

**Professor Brian Cox, cider-steamed Dover sole & clams and a Saint-Aubin
Premier Cru**



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

[theme music]

NICK GRIMSHAW: Hello, welcome to Dish From Waitrose. I'm Nick Grimshaw.

ANGELA HARTNETT: And I'm Angela Hartnett.

NICK GRIMSHAW: That's right.

ANGELA HARTNETT: That's right.

NICK GRIMSHAW: How are you an Ange?

ANGELA HARTNETT: I'm good, thank you. How are you?

NICK GRIMSHAW: I'm good. I'm all right.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: I feel a bit snoozy if I'm honest.

ANGELA HARTNETT: Snoozy-

NICK GRIMSHAW: Yeah, little bit snoozy.

ANGELA HARTNETT: -you're trying to have a little nap.

NICK GRIMSHAW: Yeah, and-

ANGELA HARTNETT: Well you do start early. What are you, 5am up?

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah, so...

NICK GRIMSHAW: Do you do a nap ever?

ANGELA HARTNETT: Used to. Don't anymore.

NICK GRIMSHAW: Do you think it's good for you or bad for you?

ANGELA HARTNETT: I think it's good for you.

NICK GRIMSHAW: Yeah?

ANGELA HARTNETT: Yeah, definitely.

NICK GRIMSHAW: Yeah, I ch-

ANGELA HARTNETT: But not a long one. You don't need a two hour-

NICK GRIMSHAW: No.

ANGELA HARTNETT: -you need power nap.

NICK GRIMSHAW: Yeah, like power nap. Like ten minutes?

ANGELA HARTNETT: Yeah, ten minutes, maximum half an hour.

NICK GRIMSHAW: Do you ever do one before service?

ANGELA HARTNETT: No-

NICK GRIMSHAW: No.

ANGELA HARTNETT: -‘cause then you sort of feel- afternoon, I've been known to do it in the afternoon, go home and have a power nap.

NICK GRIMSHAW: Oh yeah. Um, hey, Professor Brian Cox-

ANGELA HARTNETT: I know, very excited.

NICK GRIMSHAW: -with us today on Dish.

ANGELA HARTNETT: I know. Our first professor.

NICK GRIMSHAW: Our first professor.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Have you ever met him?

ANGELA HARTNETT: No, never have you?

NICK GRIMSHAW: I have, I've met him a few times.

ANGELA HARTNETT: Yeah, well you've met everyone, haven't you?

NICK GRIMSHAW: He's been on the radio.

ANGELA HARTNETT: Okay.

NICK GRIMSHAW: Um...

ANGELA HARTNETT: Okay. Few times.

NICK GRIMSHAW: A few times.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And I've always had a really great time with him.

ANGELA HARTNETT: And he's from Oldham, no?

NICK GRIMSHAW: He's from Oldham.

ANGELA HARTNETT: Yeah. Yeah. So...

NICK GRIMSHAW: It's a very brainy town.

ANGELA HARTNETT: Very brainy town.

NICK GRIMSHAW: Professor Brian Cox...

[*crew laugh*]

ANGELA HARTNETT: Nick Grimshaw...

NICK GRIMSHAW: Yeah....

ANGELA HARTNETT: [*laughs*]

NICK GRIMSHAW: Yeah. Um, so yeah, he's gonna be here soon. And of course, we know him as someone that speaks about, you know, space-

ANGELA HARTNETT: Everything.

NICK GRIMSHAW: -and time and science.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Um, before we get an expert in.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: What are your thoughts on space? Would you travel?

[crew laugh]

ANGELA HARTNETT: Um, I think, yeah, I'd love to know if there's other planets with other people on.

NICK GRIMSHAW: Mmm.

ANGELA HARTNETT: You know, if-

NICK GRIMSHAW: D'you think there is?

[crew laugh]

ANGELA HARTNETT: I don't know, I- honestly don't- I mean, how do any of us know?

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: And there are other planets going, 'Are there are other planets with other people on' you know, how do we know, you know...

NICK GRIMSHAW: D'you think there's like an alien-

ANGELA HARTNETT: Are there other people doing a podcast like us, in another universe?

NICK GRIMSHAW: Oh my God, imagine alien-

ANGELA HARTNETT: That's frightening.

NICK GRIMSHAW: -alien Hartnett.

ANGELA HARTNETT: *[laughs] [makes buzzing sound]*

NICK GRIMSHAW: Over there.

[crew laugh]

NICK GRIMSHAW: [imitates buzzing sound] [laughs]

[crew laugh]

ANGELA HARTNETT: No, it's fascinating. It's the unknown, isn't it? [laughs]
That's it. I love the way I was the alien.

NICK GRIMSHAW: [makes buzzing sound]

ANGELA HARTNETT: Yo- you get away with it.

NICK GRIMSHAW: It was just- it was just the 'A' [letter] worked.

[laughter]

ANGELA HARTNETT: Yeah, yeah, yeah-

NICK GRIMSHAW: That was what-

ANGELA HARTNETT: -yeah, yeah, yeah.

NICK GRIMSHAW: Um, which planet would you most like to go to?

ANGELA HARTNETT: Jupiter.

NICK GRIMSHAW: Why.

ANGELA HARTNETT: Dunno.

NICK GRIMSHAW: Oh.

[crew laugh]

ANGELA HARTNETT: Just- I don't- I mean, I've never sort of analysed them all, it's just the one I thought about, it's a nice sounding name, Jupiter.

NICK GRIMSHAW: Mm, it is a nice name. What about Uranus?

[*laughter*]

ANGELA HARTNETT: Ooh, ooh, boom boom [*hits table twice*]

[*laughter*]

ANGELA HARTNETT: Here we go.

NICK GRIMSHAW: [*laughing*] What?

ANGELA HARTNETT: Trust you to lower it down.

[*crew laugh*]

NICK GRIMSHAW: What?

ANGELA HARTNETT: You don't pretend-

NICK GRIMSHAW: [*laughing*] What?

ANGELA HARTNETT: -you're not trying to be funny.

NICK GRIMSHAW: [*laughing*] What?

ANGELA HARTNETT: Your base humour-

NICK GRIMSHAW: I'm not-

ANGELA HARTNETT: -Grimshaw.

NICK GRIMSHAW: I'm just asking about Uranus!

ANGELA HARTNETT: It's all you're about.

NICK GRIMSHAW: It's not!

[laughter]

ANGELA HARTNETT: Right, moving on.

NICK GRIMSHAW: I've got a challenge for you. I've got a challenge for you. You have to mention Uranus to Brian.

ANGELA HARTNETT: No, I'm not doing that!

[crew laugh]

NICK GRIMSHAW: And no one can laugh.

ANGELA HARTNETT: No, I'm not doing it.

NICK GRIMSHAW: [laughing] Come on.

ANGELA HARTNETT: No, you can mention it and see if the crew go along.

NICK GRIMSHAW: [laughing] Go on.

ANGELA HARTNETT: No.

NICK GRIMSHAW: [laughing] Come on, please.

ANGELA HARTNETT: No.

[laughter]

NICK GRIMSHAW: [laughing] I wonder how that goes down with him, 'cause he's probably like, oh my God.

[crew laugh]

ANGELA HARTNETT: How many times have people said it? Exactly, yeah
[laughs]

NICK GRIMSHAW: I hate that I find it funny, but- [laughs]

ANGELA HARTNETT: [*laughs*]

NICK GRIMSHAW: [*laughing*] Why is it called that?

[*laughter*]

NICK GRIMSHAW: Call it something else.

ANGELA HARTNETT: Call it something else. Let's tell him, he can change it.

NICK GRIMSHAW: Call it something else.

ANGELA HARTNETT: He can change it.

NICK GRIMSHAW: Yeah, he was saying he thinks we'll be... Mars will be soon, not maybe moving there, not opening a Waitrose or anything.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: But we might be using it to like mine.

ANGELA HARTNETT: Oh.

NICK GRIMSHAW: D'you know what I mean? If we run out of sand [*laughs*] or something-

ANGELA HARTNETT: Yeah. More stuff.

NICK GRIMSHAW: -get it off Mars.

ANGELA HARTNETT: Get more stuff.

NICK GRIMSHAW: Yeah. Um, Brian, as well as talking about, um, space and time.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Um, will also- we're gonna talk- you know he's a big wine fan.

ANGELA HARTNETT: Big wine fan.

NICK GRIMSHAW: Big wine fan.

ANGELA HARTNETT: Loves his Burgundy, white Burgundies, yeah.

NICK GRIMSHAW: Yeah, he's got a- it's stocked apparently, his house, with wine.

ANGELA HARTNETT: Stocked. Cellars everywhere.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Wine everywhere.

NICK GRIMSHAW: Yeah. Um, and he's also gonna be... uh, he's also quite passionate about gin.

ANGELA HARTNETT: Ooh, yes?

NICK GRIMSHAW: So he's coming on to talk to us about gin as well today.

ANGELA HARTNETT: Excellent.

NICK GRIMSHAW: Um, but we always like to do a bit of a seasonal moment, and we thought, because Brian is such a wine fan.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: We could do the seasonality of wine, and I- I guess you think about it seasonally in, uh... in a broader sense that in the winter you might have red wine, in the summer, you might have white wine, in August exclusively, you might forego water for rosé.

ANGELA HARTNETT: [*laughs*]

NICK GRIMSHAW: Um, but is there specific seasons [*laughs*] of-

ANGELA HARTNETT: No.

NICK GRIMSHAW: -of different grapes or wines?

ANGELA HARTNETT: No.

NICK GRIMSHAW: No. No. Okay.

ANGELA HARTNETT: Um, no. I think no.

NICK GRIMSHAW: See you next week.

[*crew laugh*]

ANGELA HARTNETT: Uh, well, no, the season of wi- now is... well, yeah, end of October. So sort of, September, October is harvest time. So that's, so wine will all start to be put in barrels come October time, so the end of this month or- or even before, everyone will be picking their grapes, you know, fermenting, adding their sugar, et cetera. So then, and then it's aged. So there's a seasonality of years, really.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: There's young wine, older wine and all the rest of it. But then you have Beaujolais Nouveau Day, which is where the wine from the region of France is made from the gamay grape. And it's bottled very early, it's a young harvest and they put it out for release and then they just have these mad days where everyone just basically gets pissed up on Beaujolais nouveau.

NICK GRIMSHAW: Yeah. What is that about?

ANGELA HARTNETT: It is slightly bonkers.

NICK GRIMSHAW: Vive la France.

ANGELA HARTNETT: Vive la France.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: You know.

NICK GRIMSHAW: So when is it this year?

ANGELA HARTNETT: So it's the third Thursday of every November.

NICK GRIMSHAW: Right.

ANGELA HARTNETT: Is the date. So it's the 20th this year.

NICK GRIMSHAW: The 20th.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Okay. Well I look forward to celebrating with you, Ange.

ANGELA HARTNETT: Perfect. You can come as my guest.

NICK GRIMSHAW: At the end of the month, yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Apologies to Neil.

ANGELA HARTNETT: [*laughs*]

NICK GRIMSHAW: Um, all right, well we should get our guest in and remind you that we're gonna do listener questions at the end. So let's get Brian in.

[*theme music*]

NICK GRIMSHAW: We are ready to go on a journey that takes us through the great curiosities of life.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Uh, we're gonna talk about time, space, the universe, and most importantly, what wine goes nice with a Dover Sole.

[laughter]

NICK GRIMSHAW: A round of applause for our guest, Brian Cox everybody.

[cheers and applause]

NICK GRIMSHAW: Welcome. Hi.

ANGELA HARTNETT: Welcome.

NICK GRIMSHAW: How are ya?

BRIAN COX: Very well, thank you.

NICK GRIMSHAW: Thanks for coming to see us.

ANGELA HARTNETT: Yeah.

BRIAN COX: It's a pleasure. I'm gonna learn something. I like learning.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: You do.

ANGELA HARTNETT: We know.

NICK GRIMSHAW: Well we're- I feel like we may learn more.

[crew laugh]

ANGELA HARTNETT: Yes, I-

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: -I think- I think that's probably true.

NICK GRIMSHAW: Um, before you joined us we gave our thoughts on space.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Yeah, we're kind of up for it.

[laughter]

BRIAN COX: Is that, is that your- the-

NICK GRIMSHAW: Yeah, well yeah, we- we-

ANGELA HARTNETT: We'd go.

ANGELA & NICK: We'd go.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: We'd go, yeah. Big time. Yeah, it's all-

BRIAN COX: Is that the sum total of your thoughts? *[laughs]*

NICK GRIMSHAW: Yeah, we were like-

BRIAN COX: I'm up for it.

NICK GRIMSHAW: Yeah...

ANGELA HARTNETT: We're a bit basic.

NICK GRIMSHAW: Claire, who we used to work with, says, we always say to people, how's life? And I- I don't know- I didn't notice that was-

ANGELA HARTNETT: I didn't notice that.

NICK GRIMSHAW: Me neither. But everyone was saying, when I ask you, that's kind of a, feels like a deeper question.

ANGELA HARTNETT: Mmm.

NICK GRIMSHAW: Um, so how is life, not for us all, but how is life for you right now, Brian?

ANGELA HARTNETT: Yeah.

BRIAN COX: So you're expecting me to say I am part of an unbroken chain.

ANGELA HARTNETT: Yeah *[laughs]*

BRIAN COX: That began with the last universal common ancestor, to which we are all related, around 3.8 billion years ago. And actually, until around sort of six or seven hundred million years ago, all that existed on the earth were single celled organisms. So it's only in the last, I don't know, seven hundred million years or so that complex multicellular life has appeared on the earth. And I am part of that unbroken chain, which is a remarkable thing. That's what you...

[laughter]

NICK GRIMSHAW: That's exactly what I was asking, yeah *[laughing]* that's exactly what I was asking.

ANGELA HARTNETT: That was the right answer, thank you.

NICK GRIMSHAW: Exactly what I was like asking, yeah.

BRIAN COX: So therefore, it's very good.

NICK GRIMSHAW: I've been asking it for every week.

ANGELA HARTNETT: *[laughs]*

BRIAN COX: Because it's re- *[laughs]* remarkably unlikely.

NICK GRIMSHAW: Yeah. Well, welcome Brian.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Thank you for coming. And we've done you a gin and tonic because, um, you- you recently went to Iceland, is that right?

BRIAN COX: Yeah, I... so- so gin, I- I've got- I mean, I've always liked a gin and tonic.

ANGELA & NICK: Mm.

BRIAN COX: But recently I've- I've-

NICK GRIMSHAW: A classic.

BRIAN COX: -I've noticed that they all taste different [*laughs*] which is-

ANGELA HARTNETT: Right, yeah.

BRIAN COX: And- and yeah, in Iceland they- they- they're really big on gin. There were loads of little distilleries around that make really interesting gins.

NICK GRIMSHAW: Now we- we've gone for this one.

BRIAN COX: This is beautiful.

NICK GRIMSHAW: A Cambridge dry gin, great bottle -it's square. Um, we couldn't get the Icelandic gin flown in, so we gave Brian a choice and we got the, the guys at Waitrose to sort of pick their favourites, essentially. So we've gone for this one, but it's great gin.

BRIAN COX: It is beautiful.

NICK GRIMSHAW: Really is.

BRIAN COX: It's made in Cambridge, is it? I-

ANGELA HARTNETT: Yeah, blended and made in Cambridge, yeah.

NICK GRIMSHAW: What are your gin facts there, Ange?

ANGELA HARTNETT: Our gin facts are... so it has, 'a traditional juniper combined with fresh basil, rosemary, rose petal, angelica seed, blackcurrant leaf, and the effervescent citrus fruits of lemon verbena.'

NICK GRIMSHAW: Wow. Um, so Brian, you are our first professor-

ANGELA HARTNETT: Yep.

NICK GRIMSHAW: -as we were saying, on Dish. You're our second Brian Cox.

BRIAN COX: Oh.

ANGELA HARTNETT: Mmm.

NICK GRIMSHAW: 'Cause Brian Cox, the actor on, uh, of course. Um, you guys must have crossed paths. When, when did you guys first...

BRIAN COX: We- we have. Um, I think the first time I met him, it was at some award ceremony. I- I was giving an award. So I was on stage, and he jumped on.

ANGELA HARTNETT: Oh.

BRIAN COX: And- and ran on in front of me.

ANGELA HARTNETT: Yeah.

BRIAN COX: And, and kind of made a joke a bit and- 'cause he's funny, you know, and so I met him. And then, um, we- we have mutual friends actually, so we've been out for dinner as well.

NICK GRIMSHAW: Oh, okay.

BRIAN COX: And at that, it was funny because I- I walked into the restaurant and said like, 'Table for Brian Cox,' and they took me there. And then he walked in and said-

[laughter]

BRIAN COX: ‘The table for Brian Cox,’ and they just went white.

[*laughter*]

BRIAN COX: Because they thought they’d only got one table, ‘Oh no, there's two of them.’

[*laughter*]

BRIAN COX: And he was like, ‘No, no, we're together, don't worry about it.’

ANGELA HARTNETT: Are you the real Brian Cox, or are you the real Brian? Yeah.

BRIAN COX: So- so since then we've interacted, but we did, um, we were asked to do one of those pieces for- for a newspaper and they wanted to do, you know, Brian Cox meets Brian Cox.

ANGELA HARTNETT: Yeah.

BRIAN COX: And he did say to me, this- it’s absurd really, because it's just the same name.

[*laughter*]

BRIAN COX: We’ve got nothing in- in common or anything, you know. Why do people think it's interesting to put these two people together?

[*laughter*]

BRIAN COX: Because it's just random.

NICK GRIMSHAW: Yeah. Well, I have a namesake in Nicholas Grimshaw, who's an architect, and he- he- he passed recently, actually, he was eighty-five-

ANGELA HARTNETT: Right.

NICK GRIMSHAW: -Nicholas Grimshaw. So I always grew up knowing his name because it was my name.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And he was an architect, he did like the Eden Project, he did the Berlin Stock Exchange.

ANGELA HARTNETT: Oh, okay.

BRIAN COX: Oh, yeah.

ANGELA HARTNETT: Right.

NICK GRIMSHAW: Um, incredibly excellent architect.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And really, you know, truly so respected and celebrated. And, um, when it was like 2013 or something, I got a letter to my house and then the letter was like, just nonsensical. I was like-

ANGELA HARTNETT: For him?

NICK GRIMSHAW: -I was like, this is nothing to do with me, like, how's a letter about architecture to Nicholas Grimshaw arrived at my house. I was like, it's quite weird... Lived on the same street. And I went to his office and met everyone and he showed me around, he's got like a giant office on... uh, it's in Clerkenwell, you might have seen it, it's like a huge building that says Grimshaw up the side of it.

ANGELA HARTNETT: Oh.

NICK GRIMSHAW: So I went round and- and he showed me his office and how it all works and met everyone, and he was the most interesting guy, obviously.

BRIAN COX: Yeah.

NICK GRIMSHAW: And then he was like, why don't you show me something from- from your world, what's going on in pop music this week? 'Cause I was at Radio 1 at the time.

ANGELA HARTNETT: Right.

NICK GRIMSHAW: And that day, um, Rihanna released B**** Better Have My Money.

[laughter]

NICK GRIMSHAW: So I said, 'Well, the big thing at the moment is Rihanna has just released this really great, but quite expletive pop song called B***** Better Have My Money.'

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And he was like, 'Oh, I don't know her,' and he watched the video. Totally got her.

ANGELA HARTNETT: Brilliant.

NICK GRIMSHAW: He went, 'Oh, I like... yeah, she's good.'

ANGELA HARTNETT: Yeah, yeah.

NICK GRIMSHAW: He was like, 'She a bit punk,' she sa- he s- 'She's quite real, isn't she?' I said, 'She is quite real,' he went, 'Yeah, I really like her,' he just like was like, 'Yeah, get it.' Um, any Angela Hartnett's out there?

ANGELA HARTNETT: I don't think so.

NICK GRIMSHAW: There must be, please, come on.

ANGELA HARTNETT: Oh, they're gonna find one, oh crikey.

NICK GRIMSHAW: If you are an Angela Hartnett listening, please. Let's find one. Um, Brian, before we get into the chat, we always like to do our guest's food likes and dislikes.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Um, first up, you really enjoyed Dover Sole, which we're gonna be having today.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: One of my favourites. So excited about this. Uh, you also love parsley from your garden. Uh... for reasons that don't need explaining we weren't able to source the parsley from your garden.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Uh, and you said, 'I love it when I'm filming somewhere like India and I can get a dal for breakfast.'

ANGELA HARTNETT: Mmm.

NICK GRIMSHAW: Yes.

BRIAN COX: Yeah.

NICK GRIMSHAW: Yes.

BRIAN COX: I find that there's, you know, 'cause breakfast is a funny meal, isn't it? Because it's, you think that the only thing you could possibly eat for breakfast is eggs or-

ANGELA HARTNETT: Yeah.

BRIAN COX: -something like that. But of course, it's- it's region- *[laughs]* regional.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Mm-hm.

BRIAN COX: And yeah, I think dal works tremendously-

NICK GRIMSHAW: Ooh yeah.

ANGELA HARTNETT: Yeah.

BRIAN COX: -well for breakfast, so I'd always go for it.

NICK GRIMSHAW: I went away with my mum at the beginning of the year and we went to Morocco and in- in the- on the breakfast, they did like a really great- it was actually, it was in Morocco, but it was, it was called an Egyptian stew.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: So it was kind of dal-like-

ANGELA HARTNETT: Yeah.

BRIAN COX: Yeah.

NICK GRIMSHAW: -and it was like lentils, but also had chickpeas in it and onions, and it was so good at breakfast. And they'd serve it with, um, like fresh red onion.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And like fresh herbs and a bit of lemon.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And I'd have that with an egg on.

ANGELA HARTNETT: But I always think that breakfast- like when we went to Indonesia, we had the rice with fried egg on top.

BRIAN COX: Yeah, I love that.

ANGELA HARTNETT: Like if you go to Tokyo, you have the Japanese breakfast-

NICK GRIMSHAW: Oh I love Japanese breakfast.

BRIAN COX: Yeah.

ANGELA HARTNETT: -that's fantastic. So whenever I go, I'm like you, whenever I go abroad, I'll always have whatever the local-

BRIAN COX: Yeah.

ANGELA HARTNETT: -you know, even if you get Iceland and all- and you have just the cheese, the salami-

NICK GRIMSHAW: Mmm.

BRIAN COX: And fish, smoked fish.

ANGELA HARTNETT: -it's just it seems more interesting-

NICK GRIMSHAW: Fish, yeah.

ANGELA HARTNETT: Yeah, exactly.

NICK GRIMSHAW: I never have like, some cheese and ham-

ANGELA HARTNETT: Yeah, yeah.

NICK GRIMSHAW: -for breakfast, but when I'm on holiday, ate that every day.

NICK GRIMSHAW: [*laughing*] Yeah, yeah, exactly.

BRIAN COX: That's what it was, wasn't it? Continental breakfast.

ANGELA HARTNETT: Continental, yeah.

NICK GRIMSHAW: Continental breakfast. But on holiday you're like, absolutely delicious.

ANGELA HARTNETT: Yeah, yeah, exactly.

NICK GRIMSHAW: But yeah, it's weird that you sort of like, yeah-

ANGELA HARTNETT: You like everything else.

NICK GRIMSHAW: -enslaved to cereal forever, yeah.

ANGELA HARTNETT: Indeed.

NICK GRIMSHAW: Um, we also asked you your guilty pleasures, uh... and you told us that you're never guilty about pleasures.

ANGELA HARTNETT: Love that.

BRIAN COX: That's correct, isn't it?

NICK GRIMSHAW: Yeah, absolutely correct.

BRIAN COX: As I said, I'm part of an unbroken chain of life.

[laughter]

BRIAN COX: Remarkable that I'm here at all.

[laughter]

NICK GRIMSHAW: Uh, for dislikes-

ANGELA HARTNETT: So why feel guilty?

NICK GRIMSHAW: -it was only one thing, but it was pitched perfectly, and it was, 'Porridge. Tastes like cardboard.'

BRIAN COX: It does, I- I don't understand porridge.

NICK GRIMSHAW: It does.

BRIAN COX: I don't get... it's just, it does ta- it looks and tastes like cardboard.

ANGELA HARTNETT: Ohhh.

BRIAN COX: I don't know why people eat it.

NICK GRIMSHAW: It a- it does have to be disguised to be enjoyed. Do you know what I mean?

ANGELA HARTNETT: Oh God.

NICK GRIMSHAW: You have to put like a tablespoon of sugar on it, or-

ANGELA HARTNETT: Yeah, brown sugar, honey.

NICK GRIMSHAW: -honey or jam.

ANGELA HARTNETT: I- I- I quite like a bowl of porridge.

NICK GRIMSHAW: Plain porridge.

ANGELA HARTNETT: Well, no, I make it with half milk, half water.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: And then I put some chopped nuts on top and then honey on top.

BRIAN COX: 'Cause I- I don't like- so rice pudding is another thing I don't-

NICK GRIMSHAW: I love rice pudding.

ANGELA HARTNETT: Oh, right. Is it the maybe milkiness?

BRIAN COX: I don't think milk should be hot.

ANGELA HARTNETT: Oh.

NICK GRIMSHAW: *[laughs]* Yeah. Yeah, I know what you mean...

BRIAN COX: It doesn't come out of the cow hot.

NICK GRIMSHAW: Yeah.

BRIAN COX: Oh not but maybe it does actually, maybe it comes out body temperature.

ANGELA HARTNETT: Yeah, body temperature, yeah.

NICK GRIMSHAW: Body temperature.

BRIAN COX: But yeah, I suppose...

[laughter]

BRIAN COX: I've never milked a cow.

NICK GRIMSHAW: I lo-

[laughter]

NICK GRIMSHAW: No. Well, today's your day.

ANGELA HARTNETT: Yeah.

[laughter]

NICK GRIMSHAW: Um, so that's food, likes and dislikes, um, we need to talk about, um, wine, um, because we know you're a big wine fan. We know that you, uh, hosted an episode of, uh, your, your podcast, the Infinite Monkey Cage, called, um, 'Why does Wine Taste so Good?'

BRIAN COX: It was really fascinating, it was at the, um, Australian Wine Research Institute. So they have an academic- academic centre near Adelaide-

NICK GRIMSHAW: Uh-huh.

BRIAN COX: -where they research wine. It's a whole thing from growing the grapes all the way through. One of the things that we did was try different, um, tastes. So they- they give you little sort of pieces of, um... so it's, it's like, um, I had a little paper with little sort of chemicals on it.

ANGELA HARTNETT: Right, okay.

BRIAN COX: And it's the different components of, of wine.

ANGELA HARTNETT: Yeah.

BRIAN COX: And there was one of them that they gave everybody, everyone went... and I went that [*makes disgusted sounds*] like, that is awful. It was like, um, it was like a- a- an old- a shoe that someone had set on fire or something.

[*crew laugh*]

NICK GRIMSHAW: Ooh.

BRIAN COX: And nobody else reacted to it, and they said yes so it's one of those things, so they're call them super tasters, the particular sort of compounds that you find in wine. And this one, there's something that happens sometimes. My favourite wine is white Burgundy, so I notice you've got a Saint-Aubin here, which is I think, the best value in Burgundy, 'cause it's not like Montrachet so everybody knows it, and I- so I love it. And the, there's something that occasionally happens, which I taste is really sort of hazelnutty-

NICK GRIMSHAW: Mm.

BRIAN COX: -a real sort of nuttiness to it, and I don't like it-

ANGELA HARTNETT: Right.

BRIAN COX: -at all. And it, and it was associated with this chemical.

ANGELA HARTNETT: Oh okay.

BRIAN COX: And they oxidize a bit apparently. So I learnt why sometimes, particularly with white burgundies, I- I get this nut taste-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Oh.

BRIAN COX: -that people- that other people don't get, and I don't like it.

NICK GRIMSHAW: Interesting. Um, you have a home in Provence, right?

BRIAN COX: Yeah.

NICK GRIMSHAW: How is life in Provence as a fan of wine? Are you- are you a big collector of- of wine?

BRIAN COX: It's, um, I mean, that region is famous for rosé.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Mm-hm.

BRIAN COX: Um, but actually I'm not a big fan of rosé, to be honest.

NICK GRIMSHAW: Mm-hm.

BRIAN COX: But they do make beautiful white wine. It's a grape- called Rolle. It's called- I think it's called Vermentino in Italy, but it's Rolle in in that region, which is a white grape that you don't see very much, and I like that a lot. But it doesn't come out of that region.

NICK GRIMSHAW: Right.

BRIAN COX: It really mainly stays in there.

ANGELA HARTNETT: Mmm.

BRIAN COX: So I like that.

ANGELA HARTNETT: Neil, my husband cycles a lot and he- he worked in France for about six, seven years. And there's I- sometimes when we go over there, he, we'll pick certain routes 'cause he'll have gone to that vineyard to taste that wine. So he's sort of, you know, you're the Burgundy side of it, you know, he likes all the Pinot Noir- Noirs and all the sort of red grapes and stuff like that. So, no, it is- no it's fantastic, France, when you go-

NICK GRIMSHAW: I've never been.

ANGELA HARTNETT: It- it's worth going to trips-

NICK GRIMSHAW: I want to go and have a little- yeah.

ANGELA HARTNETT: -and going and just trying all the different... you know, it's good.

BRIAN COX: We visited one in, um, in Australia, it's Canberra.

NICK GRIMSHAW: Uh-huh.

BRIAN COX: And the- the wine maker said that, the wine and the grapes, they- he said it's just the medium through which the land and the season speaks to you.

NICK GRIMSHAW: Mmm.

BRIAN COX: I thought, that's beautiful, isn't it?

NICK GRIMSHAW: I love things like that.

BRIAN COX: That's what it is.

[theme music]

NICK GRIMSHAW: So usually around this stage, Ange will, you know, finish making our meal.

BRIAN COX: Yeah.

NICK GRIMSHAW: We'd have a chat, but I heard you wanted to find out about how to make a good Dover Sole.

BRIAN COX: I really do, 'cause I- I love fish, it were probably my go-to thing in a restaurant.

NICK GRIMSHAW: Yeah.

BRIAN COX: I tend to choose a fish.

NICK GRIMSHAW: Mm-hm.

BRIAN COX: And I'm really bad at cooking the fish.

NICK GRIMSHAW: Okay.

BRIAN COX: Uh, I think I panic and usually overcook it.

NICK GRIMSHAW: Yeah.

BRIAN COX: So I'm paranoid about it, I think.

ANGELA HARTNETT: Yeah.

BRIAN COX: So that's my, that's-

NICK GRIMSHAW: Well you should- you should go and help-

ANGELA HARTNETT: You can come and help Brian.

NICK GRIMSHAW: Go and have an Angela Hartnett lesson.

BRIAN COX: I will.

NICK GRIMSHAW: Yeah, go and have a, yeah, go on, you're the professor for now, Ange.

ANGELA HARTNETT: Right, okay.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: So we're gonna do pan fried Dover Sole, but we're gonna cook it with some clams, some samphire, as Brian likes parsley, we'll add a bit of parsley in there as well. Um, and then f- cider as well. So we'll cook in the cider more than the butter-

BRIAN COX: Ohh.

ANGELA HARTNETT: Just get your pan hot. Little bit of butter in there.

[sizzling sounds]

BRIAN COX: So why would you go for the cider? What's the-

ANGELA HARTNETT: Well, normally you, if you do it meunière style, which is butter and flour, and then you do the capers and the lemon. But we're going with the cider because we've got the clams, and normally with clams you'd probably put wine, but for a different sort of flavour profile, we're gonna use cider. Um, so it'll have- slightly sweeter. And season your Dover Sole into there, and from that-

NICK GRIMSHAW: Ooh and on that not skin down first, the other way?

ANGELA HARTNETT: No, you put it- 'cause what it- the Dover Sole has the dark skin, but that's quite tough to eat, so I peeled all that off.

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: And that's the- basically the top of the fish, and we're gonna do the skin side after. So I'm just gonna let that cook slightly in there like this. And it's not gonna cook the whole way through because cooking it in this will keep it nice and moist, and it'll help cook with clams as well. So just like so.

BRIAN COX: What, um- what- what temperature is... It's really low, isn't it?

ANGELA HARTNETT: It's, yeah, it's not too, 'cause I want it qui- I don't want it too high because I- I don't want the butter to burn, and then if I feel it's getting a bit

too dark, I'll just add a little bit more butter, but it's okay at the moment. So you're gonna just flip the fish like so, so it's got a nice colour on that side.

BRIAN COX: See that immediately looks right.

ANGELA HARTNETT: Yeah. And then we're gonna put our clams in.

NICK GRIMSHAW: And what d'you do for the clams before Ange?

ANGELA HARTNETT: Well, I did ours before, only because I can't do three at once now.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: But for this recipe, you put the clams in, then a little bit of cider.

BRIAN COX: So you've already cooked those?

ANGELA HARTNETT: I- no, these aren't cooked, these are raw.

NICK GRIMSHAW: Oh, so you've not done anything to those clams, they're just going in now with the- with the cider?

ANGELA HARTNETT: Yeah, they're just going in now and they're gonna basically cook in the cider, um, with the butter, and we're gonna put a cartouche on which forms as a lid to keep all that steam in, and then that's gonna sort of steam open the clams and cook the Dover Sole at the same time.

BRIAN COX: Ah.

ANGELA HARTNETT: I always like using a cartouche, um, because you can just lift it slightly and see what's going on. I mean, you can do that with a lid as well, but I quite like a cartouche.

NICK GRIMSHAW: Yeah. I like saying cartouche.

[crew laugh]

ANGELA HARTNETT: I like cartouche, you see? But then if you were doing it meunière style, which is when you flour it, straight in your butter, you turn it over, then you add your capers, your parsley, your lemon juice, and then you'd cook it straight on the stove like that. But then that is when it's really buttery sauce.

BRIAN COX: Yeah.

ANGELA HARTNETT: This is gonna be a lot looser and less butter. So we're gonna put that- we're gonna turn that heat up slightly like that. We've got our parsley ready, which I'm just gonna finish chopping. We're gonna add a little bit of, um, samphire as well, just around the edges.

NICK GRIMSHAW: Yeah, you don't need to cook that for long, do you? Quick.

ANGELA HARTNETT: No. And I'm- I- I'm so old school that I do things like just the back of a spoon and I just feel how the fish feels.

BRIAN COX: No, I would do that if I had any knowledge or skill.

[crew laugh]

ANGELA HARTNETT: So you know- if you-

BRIAN COX: But because I haven't...

NICK GRIMSHAW: Yes

ANGELA HARTNETT: If you sort of feel that now and it feels like if you sort of pressing the thick bit, like the thick bit- which the middle part where the bone is, you can feel there's still pressure there, tension.

BRIAN COX: Yeah.

ANGELA HARTNETT: And once it's cooked it will go through quite easily. So there's still a little few more minutes to cook. So now you see the clams are opening a few more minutes, I think, while the clams open.

NICK GRIMSHAW: And then the clams before Ange, 'cause I remember when we've had clams before, you do sort of make the kitchen a bit like a water feature for a bit.

ANGELA HARTNETT: Do I?

NICK GRIMSHAW: 'Cause what happens with- you gotta like rinse them for....

ANGELA HARTNETT: So basically you sort of rinse your clams, um, about three or four times under cold running water. So I think that's gonna just sit in there now for a few minutes.

BRIAN COX: So you're just cleaning the shell basically?

ANGELA HARTNETT: Yeah. Basically, you're cleaning the shells, any grit that's coming out of there, 'cause you don't want any grit in the sauce. Um, and then basically take them out, drain them, and then cook them, you know, hot- hot.

NICK GRIMSHAW: And you just do it under a running tap?

ANGELA HARTNETT: Yeah, under running tap, yeah, for about, you know, three or four minutes and just keep changing the water so they're nicely clean. So all I'm gonna do now is finish that with a bit of parsley. I'm gonna put lemon on the side. Um, and then I'm gonna remove the fish onto your plate and then I'm just gonna add some crème fraîche and just reduce the sauce. Right, so you can sit down now.

NICK GRIMSHAW: Ooh.

ANGELA HARTNETT: You're gonna take those to the table for me. That's it, everyone. Nothing is a free lunch.

NICK GRIMSHAW: Yeah.

[*crew laugh*]

NICK GRIMSHAW: So do you like to cook at home, Brian?

BRIAN COX: Uh, yeah, I do, but as I said, it's kind of limited things that I feel that I can cook well.

NICK GRIMSHAW: Yep..

BRIAN COX: Uh-

NICK GRIMSHAW: What would you do if Angela Hartnett HRH was coming round?

BRIAN COX: Dover Sole now.

[crew laugh]

NICK GRIMSHAW: Get your spoon ready.

BRIAN COX: I would ask, yeah, I'd take advice. I suppose it is experience, isn't it? You- I know you just say, well, it just... you feel it when it's ready, but...

ANGELA HARTNETT: No, and listen, I've- I've, as you say, it's years of experience. I know I've put stuff up. I mean, the other day I sent a dish out with no fish on it, I totally forgot to put it on the plate.

[laughter]

ANGELA HARTNETT: And the waiter came back and said, 'You're missing the fish, che-....'. You know, you- you know, you'll cut into a piece of meat and you'll go, oh I took that a bit longer, and stuff like that, you know, so, that's why you, you know, you're training people all the time, but yeah, it's experience.

[theme music]

NICK GRIMSHAW: Food is here.

ANGELA HARTNETT: Food is here. So it's a cider-steamed Dover Sole with clams.

NICK GRIMSHAW: Oh, delicious.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: This is-

ANGELA HARTNETT: And served with the side of new potatoes.

NICK GRIMSHAW: Mm-hm. Wow. This is our first Dover Sole on Dish.

ANGELA HARTNETT: First Dover Sole.

NICK GRIMSHAW: Oh he's- he's a big guy, the Dover Sole, isn't he? Didn't realise.

ANGELA HARTNETT: It's a bit- it's a meaty- he's a meaty fish, yeah.

NICK GRIMSHAW: He's a meaty guy for sure.

ANGELA HARTNETT: Yeah.

BRIAN COX: Absolute perfection.

ANGELA HARTNETT: You happy? Mm.

BRIAN COX: See, that- it's that- because it's about the texture isn't it, as well, Dover Sole.

ANGELA HARTNETT: Yeah, it's quite meaty, it shouldn't- you know, you can sort of pierce it to check it's cooked, you know? I know that sounds terrible.

BRIAN COX: Yeah, but if you get it wrong...

NICK GRIMSHAW: It's meaty but fl-

ANGELA HARTNETT: Yeah.

BRIAN COX: You ruin it.

ANGELA HARTNETT: You've ruined it, yeah.

NICK GRIMSHAW: Mmm. Yeah.

BRIAN COX: So good. The other thing is, I didn't know, when you said cider, I thought, will that-

ANGELA HARTNETT: Yeah.

BRIAN COX: -ill that be a really strong taste? 'Cause you imagine cider is very strong.

NICK GRIMSHAW: Mm-hm.

BRIAN COX: But it isn't, it's very delicate.

ANGELA HARTNETT: No, it's quite delicate. And I think- and also because you put it into a hot pan, the alcohol steams off it.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: So you just get that sort of- the minerally taste of the cider, and then you've got the crème fraîche that in a way dilutes it down, smooths it out, so it doesn't feel too acidic.

BRIAN COX: Yeah.

NICK GRIMSHAW: Yeah. But yeah, I don't know, we shouldn't be scared of clams, should we?

ANGELA HARTNETT: You shouldn't be scared of clams.

NICK GRIMSHAW: Me and Brian were saying we are a bit scared of clams.

ANGELA HARTNETT: No, you shouldn't be.

NICK GRIMSHAW: When at home, when at home.

ANGELA HARTNETT: Yeah.

BRIAN COX: No, I'm not scared of them when you've selected them and cooked them.

NICK GRIMSHAW: Yeah, no, exactly.

BRIAN COX: I'm scared of them when I've selected them and cooked them.

ANGELA HARTNETT: The key thing is when you cook them, don't cook them for too long 'cause they get a bit rubbery. So as soon as they're open, pull them off the heat. And then any shells that are unopened, just get rid of them. That's the key.

NICK GRIMSHAW: Okay.

ANGELA HARTNETT: And even if- when you rinse them in the water beforehand, if there's any that are chipped or slightly broken, don't bother cooking them, just get rid of them.

NICK GRIMSHAW: Okay.

ANGELA HARTNETT: They've got to be really closed before you cook them and then fully open once they're cooked.

BRIAN COX: So that's quite- quite easy to cook then.

ANGELA HARTNETT: Yeah.

BRIAN COX: You just wait until you see that they're open and then-

ANGELA HARTNETT: Yeah, once they start to open, then you- yeah, off the heat.

NICK GRIMSHAW: Mmm.

ANGELA HARTNETT: Yes, yeah-

NICK GRIMSHAW: Cheers, and with a wine as well. What's the um-

ANGELA HARTNETT: So I- oh God.

NICK GRIMSHAW: -wine pairing, Ange, we've got.

ANGELA HARTNETT: Well, I'm gonna ask you to pronounce this, Mr. Burgundy.

NICK GRIMSHAW: Oh yeah, Mr. Burgundy.

ANGELA HARTNETT: Come on.

BRIAN COX: Saint-Aubin Premier Cru, Domaine...Gérard Thomas.

NICK GRIMSHAW: Ooh.

ANGELA HARTNETT: Fabulous.

NICK GRIMSHAW: Wow, that is-

BRIAN COX: Dom- Domain Gerald- Gerard Thomas.

NICK GRIMSHAW: Domaine Gerald Tom.

ANGELA HARTNETT: Gerald Thomas.

BRIAN COX: Gerard-

NICK GRIMSHAW: That is delicious wine.

ANGELA HARTNETT: That is

BRIAN COX: Oh, it's abs- that's beautiful.

NICK GRIMSHAW: Um, if you want to try this recipe and with the clams, uh, as, uh... half done by Ange, half done by Professor Brian Cox.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Uh, [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes). You can get the wine pairing on there as well if you want to try it.

ANGELA HARTNETT: Yeah.

[*theme music*]

NICK GRIMSHAW: You've got a brand-new show called Emergence, which you're- you're touring now as a sort of work in progress.

BRIAN COX: Yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Across the UK, and then it kicks off properly, um, in March, is it?

BRIAN COX: In Europe, yes-

NICK GRIMSHAW: In Europe, yeah.

BRIAN COX: Around Europe in March, and then Australia, New Zealand, Singapore, in just before the summer, and then here in October, November for the really big shows-

NICK GRIMSHAW: Yes.

BRIAN COX: -which are really the- the things... I enjoy them all, but the thing about arenas.

ANGELA HARTNETT: Mm.

BRIAN COX: I mean, first of all, doing cosmology or astronomy in an arena-

NICK GRIMSHAW: Unbelievable.

BRIAN COX: -is just fun and funny.

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: *[laughs]*

BRIAN COX: And- and also we can put screens in now in a- in somewhere like, like the O2, for example.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm-hm.

BRIAN COX: You can put a screen in that basically fills the O2.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Wow.

BRIAN COX: I think they're something like thirty metres wide by fourteen metres-

ANGELA HARTNETT: Wow.

NICK GRIMSHAW: Wow.

BRIAN COX: -high, of LED. But the, the images we've got now from things like the new- the James Webb Space Telescope, for example, are such high resolution, that you can put them on screens like that and they look absolutely beautiful. And I've had astronomers come who, you know, are involved in the research, but- and they've only seen those images on a computer screen. 'Cause most people do.

NICK GRIMSHAW: Oh yeah, wow, yeah.

ANGELA HARTNETT: Yeah.

BRIAN COX: In fact, nobody's ever seen them at thirty metres wide.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah.

BRIAN COX: And it's wonderful to see.

NICK GRIMSHAW: Oh, I bet. And the tour is running from right through to 2027, I- I love that there's-

BRIAN COX: It'll probably be 2028 actually.

NICK GRIMSHAW: Really? Wow.

BRIAN COX: It'll go on and on.

ANGELA HARTNETT: Mm.

BRIAN COX: Because-

NICK GRIMSHAW: I love that there's like this, like, hunger for it, don't you?

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Like there- there- that people, um, that you can instill such curiosity in people.

ANGELA HARTNETT: Yeah.

BRIAN COX: Well, I mean the- I- I'm not- I don't think it's instilling curiosity, I think people are curious.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

BRIAN COX: About the- particularly about the questions raised by cosmology.

ANGELA HARTNETT: Sure.

BRIAN COX: So cosmology is the study of the- the universe as a whole.

ANGELA HARTNETT: Mm.

BRIAN COX: And- and also concerning the origin of the universe.

ANGELA HARTNETT: Yeah.

BRIAN COX: So questions about our existence are intimately entwined with that.

ANGELA HARTNETT: Mm.

BRIAN COX: And everybody has those questions.

NICK GRIMSHAW: Mm-hmm.

BRIAN COX: I think everybody wants to know, are we alone, in the Milky Way galaxy or the universe? How did life begin? How did the universe begin? Did it have a beginning? All those things.

ANGELA HARTNETT: Yeah.

BRIAN COX: I think people think that the que- the answer might be completely incomprehensible and too complicated.

ANGELA HARTNETT: Mm.

BRIAN COX: And, and it isn't. I mean, some of the, we, we don't know a lot about those question- in fact, we probably don't know the answer to any of those questions that I just listed.

[laughter]

BRIAN COX: Which is interesting in itself. But we know, for example, one of the things I talk about is from the origin of the universe, from the Big Bang.

NICK GRIMSHAW: Mm-hm.

BRIAN COX: Uh, the emergence is about how this happened. So how did we go from just some hydrogen and helium 13.8 billion years ago, to Dover Sole, and people talking about it and eating it and thinking about the universe.

[crew laugh]

ANGELA HARTNETT: Yeah, course.

BRIAN COX: That's a very good question. 'Cause we have a photograph of the universe as it was 380,000 years after the Big Bang, and it's just got hydrogen and helium in it, and a tiny bit of lithium [laughs]. That's it. There's no carbon or oxygen or any of those things. So, first of all, how did the- the helium get there, so the- then we- we know that- so you have a balloon, you know, a party balloon-

NICK GRIMSHAW: Mh-hm.

ANGELA HARTNETT: Yeah.

BRIAN COX: -and you make your voice squeaky, the helium. That stuff mainly, most of it, was made in the first three minutes in the life of the universe.

NICK GRIMSHAW: Wow.

BRIAN COX: So it's like it's not- the universe was too cold to make it three minutes after the Big Bang.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Wow.

BRIAN COX: So that's- that's where most of it comes from. Some of it gets made in stars, most of it from the Big Bang. So suddenly, those are interesting stories that you can tell about our origin. There's a galaxy at the moment, which was seen by the James Webb Space Telescope, which is so far away that the light has taken 13.5 billion years to reach us.

NICK GRIMSHAW: Woah.

ANGELA HARTNETT: [laughs]

BRIAN COX: Now the universe is 13.8 billion years old. So-

ANGELA HARTNETT: But you can't get your head around those numbers.

[*crew laugh*]

BRIAN COX: -the photographs-

NICK GRIMSHAW: No.

[*crew laugh*]

BRIAN COX: There's a photograph of this thing, it's called JADES-z14, I think, it's got a really [*laughing*] boring name. And you can kinda see it, it's, it's a galaxy.

ANGELA HARTNETT: Yeah.

BRIAN COX: But it- but it's- the light- so 13.5 billion years, just some context for that. So the earth is four and a half billion years old. So that means this, this light is travelling across the universe, across the universe, and when it's sort of about two thirds of the way here are- then the earth forms. It's kind of nearly here.

NICK GRIMSHAW: No, it's too...

ANGELA HARTNETT: Right...

BRIAN COX: It's- and then-

[*crew laugh*]

BRIAN COX: -and then it carries on.

[*laughter*]

BRIAN COX: You know...

ANGELA HARTNETT: Yeah, just...wooooh.

BRIAN COX: And, the- the telescope is so sensitive that there was a paper the other- a couple of... about a week ago actually, that said, we've seen that there's- there's carbon in it, there's c- we've seen- detected carbon atoms-

NICK GRIMSHAW: Wow.

BRIAN COX: -in this thing, which means there were some stars that lived and died in there. It's just remarkable.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And how do you feel about doing these huge shows, 'cause you- like you say it's, you know, huge places like the O2.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: How does it feel to- to step out and, uh, have to deliver this information on a nightly basis?

BRIAN COX: Well it's not have- have to deliver, I- I love it, because it's kind of a pleasure. It's like a, almost an honour to be able to do it. I think when it's a big show, like you said, like 15,000 people, there's something about in an arena, if I say something that people really latch onto, like it might be that galaxy,

ANGELA HARTNETT: Yeah.

BRIAN COX: I don't know what it'll be in this show, but it might be the image of that galaxy. And you say it's very close to the origin of time, and you pause and there's complete silence, and you kind of go, 'Oh s***, they're listening.'

ANGELA HARTNETT: Yeah.

BRIAN COX: They're listening to what I'm gonna say next.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

BRIAN COX: And there's a very particular silence with a really big audience. that's different to the silence in the theatre. And it- so that- that's where I love it. And you just have- you could, if you weren't careful, have a little wobble then because it's- everyone's like...

NICK GRIMSHAW: And?

ANGELA HARTNETT: Waiting for it, yeah.

NICK GRIMSHAW: Yeah, waiting.

BRIAN COX: And you go, what am I gonna say next?

[laughter]

ANGELA HARTNETT: What you have given people is the ability to, um, ask- and I- it sounds silly, but silly questions, and not feel silly. You haven't made it easy because it's very complicated, but I think you've made it approachable for people to question and want to come and see and understand a bit more.

NICK GRIMSHAW: Yeah, and I always-

BRIAN COX: It was- is- it's really important.

ANGELA HARTNETT: Yeah, it is.

BRIAN COX: To say- that- that, um, confidence, and it's kind of a skill in a way, to ask questions about things.

ANGELA HARTNETT: Yeah. Yeah.

BRIAN COX: Which, as I said, was hard to come by. I don't think we were probably the- the- the- the 32nd explanation of why we are not on Mars now-

ANGELA HARTNETT: Sure.

BRIAN COX: -is because the Romans and Greeks didn't figure that out.

ANGELA HARTNETT: Yeah. To ask the question.

BRIAN COX: Asking- asking questions and trying to do experiments and things.

ANGELA HARTNETT: Mm.

BRIAN COX: But it's central to life, isn't it? Because we live in a world, of course, where we're bombarded by information, we don't know what's reliable and what's not. So, the- it- learning how to ask questions about information, but also trust information.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm-hm.

BRIAN COX: If you've asked a few questions and you go, okay, I'm not gonna build some massive conspiracy theory about this-

ANGELA HARTNETT: Sure, yeah.

BRIAN COX: -I trust this.

NICK GRIMSHAW: Yeah.

BRIAN COX: That is important.

ANGELA HARTNETT: Yeah, of course.

BRIAN COX: It's more important just-

ANGELA HARTNETT: Trusting the source.

BRIAN COX: -even than science.

ANGELA & NICK: Yeah.

NICK GRIMSHAW: We've got to go Ange, please.

ANGELA HARTNETT: Yeah, we've got to go.

NICK GRIMSHAW: You can get tickets for Emergence right now.

ANGELA HARTNETT: Yep. Let's get ours.

NICK GRIMSHAW: I'm gonna- I'm gonna get some right after this.

ANGELA HARTNETT: Yep.

NICK GRIMSHAW: Not even joking.

[theme music]

NICK GRIMSHAW: Should we do some, uh, food questions?

ANGELA HARTNETT: Right, yeah.

NICK GRIMSHAW: 'Cause normally we do food questions and it'll be, it'll be questions like, uh... uh, what's your go-to roast, or, you know-

ANGELA HARTNETT: Yeah, sure.

NICK GRIMSHAW: -what did you eat at school? But we thought we could do science food questions right now.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: 'Cause I'm aware- we really want Brian to eat-

ANGELA HARTNETT: Yes, yes, of course.

NICK GRIMSHAW: -but also, um, just quickly, can you explain in a nutshell how taste works? Like, is there anything going on there scientifically, or is it not really a scientific subject-

BRIAN COX: It's-

NICK GRIMSHAW: -as to how we taste things differently?

BRIAN COX: It's a very scientific subject.

NICK GRIMSHAW: I thought so.

BRIAN COX: And...

[laughter]

BRIAN COX: So, actually I was, um, one of the places I work is the Francis Crick Institute in London.

NICK GRIMSHAW: Oh yeah, yeah.

BRIAN COX: Which does- which does lots of research, lot of cancer research, but basically lots of biological research.

ANGELA & NICK: Mm.

BRIAN COX: And in there the- I met someone who's doing a project trying to work out- I was gonna say how mice smell, but you'll go, awful, you know [laughing] but I mean the science of how they smell things.

NICK GRIMSHAW: [laughs]

ANGELA HARTNETT: Yeah.

BRIAN COX: And- and so they've got like these images with- with brain scanning-

NICK GRIMSHAW: Uh-huh.

BRIAN COX: -of- of- of the brain in the mou- and how it's triggered by different, um, scents, which is essentially taste, isn't it, the base of taste. And- and they- they found that there are little regions of the brain which are like little co-processors, like the- which take in the data and kind of compress it and work it out. And then they send some to the bit of the mouse brain that deals with the spatial, sort of

building our model of the world, so where is this thing, where's it coming from?
And then some might be danger or- or you know-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Huh.

BRIAN COX: -that bit of the brain and some might- so- so different ar- we are just beginning to understand how the brain takes these signals, because they're the same signals that are coming from our eyes or our ears, right?

ANGELA HARTNETT: Yeah.

BRIAN COX: It's just neurons, it's just electricity s- firing or signals in- in nerves. So the brain sorts it all out and says, this is smell, this is taste, this is spatial stuff, this is sight, and it- it- so we are just beginning to understand.

NICK GRIMSHAW: Wow [*laughs*]

ANGELA HARTNETT: Wow, yeah.

BRIAN COX: So there you go, so you- so you thought it was a daft question but it's not [*laughs*] it's really good one.

ANGELA HARTNETT: Yeah, no, not at all.

NICK GRIMSHAW: Not at all.

ANGELA HARTNETT: Are there any scientific principles that are relevant in terms of cooking a meal? I.e. How about getting poached eggs just right?

BRIAN COX: Oh, definitely. Have you read that book McGee?

Oh.

ANGELA HARTNETT: I know Patrick McGee, yeah.

BRIAN COX: You know that book?

ANGELA HARTNETT: Yeah, I know the book, yeah.

BRIAN COX: *[laughing]* So we know that the answer- for those that don't know, it's a book about this big, which is all about the science of cooking, isn't it?

ANGELA HARTNETT: Which Heston does a lot of.

BRIAN COX: Yeah.

ANGELA HARTNETT: And why things, yeah.

BRIAN COX: I love that book. So it is true that the temperature at which water boils varies with altitude, and that's basically because the pressure's lower as you go high up, so the water molecules, they'll escape from the water at lower temperatures. So I suppose that you should correct the altitude when you're cooking.

NICK GRIMSHAW: Oh yeah.

ANGELA HARTNETT: Yeah.

BRIAN COX: And you probably do, if you're cooking at 5,000 metres.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

BRIAN COX: On a volcano in Hawaii or something like that.

ANGELA HARTNETT: Mh-hm.

NICK GRIMSHAW: Mh-hm. Ange is next week.

BRIAN COX: So the cooking times will *[laughs]* increase.

ANGELA HARTNETT: Yeah.

BRIAN COX: Uh, because you'll be cooking at a lower temperature. So you don't assume that boiling is at a hundred degrees.

ANGELA HARTNETT: Because we have a restaurant out in the French Alps, and we have a machine- you know, people will just go and boil their eggs. But there's a- we have a little message that says, whatever you cook in the UK, add- I think we say add a couple of minutes. Because it won't be the same.

NICK GRIMSHAW: Wow.

ANGELA HARTNETT: Like a five-minute timer, it's-

NICK GRIMSHAW: Well, you knew the answer to that one!

BRIAN COX: Yeah, and that's-

ANGELA HARTNETT: Well, you know, but it's also-

NICK GRIMSHAW: That's been struck off our list.

ANGELA HARTNETT: -everything we have to do, like anything that is rising, so a cake.

NICK GRIMSHAW: Mm-hm.

BRIAN COX: Yeah.

ANGELA HARTNETT: Is very different making it in the Alps and it's making-

NICK GRIMSHAW: Wow, that is...

ANGELA HARTNETT: -you know, and there's so many times we make it and everyone goes, 'It's not working,' and I go, [*makes angry noise*] yeah, we have to consider all these things. So a lot of things you make with yogurt as sort of like that sort of raising element, rather than actually baking powder and eggs and stuff-

NICK GRIMSHAW: Wow.

ANGELA HARTNETT: -because it reacts differently, yeah.

NICK GRIMSHAW: Wow.

BRIAN COX: Yeah. Big differences.

NICK GRIMSHAW: Huge difference.

ANGELA HARTNETT: Science all the way in here.

NICK GRIMSHAW: Someone could be trying your recipe somewhere saying, 'She's s***, her,' and actually it's altitude.

ANGELA HARTNETT: It's altitude.

NICK GRIMSHAW: It's altitude.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah. Um, now, um, we- we were speaking before about life on- on Mars, and- and- and you've spoken before about this, of course.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And- and you've talked about, before, about having a permanent presence on Mars in the next twenty years.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Do you think that's still the case? We're still on track? We [laughs]

ANGELA HARTNETT: We [laughs] yes, Nick and I, yeah [laughs]

BRIAN COX: I think I would guess not on Mars. It's not out of the question.

NICK GRIMSHAW: Uh-huh.

BRIAN COX: On the Moon, yes-

NICK GRIMSHAW: Ooh.

BRIAN COX: I would think. Uh, I- it's much easier to go to the Moon and much easier to build bases there, and I think we will, um, within twenty years. Mars is, if we really wanted to go there, we could go there, I think on that timescale.

NICK GRIMSHAW: Mm-hm.

BRIAN COX: But it's actually the journey time. It's really about eight months or so there.

NICK GRIMSHAW: Mm-hm.

BRIAN COX: And about eight months back. So it's really close to a two year mission.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

BRIAN COX: So we don't- I would say that we don't know how to do that yet.

NICK GRIMSHAW: Right.

BRIAN COX: Just for the humans if nothing else, we know to send spacecraft to Mars-

NICK GRIMSHAW: Mm-hm.

BRIAN COX: -'cause we've done it. But sending them and having those humans in there in a very small space, for so long-

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Mh-hm, yeah.

BRIAN COX: -so far away from Earth, I- I don't think we understand to do it-

NICK GRIMSHAW: Mm-hm.

BRIAN COX: -how to do it. So I'd be surprised. I'd be delighted if- if someone fancied it and went there-

ANGELA HARTNETT: Mm.

BRIAN COX: -it'd be really fascinating to see. There's a- there's a very famous, um, guy, Robert Zubrin, who's one of the people who's wrote books, decades ago now, about the case for space-

ANGELA HARTNETT: Yeah.

BRIAN COX: -and the case for Mars. And he's- he's- I've met Zubrin and he's quite forceful, he's a real character. And he said to me once, he said, 'Ideas have consequences. And the worst idea with the worst consequences in human history is that there are limited resources, because it causes war and competition.' And- there are limited resources on earth, and it is clear that by chasing after them, we- we- we fight wars over them.

ANGELA HARTNETT: Sure, yeah.

BRIAN COX: And we also of course, damage the climate and so on. But he- but he said it's wrong, this idea, it's that it's false, because that way [pointing upwards], infinite resources.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Yeah.

BRIAN COX: And so he's a real kind of idealist, he said, if we just start to access that stuff. And actually, more than that, we just understand that it's there, so we relax a bit, then we'll be fine. And he thinks that all- conflict will cease and-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah, well-

BRIAN COX: -we'll- we'll operate as one world. And actually, you know, it is true that if you have the capability to go outwards then you reduce, you reduce the pressure, you, you could imagine a time where heavy industry and those things are moved off.

ANGELA HARTNETT: Yes.

BRIAN COX: Where the resources and the power are.

ANGELA HARTNETT: Yeah.

BRIAN COX: And then you protect this world, which is unique in the universe-

ANGELA HARTNETT: Mm, mm.

BRIAN COX: It is the best planet in the universe for us. And then you start saying, how do we protect it then?

ANGELA HARTNETT: Yeah.

BRIAN COX: And some people, that- we can argue about it, people that are listening to this and arguing, it- but it's an interesting argument.

NICK GRIMSHAW: Mm-hm.

BRIAN COX: That one way to protect it would be to go and access the resources that are infinite.

NICK GRIMSHAW: Mm.

BRIAN COX: That way.

NICK GRIMSHAW: Wow [*exhales*] bloody hell Ange.

[*laughter*]

ANGELA HARTNETT: Yes!

NICK GRIMSHAW: I'll tell you what, next week's Dish guest better be f***** good.

ANGELA HARTNETT: Exactly!

[*laughter*]

NICK GRIMSHAW: Because my mind has been blown. Now it's all I want to talk about-

ANGELA HARTNETT: Oh my God, yeah.

NICK GRIMSHAW: -all I wanna think about.

ANGELA HARTNETT: Oh my gosh.

PRODUCER TOM: Luckily, we've got the fast food quiz.

[*crew laugh*]

NICK GRIMSHAW: Oh no, that's reductive.

ANGELA HARTNETT: No.

BRIAN COX: D'you know there's one- you know Stargazing Live that we used to do?

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

BRIAN COX: Um, we were once doing it with Dara, who's been on hasn't he?

NICK GRIMSHAW: Yeah, love.

ANGELA HARTNETT: Oh yeah, Dara, we love Dara.

BRIAN COX: And we were interviewing Buzz Aldrin.

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Wow.

BRIAN COX: It's Buzz Aldrin!

ANGELA HARTNETT: Oh wow.

BRIAN COX: And he was just- he got to the point and he was going, 'And then I walked out of the lunar lander and saw Neil and I was walking down the ladder,' and in our ear, it was going, 'Time's up, time's up. Go to the quiz about the dog.'

[laughter]

NICK GRIMSHAW: No!

ANGELA HARTNETT: No!

BRIAN COX: Me and Dara were like, no!

ANGELA HARTNETT: No! Not a chance.

NICK GRIMSHAW: No way!

BRIAN COX: It's j- it's Buzz Aldrin.

ANGELA HARTNETT: Yeah *[laughs]*

BRIAN COX: No way!

NICK GRIMSHAW: And so- in the end we took the earpiece out, becau-

ANGELA HARTNETT: Ooh, rebel.

BRIAN COX: -I'm not going the quiz about the dog.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: No.

BRIAN COX: [*laughs*]

[*theme music*]

NICK GRIMSHAW: It is time for your fast food quiz. Tell us please your favourite way to eat eggs?

BRIAN COX: Scrambled.

NICK GRIMSHAW: Correct.

ANGELA HARTNETT: Uh, what's your favourite sandwich filling?

BRIAN COX: I like, from way back, I think I like corned beef.

ANGELA & NICK: Oohh.

BRIAN COX: I think it's one of those childhood things, corned beef sandwiches.

NICK GRIMSHAW: [*makes gag sound*]

BRIAN COX: And when it's right...

[*laughter*]

ANGELA HARTNETT: Yeah.

BRIAN COX: When it's right, with pick-

ANGELA HARTNETT: It's good.

BRIAN COX: With pickles and things like that.

NICK GRIMSHAW: I don't know, I feel too traumatised from it - from my childhood.

ANGELA HARTNETT: Yeah, pickles. What's your favourite crisp? [*pause*] Do you eat crisps, is that a thing?

BRIAN COX: Uh, yeah.

ANGELA HARTNETT: Yeah?

BRIAN COX: Yeah, I do. Um, I tell you what, roast chicken.

ANGELA HARTNETT: Roast chicken.

NICK GRIMSHAW: Ooh yeah, roast chicken.

ANGELA HARTNETT: Yeah I don't-

NICK GRIMSHAW: I forget about roast chicken.

ANGELA HARTNETT: I don't think we've had a roast chicken flavour.

NICK GRIMSHAW: No. I forget about that. Uh, do you have a favourite pasta?

BRIAN COX: It depends what's on it, doesn't it?

NICK GRIMSHAW: Yeah.

BRIAN COX: But I like-

NICK GRIMSHAW: [*laughs*]

BRIAN COX: -the um, I- I think at the moment [*laughs*] 'cause it changes.

ANGELA HARTNETT: Yeah.

BRIAN COX: What are the- what are the little tube ones called?

NICK GRIMSHAW: The tube... fusilli?

ANGELA HARTNETT: Like rigatoni.

BRIAN COX: Rigatoni.

ANGELA HARTNETT: Yeah, okay.

NICK GRIMSHAW: Yeah.

BRIAN COX: I think I'll go rigatoni at the moment.

NICK GRIMSHAW: Or penne?

ANGELA HARTNETT: Or penne.

BRIAN COX: Or penne.

ANGELA HARTNETT: Yeah.

BRIAN COX: But I like it to be just- again, talking about timing of cooking.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm-hm.

BRIAN COX: I only like it if it's just...

ANGELA HARTNETT: Just cooked.

BRIAN COX: Right.

NICK GRIMSHAW: Yeah.

BRIAN COX: But I like- yeah.

ANGELA HARTNETT: Uh, what about your favourite roast? Do you do a Sunday roast?

BRIAN COX: Yeah, I like chicken. I love roast chicken.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm.

BRIAN COX: I think. And chips [*laughs*]

ANGELA HARTNETT: And chips.

NICK GRIMSHAW: Roast chicken and chips.

ANGELA HARTNETT: I love-

BRIAN COX: And gravy-

ANGELA HARTNETT: -a roast chicken and chips.

BRIAN COX: -you have to have gravy.

NICK GRIMSHAW: Got to have gravy.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Got to have gravy.

ANGELA HARTNETT: Love that.

BRIAN COX: Which my wife thinks is also some weird Northern-

NICK GRIMSHAW: Gravy?

ANGELA HARTNETT: Oh gravy and chips.

BRIAN COX: -affectation.

NICK GRIMSHAW: Oh, I love gravy.

ANGELA HARTNETT: Oh yeah, I'm with your wife on that.

NICK GRIMSHAW: Do you have a favourite form of potato?

BRIAN COX: It is chips.

NICK GRIMSHAW: It is chips.

ANGELA HARTNETT: Chips.

[crew laugh]

BRIAN COX: That- that's actually genetic.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Is it?

BRIAN COX: Yeah, I- I think- well, because I'm- I- I'm- not only am I from Oldham, but I happen to know my whole family- *[laughs]*

ANGELA HARTNETT: *[laughs]*

BRIAN COX: -are the most boring family in the world in the sense that I- my ancestry is Oldham.

NICK GRIMSHAW: *[laughs]* Right.

ANGELA HARTNETT: Right.

[laughter]

BRIAN COX: *[laughing]* So like, it goes all way back to like the Domesday book or something, they're- they're fascinating-

ANGELA HARTNETT: No one moved-

BRIAN COX: -because nobody ever went-

ANGELA HARTNETT: -they just stayed there [*laughs*]

NICK GRIMSHAW: Everyone was like, we'll stay here.

BRIAN COX: -anywhere.

NICK GRIMSHAW: I love that your family were like, let's stay in Oldham, and you're like, what about Mars?

[*laughter*]

BRIAN COX: [*laughing*] Yeah, yeah.

NICK GRIMSHAW: What's out there? Maybe that's why!

BRIAN COX: Yeah.

ANGELA HARTNETT: Yeah!

[*theme music*]

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

BRIAN COX: Right.

NICK GRIMSHAW: Uh, the crew write this question [*laughs*]

ANGELA HARTNETT: Yeah.

[*crew laugh*]

NICK GRIMSHAW: Um... we've not seen this, uh, but for your chance to win the goodie bag, all you gotta do is open the end of the show question.

BRIAN COX: Right.

NICK GRIMSHAW: Answer the question. And if you do answer it, the goodie bag is yours.

BRIAN COX: ‘Professor Brian, thanks for coming on Dish. Simply wonderful. To win a Waitrose goodie bag, please answer the following question: why is space such a good inspiration for snacks? ‘Cause there's Mars Bar, Milky Way-

NICK GRIMSHAW: No, guys...

BRIAN COX: -Galaxy, Space Raiders, Flying Saucers-

[*crew laugh*]

ANGELA HARTNETT: [*laughs*]

BRIAN COX: -and which is your favourite?

NICK GRIMSHAW: Guys...

[*crew laugh*]

ANGELA HARTNETT: [*laughs*]

NICK GRIMSHAW: Guys...

BRIAN COX: Well space-

ANGELA HARTNETT: We didn't write this.

NICK GRIMSHAW: There is actually, when you think about it, there's a lot of space-

ANGELA HARTNETT: There is a lot of space snacks.

[*crew laugh*]

NICK GRIMSHAW: -confectionary.

ANGELA HARTNETT: Why is that, yeah?

BRIAN COX: Yeah. I would say because space is possibly infinite. But at least the bit that we can see has two trillion galaxies in it. Two trillion galaxies.

ANGELA HARTNETT: T- I mean, that alone.

BRIAN COX: With hundreds of billions of suns and trillions of planets in each galaxy. And so I would say the inspiration is unlimited.

NICK GRIMSHAW: Unlimited, yeah like-

BRIAN COX: Clearly.

NICK GRIMSHAW: Yeah like it's, uh-

BRIAN COX: Unlimited

NICK GRIMSHAW: Abundance.

BRIAN COX: Because that's why- so yeah, Mars Bars, Milky Way. Um, flying saucers don't exist by the way. That- I mean, the snack does.

NICK GRIMSHAW: The snack does.

ANGELA HARTNETT: The snack does.

[crew laugh]

NICK GRIMSHAW: Thank you. That's my childhood, Brian.

BRIAN COX: So some- some of it's made up.

ANGELA & NICK: Yeah.

BRIAN COX: And which is your favourite?

NICK GRIMSHAW: Yeah, what's your favourite?

BRIAN COX: I would- I'd probably say Mars Bar from the fridge.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Nice choice.

NICK GRIMSHAW: Uh, well, Brian, you did answer that and thank you so much, and also we got real life science in there, so the goodie bag is yours, Brian Cox.

[theme music, continues under talking]

ANGELA HARTNETT: Well done.

[applause]

NICK GRIMSHAW: Um, well done, congratulations. Thanks for bearing with.

BRIAN COX: *[laughs]*

NICK GRIMSHAW: Um, a round of applause for the brilliant Brian Cox, everybody!

ANGELA HARTNETT: Yay!

[cheers and applause]

NICK GRIMSHAW: Brian, thank you!

BRIAN COX: Thank you.

[theme music, continues under talking]

NICK GRIMSHAW: Massive thank you to Professor Brian Cox for joining us. We thought we would do a listener question, uh, to round off the episode. Um, let's see what has been coming through the inbox. If you ever wanna email us, by the way, dish@waitrose.co.uk is the way to do it. Um, this is from Ailey from Argyle, and Ailey says, 'I absolutely love your podcast, after only recently discovering it whilst being on maternity leave it has been a welcome companion.' Oh, thanks Ailey.

ANGELA HARTNETT: Aw.

NICK GRIMSHAW: And congratulations. Uh, 'I have a question for Angela regarding venison. Our neighbour is a stalker.'

ANGELA HARTNETT: Mm-hm. You know.

NICK GRIMSHAW: Of the m-

ANGELA HARTNETT: [*makes gun cocking sound*]

NICK GRIMSHAW: Oh, right.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Got it.

ANGELA HARTNETT: Shooting the venison.

NICK GRIMSHAW: Shoots the venison.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Got it. 'Our neighbour is a stalker and very kindly gives us cuts of venison for the freezer. I always stick to stews to slow cook the meat, as I roasted a haunch a few years ago and it really dried out.' What's a haunch?

ANGELA HARTNETT: So it's basically the big shoulder of the venison.

NICK GRIMSHAW: Right.

ANGELA HARTNETT: Yeah-

NICK GRIMSHAW: Okay.

ANGELA HARTNETT: -it's a big cut.

NICK GRIMSHAW: And it really dried out.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: ‘Have you any tips for roasting venison or for other nice ways to cook it?’

ANGELA HARTNETT: Um, so venison, it’s a very lean meat.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Um, so you do need some fat in it.

NICK GRIMSHAW: She's a skinny legend.

ANGELA HARTNETT: Yeah [*laughing*] she's a skinny legend, yeah.

[*crew laugh*]

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: And, um, I would do, I think- I think- I mean she does it the right way. Stews, I think, you can make a bolognese, you can make a venison ragu.

NICK GRIMSHAW: Ooh.

ANGELA HARTNETT: And do a nice bolognese. You can do venison sausages.

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: But I think with both of those things, add in some minced pork or something.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: To get- give some nice fattiness to it. But venison sausage rolls are very good, venison sausages you could do, I think, like I said, bolognese and stews. That's probably the best way to do it, unless she's got the loin.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Which then you just roast in a loads of butter, some juniper, some rosemary and- and that will keep it nice and moist.

NICK GRIMSHAW: Ooh yeah.

ANGELA HARTNETT: But Neil always, um, 'cause he cooks probably more venison than me- when we serve it we always put a nice, um, strip of lardo, which is like pork fat, on top. So it gives that nice extra.

NICK GRIMSHAW: Ooh yes...

ANGELA HARTNETT: Fattiness to it.

NICK GRIMSHAW: Ooh, yes.

ANGELA HARTNETT: Ooh! There you go

NICK GRIMSHAW: Ooh yes.

ANGELA HARTNETT: Have it with some braised cabbage, Ailey.

NICK GRIMSHAW: Ooh yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Delicious. And we'll come round...

ANGELA HARTNETT: Next week.

NICK GRIMSHAW: Week on Thursday.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah, week on Thursday. All right, we'll see you then, Ailey. Um, well that brings us to the end of Dish for this week. Thank you so much and we will see you next week.

ANGELA HARTNETT: Thank you.