

Mawaan Rizwan, pork and mushroom tantanmen and a vermouth cocktail



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

[theme song plays]

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

ANGELA HARTNETT: And I'm Angela Hartnett.

NICK GRIMSHAW: And together we are...

ANGELA HARTNETT: Dish!

NICK GRIMSHAW: Yeah! And how are you Ange?

ANGELA HARTNETT: I'm very well, thanks. How are you?

NICK GRIMSHAW: Good, nice to see you.

ANGELA HARTNETT: And you, nice shirt, looking good.

NICK GRIMSHAW: Thanks Ange.

ANGELA HARTNETT: Lovely.

NICK GRIMSHAW: Thank you, I like you in a jumper.

ANGELA HARTNETT: Do you?

NICK GRIMSHAW: Rare that we see Ange in a jumper.

ANGELA HARTNETT: No, it's too hot in here, that's why-

NICK GRIMSHAW: Yeah, rare.

ANGELA HARTNETT: But it's been cold and miserable-

NICK GRIMSHAW: It's a rare jumper, spesh. Um... hey, we should talk about going to the pub.

ANGELA HARTNETT: Oh yeah, good fun.

NICK GRIMSHAW: This football season I wanted to get in on it, because all my family talk about it.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: On our family group.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Of course. You talk about it.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Remi talks about it.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mesh talks about it.

ANGELA HARTNETT: And Remi and I talk about it.

NICK GRIMSHAW: You and Remi talk about it. So I thought it's quite a good thing to get into.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: You know.

ANGELA HARTNETT: And are you feeling into it now? The seasons started, you feeling the emotion?

NICK GRIMSHAW: Uh- I keep forgetting it's on.

ANGELA HARTNETT: Okay, alright.

NICK GRIMSHAW: Which is bad. And then I'll see-

ANGELA HARTNETT: Think of the weekend.

NICK GRIMSHAW: I'll be like s***. No, the weekend I'm good, but if there's like a little sneaky-

ANGELA HARTNETT: Sometimes there's- there's a midweek match.

NICK GRIMSHAW: -if there's a sneaky midweek, I forget.

ANGELA HARTNETT: Yeah, that's true.

NICK GRIMSHAW: So yeah, we went to see, uh, United-

ANGELA HARTNETT: Arsenal Man United.

NICK GRIMSHAW: -Arsenal.

ANGELA & NICK: Yeah.

NICK GRIMSHAW: At the pub. I realised that- something bad happened.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Because I went to the pub, and I love that pub, and um, obviously now I can't have gluten.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Not gonna talk about every week.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: So most pubs do a gluten-free beer.

ANGELA HARTNETT: Beer.

NICK GRIMSHAW: Yeah. And they were like, 'No, we don't do it actually,' they went, 'Hey, everyone asks about it.'

ANGELA HARTNETT: Love that [*laughs*]

NICK GRIMSHAW: 'We need to get it in,' I'm like, 'Probably, yeah,' I said, 'How much- are they askin?' They were like, 'Every day.'

ANGELA HARTNETT: Yeah [*laughs*]

NICK GRIMSHAW: So anyway, I was like, oh, really wanted a beer.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: So I had to get my friend-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: To smuggle some in from the shop.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Which felt illegal.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: I dunno if it is illegal.

ANGELA HARTNETT: Don't know-

NICK GRIMSHAW: Not illegal.

ANGELA HARTNETT: -bringing your drinks into...

NICK GRIMSHAW: Is it?

ANGELA HARTNETT: Yeah I mean, probably is-

NICK GRIMSHAW: Not illegal.

ANGELA HARTNETT: It's a grey area.

ANGELA & NICK: It's a grey area.

ANGELA HARTNETT: Well you're not buying the booze, but you were buying rounds.

NICK GRIMSHAW: I was buying rounds for other people.

ANGELA HARTNETT: So you weren't just, yeah, that's it.

NICK GRIMSHAW: I bought- yeah.

ANGELA HARTNETT: Yeah, you did, yeah.

NICK GRIMSHAW: So I bought rounds for other people.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: I can't drink it.

ANGELA HARTNETT: Yeah, of course.

NICK GRIMSHAW: Yeah and I accidentally left them there, so they know.

[laughter]

ANGELA HARTNETT: That's fine.

NICK GRIMSHAW: Ah, that's one of my favourite pubs as well so I'm scared to go back there.

ANGELA HARTNETT: No, they'll be fine.

NICK GRIMSHAW: Today on the show we've got Mawaan Rizwan to see us.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Uh, who is a very talented man.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Who has made some wonderful television.

ANGELA HARTNETT: Juice, we love.

NICK GRIMSHAW: Juice, we love.

ANGELA HARTNETT: Mm-hm.

NICK GRIMSHAW: Won a BAFTA.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Went to clown school.

ANGELA HARTNETT: Y-

NICK GRIMSHAW: Loves wigs.

ANGELA HARTNETT: BAFTA winners, that's only, that's all we have now. Just BAFTA winners.

NICK GRIMSHAW: Just BAFTA winners, yeah. Not got a BAFTA-

ANGELA HARTNETT: Unless you got a BAFTA, you're not allowed-

NICK GRIMSHAW: You're not coming on.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah. Where's your BAFTA? Before we get Mawaan in, let's talk seasonality.

ANGELA HARTNETT: Yep.

NICK GRIMSHAW: Tis the season for...

ANGELA HARTNETT: Tis the season, for mushrooms!

NICK GRIMSHAW: Mushrooms!

ANGELA HARTNETT: And actually we're eating mushrooms in his dish today.

NICK GRIMSHAW: Mmm.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Love a mushroom.

ANGELA HARTNETT: Do you?

NICK GRIMSHAW: Really love a mushroom.

ANGELA HARTNETT: How do you cook your mushrooms?

NICK GRIMSHAW: Um, Mesh loves a mushroom in the morning.

ANGELA HARTNETT: Okay.

NICK GRIMSHAW: I actually... 'cause they can soak up a lot of butter, can't they?

ANGELA HARTNETT: Yeah, definitely.

NICK GRIMSHAW: Like a lot of butter.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: So how do you make that not happen? Because I just add more and more, more, before you know it-

ANGELA HARTNETT: Hot, hotter pan. Hotter pan.

NICK GRIMSHAW: Hotter pan.

ANGELA HARTNETT: And a little- start it with a little bit of oil-

NICK GRIMSHAW: Bit of oil.

ANGELA HARTNETT: -first, and then add your butter for the flavour.

NICK GRIMSHAW: Yeah. See I quite like a, you know, an exotic mushroom.

ANGELA HARTNETT: Like a girolle, which you're having.

NICK GRIMSHAW: Love a girolle.

ANGELA HARTNETT: Little girolle there.

NICK GRIMSHAW: What's this? Oyster?

ANGELA HARTNETT: Oyster mushroom.

NICK GRIMSHAW: Oyster mushroom.

ANGELA HARTNETT: Ooh, yeah. These are...

NICK GRIMSHAW: Portobello?

ANGELA HARTNETT: Your lovely chestnut mushroom.

NICK GRIMSHAW: Your classic.

ANGELA HARTNETT: Your classic.

NICK GRIMSHAW: That's a classic. What's that, portobello?

ANGELA HARTNETT: Portobella, yeah, your large ones.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: You can stuff those if you so choose.

NICK GRIMSHAW: You can stuff 'em, how dare you.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: I'm joking. And-

ANGELA HARTNETT: And these are shiitake.

NICK GRIMSHAW: So seasonal right now?

ANGELA HARTNETT: Yeah, I mean, you can get these-

NICK GRIMSHAW: So what should we be doing with these?

ANGELA HARTNETT: -some are cultivated, like the button ones and the white ones, you can get them all year round. But girolles, these are coming up, they'll be out for another month or so. The one that's not in here is cep's and the porcini, like the dry Italian mushrooms, they're the really big ones, you get those, they're, they will last till sort of beginning of December. Um, so yeah, mushrooms are always an autumn vegetable, um, this is the time to eat them, use them, cook with them.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Like a, always take a tomato out the fridge, never cover a mushroom. It sweats. So then it keeps nice and dry and therefore when you sauté it, it's not all the moisture there, because you saying about the butter.

NICK GRIMSHAW: [*whispering*] Ah, their sweat.

ANGELA HARTNETT: So if you dry them.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Then they're gonna retain it and be more crispy.

NICK GRIMSHAW: So they don't live in the fridge?

ANGELA HARTNETT: No.

NICK GRIMSHAW: You just put them in-

ANGELA HARTNETT: You put them in the fridge, but just don't-

NICK GRIMSHAW: But don't cover.

ANGELA HARTNETT: -take the cover off once you've bought them and leave them air and breathe.

NICK GRIMSHAW: Ooh. I also, you're not meant to wash 'em, right, 'cause they suck everything up?

ANGELA HARTNETT: Yeah, I mean, you can, sometimes you need to.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: But generally you have these mushroom brushes.

NICK GRIMSHAW: I have a mushroom brush.

ANGELA HARTNETT: Of course you do.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: [*laughs*]

NICK GRIMSHAW: Mesh bought me one.

ANGELA HARTNETT: I don't even think Neil and I have a mushroom brush.

NICK GRIMSHAW: Mesh bought me one and I was like-

ANGELA HARTNETT: Did you do that first? [*laughs*]

NICK GRIMSHAW: No. But I was like, 'What the hell's that?' and he was like, thought it was a cute little brush, it's a mushroom brush.

[*laughs*]

NICK GRIMSHAW: And I thought it was a brush in the shape of a mushroom, which it is.

ANGELA HARTNETT: Yeah, it does, yeah, that's right.

NICK GRIMSHAW: So I was like, oh, okay, weird gift.

ANGELA HARTNETT: Interesting.

NICK GRIMSHAW: But it's to brush your on- mushrooms.

ANGELA HARTNETT: Yeah, yeah, brush them, yeah.

NICK GRIMSHAW: And I was, oh my God, amazing.

ANGELA HARTNETT: There you go.

NICK GRIMSHAW: And we brush our mushrooms.

ANGELA HARTNETT: Very good.

NICK GRIMSHAW: Do you brush your mushrooms? dish@waitrose.co.uk.
Let's get our guest in. Let's welcome Mawaan Rizwan.

[theme music]

NICK GRIMSHAW: Time to welcome our guest, Ange.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Uh, we have quite the list in front of me on this card.

ANGELA HARTNETT: Huge list.

NICK GRIMSHAW: We have an award-winning actor, comedian, writer, dancer, visual artist and storyteller. And a man who always has a boiled egg close by. It's Mawaan Rizwan everybody!

MAWAAN RIZWAN: Yeah!

ANGELA HARTNETT: Woo!

[applause]

NICK GRIMSHAW: Hello.

MAWAAN RIZWAN: Hello.

NICK GRIMSHAW: Welcome.

ANGELA HARTNETT: Hello, welcome.

MAWAAN RIZWAN: Who, who told you about my boiled egg?

NICK GRIMSHAW: I heard about the boiled eggs.

MAWAAN RIZWAN: Yeah. At all times.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: We've got some here if you need.

MAWAAN RIZWAN: [*gasps*] Thank you.

NICK GRIMSHAW: What is with the boiled eggs?

ANGELA HARTNETT: I don't know.

MAWAAN RIZWAN: Boiled eggs and carrots. 'Cause I don't like snacking on crisps and unhealthy stuff.

NICK GRIMSHAW: No.

ANGELA HARTNETT: Healthy snack.

MAWAAN RIZWAN: Yeah.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Protein.

MAWAAN RIZWAN: Yeah, but no one- apparent- apparently it doesn't make you a popular person when you're in, in a, in an edit room and you pull out a boiled egg.

ANGELA HARTNETT: [*laughs*]

NICK GRIMSHAW: No. It doesn't.

MAWAAN RIZWAN: In an airtight room, apparently.

NICK GRIMSHAW: No.

ANGELA HARTNETT: Weird, weird.

MAWAAN RIZWAN: With no windows.

NICK GRIMSHAW: There's a fellow DJ where I work who brings in their own boiled eggs and yeah, it's stinks man.

ANGELA HARTNETT: And everyone...

NICK GRIMSHAW: It's bad, yeah, really stinks.

ANGELA HARTNETT: But, I love a boiled egg.

MAWAAN RIZWAN: Yeah, my dad does it, it's from- I come from a long lineage of boiled egg men.

NICK GRIMSHAW: Yeah.

[crew laugh]

ANGELA HARTNETT: Okay. Fair enough.

NICK GRIMSHAW: It's a family trait.

ANGELA HARTNETT: Well, look, they're here if you need them.

MAWAAN RIZWAN: Thank you.

ANGELA HARTNETT: If you feel you need a little supplement.

MAWAAN RIZWAN: Emergency.

NICK GRIMSHAW: I like that you've prepared those, Ange.

ANGELA HARTNETT: Yes, well, we look after our guests, we look after them.

NICK GRIMSHAW: Well cheers and welcome.

MAWAAN RIZWAN: Yeah, thank you.

NICK GRIMSHAW: We've done you a cocktail, this is called, it's called a Sharp Dresser.

MAWAAN RIZWAN: Oyyy.

ANGELA HARTNETT: Much like yourself.

MAWAAN RIZWAN: This is the life, innit?

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Come on.

ANGELA HARTNETT: Yeah, it's what we do. Cheers.

NICK GRIMSHAW: So it's vermouth and Cointreau and lime juice, 'cause we heard you like a vermouth cocktail.

ANGELA HARTNETT: Ooh.

NICK GRIMSHAW: With your eggs.

MAWAAN RIZWAN: That's so nice.

ANGELA HARTNETT: That's very nice.

MAWAAN RIZWAN: Did you make it?

NICK GRIMSHAW: I mean, it's three ingredients, but yes.

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: Yeah but the ratios are banging.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

[crew laugh]

NICK GRIMSHAW: Mm-hmm. Mmm.

MAWAAN RIZWAN: That's what I'm talking about.

NICK GRIMSHAW: Oh yeah, that is good.

ANGELA HARTNETT: It is good.

NICK GRIMSHAW: I started today being like, not gonna drink today at Dish.

ANGELA HARTNETT: Oh, did you?

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: That lasted about ten seconds.

NICK GRIMSHAW: We've been on a minute.

[laughter]

NICK GRIMSHAW: We're very excited you're on.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Um, and you know, there's so much to talk about today. As I said, there's all these brilliant things that you do. And we wanna talk about Juice and the new series of Juice in a second, um, because as I was saying to you just before we started, I love it. I think it's so brilliant and so creative, and we're so excited that there's a brand-new series, um, but before we get into that, we're gonna do your, your food likes and your food dislikes.

MAWAAN RIZWAN: Yeah, sure. Let's get into it.

NICK GRIMSHAW: We've confirmed vermouth, we've confirmed egg.

MAWAAN RIZWAN: Mmm.

NICK GRIMSHAW: Is there anything else?

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Do you take a snack actually, Ange, when you're out and about on the go?

ANGELA HARTNETT: I'm a- uh, Sarah actually from production's got me into apple and peanut butter.

NICK GRIMSHAW: Right, okay, yeah, yeah.

ANGELA HARTNETT: I decant a little peanut butter into plastic container, and then I have a little apple.

MAWAAN RIZWAN: That's really good for you.

ANGELA HARTNETT: That's my snack, that's protein again.

NICK GRIMSHAW: Love that. Love it.

MAWAAN RIZWAN: Yeah, yeah, exactly.

ANGELA HARTNETT: Yeah, and that-

MAWAAN RIZWAN: And ch- apple and cheese.

ANGELA HARTNETT: Yeah, that's always good, you see, yeah. There you go.

NICK GRIMSHAW: Love an apple.

ANGELA HARTNETT: Love an apple.

NICK GRIMSHAW: Shout out apples. Um, now you told us your food likes and dislikes, Mawaan.

MAWAAN RIZWAN: Mm-hm.

NICK GRIMSHAW: Um, you could eat ramen every single day.

MAWAAN RIZWAN: Mmm.

NICK GRIMSHAW: 'Gingery broth, jammy eggs, spring onions. Grounding.' You described it as, 'A hug from the inside.'

MAWAAN RIZWAN: Yeah.

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: Yeah, yeah, yeah, yeah.

NICK GRIMSHAW: Yeah.

MAWAAN RIZWAN: It's, I love, I love, I love having a bath.

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: And I love ramen.

NICK GRIMSHAW: Ooh.

MAWAAN RIZWAN: I love anything...

NICK GRIMSHAW: Wet.

ANGELA HARTNETT: Ramen in a bath?

MAWAAN RIZWAN: Wet and immersive.

[laughter]

MAWAAN RIZWAN: I like my food, like I like my baths. Wet and immersive.

[laughter]

MAWAAN RIZWAN: I always talk about wet food, I'm like, whenever I go to a restaurant, I'm like, I don't want dry, I want wet food.

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: 'Cause it has to have liquid. I grew up, you know, eating a lot of like, you know, my mum and dad were making curries and stuff, and it's just like, if it's not wet it's not comfy.

ANGELA & NICK: Yeah.

NICK GRIMSHAW: I'm with you on the ramen, but not with you on the bath. Always think I like a bath.

MAWAAN RIZWAN: Yeah...

NICK GRIMSHAW: Don't like a bath.

ANGELA HARTNETT: Oh no, I love a bath. Yeah.

NICK GRIMSHAW: Too hot.

ANGELA HARTNETT: No. Well, you can turn it, you know-

NICK GRIMSHAW: No, I know, but-

[crew laugh]

ANGELA HARTNETT: It's called a cold tap

MAWAAN RIZWAN: But that first moment when you get in.

NICK GRIMSHAW: Uh-huh

ANGELA HARTNETT: Mm.

MAWAAN RIZWAN: And all your cells are like, tingling.

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: You're like, 'Aahhh,' yeah that, that is a feeling I live for. And I used to have an ex-partner who used to like talk when I was getting in the bath, I'd be like, 'Shut, shut up!' I'm having moment, you know what I mean?

[laughter]

MAWAAN RIZWAN: I just need silence and, yeah.

NICK GRIMSHAW: And do you like it like near boiling, like, hot?

MAWAAN RIZWAN: Yeah, yeah, yeah, hot, yeah, I wanna be borderline pain.

[crew laugh]

ANGELA HARTNETT: Wow.

NICK GRIMSHAW: You also like: ‘Cheese bakes, pasta bakes, parmigiana, nachos with four different types of cheese, anything with stringy cheese in an oven, yes, please.’

MAWAAN RIZWAN: Praise be.

NICK GRIMSHAW: Is what you said. Do you like cheap cheese? Like, you know, like the, like American plastic-

MAWAAN RIZWAN: No.

NICK GRIMSHAW: No

MAWAAN RIZWAN: No, I'm sorry man.

NICK GRIMSHAW: No.

MAWAAN RIZWAN: I just, no. ‘Cause that stuff's not really stringy.

NICK GRIMSHAW: No.

MAWAAN RIZWAN: I hate cheese sauce. You know when you go to like a festival stall.

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: And they put cheese sauce, even though the menu said cheese?

ANGELA & NICK: Yeah.

MAWAAN RIZWAN: That ain't cheese, man.

NICK GRIMSHAW: Not cheese.

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: That's watered down.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Mm.

MAWAAN RIZWAN: You know what I mean?

NICK GRIMSHAW: Pure cheese.

MAWAAN RIZWAN: Pure cheese.

NICK GRIMSHAW: You like, yeah, not watered down. You love a few other things in everything. Uh, 'Garlic, tamarind, lime, marmite, including in curries,' uh, 'and yeast flakes.'

MAWAAN RIZWAN: Yeah. I used to live with vegans.

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: Ah.

MAWAAN RIZWAN: Um, [*in American accent*] and it's a habit I just can't shake.

[*laughter*]

MAWAAN RIZWAN: 'Cause we stopped eating cheese and we were just putting yeast flakes.

NICK GRIMSHAW: Yeast flakes, yeah.

MAWAAN RIZWAN: And it really worked. It really worked.

NICK GRIMSHAW: Tasty.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Are they the things that like slightly move?

MAWAAN RIZWAN: They're like flaky.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: They're flaky.

MAWAAN RIZWAN: They look a bit, oh no, this is gonna ruin them for me.

ANGELA HARTNETT: Yeah, don't do it.

MAWAAN RIZWAN: They look a bit like foot shavings.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Right.

[crew laugh]

MAWAAN RIZWAN: *[laughs]* Sorry, am I ruining...

NICK GRIMSHAW: Right, right, right. Great.

MAWAAN RIZWAN: You know what I mean?

NICK GRIMSHAW: Yeah, I know what I mean, I got that, I got that, I got that.

MAWAAN RIZWAN: Yeah...

NICK GRIMSHAW: Marmite-

ANGELA HARTNETT: Saw wo-

MAWAAN RIZWAN: Bon appétit.

[laughter]

NICK GRIMSHAW: Mmm! Um, snack wise, you said, 'A walnut and a date, when you're trying to be healthy, but really, chocolate fingers.'

MAWAAN RIZWAN: Yeah.

NICK GRIMSHAW: Yeah.

MAWAAN RIZWAN: Yeah. But also walnut and date is amazing.

ANGELA & NICK: Yeah.

MAWAAN RIZWAN: I like to toast my walnuts.

NICK GRIMSHAW: Oh?

MAWAAN RIZWAN: Toast 'em all. Store 'em. And when I, when I eat 'em, it's all like toasted and ready.

ANGELA HARTNETT: Toasted ready.

NICK GRIMSHAW: Ooh, yeah, love that.

MAWAAN RIZWAN: Yeah, slightly burnt.

NICK GRIMSHAW: Um, your dislikes start with a great line, just two words, 'Small portions.'

ANGELA HARTNETT: *[laughs]*

MAWAAN RIZWAN: Period.

NICK GRIMSHAW: Mm-hm. Have you had like a bad restaurant experience where it's like, big plate, and they're bringing it over and you're like, yeah, and they put it down and it's like that.

MAWAAN RIZWAN: Yeah, yeah.

NICK GRIMSHAW: Yeah.

MAWAAN RIZWAN: It's like they're trying to take the piss.

ANGELA HARTNETT: *[laughs]*

MAWAAN RIZWAN: Yeah. You know what I mean? And if there was a small plate with a small portion, you know, fair enough. But I get the small plate thing when there's loads of courses.

ANGELA & NICK: Mm-hm.

MAWAAN RIZWAN: You know, I get that.

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: But when it's just, you've ordered one thing.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: And it's not enough.

NICK GRIMSHAW: You're not a fan of overly spicy foods, uh, we have here that you wanna be able to taste the food but not be in pain the whole time.

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: Yeah, exactly.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: That's fair enough.

MAWAAN RIZWAN: And I don't like when I go to someone's house and they make me spicy food 'cause they're very, being very presumptuous, 'cause I'm brown, I might like spicy food.

NICK GRIMSHAW: Right.

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: But yes, the, you know, Pakistani food is very spicy.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Mm-hm.

MAWAAN RIZWAN: But, um, I, I, I hated it when my dad made really spicy fish, I wanted to taste the fish.

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: D'you know what I mean?

ANGELA HARTNETT: Because it overpowers, it kills everything. Yeah.

MAWAAN RIZWAN: Yeah. And there's, there's a limit, you know, there's a limit.

NICK GRIMSHAW: You also gave us a, a guilty pleasure, that you actually have cooked up prior to being here together.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: I wasn't there.

ANGELA HARTNETT: No, you weren't there.

NICK GRIMSHAW: So do you wanna run us through the quite complex recipe?

ANGELA HARTNETT: Yes.

MAWAAN RIZWAN: Yeah, yes, um, you taking notes? So-

ANGELA HARTNETT: Yeah, so I've got, actually I h- there we go.

MAWAAN RIZWAN: Instant noodles.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yep.

MAWAAN RIZWAN: Put a burrata in it.

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: And that- there you have it.

[crew laugh]

NICK GRIMSHAW: And that is it.

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: You have it. But do wait a couple of minutes, because what you don't want is you don't want the burrata to be cold from the fridge.

NICK GRIMSHAW: Yes.

MAWAAN RIZWAN: Right, you want the, the, the soupy liquid of the instant noodles to just like soften and melt it a bit.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Mmm.

MAWAAN RIZWAN: And it is actually amazing and it strings in the, in, in the noodles.

ANGELA HARTNETT: Stringy cheese again.

NICK GRIMSHAW: Yeah, yeah, yeah. How was it, um, doing Mawaan's recipe?

ANGELA HARTNETT: Well, we did it together, and actually I was surprised that it was really nice.

NICK GRIMSHAW: Yeah?

ANGELA HARTNETT: I didn't think, I thought I'd hate it, but actually, 'cause I don't like burrata, as I told him.

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: And so that worked for me 'cause it was, it melted it all down, I didn't get all that creaminess 'cause I had all the flavour of the noodle soup and it, yeah, it was good.

NICK GRIMSHAW: Mm.

MAWAAN RIZWAN: You're welcome.

ANGELA HARTNETT: It was good.

[crew laugh]

NICK GRIMSHAW: And you guys have, have filmed this.

ANGELA HARTNETT: We filmed it.

NICK GRIMSHAW: So you can watch this on Dish Youtube.

ANGELA HARTNETT: All the technique, took us an hour.

MAWAAN RIZWAN: [laughs]

ANGELA HARTNETT: I mean, you know, it was very methodical, had to follow everything.

NICK GRIMSHAW: Very, very complex.

ANGELA HARTNETT: Yeah, very complex.

NICK GRIMSHAW: You can watch that on, uh, our YouTube channel if you wanna go and watch that. Was this a recipe passed on from-

ANGELA & NICK: Generations?

NICK GRIMSHAW: Or was it like four o'clock in the morning-

MAWAAN RIZWAN: It is, yes.

NICK GRIMSHAW: -I know...

MAWAAN RIZWAN: No, my ancestors have been doing this...

[laughter]

MAWAAN RIZWAN: Since back in the day. Um, no, it was a, it was a hungover Sunday.

NICK GRIMSHAW: Uh-huh.

MAWAAN RIZWAN: I want cheese on my noodles, what cheese have I got in the fridge? And it was a burrata, 'cause she fancy.

NICK GRIMSHAW: Mm-hm.

[*crew laugh*]

MAWAAN RIZWAN: And here we are.

NICK GRIMSHAW: She got a BAFTA.

[*laughter*]

MAWAAN RIZWAN: Yeah, she got, she got, she's doing all right now.

NICK GRIMSHAW: She's got a BAFTA. She's got burrata.

MAWAAN RIZWAN: She's got a burrata.

NICK GRIMSHAW: Okay.

MAWAAN RIZWAN: But room temperature burrata, I can't say this enough. If I go to a restaurant and you're giving me cold burrata...

NICK GRIMSHAW: Mm-hm.

MAWAAN RIZWAN: That's not good enough.

NICK GRIMSHAW: No.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Level up, d'you know what I mean?

ANGELA HARTNETT: He's right.

NICK GRIMSHAW: Or you get cold tomato.

ANGELA HARTNETT: Yeah. Another one.

NICK GRIMSHAW: Yeah. What am I doing?

MAWAAN RIZWAN: Don't put it in the fridge, right?

ANGELA HARTNETT: Don't put it in the fridge, exactly.

NICK GRIMSHAW: You know.

[crew laugh]

NICK GRIMSHAW: You know.

ANGELA HARTNETT: It's like fruit. Don't put a peach in the fridge.

NICK GRIMSHAW: No.

ANGELA HARTNETT: Don't put any of that stuff in fridges.

NICK GRIMSHAW: Don't have a fridge.

ANGELA HARTNETT: Yeah, don't have a-

[laughter]

[theme music]

NICK GRIMSHAW: While Ange is getting our food ready, I wanted to talk about your, your time on Bake Off. Love Bake Off. You were asked whilst on there to do a hero in a biscuit form.

MAWAAN RIZWAN: I did Paul Hollywood.

NICK GRIMSHAW: You did Paul Hollywood.

MAWAAN RIZWAN: Yeah. I mean, do you know what... is he my hero? I'm gonna, I'm gonna give you an exclusive here: No.

NICK GRIMSHAW: What?

[laughter]

MAWAAN RIZWAN: But I was doing some classic sucking up, like I wanted to get those points-

NICK GRIMSHAW: Yeah, big time.

MAWAAN RIZWAN: -and I wanted to get the, you know what I mean?

NICK GRIMSHAW: Mm-hm.

MAWAAN RIZWAN: Um... And I do love his blue eyes, like...

NICK GRIMSHAW: Yeah.

MAWAAN RIZWAN: You know, they do a lot for me.

NICK GRIMSHAW: They are crazy in real life.

MAWAAN RIZWAN: Insane.

NICK GRIMSHAW: Like really crazy.

MAWAAN RIZWAN: Insane. You should see them- you should see them in biscuit form, I mean...

[laughter]

NICK GRIMSHAW: Whoa. Well, I, I do have a picture of it here. This was your homage to, to Paul Hollywood. So run us through the recipe, so his skin is brandy snap.

MAWAAN RIZWAN: Yeah.

NICK GRIMSHAW: Just like real life.

MAWAAN RIZWAN: [laughs] Yeah, and then I had to like obviously bake that to the perfect amount of time so it wouldn't crack.

NICK GRIMSHAW: Yeah.

MAWAAN RIZWAN: And then I had to get it out and while it was hot, I had to like shape his cheekbones and his nose and stuff, which is really hard.

NICK GRIMSHAW: Actually good, the shaping is good.

MAWAAN RIZWAN: D'you know what I mean?

NICK GRIMSHAW: I fan-

[*crew laugh*]

NICK GRIMSHAW: I fancy this.

MAWAAN RIZWAN: You're welcome.

NICK GRIMSHAW: Yeah.

MAWAAN RIZWAN: And he's edible.

NICK GRIMSHAW: Did you enjoy your time on the show? Did you enjoy cooking?

MAWAAN RIZWAN: I did. What I loved about it most, yeah, is that you turn around and they clean up after you, 'cause it's for telly innit, they don't want it looking messy.

ANGELA HARTNETT: Yep.

NICK GRIMSHAW: Yeah, yeah.

MAWAAN RIZWAN: And that's my kind of cooking.

NICK GRIMSHAW: Yeah. Love that.

MAWAAN RIZWAN: Like, my dream cooking is like, I cook on an island.

NICK GRIMSHAW: Mm.

MAWAAN RIZWAN: You know, I, I turn around and someone's cleared the island.

NICK GRIMSHAW: Ideal. That's Angela's life.

MAWAAN RIZWAN: Yeah-

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: It's a good life!

NICK GRIMSHAW: That is Angela's life, yes. Did you practice at home? Because I did it, and I practiced at home and it was really good, and then when I went on it, I forgot about the, the timescale. Did you practice at home?

MAWAAN RIZWAN: No [*in American accent*] ain't nobody got time for that.

NICK GRIMSHAW: No.

MAWAAN RIZWAN: I was just- I, I just thought I'd wing it.

NICK GRIMSHAW: Uh-huh.

MAWAAN RIZWAN: Um, no offence, but like, only losers practice at home, so...

[*crew laugh*]

NICK GRIMSHAW: It was good at home.

MAWAAN RIZWAN: I did really enjoy it though, and my stuff tasted amazing. I felt like I was undervalued.

NICK GRIMSHAW: Mm-hm.

MAWAAN RIZWAN: I felt like Ellie Goulding was the star pupil, and, um...

NICK GRIMSHAW: Oh well that's classic, she got head girl energy.

MAWAAN RIZWAN: Yeah, but...

[*crew laugh*]

NICK GRIMSHAW: Yeah.

MAWAAN RIZWAN: Her stuff looked good.

NICK GRIMSHAW: Yeah.

MAWAAN RIZWAN: But I tasted it and like, I'm not being funny, right, but mine was just as good...

[crew laugh]

MAWAAN RIZWAN: And so I've, uh, unfollowed her off Twitter and...

[laughter]

NICK GRIMSHAW: She's dead to us.

MAWAAN RIZWAN: Yeah.

NICK GRIMSHAW: Yeah, she's dead to us.

MAWAAN RIZWAN: I will keep that beef going till the day I die.

NICK GRIMSHAW: Yeah, yeah, yeah, it's an unlikely beef, but one I'm invested in.

MAWAAN RIZWAN: I've got T-shirts saying, 'F*** Ellie Goulding.'

[laughter]

MAWAAN RIZWAN: I would say that on record. Your tarte tatin? I could do better. No, but it was-

NICK GRIMSHAW: Could have done better.

MAWAAN RIZWAN: And no one takes their stuff home. It's all for telly and that's it, and I'm like, you kidding?

NICK GRIMSHAW: Yeah, yeah, yeah.

MAWAAN RIZWAN: I live with eight people, I was living with eight people at the time. I'm taking everyone's- I took everyone's stuff home.

NICK GRIMSHAW: Oh did you take it all home?

MAWAAN RIZWAN: We ate for weeks like kings.

[laughter]

MAWAAN RIZWAN: Yeah, man, I fed a whole Bangladeshi family with that cake, man.

[*theme music*]

NICK GRIMSHAW: Okay, so our food is here. Uh, we're doing a ramen today. I love a ramen. So tell us, uh, the full name of this one, Ange.

ANGELA HARTNETT: So it's a pork and mushroom tantanmen.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Um, so you make your base, but the great thing about this is that you get, you buy the ramen broth flavouring.

NICK GRIMSHAW: Oh, okay.

ANGELA HARTNETT: So all you do is have your water, add your ramen flavouring to it.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: And then it's a little bit of chopping, et cetera, et cetera.

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: Yeah. So you don't have to make the whole broth yourself, that's the key.

NICK GRIMSHAW: Oh yes, that's the key.

ANGELA HARTNETT: So that makes it easier.

NICK GRIMSHAW: And what's tantanmen?

ANGELA HARTNETT: So it's a Japanese noodle soup, and it's based on Chinese Dan Dan noodles. And you make it with a sesame paste, so of course we've got that at the bottom, and you stir in your broth there. And traditionally it would be quite spicy, but because of our guest, only a little bit of spice. And so, but if you want more spice, it's there.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: And then, so that's your base, then you've got your noodles, then we've got pork that we sauté with ginger, garlic, um, a touch of honey, five spice, and then finish with spring onion, sesame seeds, and then your base is the mushroom which are the shiitake mushrooms.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: So you've got fresh shiitake mushrooms and dried shiitake mushrooms.

NICK GRIMSHAW: Why do you use both types? Texture?

ANGELA HARTNETT: The dried will have a more intense flavour. So you mix those in with the pork.

MAWAAN RIZWAN: Yeah.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Whereas, you know, every ramen has a vegetable base, you've got your fresh sliced, um, mushrooms with your, um, pak choi.

NICK GRIMSHAW: The pork with the mushroom is so good.

ANGELA HARTNETT: Yeah. Good.

MAWAAN RIZWAN: So good.

NICK GRIMSHAW: So delicious. And the rest-

MAWAAN RIZWAN: Sometimes the ramen can be a bit, um, just a bit bland.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: That's when it- but, but it's, if the meat-

ANGELA HARTNETT: Is it good?

MAWAAN RIZWAN: -is done right and the mushrooms done right.

ANGELA HARTNETT: There you go.

NICK GRIMSHAW: Really good. And the recipe doesn't call for a jammy egg.

ANGELA HARTNETT: No.

NICK GRIMSHAW: But you've added that for Mawaan.

ANGELA HARTNETT: We've added a jammy egg 'cause you know, you like your eggs.

NICK GRIMSHAW: I think going for a ramen and a beer is a really good match.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: But there's also a wine pairing as well.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: What's the, uh, perfect wine pairing for this, Ange?

ANGELA HARTNETT: So it's a Riesling from Australia, from Adelaide Hills and it's called The Dry Dam. And it- and the Riesling, it's sort of slightly, you know, it's got that acidity there, but there's a creaminess to it as well that will work really well with the ramen.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: So, but cheers. I hope you enjoy it.

MAWAAN RIZWAN: Cheers.

NICK GRIMSHAW: Cheers.

ANGELA HARTNETT: Welcome. I know we've welcome you.

NICK GRIMSHAW: Cheers.

MAWAAN RIZWAN: This is the life.

NICK GRIMSHAW: Absolutely ideal.

ANGELA HARTNETT: There's more there if that's not big enough portion.

MAWAAN RIZWAN: Oh yeah, yeah, I will, will be getting more, thank you
[laughs]

NICK GRIMSHAW: All the recipes that we do on Dish,
[waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes), you can get the wine pairing, uh, the, how to do it-

ANGELA HARTNETT: Method.

NICK GRIMSHAW: -all on there. The method.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: It's so good this, Ange.

[theme music]

NICK GRIMSHAW: I know what we should talk about. Juice.

MAWAAN RIZWAN: Let's get into it.

NICK GRIMSHAW: We should.

ANGELA HARTNETT: [laughs]

NICK GRIMSHAW: Let's talk about it. Um, so for those who've not seen Juice, tell us about this, because it's a truly one-of-a-kind type of show, isn't it? And it was a show that you had spent quite a bit of time, you know, trying to make and, and get made, it wasn't like an overnight thing for you, was it?

MAWAAN RIZWAN: Yeah, I was pitching it around for ten years trying to get it made.

NICK GRIMSHAW: Wow.

MAWAAN RIZWAN: But I think everyone was like, 'Ah, it's too weird. It's too weird.' I'm like, guys, it's not even that weird. It's actually just about a guy stumbling into love, you know?

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: Um, but just he does it literally and there's a lot of stumbling and a lot of physical comedy and, and the walls start moving and when, you know, his emotions peak the world around him physically starts warping.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah.

MAWAAN RIZWAN: And I think, uh, it's hard to make a TV show that- where people can't see an example of it already out there. So it's harder to sell.

NICK GRIMSHAW: Mm-hm.

MAWAAN RIZWAN: But it's more satisfying when you make it.

ANGELA HARTNETT: Because there's no comedy like that on TV.

MAWAAN RIZWAN: Mm-hm.

ANGELA HARTNETT: 'Cause it's all quite, you know, it's comedy and it's funny, but it's all following a storyline. But yours, you know, you're watching it, you go, what? You know, what happened there, you know, it makes you question it and look at it.

NICK GRIMSHAW: And it's, it's like physical, isn't it?

ANGELA HARTNETT: Yeah, it is.

NICK GRIMSHAW: It took ten years to do it, was, was there any point where you're like, ugh, I can't do this? And what was it that made you want to carry on? Like, you know, once you got to year six, why were you like four-

MAWAAN RIZWAN: [*laughs*]

[*laughter*]

MAWAAN RIZWAN: [*laughs*] Yeah.

NICK GRIMSHAW: -four more years of pitching?

MAWAAN RIZWAN: Yeah.

NICK GRIMSHAW: Like what was it that made you, you know-

MAWAAN RIZWAN: I mean-

NICK GRIMSHAW: -this an essential story to tell?

MAWAAN RIZWAN: I was doing other stuff at the same time.

NICK GRIMSHAW: Yeah.

[*crew laugh*]

MAWAAN RIZWAN: D'you know what I mean?

NICK GRIMSHAW: Yeah.

MAWAAN RIZWAN: Yeah, yeah, yeah, yeah. Uh... and that helped, or, you know, I was doing the stand up and I was doing- writing other scripts and, and, and doing acting jobs, and it just helped me actually it, the idea like aged like fine wine, you know?

NICK GRIMSHAW: Mm.

MAWAAN RIZWAN: Over time, I think it, it, the idea matured, even from series two to series one.

NICK GRIMSHAW: Mm-hm.

MAWAAN RIZWAN: I feel like it's got somehow more, uh... innocently childish and sophisticated at the same time.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Mm.

MAWAAN RIZWAN: You know, like the emotions in it, I feel like are a bit more grown up, series two, but the, the imagination is even more vivid and immersive. I think, uh, I think the team around me really helped as well, it's all people who worked on it who are like, yeah, I wanna make something different.

NICK GRIMSHAW: Yes.

MAWAAN RIZWAN: You know, everyone wants audiences to be flicking through the channels and it looks like nothing else that's on.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And then how does the BAFTA win-

ANGELA HARTNETT: Mhm.

NICK GRIMSHAW: -winning a BAFTA, change what you... I guess, want to do, and also what you are allowed to do? Does it then be like, oh my God, do whatever you want, you're doing the right thing? Or does it mean like the spotlight's more on you so you've got, I dunno, tick more boxes for more people-

ANGELA HARTNETT: Yeah, that's true

NICK GRIMSHAW: -in BBC offices, like how did it, how did it change you creatively, I guess?

MAWAAN RIZWAN: Yeah, I don't know, man. I think when you win an award, it's funny because all these people have stakes in that thing. You know, and it means something else to your parents when they're-

ANGELA HARTNETT: Yeah sure.

MAWAAN RIZWAN: -showing off to their neighbours. It means something else to your commissioner, to your producer, to-

NICK GRIMSHAW: Mm-hm.

MAWAAN RIZWAN: - you know, and- and you realise it's just, it's really helpful for the show, and it's really helpful for being given permission to make more stuff.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: But your day to day, it's like, it hasn't really changed much.

NICK GRIMSHAW: No.

MAWAAN RIZWAN: I mean, it's a nice flex on dates.

NICK GRIMSHAW: Yeah, yeah, yeah, yeah.

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: You know, like, I leave-

ANGELA HARTNETT: [*laughs*]

MAWAAN RIZWAN: You know, they come around and I'm like, 'Oh, this little thing?' You know, it's just...

ANGELA HARTNETT: [*laughs*]

NICK GRIMSHAW: Yeah, I can see-

ANGELA HARTNETT: 'Sorry, I just knocked that, let me pick my BAFTA up.'

MAWAAN RIZWAN: Yeah, yeah, yeah.

ANGELA HARTNETT: Yeah, yeah, yeah.

NICK GRIMSHAW: Yeah.

MAWAAN RIZWAN: And it, and it's heavy and they like holding it, but um...

ANGELA HARTNETT: Yeah, yep.

[laughter]

MAWAAN RIZWAN: Yeah, you know. So, you know. But yeah, day to day I'm just, I have actually just been in a bit of a bubble of making the sec- second series-

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Mh-hm.

MAWAAN RIZWAN: -so I actually don't know, I'm just coming outta that now-

NICK GRIMSHAW: Uh-huh.

MAWAAN RIZWAN: I actually don't know how it's changed things, it'll be-

NICK GRIMSHAW: How is it to go do the second, because, you know, you've poured-

ANGELA HARTNETT: Yeah, yep.

NICK GRIMSHAW: -Your entire life's work into the first one. How was it for you? How was it entering? Especially off the back of, you know, huge success?

MAWAAN RIZWAN: Yeah, I thought it would be hard.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Mm.

MAWAAN RIZWAN: But actually, it was weirdly freeing because the first show was based, uh, on a live show. The second series was like, well, it can be anything now, d'you know what I mean? So I kind of weirdly found it freeing and actually it really took off and the world building just really became its own-

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: -because I wasn't tied down to-

NICK GRIMSHAW: Yeah.

MAWAAN RIZWAN: ‘Well, I must hit this story.’

NICK GRIMSHAW: And how does it begin, like when you are, you know, you, you could create anything. Like how, what's like the sort of inception of it?

MAWAAN RIZWAN: I look on my notes of all the ideas that have sort of collated-

NICK GRIMSHAW: Uh-huh.

MAWAAN RIZWAN: -over the last few months of little nuggets of things.

NICK GRIMSHAW: Mm-hm.

MAWAAN RIZWAN: I kept having this like fever dream of like, ‘I think I need to, I need to fight a demon clown version of myself.’ And I just-

[laughter]

MAWAAN RIZWAN: I dunno why, but I have to do that. And then it's like, well, okay, well what's the story?

ANGELA HARTNETT: How we gonna work that in?

MAWAAN RIZWAN: Yeah, yeah, yeah.

ANGELA HARTNETT: Yeah [laughs]

NICK GRIMSHAW: So fun.

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: ‘I, I, I have to get swallowed up by a sw- sofa, and then end up in this sort of sofa underworld, tunnel land-

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: -and I dunno why, but it's-

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: -it is, I think we need it.' And, and often those weird kind of like, conceptual ideas, like often have an emotional reason to it.

ANGELA HARTNETT: Yeah, of course.

MAWAAN RIZWAN: And I was like, oh, I think I was trying to get the character to feel grief, or I was trying to get them to feel, you know, vulnerability-

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Mh-hm.

MAWAAN RIZWAN: -and love and that's why I'm thinking of this squidgy world or whatever.

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: You know what I mean?

NICK GRIMSHAW: Yeah, it's like dream analysis a little bit.

ANGELA HARTNETT: Yeah, it is.

NICK GRIMSHAW: Like those weird things you have in your dream, where you're like, what does that mean? And then you Google it and you're like, oh no.

ANGELA HARTNETT: [*laughs*]

MAWAAN RIZWAN: Yeah, yeah, yeah.

NICK GRIMSHAW: Oh no.

ANGELA HARTNETT: I don't wanna know that about myself.

MAWAAN RIZWAN: Turns out I'm a narcissist.

NICK GRIMSHAW: Do you have any recurring dreams?

ANGELA HARTNETT: I d- I, as a kid, I had a ho- because we, we were talking about it earlier, 'cause I walked to school with my brother and there was this woods called Reindeer Woods. And I- someone told me once there was a family in Reindeer Woods that stole kids and stuff, so I'd always run past the woods 'cause I was petrified. So I'd have a recurring dream that my mum was stolen, my brother was stolen, my sister was stolen.

MAWAAN RIZWAN: [*gasps*]

ANGELA HARTNETT: But that- I did have that as a kid.

MAWAAN RIZWAN: I don't wanna mine your trauma.

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: But that is a great TV show idea.

[*laughter*]

MAWAAN RIZWAN: Do you mind if I...

ANGELA HARTNETT: You can have it.

MAWAAN RIZWAN: Is that all right?

ANGELA HARTNETT: Series three, just a little acknowledgement at the end.

MAWAAN RIZWAN: Yeah.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: It'll be fine.

NICK GRIMSHAW: Families, our families.

MAWAAN RIZWAN: Yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Um, are like brutally honest, which I love. And I've read like your family also like brutally honest, which you need, it's good. But your mum would like, come on set, and I love this would also be like, the catering is rubbish.

MAWAAN RIZWAN: Yeah.

NICK GRIMSHAW: So she would bring her own...

MAWAAN RIZWAN: She'd bring her own food every day. And then she'd also bring food for me and my brother to be like, 'You don't want to be eating that stuff.'

[laughter]

MAWAAN RIZWAN: She'd call it 'dead food' because...

ANGELA HARTNETT: I love that.

MAWAAN RIZWAN: They use things out of jars and preservatives.

NICK GRIMSHAW: Yeah, yeah, yeah, yeah.

MAWAAN RIZWAN: Yeah, so she-

NICK GRIMSHAW: Dead food.

MAWAAN RIZWAN: She'd be like, she, every day she makes her food fresh, it's her thing.

ANGELA HARTNETT: Fresh, yeah.

MAWAAN RIZWAN: That's her thing, you know? 'Cause I live off catering. A catering truck on a film set it's like, I will eat it.

NICK GRIMSHAW: Mm-hm.

MAWAAN RIZWAN: You know, if it's free, I will eat it. That's the policy.

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: You know?

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: You, you we're saying the people around that you've worked it with- made it with was, I mean, your brother, your mum.

MAWAAN RIZWAN: Yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Also in it. Were they always like up for it? Were they always up for like, yes. 'Cause your mum ran an acting school and stuff, right? So she was-

MAWAAN RIZWAN: *[laughs]* Yeah.

NICK GRIMSHAW: -yeah, so she was like up for it.

MAWAAN RIZWAN: Yeah.

NICK GRIMSHAW: But did she take much convincing, or?

MAWAAN RIZWAN: Well, growing up my mum would always put like, community plays on, and like, be teaching, like, like, you know, the immigrants in our community centre- like in our community, just like a to have, to, they, she would teach them English via making them do plays that they didn't want to do.

NICK GRIMSHAW: *[laughs]*

ANGELA HARTNETT: Mh-hm. Right.

MAWAAN RIZWAN: But she wanted to do, d'you know what I mean? So we were always like doing, like acting on the weekends and stuff. So it was a very natural progression to be like, 'Mum, I'm making a TV show, like obviously you're gonna be in it.'

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: Because she would also kill me if...

NICK GRIMSHAW: If she wasn't.

MAWAAN RIZWAN: If she wasn't, yeah.

NICK GRIMSHAW: Yeah.

MAWAAN RIZWAN: I didn't have a choice, man. I didn't have a choice.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And she's so funny in it.

ANGELA HARTNETT: Yeah, she's brilliant.

NICK GRIMSHAW: She's so brilliant.

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: I know, too funny man.

NICK GRIMSHAW: Yeah.

MAWAAN RIZWAN: Too funny.

NICK GRIMSHAW: Really great. And would your dad come to set and come and get involved, or no?

MAWAAN RIZWAN: No.

NICK GRIMSHAW: No, not so much.

MAWAAN RIZWAN: No, he doesn't...

NICK GRIMSHAW: Would you invite him or do you know that that's not his...

ANGELA HARTNETT: It's not, yeah.

NICK GRIMSHAW: Bag.

MAWAAN RIZWAN: Do you know, I was bringing enough family dynamics on to set.

NICK GRIMSHAW: Yeah.

MAWAAN RIZWAN: I didn't, I didn't need the dad there as well.

NICK GRIMSHAW: Didn't need the dad as well.

MAWAAN RIZWAN: D'you know what I mean?

NICK GRIMSHAW: Yeah, yeah, yeah, yeah.

MAWAAN RIZWAN: Yeah. And then he's- then he'd all be like, 'Oh, why, why didn't you put me in this?' Like, 'Well, 'cause you can't act dad, and I've been, I've told you.'

[laughter]

MAWAAN RIZWAN: D'you know what I mean? Only the talented ones.

[laughter]

ANGELA HARTNETT: You, no.

[laughter]

MAWAAN RIZWAN: You know, he's not shy of telling me when, when he doesn't like any of my work, so...

ANGELA HARTNETT: Yeah. That's fair enough.

NICK GRIMSHAW: And does he give you feedback at your shows when he's come to see you do live shows?

MAWAAN RIZWAN: He once turned up to a show, um, and he left halfway through 'cause he, 'Got the gist.'

[laughter]

MAWAAN RIZWAN: Genuinely. Genuinely.

NICK GRIMSHAW: He's like, yeah, I get this.

MAWAAN RIZWAN: Literally. And I was like, cool. That that is gonna be the-

ANGELA HARTNETT: He should have his own show, to be fair.

NICK GRIMSHAW: That is so our families.

ANGELA HARTNETT: Yes, it's so.

NICK GRIMSHAW: It's so our families.

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: It's 'cause they've seen it all.

ANGELA HARTNETT: Yeah, they know.

MAWAAN RIZWAN: I've probably like done a version of that growing up, performed at them.

ANGELA HARTNETT: Yeah, of course.

NICK GRIMSHAW: Yeah, yeah, yeah.

MAWAAN RIZWAN: He's over it. He's over it.

ANGELA HARTNETT: I love that.

MAWAAN RIZWAN: But he is secretly proud.

NICK GRIMSHAW: Yeah, yeah, yeah.

ANGELA HARTNETT: Of course. Course, yeah.

MAWAAN RIZWAN: And, and I'll know it because when I meet his friends they tell me how much he's been talking about me.

NICK GRIMSHAW: Aw.

ANGELA HARTNETT: Oh, that's nice.

MAWAAN RIZWAN: And I'm like, I wish he would just tell me directly, but...

NICK GRIMSHAW: That's not dad style.

ANGELA HARTNETT: That's- that's- that's his own way of doing it-

MAWAAN RIZWAN: Yeah, I love it, I take it, I take it.

ANGELA HARTNETT: Yeah, yeah, yeah.

NICK GRIMSHAW: That's nice. I remember when I was doing X Factor, and we went to Manchester and we were filming it up there. And like my- I'm from Manchester and I said to my dad, I said, do you wanna come and watch it? He said, 'I don't watch that s*** in my own living room, I'm not going all the way to Salford for it.'

[laughter]

NICK GRIMSHAW: True story, he didn't come. I was like, 'I'm there for five nights,' he was like, 'It's f***** s***.'

[laughter]

MAWAAN RIZWAN: No, but you know what?

NICK GRIMSHAW: He said he won't come.

MAWAAN RIZWAN: You need.

NICK GRIMSHAW: Won't come.

MAWAAN RIZWAN: When you work in showbiz, you need a parent who doesn't give a s***.

NICK GRIMSHAW: He was like, no way.

ANGELA HARTNETT: Yeah, keep you grounded, you see?

NICK GRIMSHAW: He was like, all them idiots? No way.

MAWAAN RIZWAN: *[laughs]*

NICK GRIMSHAW: I was like, all right then, see you later. See you later.

ANGELA HARTNETT: Love it.

[theme music]

NICK GRIMSHAW: Mawaan, we're gonna do your fast food quiz. Tell us your favourite way to eat eggs?

MAWAAN RIZWAN: Boiled.

NICK GRIMSHAW: Correct.

ANGELA HARTNETT: Yep

MAWAAN RIZWAN: Actually, sorry, that's a lie.

NICK GRIMSHAW: No, it's a lie.

MAWAAN RIZWAN: The boiled thing is just a practical thing.

NICK GRIMSHAW: On the go.

MAWAAN RIZWAN: Um, I actually love poached.

NICK GRIMSHAW: Okay, poached.

ANGELA HARTNETT: Poached.

MAWAAN RIZWAN: I said it.

ANGELA HARTNETT: Oh very nice, yeah.

NICK GRIMSHAW: And can you do a poached? Are you good?

MAWAAN RIZWAN: Yeah, I'm good-

NICK GRIMSHAW: Yes.

MAWAAN RIZWAN: -I'm good.

NICK GRIMSHAW: What's your method?

MAWAAN RIZWAN: Don't, no need to do the spinny thing. Don't need to swirl the water.

NICK GRIMSHAW: Oh, no spinny thing.

ANGELA HARTNETT: Okay.

MAWAAN RIZWAN: Just pop 'em in, just make sure it's b- b- boiling.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Boiling, yeah.

NICK GRIMSHAW: Pop 'em in.

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

MAWAAN RIZWAN: Uh, tuna cucumber.

NICK GRIMSHAW: Favourite form of potato?

MAWAAN RIZWAN: Mash.

ANGELA HARTNETT: Uh, your favourite herb?

MAWAAN RIZWAN: Uh... mint.

ANGELA HARTNETT: Okay, mint, yeah.

MAWAAN RIZWAN: Fresh.

ANGELA HARTNETT: Course.

NICK GRIMSHAW: What is the- fresh.

MAWAAN RIZWAN: Yeah.

NICK GRIMSHAW: What is the best crisp?

MAWAAN RIZWAN: Uh, Monster Munch.

NICK GRIMSHAW: Oh yeah.

ANGELA HARTNETT: Oh yeah, haven't had a Monster Munch.

NICK GRIMSHAW: I haven't had a Monster Munch for years.

MAWAAN RIZWAN: You have to really open your jaw wide, you know.

NICK GRIMSHAW: Oh.

MAWAAN RIZWAN: Get that in.

NICK GRIMSHAW: Big, yes.

MAWAAN RIZWAN: Yeah, get that crunch in.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Yeah. What's your favourite chocolate bar?

NICK GRIMSHAW: Currently? Starbar.

ANGELA HARTNETT: Starbar? Okay.

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: I haven't had that for a while.

NICK GRIMSHAW: Um, Sunday roast of choice?

MAWAAN RIZWAN: D'you know what, yeah?

NICK GRIMSHAW: Mm?

MAWAAN RIZWAN: It's controversial, but I, I... man loves a Wellington.

NICK GRIMSHAW: Oh!

ANGELA HARTNETT: Oh!

NICK GRIMSHAW: Yeah!

[laughter]

NICK GRIMSHAW: Yeah!

MAWAAN RIZWAN: If it's a good one.

NICK GRIMSHAW: Yeah.

MAWAAN RIZWAN: I've got time for it.

ANGELA HARTNETT: That's quite a high-end roast-

NICK GRIMSHAW: Man loves a Wellington.

ANGELA HARTNETT: -that is, yeah.

MAWAAN RIZWAN: You know what I mean, with the crisscross pastry.

NICK GRIMSHAW: Mmm.

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: Yeah!

ANGELA HARTNETT: Why not? Mushroom.

MAWAAN RIZWAN: Save the animals.

NICK GRIMSHAW: Love a Wellington.

ANGELA HARTNETT: Lovely, yeah.

NICK GRIMSHAW: Mmm.

ANGELA HARTNETT: Um, what's your favourite nut?

MAWAAN RIZWAN: Walnut.

NICK GRIMSHAW: Mmm.

ANGELA HARTNETT: Oh yeah.

MAWAAN RIZWAN: Uh, pistachio! Oh!

NICK GRIMSHAW: Oh!

[crew laugh]

NICK GRIMSHAW: Sorry.

ANGELA HARTNETT: You were doing so well.

NICK GRIMSHAW: Pistachio I think is correct.

ANGELA & NICK: Yeah.

NICK GRIMSHAW: I think pistachio is correct, yeah. Um, and finally, what's the best thing on toast?

MAWAAN RIZWAN: Good old butter.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Butter.

NICK GRIMSHAW: The chef's choice.

[theme music]

NICK GRIMSHAW: I wanna talk to you about two more things actually, I wanna talk to you about wigs.

ANGELA HARTNETT: Oh yeah.

NICK GRIMSHAW: Uh, because the wig is sort of, is the wig is kind of, it's like, you know, the bowl wig, is kind of it's own character I guess.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: In Juice. Um, how many wigs are we talking on the set of, of Juice 2?

MAWAAN RIZWAN: Uh, about seven, I think.

NICK GRIMSHAW: Seven wigs.

ANGELA HARTNETT: Ooh wow.

MAWAAN RIZWAN: Seven and one that- and one, one that would spin.

NICK GRIMSHAW: Oh yes.

ANGELA HARTNETT: Oh, amazing.

MAWAAN RIZWAN: The whole bowl cut spins.

NICK GRIMSHAW: Oh my God, love.

ANGELA HARTNETT: Oh, fab.

NICK GRIMSHAW: Love. And so do you have to like go to a wig creator and be like, this is the vision?

MAWAAN RIZWAN: Well, I-

NICK GRIMSHAW: Make me a spinning wig.

MAWAAN RIZWAN: -our makeup designer, Su- Susana Mo- Mota is very, very talented. She makes all the wigs herself by hand.

ANGELA HARTNETT: Oh my God.

NICK GRIMSHAW: Wow.

MAWAAN RIZWAN: That's one of the first things that's done when we start pre-production.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Wow.

MAWAAN RIZWAN: And, uh, yeah, the, the wig is very important.

ANGELA & NICK: Mm.

MAWAAN RIZWAN: To me- I love a wig.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: What- I mean, when I- growing up, it was all about, you put on a wig and you transform, right.

ANGELA HARTNETT: Yeah, you change, yeah, of course.

MAWAAN RIZWAN: Yeah.

ANGELA HARTNETT: Course, yeah.

MAWAAN RIZWAN: And it's a little thing, but it helps... You know, I trained as a clown. Yes, that's a thing.

NICK GRIMSHAW: Mm-hm.

MAWAAN RIZWAN: And, uh, you, you wear the red nose, and once a red nose is on your clown is around your body, right. And so for me, the, the, the bowl cut is the red nose.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Mm.

MAWAAN RIZWAN: It keeps this character in his humility.

NICK GRIMSHAW: Uh-huh. Um, I went to see Cher last year, and she did a a different wig-

MAWAAN RIZWAN: Bowl cut wig?

NICK GRIMSHAW: She did a bowl wig.

[laughter]

NICK GRIMSHAW: She did a-

MAWAAN RIZWAN: 'Bout time.

NICK GRIMSHAW: -a different wig for every song.

ANGELA HARTNETT: Wow.

MAWAAN RIZWAN: This is- this is-

NICK GRIMSHAW: About eleven wigs in one show.

MAWAAN RIZWAN: This is what I mean, iconic behaviour.

NICK GRIMSHAW: Yeah. Mm-hm.

MAWAAN RIZWAN: You, you gotta just, if I could wear a wig every day, I would.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: You can.

ANGELA HARTNETT: What's stopping you?

NICK GRIMSHAW: No.

MAWAAN RIZWAN: Oh, just, my publicist says it's inconsistent.

[laughter]

NICK GRIMSHAW: You have a BAFTA dear, take the wig off. Um, we need to talk about the clown school as well, because I, I thought that was- I saw you say that on something and I thought that was like a funny, like, 'I went to clown school,' joke, but no, you went to clown school.

MAWAAN RIZWAN: No, everyone thinks it's a joke, I'm dead serious.

NICK GRIMSHAW: Yeah, no, very serious.

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: It was very expensive, Nick.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: So, do you apply [*laughs*]

ANGELA HARTNETT: But it was in Paris, was it, in France yeah?

MAWAAN RIZWAN: Yeah, it was in the suburbs of Paris.

NICK GRIMSHAW: Oh, that makes it chicer.

MAWAAN RIZWAN: In a little- little town called Étampes.

NICK GRIMSHAW: Ugh.

ANGELA HARTNETT: Étampes.

MAWAAN RIZWAN: And it's taught by this guy, like, he's like ninety-something I think now.

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: [*in old French man voice*] And uh, he sits there, this old, old professor with round red glasses and he sits there with a drum and you go up and you do your clown act, and if it's s*** he bangs a drum and says, 'You are s***.'

NICK GRIMSHAW: [*makes shocked noise*]

MAWAAN RIZWAN: And then you have to sit down.

NICK GRIMSHAW: Wow.

ANGELA HARTNETT: Whoa.

MAWAAN RIZWAN: There was like thirty people in the class, you all get up one by one, you have to do a challenge that he sets you, like do your best impression of a washing machine.

ANGELA HARTNETT: Right.

MAWAAN RIZWAN: And then you do your best, and then he gets everyone in the class to tell you how s*** that was.

[crew laugh]

ANGELA HARTNETT: Oh, brilliant.

MAWAAN RIZWAN: Unless it was good, which it really was with me.

ANGELA HARTNETT: Yeah *[laughs]*

MAWAAN RIZWAN: Um, and it's like, you know the film Whiplash?

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yes.

MAWAAN RIZWAN: It's like that with a red nose.

NICK GRIMSHAW: Right- *[laughs]*

[laughter]

MAWAAN RIZWAN: Nothing funny about it. Really intense.

NICK GRIMSHAW: But do you know what? It sounds like hell. How long were you there?

MAWAAN RIZWAN: I was there for the summer course, that was all-

ANGELA HARTNETT: Ooh wow.

MAWAAN RIZWAN: That was all I could afford.

NICK GRIMSHAW: Wow.

MAWAAN RIZWAN: Just the summer.

NICK GRIMSHAW: Right.

MAWAAN RIZWAN: People do it for three years.

NICK GRIMSHAW: Whoa.

MAWAAN RIZWAN: Yeah, the summer was enough. It broke me.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah, yeah, I bet.

MAWAAN RIZWAN: And it was, what I loved about it, there's a, there's a romanticism about like, old school French-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah, French clown, mm.

MAWAAN RIZWAN: -circus, culture.

ANGELA HARTNETT: But you think, that's what sort of gave, especially with Juice, that physical side to your humour.

MAWAAN RIZWAN: Yeah.

ANGELA HARTNETT: Because with clown it, it's mimicking, it's, you know, and it's-

NICK GRIMSHAW: Bit mime.

ANGELA HARTNETT: Yeah, it's mime, it's all that sort- yeah look, you see.

NICK GRIMSHAW: Yeah, there she is.

ANGELA HARTNETT: Duh duh duh duh.

NICK GRIMSHAW: Wow.

ANGELA HARTNETT: You know, but I think-

[*crew react*]

ANGELA HARTNETT: There you go.

NICK GRIMSHAW: Wow. Wow.

MAWAAN RIZWAN: Have you trained?

ANGELA HARTNETT: Yeah.

[*laughter*]

ANGELA HARTNETT: I was there. I was in the-

MAWAAN RIZWAN: You were in Étampes?

ANGELA HARTNETT: -back going, [*in French accent*] ‘S***. S***.’

[*laughter*]

MAWAAN RIZWAN: You'd make a great teacher. You would.

ANGELA HARTNETT: I would.

NICK GRIMSHAW: Shot in black and white.

ANGELA HARTNETT: Yeah, yeah, yeah.

MAWAAN RIZWAN: Yeah!

NICK GRIMSHAW: Ange with a drum.

ANGELA HARTNETT: [*in French accent*] ‘S***. S***.’

MAWAAN RIZWAN: You should do a, um, a food school-

ANGELA HARTNETT: A food- yeah.

MAWAAN RIZWAN: -version of it.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: I do that every day in the restaurant, ‘S***, s***.’

NICK GRIMSHAW: She does, it's called Murano.

[*laughter*]

[*theme music*]

NICK GRIMSHAW: Okay. Should we do-

ANGELA HARTNETT: Okay.

NICK GRIMSHAW: -our end of show question. Mawaan, for your chance to win the Waitrose goodie bag, all you gotta do is answer our end of show question.

MAWAAN RIZWAN: What's in it?

ANGELA HARTNETT: Loads of goodies.

NICK GRIMSHAW: Oh loads of stuff. Loads of boiled eggs.

MAWAAN RIZWAN: Oh, chocolate fingers!

NICK GRIMSHAW: Chocolate fingers.

ANGELA HARTNETT: All your faves.

MAWAAN RIZWAN: ‘Hi Mawaan, thank you for coming on Dish and being great. To win the Waitrose goodie bag you just need to answer this one question: Will you play Dish Dash?’ Yes, I will.

NICK GRIMSHAW: What the hell is Dish Dash, please?

ANGELA HARTNETT: So it's something the crew, um, and I have been cooking up.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Excuse the pun. So it's a little quiz. Um, in here, in this chef's hat, there's lots of letters. You're gonna pick a letter and then you have to name as many food items for that letter.

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: So like L: lettuce, you know, that sort of thing. You know what I mean?

MAWAAN RIZWAN: Yeah, great.

ANGELA HARTNETT: You've got sixty seconds to name as many as possible.

NICK GRIMSHAW: Uh-huh.

MAWAAN RIZWAN: Yeah.

ANGELA HARTNETT: If you need to pass because you've- you can't do it, you move to another letter.

NICK GRIMSHAW: Okay.

ANGELA HARTNETT: So if you can only say lettuce, then pick another letter.

MAWAAN RIZWAN: I'm gonna say lettuce for every letter now.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: 'Uh, lettuce.'

MAWAAN RIZWAN: Yeah.

NICK GRIMSHAW: So you're the first person to play this. I'm-

ANGELA HARTNETT: Uh, I'm gonna- go on.

NICK GRIMSHAW: Timing.

ANGELA HARTNETT: Time. Sixty seconds.

NICK GRIMSHAW: You're gonna count.

ANGELA HARTNETT: I'm gonna write down every, um, word you say.

MAWAAN RIZWAN: Yeah.

ANGELA HARTNETT: Um, I'm also gonna judge if you make up food items that I don't know.

MAWAAN RIZWAN: Oh, okay.

ANGELA HARTNETT: Yeah, you can't just suddenly randomly say something go, 'No, no, that's it, my mum made that and I had that as a kid,' and I dunno what it is.

MAWAAN RIZWAN: Sure, sure, sure.

ANGELA HARTNETT: You know, just, just to keep it above board.

MAWAAN RIZWAN: Sure, okay, fine.

[crew laugh]

ANGELA HARTNETT: You know.

NICK GRIMSHAW: Okay. Are you ready Ange?

ANGELA HARTNETT: I'm ready. Are you ready?

MAWAAN RIZWAN: I'm so ready.

ANGELA HARTNETT: Right.

NICK GRIMSHAW: Are we all ready?

ANGELA HARTNETT: Okay.

NICK GRIMSHAW: Okay. Go.

[upbeat music, continues under talking]

MAWAAN RIZWAN: C, uh, cucumber.

[ding sound]

MAWAAN RIZWAN: Cauliflower.

[ding sound]

MAWAAN RIZWAN: Cumin.

[ding sound]

MAWAAN RIZWAN: Um, ca- ca- carom seeds.

[ding sound]

MAWAAN RIZWAN: Uh, cor- c- c- carrot!

[ding sound]

ANGELA HARTNETT: Yes.

MAWAAN RIZWAN: Um...

ANGELA HARTNETT: What do you eat whe- you can make it with it?

MAWAAN RIZWAN: Copacabana.

[crew laugh]

MAWAAN RIZWAN: That must be a cocktail.

ANGELA HARTNETT: Yeah. You can make-

NICK GRIMSHAW: Oh the chocolate bar,

MAWAAN RIZWAN: Uh, Crunchie.

ANGELA HARTNETT: Yeah, yeah.

MAWAAN RIZWAN: Cadbury.

[*ding sound*]

NICK GRIMSHAW: Yeah [*laughs*]

MAWAAN RIZWAN: Uh, cr- cra- calabi- ca- Kellogs.

ANGELA HARTNETT: You can- they're big, you get them for your birthday.

MAWAAN RIZWAN: Cake.

[*ding sound*]

ANGELA HARTNETT: Yeah.

MAWAAN RIZWAN: Um, how many more?

ANGELA HARTNETT: How many, sixty seconds, right.

MAWAAN RIZWAN: Chocolate.

[*ding sound*]

ANGELA HARTNETT: Chocolate. Move on, another letter if you're stopping. Yeah, go.

MAWAAN RIZWAN: Um, N. Na, na- nay-

ANGELA HARTNETT: Uh, it's a chocolate, um...

NICK GRIMSHAW: The name of a chef.

MAWAAN RIZWAN: Na- not-

ANGELA HARTNETT: Yeah. What did you just eat?

MAWAAN RIZWAN: Nat- noodles!

[ding sound]

NICK GRIMSHAW: Yes.

MAWAAN RIZWAN: God, I'm good.

NICK GRIMSHAW: Yeah, go on. Name of a chef, hot chef.

MAWAAN RIZWAN: Nachos.

[ding sound]

ANGELA HARTNETT: Nachos is good. It's a hazelnut paste, Italian.

MAWAAN RIZWAN: Nutella.

[ding sound]

MAWAAN RIZWAN: Yeah. Uh, nougat.

[ding sound]

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: What's your favourite? It's a wal...

MAWAAN RIZWAN: Nut.

[ding sound]

NICK GRIMSHAW: Oh, oh, oh-

MAWAAN RIZWAN: Uh...

NICK GRIMSHAW: -come on, you got two, one, and we're done!

[music stops]

ANGELA HARTNETT: Yay-oh!

NICK GRIMSHAW: One minute.

[applause]

NICK GRIMSHAW: Okay. Wow, the timer really, the timer gets you panicking.

ANGELA HARTNETT: The timer gets you panicking.

MAWAAN RIZWAN: It really does. I don't do well under pressure.

NICK GRIMSHAW: Oh God.

ANGELA HARTNETT: You only had, you pulled another letter once, so you get one point off, but you got, um, twelve points.

NICK GRIMSHAW: Twelve points!

ANGELA HARTNETT: Which is pretty impressive.

[applause]

MAWAAN RIZWAN: And I believe, like, a record high score.

NICK GRIMSHAW: A record high score.

ANGELA HARTNETT: That is a record high score.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Well done.

MAWAAN RIZWAN: No one has ever got more than that.

NICK GRIMSHAW: Your Cs were good.

ANGELA HARTNETT: Yeah, Cs were very good.

NICK GRIMSHAW: Yeah, Cs were good.

MAWAAN RIZWAN: N is hard.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: I was rooting for nigella seed.

ANGELA HARTNETT: Oh yeah.

MAWAAN RIZWAN: Nigella seed.

NICK GRIMSHAW: I was like, 'Hot chef.'

ANGELA HARTNETT: Yeah, very good.

MAWAAN RIZWAN: Oh...

ANGELA HARTNETT: Even I was not thinking that.

NICK GRIMSHAW: Hot chef.

ANGELA HARTNETT: Yeah. I was gonna say Njamie Oliver.

NICK GRIMSHAW: The goodie back is yours, Mawaan Rizwan everybody!

[cheers and applause]

ANGELA HARTNETT: Yay!

NICK GRIMSHAW: Thank you Mawaan.

MAWAAN RIZWAN: Yay.

NICK GRIMSHAW: *[laughs]* Mawaan, thank you so much.

ANGELA HARTNETT: Thank you Mawaan.

NICK GRIMSHAW: That was so fun. A round of applause for our guest, Mawaan Rizwan, everybody.

[applause]

ANGELA HARTNETT: Yay, Mawaan. Amazing.

NICK GRIMSHAW: Thank you.

[theme music, continues under talking]

NICK GRIMSHAW: Okay, we are here the end of the episode. We have time for one question. Massive thank you to Mawaan for joining us.

ANGELA HARTNETT: Mm, he was brilliant.

NICK GRIMSHAW: Um, he really was.

ANGELA HARTNETT: Great fun.

NICK GRIMSHAW: We got this because this is quite, quite timely because obviously Mawaan shared quite an interesting food combo. Burrata and packet noodles.

ANGELA HARTNETT: Hm. Quite interesting.

NICK GRIMSHAW: Now that he's gone, did you actually like it?

ANGELA HARTNETT: I did actually.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Well, uh, he is not the only one who's into mixing things up. This was a message from someone on YouTube, um, saying, 'My leftover pasta hack. Lots of butter in the pan.'

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: 'Add cooked pasta.'

ANGELA HARTNETT: No.

NICK GRIMSHAW: 'Sprinkle some sugar.'

ANGELA HARTNETT: Definitely no.

NICK GRIMSHAW: 'Ground walnuts.'

ANGELA HARTNETT: Mmm. So so.

NICK GRIMSHAW: Yeah. 'Leave that for a few minutes so it caramelises.'

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Pasta, walnuts, and sugar, yeah. 'It's perfect with a scoop of vanilla ice cream.' Pasta-sugar-dessert.

ANGELA HARTNETT: To be fair, there's a cake in southern Italy which is a spaghetti cake, and it's pre-cooked pasta so I dunno why I said no to that 'cause you pre-cook it, and you mix it with ricotta, sugar, honey, and you bake it. It's an Easter dish.

NICK GRIMSHAW: Oh, you told us about this, yeah.

ANGELA HARTNETT: And you slice it, yeah.

NICK GRIMSHAW: [*gasps*]

ANGELA HARTNETT: So there is a dish that's-

NICK GRIMSHAW: So maybe there's something-

ANGELA HARTNETT: -something similar.

NICK GRIMSHAW: -in there.

ANGELA HARTNETT: Yeah. I mean I don't like that, so I'm definitely not gonna like that one either.

NICK GRIMSHAW: No. But please, if you are listening to this, take away the ramen. Do not take burrata and instant noodles.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: And pasta and sugar...

ANGELA HARTNETT: Yeah, exactly.

NICK GRIMSHAW: Madness.

ANGELA HARTNETT: The ramen beats everything.

[theme song plays]

NICK GRIMSHAW: Yes. Um, thank you for those messages and we will see you next week. Thanks for listening.

ANGELA HARTNETT: Thank you.

NICK GRIMSHAW: If you are feeling hungry after that episode, follow Dish on Instagram, YouTube, and TikTok to see Angela in action, making each of these weekly recipes. If you wanna take them on, I'm the kind of cook that needs the visual, I have to watch a chef doing it for me to attempt it.

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: If you do wanna get in touch, please do. 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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