but not talk about Traitors-

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: -because as chance has it, we're actually recording this episode - by the way, Dish is not live, everybody.

JOE MARLER: [gasps]

NICK GRIMSHAW: What?

ANGELA HARTNETT: Mm. What's going on.

NICK GRIMSHAW: Um, so we're recording this on the- the day that the Traitors final is on. So it's on in like-

ANGELA HARTNETT: Dun dun duh...

NICK GRIMSHAW: It's like four o'clock now. It's on in like five hours.

ANGELA HARTNETT: Mm.

JOE MARLER: Mm.

NICK GRIMSHAW: So I kind of wanna wrap this up to go and watch Traitors.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Um, but also, we obviously can't talk about it.

ANGELA HARTNETT: No, Joe's not-

NICK GRIMSHAW: But we can't-

ANGELA HARTNETT: -allowed to say anything,

NICK GRIMSHAW: -not mention it 'cause it'd be weird to not mention it, but also don't mention it, you know?

ANGELA HARTNETT: Yeah.

[silence, sounds of whispering]

NICK GRIMSHAW: Exactly.

ANGELA HARTNETT: Thank you.

[laughter]

ANGELA HARTNETT: So-

NICK GRIMSHAW: Exactly.

ANGELA HARTNETT: -without saying anything, you have enjoyed it, you look like you've enjoyed it.

NICK GRIMSHAW: Well...

ANGELA HARTNETT: Yeah?

JOE MARLER: It was bonkers.

ANGELA HARTNETT: Yeah.

JOE MARLER: I was a big fan beforehand.

ANGELA HARTNETT: Yeah, okay.

JOE MARLER: And then I was like- and they were like, oh... went for a booking meeting, or coffee, whatever, and I was like, 'How much is it gonna cost me then?'

ANGELA HARTNETT: Yeah.

JOE MARLER: And they were like, 'What do you mean?' I was like, 'Well, I'll obviously pay to come on the show.'

NICK GRIMSHAW: *[laughs]*

[crew laugh]

ANGELA HARTNETT: Wow.

JOE MARLER: That's how desperate I am. And they were like, 'No, no, it's not a lot of money.'

ANGELA HARTNETT: Yeah.

JOE MARLER: And I was like, too late. I've already said that I'll do it for free, so it's...

[laughter]

JOE MARLER: I should have gone the opposite way, but that's not how that works, um... It was wild, like just, the names in the cast was just... Yeah. Brilliant. To be able to sit round the same table as like Stephen Fry, Jonathan Ross, Celia Imrie.

ANGELA HARTNETT: Yeah.

JOE MARLER: And have the ability to like, tell them to shut up.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah, yeah, yeah.

[crew laugh]

JOE MARLER: Or grow up, or just...

ANGELA HARTNETT: And- and outwit them.

JOE MARLER: Ye-

ANGELA HARTNETT: Some of them, you know.

JOE MARLER: Outwit them?

ANGELA HARTNETT: Well, you know, in the sense that you got rid of Jonathan, didn't you?

JOE MARLER: Yes, I did.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah, you see.

JOE MARLER: I did.

NICK GRIMSHAW: Yeah you did.

JOE MARLER: I got rid of the chief traitor.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

JOE MARLER: But I did tell people to get rid of him earlier.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Mm-hm.

JOE MARLER: But none of 'em listened.

ANGELA HARTNETT: No one was listened, yeah.

JOE MARLER: A, because most of 'em didn't know who I was, and...

[laughter]

ANGELA HARTNETT: That's not true, is it, that basically- no, that- is this true that they thought you were crew when some of them arrived?

[crew laugh]

NICK GRIMSHAW: What?

JOE MARLER: Yes, 'Can you help- can you help me with my mic?'

ANGELA HARTNETT: That's what they said to-

JOE MARLER: And I was like-

NICK GRIMSHAW: Who said that?

JOE MARLER: 'I'll do my mic first and then I'll come and help you with your mic.'

ANGELA HARTNETT: [laughs]

NICK GRIMSHAW: Who said that?

JOE MARLER: And...

[laughter]

NICK GRIMSHAW: I love, 'Come and help me with my mic.'

JOE MARLER: And then, um... the people that did know me or then get to know me, they were like, 'He's weird.'

[laughter]

JOE MARLER: 'Why would we listen to him?'

NICK GRIMSHAW: And is it quite, um, surreal being in that room with everyone around the table, playing the game? It'd be weird seeing them just in like... at a party.

JOE MARLER: Yeah.

NICK GRIMSHAW: Let alone that you've gotta like-

JOE MARLER: In a game.

NICK GRIMSHAW: Have a row with 'em.

ANGELA HARTNETT: Mm.

JOE MARLER: Yeah.

NICK GRIMSHAW: On camera.

JOE MARLER: Early on I really struggled with that.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Mm.

JOE MARLER: Round the table. And it wasn't- it wasn't shown, but, the first two round tables, obviously Stephen would often lead off with some sort of eulogy or...

[*laughter*]

JOE MARLER: You know, speech and it was like, amazing, this is great. Because the game plan going in was like, just do what Stephen does.

ANGELA HARTNETT: Yeah, yeah, yeah.

JOE MARLER: Surely that'll work.

ANGELA HARTNETT: And then it'll all be fine, yeah.

JOE MARLER: And then it was like, mmm no-

ANGELA HARTNETT: But without giving anything away, you have named all the traitors.

JOE MARLER: And then, or Jonathan would speak, or someone, you know who's used to it all, knows where all the cameras are there. And I remember just being sat there like this [*raises hand*]...

[*laughter*]

JOE MARLER: For like ten minutes, my hands would be raised when everyone was talking...

[laughter]

JOE MARLER: And I think it was David...

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Uh-huh.

JOE MARLER: Who-who first pointed and said, 'Are you ok?' I was like, 'I'm just waiting for my turn to speak and thought I'd have to put my hand up.' And when I did speak it was like, '[*in a nervous voice*] Hi guys- I feel- I've got a theory.'

ANGELA HARTNETT: No, but without giving anything away, you have named all the traitors.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: You know, you've done it. No one else did it.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: No, they haven't. You know, so-

JOE MARLER: I mean, I made some mistakes along the way.

ANGELA HARTNETT: Yeah, but, honestly all of them have made mistakes, you know-

JOE MARLER: Yeah, good, let's do it now.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Let's be honest, you know.

JOE MARLER: Everyone's thick. We're all thick.

[crew laugh]

ANGELA HARTNETT: Everyone's sitting there going, 'Stephen Fry was gonna do this, David was gonna do...' none of them have delivered like we thought. You've done it, you've named them all-

JOE MARLER: Yeah, but you also-

ANGELA HARTNETT: You should be amazing.

JOE MARLER: -go with luck, I got very lucky with the timing of the shields. And you've also got- if you're fans of the show, you know that usually, traitors tend to keep in the more, um, thick faithfuls towards the end.

[laughter]

JOE MARLER: Because-

ANGELA HARTNETT: Stop putting yourself down!

JOE MARLER: I'm not putting myself down, it's the facts.

NICK GRIMSHAW: He wasn't talking about himself.

[crew laugh]

NICK GRIMSHAW: How dare you?

JOE MARLER: It's the others, Nick Mohammed.

[laughter]

NICK GRIMSHAW: Thick.

JOE MARLER: David, oh God-

NICK GRIMSHAW: Oh, so thick.

JOE MARLER: -don't get me started on him.

NICK GRIMSHAW: Yeah.

[laughter]

JOE MARLER: How do you assume I was talking about me?

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Not Joe.

JOE MARLER: I'm not thick.

[crew laugh]

NICK GRIMSHAW: Would you like to be a traitor, Ange?

ANGELA HARTNETT: Oh no, having watched this one, no, I think I'd wanna be a faithful.

NICK GRIMSHAW: Yeah-

JOE MARLER: Would you?

NICK GRIMSHAW: -I can't tell what's more-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: -I think it's quite stressful being a traitor.

ANGELA HARTNETT: Yeah, I think so.

JOE MARLER: Hm...

NICK GRIMSHAW: Although if you're faithful, you've gotta be working out all day. A traitor can just...

JOE MARLER: A traitor's got more control, I think.

ANGELA HARTNETT: Yeah, that's it.

JOE MARLER: They know what they're doing. But if I had my time again, I wouldn't be a traitor.

NICK GRIMSHAW: I think you'd be quite good at it.

ANGELA HARTNETT: I'd be quite good as a traitor.

[laughter]

ANGELA HARTNETT: But I think- no, no-

JOE MARLER: Look how quickly that turned.

NICK GRIMSHAW: Not on the show, ju-

JOE MARLER: Oh, 'Did you-'

ANGELA HARTNETT: No but I think I could be good as one, 'cause- yeah, I think I could b***** away.

NICK GRIMSHAW: Yeah-

ANGELA HARTNETT: You know.

NICK GRIMSHAW: -I think you could, yeah. Anyway, I can't wait for tonight.

JOE MARLER: I will say though-

ANGELA HARTNETT: Yeah, we're very excited.

JOE MARLER: -the amount of food...

ANGELA HARTNETT: Oh.

NICK GRIMSHAW: Oh.

JOE MARLER: That was- to make it more food orientated.

ANGELA HARTNETT: Oh right, I was gonna say-

JOE MARLER: On Dish.

ANGELA HARTNETT: I thought-

[crew laugh]

ANGELA HARTNETT: We thought you were about to tell us something, we were like, no, don't tell us.

JOE MARLER: My wife- every time we've watched it, she's gone, 'Why in every single shot are you eating?'

[laughter]

JOE MARLER: And I went, 'That's all I did.'

ANGELA HARTNETT: [laughs]

NICK GRIMSHAW: Yeah.

JOE MARLER: I just ate and ate. I put on eight kilos.

ANGELA HARTNETT: No [laughs]

JOE MARLER: During it. I was like-

NICK GRIMSHAW: Respect.

JOE MARLER: -oh my God.

NICK GRIMSHAW: Wow.

JOE MARLER: This is so much fun.

NICK GRIMSHAW: Wow.

ANGELA HARTNETT: Yeah.

JOE MARLER: Just give me more food.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And how's the breakfast? 'Cause everyone gets very excited about the breakfast.

ANGELA HARTNETT: Mm.

JOE MARLER: Yeah.

NICK GRIMSHAW: Is it good?

ANGELA HARTNETT: Good, yeah.

JOE MARLER: Uh... yeah.

NICK GRIMSHAW: Yeah.

JOE MARLER: Secret. You- you obviously have breakfast first.

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: Oh.

NICK GRIMSHAW: Yeah.

JOE MARLER: And then-

ANGELA HARTNETT: And then it's pretend breakfast.

JOE MARLER: In your lodgings.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Oh, of course. Yes.

JOE MARLER: So I was like.

ANGELA HARTNETT: You have two breakfasts, double-

JOE MARLER: Double whammy.

NICK GRIMSHAW: Wow.

[laughter]

JOE MARLER: Get me in the breakfast room, now.

ANGELA HARTNETT: And they all do chu- tuck in though, you know?

JOE MARLER: Well, you have to.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: I noticed when Alan, um...

ANGELA HARTNETT: Is guilty.

NICK GRIMSHAW: Would be- and a few people, when they're guilty, they do eat.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: 'Cause it's sort of-

JOE MARLER: Eat more.

NICK GRIMSHAW: It's a good like, barrier, isn't it? When someone's looking, they're like, 'Mmm, yeah, I mean, that's so interesting, yeah...' because-

ANGELA HARTNETT: [*laughing*] Yeah. 'Cause then you're not talking, because, yeah-

NICK GRIMSHAW: You're not talking.

ANGELA HARTNETT: -you see, yeah.

JOE MARLER: So when you're doing series two, I need to-

NICK GRIMSHAW: Watch when he puts something in his mouth.

JOE MARLER: -like, tell people, look out how much you're eating.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah he'll be one to watch.

JOE MARLER: I like how you're dancing round whether you've been asked to do it or not.

NICK GRIMSHAW: No, I haven't.

JOE MARLER: Mm.

NICK GRIMSHAW: No.

[laughter]

ANGELA HARTNETT: Look at him looking!

NICK GRIMSHAW: Was that good?

ANGELA HARTNETT: Very good, very good lie.

NICK GRIMSHAW: That was good.

[theme music]

NICK GRIMSHAW: Joe, we're gonna do your food likes and dislikes.

ANGELA HARTNETT: Mm.

JOE MARLER: Can't wait.

NICK GRIMSHAW: We always like to start Dish with these.

JOE MARLER: Yeah.

NICK GRIMSHAW: Um, your loves are, 'Coleslaw.' What makes great coleslaw?

JOE MARLER: Well, I don't actually know what makes good- 'cause I dunno how to make a coleslaw.

NICK GRIMSHAW: No.

JOE MARLER: Even though, I'm guessing it's quite easy, you just-

ANGELA HARTNETT: Yeah, it is quite easy-

JOE MARLER: -shred a load of-

ANGELA HARTNETT: -yeah.

NICK GRIMSHAW: What makes great coleslaw, Ange?

ANGELA HARTNETT: I think it's lots of mayonnaise in there.

NICK GRIMSHAW: Mmm.

JOE MARLER: Oh, it's mayo in there?

ANGELA HARTNETT: Yeah, yeah, mayo.

[crew laugh]

ANGELA HARTNETT: Yeah.

JOE MARLER: What- every day is a learning day.

[laughter]

NICK GRIMSHAW: So you like, 'Coleslaw, buffalo wings, barbecue food, low and slow dishes.'

JOE MARLER: Yeah.

NICK GRIMSHAW: 'Pulled pork and crackling.'

JOE MARLER: Yeah.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Um, this is giving sort of Texan.

JOE MARLER: Yeah, Texan-

NICK GRIMSHAW: Have you been Texas?

JOE MARLER: No.

NICK GRIMSHAW: You'd love it.

JOE MARLER: Would I?

ANGELA & NICK: Yeah.

JOE MARLER: Is it...

ANGELA HARTNETT: It's that sort of food.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: You'd love it. Lots of slow roasting.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Spicy, like a bit of spice?

JOE MARLER: Mm...

NICK GRIMSHAW: Mm...

ANGELA HARTNETT: Mm...

JOE MARLER: Mild.

ANGELA HARTNETT: Mild.

JOE MARLER: Unless it's specifically buffalo wings.

ANGELA HARTNETT: Right.

JOE MARLER: And that buffalo sauce.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Mm.

JOE MARLER: All the other heats.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Mm.

JOE MARLER: Not great with it. I don't mind the occasional chilli in my Vietnamese banh mi

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Okay.

[*crew laugh*]

JOE MARLER: Um, but not like, ‘Arghhh.’

NICK GRIMSHAW: No.

JOE MARLER: ‘God.’

NICK GRIMSHAW: Background chilli.

ANGELA HARTNETT: Not killing your mouth.

JOE MARLER: Yeah, not killing it.

ANGELA HARTNETT: No, no, tha-

JOE MARLER: I wanna taste it.

ANGELA HARTNETT: A little bit of heat.

NICK GRIMSHAW: Well, this-

JOE MARLER: ‘Ah, where's the milk?’

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Joe's likes obviously have inspired what we're having today, Ange.

ANGELA HARTNETT: Yes, yeah.

NICK GRIMSHAW: Um, what are we having today?

ANGELA HARTNETT: We're having some tacos.

NICK GRIMSHAW: Yes. Delicious.

ANGELA HARTNETT: With some pulled pork, and then some coleslaw. With some mint and coriander. Little bit of chilli if you would like it.

JOE MARLER: Yeah-

ANGELA HARTNETT: Little bit of jalapeño.

JOE MARLER: -just a little bit of warmth.

NICK GRIMSHAW: Little bit.

ANGELA HARTNETT: Little bit.

JOE MARLER: Little bit of warmth.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Little bit.

ANGELA HARTNETT: That's it.

JOE MARLER: You don't want it to overpower it.

NICK GRIMSHAW: The only dislike, Joe, that we- we got from you was cockles.

JOE MARLER: Ugh.

ANGELA HARTNETT: Oh.

NICK GRIMSHAW: I don't know abo- I don't think I've had a cockle. Do you like a cockle Ange?

ANGELA HARTNETT: I do like a cockle.

NICK GRIMSHAW: Yeah?

ANGELA HARTNETT: Yeah.

JOE MARLER: Why did I eat now?

ANGELA HARTNETT: It's something you have at the seaside.

[*crew laugh*]

NICK GRIMSHAW: Yeah. And they're like the little...

ANGELA HARTNETT: Tiny little ones, yeah. You eat it with a-

NICK GRIMSHAW: Tiny little things you have with a cocktail stick.

ANGELA HARTNETT: Yeah, exactly, like-

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: And they're good when they've got loads of vinegar on them, like-

JOE MARLER: They're minging!

[crew laugh]

ANGELA HARTNETT: All right, Joe.

JOE MARLER: They are- oh, my- my wife...

ANGELA HARTNETT: I'm not giving you them now, Joe!

JOE MARLER: Oh God, thank you.

[laughter]

NICK GRIMSHAW: Don't worry, we're not gonna do- we don't do that. Don't worry.

ANGELA HARTNETT: It's not a t- cockle d-

JOE MARLER: The panic set in, I went, where are the cockles?

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Don't worry. It's just the-

JOE MARLER: I bet they've got welks as well. I'm like, oh no.

NICK GRIMSHAW: It's just the- just the things you like.

ANGELA HARTNETT: Yes, yeah-

JOE MARLER: Okay.

ANGELA HARTNETT: -just the things you like.

JOE MARLER: Thank you.

NICK GRIMSHAW: Um, and before we eat, we heard that you wanted to talk to Ange about carbonara.

ANGELA HARTNETT: Oh, go on. Tell me.

JOE MARLER: Yeah well, I'm... you know, I fancy myself as a bit of a carbonara extraordinaire.

ANGELA HARTNETT: Okay.

[*crew laugh*]

JOE MARLER: That's what I think I am.

ANGELA HARTNETT: Yeah, go on, how do you make your carbonara?

JOE MARLER: Um, so I do equal, uh, amounts of pecorino.

ANGELA HARTNETT: Yeah.

JOE MARLER: And parmigiano.

ANGELA HARTNETT: Yeah, lovely, yeah.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Yeah.

JOE MARLER: Um, grated.

ANGELA HARTNETT: Yep.

JOE MARLER: With, uh, three eggs, egg- egg, um, yolks. I do the pasta.

ANGELA HARTNETT: Yeah.

JOE MARLER: I- I fry the, um, what are the little chunky bits?

ANGELA HARTNETT: Like the lardons or the pancetta?

JOE MARLER: Pancetta.

ANGELA HARTNETT: Yeah.

JOE MARLER: Obviously, a pancetta.

ANGELA HARTNETT: Yeah.

JOE MARLER: And then, uh, but I also, 'cause I want to get the protein as well.

ANGELA HARTNETT: Yeah.

JOE MARLER: I do chicken thighs, chopped up.

ANGELA HARTNETT: Ooh.

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: Okay.

JOE MARLER: Really nice and small.

NICK GRIMSHAW: Ooh.

ANGELA HARTNETT: Right.

JOE MARLER: Um, and-

ANGELA HARTNETT: In with the pancetta?

JOE MARLER: In with the pancetta.

ANGELA HARTNETT: Okay.

JOE MARLER: Then I mix it in with the pasta.

ANGELA HARTNETT: Yeah.

JOE MARLER: And then once that's all done, I put in that mixture, the cheesy egg mixture.

NICK GRIMSHAW: Mm-hm.

JOE MARLER: Last minute off the hob.

ANGELA HARTNETT: Yeah.

JOE MARLER: So it doesn't like go scrambled egg.

ANGELA HARTNETT: Very good, very good.

JOE MARLER: But originally I was panicking like, oh, is this gonna make the kids poorly? 'Cause it's raw egg-

ANGELA HARTNETT: No.

JOE MARLER: -and stuff like that.

ANGELA HARTNETT: No.

JOE MARLER: I was like- but no-

ANGELA HARTNETT: No.

JOE MARLER: -no is right answer.

ANGELA HARTNETT: Thank you.

JOE MARLER: And then I chuck a load of more parmesan on top.

ANGELA HARTNETT: Any black pepper in there?

JOE MARLER: The kids don't really like pepper.

ANGELA HARTNETT: Oh right, so it's fo- okay, I get that.

JOE MARLER: The kids get a bit weirded out when they're like, what's this stuff on there? Or like-

ANGELA HARTNETT: Okay, fair enough. It sounds delicious, Joe.

JOE MARLER: Is that good?

ANGELA HARTNETT: Yeah, that's very good. 'Cause you haven't done what a lot of people do and add cream.

JOE MARLER: Why would you add cream?

ANGELA HARTNETT: Exactly, Joe.

NICK GRIMSHAW: *[laughs]*

JOE MARLER: You don't add cream.

ANGELA HARTNETT: Been asking that question all my life. You do not add cream.

JOE MARLER: Why? That's lazy.

NICK GRIMSHAW: Yeah, no cream.

ANGELA HARTNETT: Lazy. Very lazy.

JOE MARLER: It's lazy.

NICK GRIMSHAW: They think it's creamy, but it's not creamy.

ANGELA HARTNETT: It's not.

NICK GRIMSHAW: No.

ANGELA HARTNETT: It's the eggs with the cheese that make it that creamy.

NICK GRIMSHAW: So why so you- the- the egg is alright to eat raw egg, because the pasta's so hot?

ANGELA HARTNETT: Yeah, but the pasta's so hot and it's- it's- it's cooked it in a way, by the time you eat it, it's fine.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah. It's a nice organic egg. It's gonna be delicious, there you go.

NICK GRIMSHAW: Mmm, delicious. Yes, Joe.

JOE MARLER: So I can continue to call myself-

ANGELA HARTNETT: Very go-

NICK GRIMSHAW: Yeah, that is the way to do it.

ANGELA HARTNETT: You do it, you-

NICK GRIMSHAW: I think that is the first time-

ANGELA HARTNETT: You're doing nothing wrong, Joe.

NICK GRIMSHAW: I think that's the first time a guest has given a recipe, how they do it-

JOE MARLER: And not been corrected?

NICK GRIMSHAW: -and Angela's like, 'Well, I would've...' blah blah blah [*laughs*]

JOE MARLER: Well, Angela did say about black pepper.

NICK GRIMSHAW: Yeah, she did say a bit of black pepper.

JOE MARLER: Yeah.

NICK GRIMSHAW: Yeah. Yeah.

JOE MARLER: Okay. Is-

NICK GRIMSHAW: Yeah, congrats.

JOE MARLER: Hang on, is there a white pepper?

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: There is a white pepper.

ANGELA HARTNETT: White and black, yeah.

NICK GRIMSHAW: Yeah.

JOE MARLER: Why don't we ever have white pepper? What is that?

ANGELA HARTNETT: Lots of people have white pepper on things, I don't know, black pepper's just come into it, hasn't it? Everyone starts using it. You can use white pepper.

JOE MARLER: Angela's like, 'Oh no.'

ANGELA HARTNETT: Softly.

JOE MARLER: 'Stop talking about pepper.'

NICK GRIMSHAW: But we- what- what- you were talking about how you do like white pepper with some things.

ANGELA HARTNETT: White pepper's good with fish. Like if you poach fish, it's good to have white pepper 'cause it's just a different seasoning.

JOE MARLER: Poached fish?

ANGELA HARTNETT: It does taste different. Poached fish... you know, if it's done nice Joe, it's nice, honestly.

JOE MARLER: What sort of fish do you poach?

ANGELA HARTNETT: I'd do it with cockles. No, I'm joking.

[laughter]

NICK GRIMSHAW: That's for later.

JOE MARLER: [groans]

NICK GRIMSHAW: That's for later. Now one thing you didn't mention, but we have read another Joe interviews, um, which we have been reading all week.

JOE MARLER: Ah, the panic sets in.

NICK GRIMSHAW: Is, uh, your love of- of chocolate. 'Cause you spoke about in interviews before with- with true passion.

JOE MARLER: Yeah.

NICK GRIMSHAW: Um, not on the list, but what sort of form of chocolate are we talking? Any?

JOE MARLER: Any.

NICK GRIMSHAW: Or are you specifi- any.

JOE MARLER: Any.

NICK GRIMSHAW: Any.

JOE MARLER: Even dark like, ugh, I'm really into at the minute, the, um... the chocolate orange dark Lindt bar.

NICK GRIMSHAW: Uh-huh.

JOE MARLER: That you get, I think, because in my head, I think I read somewhere that dark chocolate's healthy for you.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

JOE MARLER: It's full of antioxidants.

NICK GRIMSHAW: Yes.

JOE MARLER: And stuff like that.

NICK GRIMSHAW: Mm-hm.

JOE MARLER: So I go, I'll have a kilo of that.

NICK GRIMSHAW: *[laughing]* Yeah.

[laughter]

JOE MARLER: That's healthy.

NICK GRIMSHAW: My heart'll love it.

JOE MARLER: Yeah, my heart loves it.

NICK GRIMSHAW: I think like red wine also got that, like people like drink red wine and eat chocolate and they're like, it's healthy.

JOE MARLER: Yeah.

NICK GRIMSHAW: Healthy.

JOE MARLER: Kilo of dark chocolate.

NICK GRIMSHAW: Yeah.

JOE MARLER: And a pint of red wine. And-

NICK GRIMSHAW: Hello.

JOE MARLER: Look at me.

NICK GRIMSHAW: Hello.

JOE MARLER: Not a sumo.

NICK GRIMSHAW: Not yet.

JOE MARLER: Yet.

NICK GRIMSHAW: Not yet. We will be.

JOE MARLER: No, no, yeah.

NICK GRIMSHAW: And then outside of the carbonara, how are your cooking skills? Do you like to cook?

JOE MARLER: I love cooking.

NICK GRIMSHAW: Yeah.

JOE MARLER: I- I can follow a recipe.

NICK GRIMSHAW: Mm-hm.

JOE MARLER: I can't really, I haven't got like the creativity or the knowledge to just like...

NICK GRIMSHAW: See what happens.

JOE MARLER: Yeah.

NICK GRIMSHAW: Yeah.

JOE MARLER: Cook something up.

NICK GRIMSHAW: But you were a sous chef for a bit, right? No?

JOE MARLER: I need some definition on what a sous chef is.

NICK GRIMSHAW: Come on. So what was your kitchen experience?

JOE MARLER: Uh, I used to work at Bateman's tearoom. You know where Rudyard Kipling used to live?

NICK GRIMSHAW: No?

JOE MARLER: Oh.

[crew laugh]

JOE MARLER: I thought that was common knowledge.

NICK GRIMSHAW: *[laughing]* No.

JOE MARLER: It's like a National, um...

NICK GRIMSHAW: Oh, isn't it?

JOE MARLER: What's the national places people go to?

ANGELA HARTNETT: National Trust.

NICK GRIMSHAW: National Trust?

JOE MARLER: A National Trust place, there we go.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Okay.

JOE MARLER: And they got a tearoom there, and my ex-girlfriend's mum was the chef there, she'd do all the... and then I used to do like the scone mixing or chopping the salad.

NICK GRIMSHAW: Mm-hm.

JOE MARLER: And... but I ended up getting sacked from there.

NICK GRIMSHAW: Why'd you get sacked?

ANGELA HARTNETT: Oh! What's-

[crew laugh]

JOE MARLER: Because I used to nick the cakes.

[laughter]

NICK GRIMSHAW: How big a cake were you getting?

JOE MARLER: Well just the whole thing.

NICK GRIMSHAW: Like one scone or like...

JOE MARLER: No, like the whole-

NICK GRIMSHAW: Wedding.

JOE MARLER: It'd be like a-

ANGELA HARTNETT: *[laughing]* Wedding cake.

JOE MARLER: It'd be like a lemon drizzle cake.

[laughter]

JOE MARLER: Um, I would have to take the bins out at the end... 'Like, okay, do that.' And as I'd do that, there'd be like a section of cakes ready for tomorrow. And I would just take a cake or two, maybe the coffee and walnut.

NICK GRIMSHAW: Uh-huh *[laughs]*

ANGELA HARTNETT: Yeah.

JOE MARLER: Or the-

ANGELA HARTNETT: Good choice that, nice one.

JOE MARLER: And then I'd wrap it up, take it with me, hide it behind the bins.

NICK GRIMSHAW: Uh-huh.

JOE MARLER: And then I'd take it home and tuck into it *[laughs]*

[laughter]

JOE MARLER: I think one day I didn't do the bins and they did, and they were like, 'What's this?'

NICK GRIMSHAW: 'Why is there a cake here?'

JOE MARLER: 'Why is there a cake here?' I was like, 'Uh....'.

NICK GRIMSHAW: 'Dunno.'

JOE MARLER: 'Oh, I dunno how that got there.'

NICK GRIMSHAW: *[laughs]*

JOE MARLER: And yeah. So that was my experience of-

NICK GRIMSHAW: That was your experience, yeah.

JOE MARLER: Of sous chef-ing.

NICK GRIMSHAW: We were talking before you came in about um, uh, rugby. I did a- a project on rugby at school.

JOE MARLER: What- what d'you mean a project?

NICK GRIMSHAW: I had to do a project about a sport, and I picked rugby.

JOE MARLER: What was the project?

NICK GRIMSHAW: Well, you just had to have to sort of do like, what is rugby? And I did a little project, bought my magazines, cut everyone out, stuck them in there.

JOE MARLER: How did it go for you?

NICK GRIMSHAW: Wrote the rules, Union v. League.

JOE MARLER: Yeah.

NICK GRIMSHAW: How many players were in each, and stuff like that.

JOE MARLER: Do you still know now?

NICK GRIMSHAW: No.

JOE MARLER: Okay.

NICK GRIMSHAW: We just discussed it before you came in, I was like, 'One's got nine, one's got eleven,' someone was like, no they don't.

JOE MARLER: One's got nine, one's got eleven?

NICK GRIMSHAW: One's got thirteen, one's got fifteen.

JOE MARLER: Nice.

NICK GRIMSHAW: Yeah.

JOE MARLER: Have you just been fed those answers again? Pi-

NICK GRIMSHAW: Yeah-

JOE MARLER: Yeah.

[laughter]

NICK GRIMSHAW: -my, er, earpiece. But how did you get into it? How did you fall in love with- with rugby when you were younger?

JOE MARLER: When I was younger I was like, well angry and well like, aggressive.

NICK GRIMSHAW: Mm-hm.

JOE MARLER: Way more than what I am now. I have these, like, bouts of anger and it was trying to, my parents would struggle to like, get me to do something to channel that. And I remember them taking me to karate to try and think that I would channel it.

NICK GRIMSHAW: Mm-hm.

JOE MARLER: But then I'd come back and I'd have some new moves to beat up my sisters with, so that didn't work.

ANGELA HARTNETT: [laughs]

NICK GRIMSHAW: It was worse.

JOE MARLER: Yeah, worse. Or like it-

NICK GRIMSHAW: Just like trained you.

JOE MARLER: Yeah, they've trained me. I'm an assassin now.

NICK GRIMSHAW: Yeah [laughs]

[laughter]

JOE MARLER: D'you know what I mean? And then a mate of mine said, 'Oh, you are quite big and... thingy, why don't you come try rugby?' And my dad had played, like locally, you know, more for the sort

of social side of it and the- the drinking culture around it. So that- rugby was about, but it wasn't massive. And uh, mate of mine was like, 'Oh, why don't you come play for us, it'd be great.' And I was like, okay, this is great. And I went from-

NICK GRIMSHAW: And what age was that?

JOE MARLER: About twelve.

NICK GRIMSHAW: Uh-huh.

JOE MARLER: And I went from being told off all the time for whacking people.

NICK GRIMSHAW: Mm-hm.

JOE MARLER: To then playing rugby, where I was praised for whacking people.

NICK GRIMSHAW: *[laughs]*

JOE MARLER: And I- they were like, 'Yeah, go on, do it again!' I'm like, this is so confusing for a child.

NICK GRIMSHAW: *[laughs]*

JOE MARLER: You're- one minute you're telling me off, next minute you're praising me, what do I do here? And I just fell in love with the chaos of it. I was like, this is a great way for me, on a Sunday morning, to go and channel it. Yeah, and then somehow ended up getting a contract, uh, when I was sixteen, seventeen. Growing up, I didn't- it wasn't ever like a life dream to be a rugby player. I wanted to be an actor.

NICK GRIMSHAW: Mm-hm.

JOE MARLER: I was always like, oh, I like that, let me get on the stage.

NICK GRIMSHAW: You wanted to be an actor?

JOE MARLER: Yeah, I- I m-

NICK GRIMSHAW: Did you ever do it?

JOE MARLER: I got, um, Ronnie, the bus driver.

NICK GRIMSHAW: Mm-hm.

JOE MARLER: Uh, at the school play on Our Day Out, and I had a so-

[*studio laughter*]

NICK GRIMSHAW: That's a very serious play.

JOE MARLER: Sorry, there was someone giggling.

NICK GRIMSHAW: Yeah.

JOE MARLER: In the audience.

[*crew laugh*]

JOE MARLER: And I got a solo.

NICK GRIMSHAW: Mm!

JOE MARLER: Yeah. I ended up singing Mustang Sally.

NICK GRIMSHAW: Oh [*laughs*]

JOE MARLER: I've forgotten the words so I can't do it again now.

NICK GRIMSHAW: Uh-huh.

JOE MARLER: Uh, and I loved that.

NICK GRIMSHAW: Mm-hm.

JOE MARLER: But then rugby sort of became a bit of a stage. I was like, oh, well this is a different type of stage. This is good. I can like, play this character a bit. Or a version of me. And that's sort of what I did. And then ended up playing a helmet most of the time.

NICK GRIMSHAW: [*laughs*]

JOE MARLER: Um, mainly 'cause that's what came naturally to me.

NICK GRIMSHAW: Yeah, yeah.

JOE MARLER: Yeah, it was good.

NICK GRIMSHAW: I remember y- ha- doing it at school, I obviously had to do PE.

JOE MARLER: Mm.

NICK GRIMSHAW: And yeah, I had to go and do rugby.

JOE MARLER: Not like it?

NICK GRIMSHAW: A- no.

JOE MARLER: No.

NICK GRIMSHAW: It like hurt, it was cold.

JOE MARLER: No.

NICK GRIMSHAW: I remember our school, it was like a comprehensive in Oldham, once they said we're gonna do, um... what's it called, jousting? Where you have the suits.

JOE MARLER: On- on horseback?

NICK GRIMSHAW: No, not jousting, what's it called?

PRODUCER TOM: Fencing.

JOE MARLER: Fencing.

NICK GRIMSHAW: Fencing!

[laughter]

NICK GRIMSHAW: [laughing] Fencing. No, not jousting.

JOE MARLER: Yeah.

NICK GRIMSHAW: Fencing.

JOE MARLER: Fencing.

NICK GRIMSHAW: But they only had two fencing costumes. So the PE lesson would be get in a queue.

JOE MARLER: Ah, no.

NICK GRIMSHAW: Get in a queue, and then everyone would go like that. And then they'd have to take the whole outfit on and the next person would get in. And I am not- on my life. So we'd queue up for like forty-five minutes.

JOE MARLER: [*laughs*]

[*crew laugh*]

NICK GRIMSHAW: And then you put it on and go like that, and they'd go, 'Next.' And that was our PE.

JOE MARLER: Thank you so much.

NICK GRIMSHAW: Yeah.

JOE MARLER: Oh, wow.

NICK GRIMSHAW: So nearly a- a great fencer, but yeah, rugby-

JOE MARLER: Nearly a great fencer.

ANGELA HARTNETT: Nearly.

NICK GRIMSHAW: Nearly a fencer.

[*crew laugh*]

JOE MARLER: That was quite a big jump.

[*theme music*]

NICK GRIMSHAW: So we're having jalapeño honey pulled pork with lime slaw.

ANGELA HARTNETT: With lime sl-

JOE MARLER: Oh, that's how you say it, is it?

NICK GRIMSHAW: What? Jalapeño?

JOE MARLER: Yeah.

NICK GRIMSHAW: What do you say?

JOE MARLER: Jalapeno [*with hard 'j'*]

NICK GRIMSHAW: Not jalapeno [*with hard 'j'*]

[*crew laugh*]

NICK GRIMSHAW: Um, so tell us what we've got here Ange? How did you make this delicious...

ANGELA HARTNETT: So the pork-

NICK GRIMSHAW: Pulled pork.

ANGELA HARTNETT: -so you've got pork shoulder.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: And we've made a lovely marinade with some garlic, clear honey, some paprika, oregano, and cumin. Some Tabasco and some jalapenos, these jarred jalapenos, so if you want anymore.

JOE MARLER: Jalapenos [*with hard 'j'*]

ANGELA HARTNETT: Jalapenos [*with hard 'j'*] And sea salt. And we mixed that all together and we've studded the pork shoulder with the jalapenos so they- we've poked them through it.

NICK GRIMSHAW: Mmm.

ANGELA HARTNETT: And then we marinated it for- overnight, and then the next day cooked it, um, altogether.

NICK GRIMSHAW: Wow.

ANGELA HARTNETT: And added some beer into it, so it cooks in the marinade and the beer for about four hours, until you can pull it all away, and then, you know, and you've got a little bit of the juice and then just heat it up in a little bit of the juice.

NICK GRIMSHAW: Mmm!

JOE MARLER: I um... I love you.

ANGELA HARTNETT: Aw.

[crew laugh]

ANGELA HARTNETT: Love you too, Joe.

NICK GRIMSHAW: There's so much flavour and p-

ANGELA HARTNETT: So much.

NICK GRIMSHAW: -and mmm.

JOE MARLER: Are those cameras still on?

[crew laugh]

ANGELA HARTNETT: Yes.

JOE MARLER: Oh, you *****.

[laughter]

NICK GRIMSHAW: That is so tasty with the meat because sometimes it can just be a bit fine.

ANGELA HARTNETT: A bit fine.

NICK GRIMSHAW: And sometimes you need all the extra stuff.

ANGELA HARTNETT: To make it tasty.

NICK GRIMSHAW: To make the meat taste of something, you're like, you wanna put like avocado or sour cream or like hot sauce or something. That is so, so tasty.

JOE MARLER: Mm.

NICK GRIMSHAW: Why is the pork shoulder the best meat to do?

ANGELA HARTNETT: Oh. Because-

NICK GRIMSHAW: 'Cause it's all-

ANGELA HARTNETT: -it's lovely and fatty.

JOE MARLER: Mmm.

ANGELA HARTNETT: And it- you know, and what you want is something that when you cook it down, it- it exudes all that fat and flavour from it.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: So that's why you use the shoulder. You wouldn't ever use a lean piece, 'cause you wanna cook it for four hours.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: So you can pull it all apart.

NICK GRIMSHAW: That's really good.

ANGELA HARTNETT: So that's where you need something fatty with loads of sinew through it.

JOE MARLER: The more-

ANGELA HARTNETT: Just-

JOE MARLER: The more fat the better.

ANGELA HARTNETT: Yeah, exactly, yeah. And that's in- like you love slow and long.

JOE MARLER: Yeah.

ANGELA HARTNETT: I think that's the best way to cook meat.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Anything-

JOE MARLER: Render it right down.

ANGELA HARTNETT: Yeah, exactly. 'Cause you want all that flavor, you see.

NICK GRIMSHAW: So good.

ANGELA HARTNETT: There you go.

NICK GRIMSHAW: Thank you. And then tell us about this slaw.

ANGELA HARTNETT: And then the slaw is just red cabbage, white cabbage. Either slice your cabbage right, really thin or on a mandoline, that, uh, that machine that you slice it very thinly. Salt-

NICK GRIMSHAW: Not the instrument.

JOE MARLER: [*laughing*] I thought you meant...

[*laughter*]

JOE MARLER: You've got some really strange techniques going on here. I was gonna go back and try it.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: [*laughs*]

NICK GRIMSHAW: Yeah.

JOE MARLER: Get my mandolin out.

NICK GRIMSHAW: You should use a mandolin.

ANGELA HARTNETT: And then, um,

NICK GRIMSHAW: Put a little cabbage in it.

ANGELA HARTNETT: -and then, um, the white cabbage and red cabbage, mix that together, si- salt it, and then leave it to soak- not soak, but just rest for about an hour. And what it does is takes all the water out of the cabbage, so you get this crunchy slaw.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Then you add your carrot into that and then you add your lime juice and lime rind and then finish with mayonnaise.

NICK GRIMSHAW: And-

ANGELA HARTNETT: You can make the base before, the night before, and then just finish it with the mayonnaise.

NICK GRIMSHAW: And can you just leave it in the citrus for however long you want?

ANGELA HARTNETT: Yeah. I did this, I de- grated it all yesterday, so today-

NICK GRIMSHAW: Yeah, it's good.

ANGELA HARTNETT: -I just finished it with the mayonnaise.

NICK GRIMSHAW: That's really, really good.

ANGELA HARTNETT: Yeah.

JOE MARLER: Thank you so much.

ANGELA HARTNETT: No, it was a pleasure-

NICK GRIMSHAW: And we've gone for a-

ANGELA HARTNETT: -there's plenty more, Joe.

NICK GRIMSHAW: -corn taco with it.

ANGELA HARTNETT: A corn taco, yeah.

NICK GRIMSHAW: Um, but you can also have it with like, maybe like, a brioche bun or something?

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Yeah?

JOE MARLER: Mmm.

NICK GRIMSHAW: That would be quite good. Mashed potatoes.

JOE MARLER: Yeah, for the sweet tooth, yeah.

NICK GRIMSHAW: That could work.

JOE MARLER: Mashed potato?

NICK GRIMSHAW: Yeah. Don't you think?

JOE MARLER: What, like as- as- as the casing?

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

[laughter]

NICK GRIMSHAW: Like-

JOE MARLER: How does that work?

NICK GRIMSHAW: Yeah, just in your hands. Well, just like, more like mashed potato with like the meat on.

ANGELA HARTNETT: Yeah.

JOE MARLER: Oh, okay.

NICK GRIMSHAW: More like, think of s ste-

JOE MARLER: Like a stew?

ANGELA HARTNETT: To hold it altogether.

JOE MARLER: A hot pot.

NICK GRIMSHAW: A stew ro-

ANGELA HARTNETT: Yeah, yeah, yeah.

NICK GRIMSHAW: You'd use a fork.

JOE MARLER: Right.

ANGELA HARTNETT: Yeah, use a fork.

NICK GRIMSHAW: You'd use a fork for that.

ANGELA HARTNETT: Yeah, yeah, yeah.

NICK GRIMSHAW: Don't worry [*laughing*] Not with your hands, like imagine.

ANGELA HARTNETT: But I think the taco works.

NICK GRIMSHAW: We've also gone for a white wine pairing with this. A Laurent Miquel, uh, which has got lovely rich peach flavours, notes of apricot in it as well.

ANGELA HARTNETT: Delicious.

JOE MARLER: Mmm, I sense that.

ANGELA HARTNETT: Do you feel that, Joe? Have you tried that?

NICK GRIMSHAW: Mm.

JOE MARLER: Mm-hm.

ANGELA HARTNETT: 'Goes exceptionally well with pulled pork and a spicy sweet glaze.'

JOE MARLER: Yeah, it's delicious.

NICK GRIMSHAW: Not lying. If you wanna get that wine, or this recipe, or the ingredients, [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes) -

JOE MARLER: Mmm.

NICK GRIMSHAW: -is where you will find all that information. That is good. This is quite a good one to do over Christmas, people coming over.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Because-

ANGELA HARTNETT: Nice bonfire one, Halloween.

NICK GRIMSHAW: Yeah. Any-

ANGELA HARTNETT: Joe celebrates that.

NICK GRIMSHAW: Any major event that Joe likes.

ANGELA HARTNETT: [*laughing*] Any major holiday-

NICK GRIMSHAW: 'Cause I don't wanna-

ANGELA HARTNETT: [*laughing*] -Joe doesn't celebrate.

JOE MARLER: I do them all now!

NICK GRIMSHAW: He does them all.

ANGELA HARTNETT: [*laughs*]

JOE MARLER: Nick infected me, I'm gonna do them all.

NICK GRIMSHAW: Yeah. Burns Night soon.

ANGELA HARTNETT: Ooh, yeah.

NICK GRIMSHAW: Ooh.

JOE MARLER: What's Burns Night?

NICK GRIMSHAW: Uh, haggis.

ANGELA HARTNETT: Scottish.

JOE MARLER: Haggis.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: It's delicious.

JOE MARLER: No-

ANGELA HARTNETT: You'd love haggis, I think.

JOE MARLER: Mm, why?

ANGELA HARTNETT: Why? 'Cause it's g-

JOE MARLER: Let's explore that.

NICK GRIMSHAW: Why?

[crew laugh]

ANGELA HARTNETT: It's full of protein.

JOE MARLER: Mm, well played.

NICK GRIMSHAW: Right.

[crew laugh]

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: -there's grains there, so there's a bit of nutrition there.

JOE MARLER: Again-

ANGELA HARTNETT: And it's got a nice bit of pepper and-

JOE MARLER: Right.

ANGELA HARTNETT: -I think you're a HP sauce man. Am I right?

JOE MARLER: I do like a bit of HP, yeah.

ANGELA HARTNETT: And you can serve it with HP sauce.

NICK GRIMSHAW: There you go.

ANGELA HARTNETT: There you go. Mashed potato, swede, what's not to like?

JOE MARLER: As much as I love you.

ANGELA HARTNETT: [*laughs*]

JOE MARLER: And- and the way you've put it, no.

ANGELA HARTNETT: 'You haven't sold me' [*laughs*]

JOE MARLER: No. Haggis, black pudding.

NICK GRIMSHAW: Oh, I love black pudding.

ANGELA HARTNETT: Oh, I love black pudding.

JOE MARLER: Ugh.

[*crew laugh*]

ANGELA HARTNETT: Oh Joe.

JOE MARLER: Anything like v- venison.

ANGELA HARTNETT: Oh.

JOE MARLER: Or, um...

ANGELA HARTNETT: Gamey and-

JOE MARLER: Anything gamey that actually tastes like...

NICK GRIMSHAW: He just likes [*in dramatic voice*] *the* game. No game.

[laughter]

JOE MARLER: Just likes the game.

NICK GRIMSHAW: *The* game. Um, hey-

ANGELA HARTNETT: Did you not feel that? Look, they went like that, I felt like I was on Traitors.

JOE MARLER: [laughs]

NICK GRIMSHAW: I know.

ANGELA HARTNETT: Someone said [makes gasp sound]

NICK GRIMSHAW: The table, the round table.

[theme music]

NICK GRIMSHAW: We should go back to rugby chat, because I know you're desperate to talk about it, Ange.

JOE MARLER: I don't actually want to talk about rugby-

NICK GRIMSHAW: No, but, we ha-

JOE MARLER: -but I guess-

NICK GRIMSHAW: -we've gotta do a little bit.

ANGELA HARTNETT: Little bit.

JOE MARLER: -I can't ignore the fact that I did it for seventeen years.

NICK GRIMSHAW: But we found a food relation to rugby. 'Cause one of your, or- y- the- the nickname you had on the pitch was Croissant.

JOE MARLER: [laughs]

NICK GRIMSHAW: Right?

[laughter]

NICK GRIMSHAW: No?

ANGELA HARTNETT: Why was that?

JOE MARLER: Because my nose looks like a French pastry, so they just went, Croissant nose, it's the same s-

NICK GRIMSHAW: What?

JOE MARLER: -for any nickname. How do you say croissant? Am I saying it right?

ANGELA HARTNETT: Yeah, you're saying it right. Yeah.

JOE MARLER: Am I?

NICK GRIMSHAW: I don't know why we do say that that, but we all do.

ANGELA HARTNETT: Yeah.

ANGELA & NICK: Croissant.

ANGELA HARTNETT: But I think, I know you don't wanna say- you don't wanna talk about rugby, but it's more now I think, how, any sportsman, but even- especially someone like yourself who's so successful at their sport, how then when you're- no, but sportsmen retire young.

JOE MARLER: Mm-hm.

ANGELA HARTNETT: You're in your thirties, a lot of people.

JOE MARLER: Yeah.

ANGELA HARTNETT: What do you do afterwards, I think, and it's how you sort of navigate that, and I think, you know-

JOE MARLER: Yeah, that's-

ANGELA HARTNETT: -you're doing a pretty good job-

JOE MARLER: -that's-

ANGELA HARTNETT: -and how- how do you decide that? You know, 'cause you must feel that limit once you're playing the rugby and you know you're retiring, you know, your knees are getting, you know, you're not fit enough anymore.

NICK GRIMSHAW: All right, Ange!

[*laughter*]

ANGELA HARTNETT: It's true though! I didn't mean it nastily.

NICK GRIMSHAW: You know...

ANGELA HARTNETT: You know...

JOE MARLER: 'You can't get up the stairs much.'

[*laughter*]

JOE MARLER: 'Look at the weight you've put on.'

ANGELA HARTNETT: Oh stop it, the lot.

JOE MARLER: All that lot. It's fine, no I know what you meant, Ange, it's fine.

ANGELA HARTNETT: Thank you, Joe.

JOE MARLER: I know what you meant, I know what you meant.

ANGELA HARTNETT: It's a bunch of a*****, this lot.

JOE MARLER: Anyway- yeah, a*****!

[*crew laugh*]

JOE MARLER: A***** is the word of the episode.

ANGELA HARTNETT: Thank you.

JOE MARLER: Christmas is for a*****.

[laughter]

JOE MARLER: Sorry.

ANGELA HARTNETT: Thank you. You know what I'm asking, yeah.

JOE MARLER: Yeah, retirement, like it should be renamed.

ANGELA HARTNETT: Yes, that's true.

JOE MARLER: To unemployment.

ANGELA HARTNETT: Yes [laughing] Fair enough.

[laughs]

JOE MARLER: Because whenever go- 'Oh, how's retired life?' I'm like, well, s- I'm not at home in my smoking jacket, you know, waiting to do some more gardening.

ANGELA HARTNETT: Yeah.

JOE MARLER: I'm at home going, ah!

NICK GRIMSHAW: [laugh]

ANGELA HARTNETT: Mm.

JOE MARLER: How do I-

ANGELA HARTNETT: You've got four kids.

JOE MARLER: Yeah, I got four- how do I pay the bills for the next-

ANGELA HARTNETT: Yeah.

JOE MARLER: -thirty, forty years? Like, what- what do I do? Like...

ANGELA HARTNETT: Mm, yeah.

JOE MARLER: Also the identity piece where you go, well, I was Joe the rugby player.

ANGELA HARTNETT: Mm.

JOE MARLER: And now I don't play rugby.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

JOE MARLER: Well what am I then?

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: So the world, kind of is your oyster, you know, you've been dabbling in the telly, of course. Um, and of course like, broadcasting, and now you have a- you have a podcast as well.

JOE MARLER: Podcast, yeah.

NICK GRIMSHAW: Yeah.

JOE MARLER: So I had a podcast before.

NICK GRIMSHAW: Yeah.

JOE MARLER: Um, and that ended in the- in the back end of the summer, and now I'm gonna try my hand at more like, character led, where I get to play a little bit of a version of myself.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Okay.

JOE MARLER: So tapping into the acting that I wanted to get into.

ANGELA HARTNETT: Yeah, yeah.

NICK GRIMSHAW: Yeah.

JOE MARLER: So I'm gonna be like a pseudo psychologist.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Right.

JOE MARLER: And get people in to ask all different random questions, like quirky questions.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Okay.

JOE MARLER: Like w- if you were a fruit...

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: What fruit would you be?

JOE MARLER: What fruit would you be and why?

NICK GRIMSHAW: Right.

JOE MARLER: Rather than just, 'Oh, where did you grow up? What did you do on that...'

ANGELA HARTNETT: Yeah, yeah, yeah.

JOE MARLER: And just hit them with the element of surprise.

NICK GRIMSHAW: Ooh.

ANGELA HARTNETT: Yeah.

JOE MARLER: And, you know, hope it works.

NICK GRIMSHAW: Mm-hm.

JOE MARLER: So yeah-

NICK GRIMSHAW: So it's called-

JOE MARLER: -I'll give that a go.

NICK GRIMSHAW: -Joe Marler Will See You Now.

ANGELA HARTNETT: That could be quite fun. Yeah.

JOE MARLER: Joe Marler Will See You Now.

NICK GRIMSHAW: Yeah.

JOE MARLER: I wanted Doctor, but legally I don't think I can actually-

[laughter]

JOE MARLER: -be classed as a doctor.

ANGELA HARTNETT: Put some initials after your name.

JOE MARLER: Which is a sha- it's a sha-

NICK GRIMSHAW: Doctor Joe Marler.

ANGELA HARTNETT: I think that would suit you, Doctor Joe Marler, that sounds very sort of- yeah.

NICK GRIMSHAW: And have you always been like in- interested in people and- and curious about how- how people work?

JOE MARLER: Yeah. I have now.

NICK GRIMSHAW: Yeah.

JOE MARLER: In the, like, I'd say the, the backend of my rugby career and this part of my life. The front end couldn't stand them.

NICK GRIMSHAW: Uh-huh. People?

JOE MARLER: People.

[laughs]

JOE MARLER: Hated it. Absolutely hated it. Couldn't get my head round, even in the small rugby bubble, like fans after a game wanting a photo, I would just, 'No.'

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Oh wow.

JOE MARLER: Tell 'em where to sunshine- like st-

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Mm.

JOE MARLER: Really quite rude and unpleasant. Um, I just couldn't get my head round it, didn't like it, even though I was also an attention seeking narcissist.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Mm.

JOE MARLER: It was quite confusing that I didn't like any of that side of it. And then just always wanted to go home and crawl under a rock, really.

ANGELA HARTNETT: So what changed? What's changed?

JOE MARLER: Covid.

ANGELA HARTNETT: Right, okay.

JOE MARLER: Actually. We were still lucky to play through Covid.

ANGELA HARTNETT: Yeah.

JOE MARLER: A lot of people lost jobs and- and, and stuff, but we got to play, but it was in empty stadiums.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm.

JOE MARLER: And I was like this- I thought it'd be all right, I always used to think, oh, I just play rugby for the money, you know, it's an easy way to make money, let's do this or that. Empty stadiums, soulless, and it quickly dawned on me, I was like, I don't.

ANGELA HARTNETT: Yeah.

JOE MARLER: I don't play just for- I play for the interaction, the- the sort of the love and the noise of a stadium-

ANGELA HARTNETT: Yeah. The atmosphere.

JOE MARLER: All that entertainment.

ANGELA HARTNETT: But you're also like Nick, I think, in that you're both very interested in listening to other people.

JOE MARLER: Mm.

ANGELA HARTNETT: You're curious, you know, and you saw that on the Traitors, you know, that's why- when you say, 'Oh, no one listened to you,' because you also, not stepped back, but you were curious about other people.

NICK GRIMSHAW: Mm-hm. You would read well.

ANGELA HARTNETT: And asked all- you would read well, you see.

NICK GRIMSHAW: Well, you can listen and watch Joe Marler Will See You Now right now. You could listen to this, or watch it, and then listen or watch Joe after this.

ANGELA HARTNETT: Joe Marler. Yeah.

NICK GRIMSHAW: Yeah.

JOE MARLER: Nailed it.

Yeah.

[crew laugh]

ANGELA HARTNETT: Nailed it. Love that.

NICK GRIMSHAW: Good that, wasn't it?

[laughter]

[*theme music*]

NICK GRIMSHAW: Um, shall we do Joe Marler's fast food quiz?

[*applause*]

ANGELA HARTNETT: Yes.

JOE MARLER: Yes.

NICK GRIMSHAW: Let's do it, come on!

JOE MARLER: Yeah! Woo!

NICK GRIMSHAW: Okay. Time for-

ANGELA HARTNETT: Love this.

JOE MARLER: Let's get some energy in the room.

[*laughter*]

NICK GRIMSHAW: Okay.

JOE MARLER: It's Christmas!

NICK GRIMSHAW: He hates it!

JOE MARLER: Mmm.

ANGELA HARTNETT: Love it.

NICK GRIMSHAW: Uh, we're gonna do your fast food quiz now, Joe, all you've gotta do is answer this quick fire.

JOE MARLER: Quick.

NICK GRIMSHAW: But quick.

JOE MARLER: Quickly.

NICK GRIMSHAW: Are you ready?

JOE MARLER: Get on with it.

NICK GRIMSHAW: Okay, you ready. What is your favourite way to eat eggs?

JOE MARLER: Scrambled, but in a bain- in- in a- a- what's the thing where you-

ANGELA HARTNETT: Bain-marie?

JOE MARLER: Bain-marie.

NICK GRIMSHAW: Oh. Bain-marie.

ANGELA HARTNETT: Wow.

JOE MARLER: You do it w-

ANGELA HARTNETT: You make them in a bain-marie?

JOE MARLER: Yeah, my wife, she's like, 'Can you hurry up?'

ANGELA HARTNETT: Yeah, I'm with her there.

JOE MARLER: I'm like, 'No, this takes time.'

ANGELA HARTNETT: Uh, sandwich filling?

JOE MARLER: Ooh... tuna.

ANGELA HARTNETT: [*laughs*] Ooh... tuna.

JOE MARLER: Yeah. Oh, there's so many, but tuna, I really like tuna, but it has to have cucumber, like a little bit of crunch.

ANGELA HARTNETT: Yeah, good crunch, yeah.

NICK GRIMSHAW: Mm, crunch, yeah.

ANGELA HARTNETT: With you there.

NICK GRIMSHAW: Uh, what is your favourite form of potato?

JOE MARLER: Oh.

[laughter]

JOE MARLER: I do love a potato. It would have to be a jacket.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Oh, jacket.

JOE MARLER: Like a really crispy skin jacket.

NICK GRIMSHAW: I like that you had a sort of daydream fantasy moment about potatoes there.

[crew laugh]

ANGELA HARTNETT: Yeah, yeah, yeah.

NICK GRIMSHAW: You were like, oh...

JOE MARLER: Have you got- have you- have you got any?

NICK GRIMSHAW: We've got some, we'll give you some on the way you, yeah, yeah.

ANGELA HARTNETT: Exactly.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: What's your favourite herb?

JOE MARLER: I don't really use it- what do you put on potato- rosemary.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Rosemary, there you go.

JOE MARLER: Yeah.

ANGELA HARTNETT: I love rosemary.

JOE MARLER: My kids hate it when I do it, but they make excellent for the roast potatoes.

NICK GRIMSHAW: Yeah, it's good.

ANGELA HARTNETT: Yeah, it's the best.

NICK GRIMSHAW: Uh, what's the best crisp?

JOE MARLER: Anything that's prawn cocktail.

NICK GRIMSHAW: Mm.

JOE MARLER: Uh, or, uh, salt and vinegar Discos.

NICK GRIMSHAW: [*whispering*] Oh yes.

ANGELA HARTNETT: Oh, yeah.

JOE MARLER: Because they basically just burn a hole in your tongue 'cause they're so sharp.

NICK GRIMSHAW: What is that about? They're dangerous, aren't they?

JOE MARLER: They're just, ugh.

NICK GRIMSHAW: Amazing.

ANGELA HARTNETT: [*laughs*]

JOE MARLER: [*intensely*] They're so good.

NICK GRIMSHAW: Yeah.

JOE MARLER: [*intensely*] So good.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: [*laughs*]

JOE MARLER: Ooh, actually, uh, Quavers as well.

ANGELA HARTNETT: Quavers, yeah.

NICK GRIMSHAW: Love a Quaver.

JOE MARLER: Quavers.

NICK GRIMSHAW: Yeah. D’you l-

JOE MARLER: Or Pringles.

NICK GRIMSHAW: D’you like Skips?

ANGELA HARTNETT: The whole thing [*laughs*]

[*crew laugh*]

JOE MARLER: Skips, yeah, but they're not f- like, it's not enough to 'em, so you have to-

NICK GRIMSHAW: No.

JOE MARLER: -it's not until like ten bags in when you're like-

[*laughter*]

JOE MARLER: -I'll try a different one now. They just melt.

ANGELA HARTNETT: Uh, what's your favourite kitchen utensil?

JOE MARLER: I love a whisk.

NICK GRIMSHAW: [*laughing*] Mm.

ANGELA HARTNETT: Okay.

[*crew laugh*]

JOE MARLER: I do love a whisk.

NICK GRIMSHAW: *[laughs]*

JOE MARLER: I should choose knife. I like my knives.

NICK GRIMSHAW: Right.

ANGELA HARTNETT: Okay. All right.

JOE MARLER: Really love a knife, but it- whisk, I like a whisk.

ANGELA HARTNETT: Whisk. You like a whisk.

NICK GRIMSHAW: Uh, Joe, what is your favourite Sunday roast?

JOE MARLER: Oh...

NICK GRIMSHAW: Don't like a Sunday roast?

ANGELA HARTNETT: Don't tell me you don't like Sunday roast.

JOE MARLER: I thought there was no judgment here!

NICK GRIMSHAW: No there's not.

[laughter]

NICK GRIMSHAW: We'll edit out the judgment, don't worry.

JOE MARLER: Okay. It'll be pork.

NICK GRIMSHAW: Pork, okay, okay.

JOE MARLER: Pork. Has to be crackling.

ANGELA HARTNETT: Okay.

NICK GRIMSHAW: Yes.

JOE MARLER: Crackling involved.

NICK GRIMSHAW: Okay.

ANGELA HARTNETT: All right, we like that.

JOE MARLER: Even if it was just crackling.

ANGELA HARTNETT: You'll be happy about it.

NICK GRIMSHAW: Yeah.

JOE MARLER: With no protein-

NICK GRIMSHAW: You'll be happy.

JOE MARLER: -just crackling.

NICK GRIMSHAW: Joe, that was your fast food quiz.

JOE MARLER: Oh, wow.

ANGELA HARTNETT: Ah, thank you Joe.

NICK GRIMSHAW: Well done.

[applause]

NICK GRIMSHAW: Well done.

[theme music]

NICK GRIMSHAW: Um, Joe, we come to the end of the show question.

ANGELA HARTNETT: Oh, Joe-

NICK GRIMSHAW: For you-

ANGELA HARTNETT: -you've been amazing.

NICK GRIMSHAW: For your chance to win the Waitrose goodie bag, which is right here.

[crew goes 'Ooh']

JOE MARLER: Ooh.

NICK GRIMSHAW: Wow, I love the lights on your trolley, Ange.

JOE MARLER: Eranu.

NICK GRIMSHAW: Wow.

JOE MARLER: Uvavu.

[crew laugh]

NICK GRIMSHAW: Ooh.

JOE MARLER: [makes pigeon sound]

NICK GRIMSHAW: [makes pigeon sound] Ooh, Eranu.

JOE MARLER: [in high pitched voice] 'The tray from the back of the room, please.'

ANGELA HARTNETT: [laughs]

NICK GRIMSHAW: Ooh. Okay, to win the goodie bag, just take part in our own assessment. We're gonna do chocolate-

[rustling]

[crew laugh]

ANGELA HARTNETT: I have to open the packet. Sorry.

NICK GRIMSHAW: You ready?

ANGELA HARTNETT: [laughing] Yes.

NICK GRIMSHAW: Yeah? Okay?

JOE MARLER: I don't think she is.

NICK GRIMSHAW: Hang on.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: No, I think she is, yeah. You're gonna take part-

ANGELA HARTNETT: The giggles.

NICK GRIMSHAW: -in a chocolate biscuit assessment. Angela is gonna hand you a box of chocolate biscuits.

JOE MARLER: Oh *[laughs]*

NICK GRIMSHAW: Please-

JOE MARLER: Thank you.

ANGELA HARTNETT: That's all right.

NICK GRIMSHAW: Just like your podcast, we are reading you through biscuits. Um, please pick your favourite two biscuits and tell us what both of these biscuits say about you, Joe Marler.

JOE MARLER: I'm drawn to the gold milk chocolate and orange cream shortcake.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Because?

NICK GRIMSHAW: What do we think that says about him Ange, drawn to the gold?

ANGELA HARTNETT: I think he's what it- it's the celebrity side of him now-

NICK GRIMSHAW: Right.

ANGELA HARTNETT: -he wants all that glamour, don't you?

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: I was thinking more sport, the accolade, the gold medal-

ANGELA HARTNETT: Yeah. Well-

NICK GRIMSHAW: -the number one.

ANGELA HARTNETT: Yeah.

JOE MARLER: Or in considerable debt and needs a load of money.

[laughter]

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Which may be true *[laughs]*

JOE MARLER: Let's be realistic about this.

NICK GRIMSHAW: Let's be realistic.

ANGELA HARTNETT: *[laughs]*

JOE MARLER: Because for a minute I thought it was actual gold.

[laughter]

JOE MARLER: That's why I was drawn to it, I went, oh my God, quids in here, this is fine-

NICK GRIMSHAW: Oh my God.

ANGELA HARTNETT: *[laughs]*

JOE MARLER: Uh, but also, I'm drawn to it 'cause I love shortcake.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

JOE MARLER: I love an orange.

ANGELA HARTNETT: Yeah.

JOE MARLER: But also the wrapping.

ANGELA & NICK: Mm.

JOE MARLER: You know, like, this is what I look like on the outside.

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: Yeah.

JOE MARLER: This is what you see.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Yeah.

JOE MARLER: With no clothes on...

[crew laugh]

JOE MARLER: Melted wheelie bin.

[laughter]

JOE MARLER: *[with mouth full]* That's me.

NICK GRIMSHAW: That's you.

JOE MARLER: Very good.

NICK GRIMSHAW: Layered.

ANGELA HARTNETT: Layers, layers.

NICK GRIMSHAW: Layers.

ANGELA HARTNETT: Layers.

JOE MARLER: And then secondly-

NICK GRIMSHAW: Okay, what second biscuit are you drawn to, Joe Marler?

JOE MARLER: The milk chocolate... shortcake, really.

NICK GRIMSHAW: Uh-huh.

JOE MARLER: I think you'd struggle to call this a biscuit because of the level of chocolate that is around it. I think scientifically, this is actually just a chocolate bar.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

JOE MARLER: With the tiniest little bit of shortcake.

ANGELA HARTNETT: Yeah.

JOE MARLER: And I'm here for that.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Okay.

JOE MARLER: I used to be in charge of, uh, the contraband, when we'd go away with England, obviously, bi- you know, this is what's all put on, blah, blah, blah, and I'd nip down to the nearest Waitrose and just fill all my bag with these cookies.

NICK GRIMSHAW: [*gasps*]

ANGELA HARTNETT: No.

JOE MARLER: With these cooks- and I'd come back and they'd be texting me, 'Boys where are- where is he? Where is he? Where is he? Come to my room. Come to my room.' And then they'd all just descend to my room, just to eat all of these biscuits.

ANGELA HARTNETT: Wow.

JOE MARLER: So this is bringing back some really fond memories, um, and also quite a lot of money that I wasted.

[*laughter*]

JOE MARLER: Um... on them.

ANGELA HARTNETT: Hence the gold biscuit [*laughs*]

JOE MARLER: Hence the gold biscuit to pay it all back. So. b-

NICK GRIMSHAW: So that's why. That is a great sell on the biscuits.

ANGELA HARTNETT: Love it. Great sell- I love that.

JOE MARLER: [*with mouth full*] They're really good.

NICK GRIMSHAW: Really good.

ANGELA HARTNETT: They're all for you Joe.

NICK GRIMSHAW: They're all for you, Joe.

JOE MARLER: [*with mouth full*] Oh my God.

ANGELA HARTNETT: Yeah.

[*crew laugh*]

NICK GRIMSHAW: And the goodie bag is yours as well, Joe.

JOE MARLER: Yeah!

[*cheers and applause*]

NICK GRIMSHAW: Congratulations.

[*cheers and applause*]

NICK GRIMSHAW: Quite like biscuit analysis.

ANGELA HARTNETT: I like that, yeah.

NICK GRIMSHAW: Biscuit analysis.

JOE MARLER: [*with mouth full*] They're really good.

NICK GRIMSHAW: Good, biscuit analysis, yeah.

ANGELA HARTNETT: Yeah, very good.

NICK GRIMSHAW: When I first read that I was like, what they on about, but it worked, we got there.

[*laughter*]

NICK GRIMSHAW: I liked it. Biscuit analysis.

ANGELA HARTNETT: Joe could do it. He's there.

NICK GRIMSHAW: I liked it.

ANGELA HARTNETT: He's the man.

NICK GRIMSHAW: Um, Joe, thank you so much.

JOE MARLER: Thank you for having me.

NICK GRIMSHAW: That was really fun.

ANGELA HARTNETT: You've been brilliant.

JOE MARLER: The food was lovely.

NICK GRIMSHAW: Thank you, great guest.

JOE MARLER: The company was great.

ANGELA HARTNETT: Thank you.

JOE MARLER: Dark 'n' stormy great.

NICK GRIMSHAW: Yeah.

JOE MARLER: Ambience, fantastic.

ANGELA HARTNETT: [*laughing*] I love this.

JOE MARLER: The coolness? Important.

ANGELA HARTNETT: Oh yes.

JOE MARLER: Because it didn't make too much noise for the record.

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: Yeah.

JOE MARLER: But enough to keep me cool.

NICK GRIMSHAW: Okay, good.

ANGELA HARTNETT: Very good.

NICK GRIMSHAW: Too cold, or okay?

JOE MARLER: Perfect.

ANGELA HARTNETT: No, it's perfect.

NICK GRIMSHAW: Perfect, okay.

JOE MARLER: Thank you so much.

ANGELA HARTNETT: Would you like some pulled pork to take back with you?

JOE MARLER: No, thank you.

ANGELA HARTNETT: You sure? Okay.

NICK GRIMSHAW: Yeah.

JOE MARLER: No, it's really kind of you.

ANGELA HARTNETT: No, no, pleasure.

JOE MARLER: But no thank you.

[laughter]

JOE MARLER: Don't take that the wrong way.

ANGELA HARTNETT: I'm not taking it the wrong way, I'm fine.

JOE MARLER: No, no, I think you have now.

ANGELA HARTNETT: *[laughing]* No, no, honestly, I haven't!

[crew laugh]

JOE MARLER: Maybe I should take it.

NICK GRIMSHAW: Yeah.

JOE MARLER: *[sighs]*

ANGELA HARTNETT: Honestly, Joe, you don't have to take it.

NICK GRIMSHAW: Just a pocketful.

JOE MARLER: Uh, what about the bowl?

[laughter]

NICK GRIMSHAW: Just do a pocketful.

[laughter]

NICK GRIMSHAW: Uh, Joe, thank you so much.

ANGELA HARTNETT: Thank you.

JOE MARLER: Thank you.

NICK GRIMSHAW: A round of applause, Joe Marler everybody!

[cheers and applause]

NICK GRIMSHAW: Thank you, Joe.

[theme music]

NICK GRIMSHAW: Well thank you to Joe Marler for joining us on Dish. Hope you enjoyed it. We have a couple of nice emails that we've been sent to dish@waitrose.co.uk, uh, including this question from Phil. Hi Phil.

ANGELA HARTNETT: Hi Phil.

NICK GRIMSHAW: Um, Phil says, 'Hi.'

ANGELA HARTNETT: Hi.

NICK GRIMSHAW: 'My partner is not really into fish seafood, but we tried a lobster and rosemary butter recently, which had a flavour profile that blew our minds. The depth of flavour was stunning. I have convinced him to try putting anchovies into a meal to try and make dinner a bit bolder, as I've heard you say many times that anchovies are great to cook into a sauce.' Uh, 'Can you, Angela, recommend a good introduction dish or recipe using anchovies to add lots of depth of flavour whilst not overpowering the whole dish. Love the show. Thank you, Phil.' Thank you Phil.

ANGELA HARTNETT: Thank you, Phil. You love anchovy, I love an anchovy.

NICK GRIMSHAW: Love an anchovy. I'd have 'em out of the jar.

ANGELA HARTNETT: I do.

NICK GRIMSHAW: Love.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Um, and people who say they don't like anchovies, if I'm making a sauce.

ANGELA HARTNETT: Puttanesca.

NICK GRIMSHAW: Puttanesca. I put it in and they don't know.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: A lot of the sauces that you talk about, don't taste of anchovy-

ANGELA HARTNETT: No, so-

NICK GRIMSHAW: -don't taste- or fishy.

ANGELA HARTNETT: No, it doesn't at all. Well, I don't think anchovies, especially the cured brown ones, don't taste fishy.

NICK GRIMSHAW: No.

ANGELA HARTNETT: Or the salted ones don't taste fishy. I think you put them in a base of a tomato sauce with some chilli, garlic, et cetera, and you won't taste the anchovy, but will give another level of flavour. You can put them in things like if you're cookin' a leg of lamb.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: You can dot your leg of lamb with some anchovies, garlic and rosemary. And I think that will melt in, and what it does is season it.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: It's- 'cause they're salty. And another thing I think if you're making like a roast chicken, you can sort of, um, uh, chop them up, mix them with a- bit like you were talking about, that lobster butter, with the butter, and then sl- lay that all over the chicken again, that will season it up and give another level of flavour.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: But it won't taste fishy.

NICK GRIMSHAW: Won't taste fishy, and they sort of dissolve, don't they?

ANGELA HARTNETT: Yeah, they dissolve.

NICK GRIMSHAW: They sort of melt.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Honestly, I'm with you, I could have an anchovy on toast every day. It's delicious.

NICK GRIMSHAW: Yeah, but for someone who wants to introduce.

ANGELA HARTNETT: Yeah, they're good ways.

NICK GRIMSHAW: Yeah. Try it.

ANGELA HARTNETT: Could hide it. No one will know.

NICK GRIMSHAW: Try it. Come on. Try it Phil- try it Phil's partner. Um, thank you Phil. Um, next up we hear from Lucy in a very cold and wet South Wales. Um, 'Hi Nick and Angela. I know I'm late to the party. I've recently just discovered the podcast.' How dare you?

ANGELA HARTNETT: -dare you? How very dare you?

NICK GRIMSHAW: Um, 'But I'm loving listening to old episodes and I look forward to the new releases, but I should probably stop listening more 'cause it makes me very hungry. Uh, all the recipes sound very delicious. I have a list of ones to try.' Um, thanks, Lucy, yeah, do try them. If you do try them and you make them, um, tell us.

ANGELA HARTNETT: Let us know.

NICK GRIMSHAW: Let us know, please. Yeah, I had that the other night, I was watching, um, there's like Christmas, uh, cooking shows on a whole channel.

ANGELA HARTNETT: Right.

NICK GRIMSHAW: So the channel is just like, I don't know, food channel something.

ANGELA HARTNETT: Okay. Yeah.

NICK GRIMSHAW: And it's just Christmas cooking.

ANGELA HARTNETT: *[laughing]* Jeepers.

NICK GRIMSHAW: I love it, but yeah, I know what Lucy means, you're in, like, you're starving.

ANGELA HARTNETT: Yeah.

[theme music, continues under talking]

NICK GRIMSHAW: Thank you Lucy and thank you Phil. All right, well thank you for listening. Hope you enjoyed this week's episode, and we'll see you next week.

[theme music]

NICK GRIMSHAW: If that episode has left you wanting more, find us on Instagram, TikTok and YouTube, just search Dish.

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

NICK GRIMSHAW: Email your questions, thoughts and suggestions to dish@waitrose.co.uk.

ANGELA HARTNETT: Dish from Waitrose is a Cold Glass production

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