

**Suranne Jones, seared tuna with braised tomatoes & chickpeas and a crumble**



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

*[theme music, continues under talking]*

**SURANNE JONES:** When I was filming Frauds.

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** You were like my crutch.

**NICK GRIMSHAW:** Aw.

**ANGELA HARTNETT:** Aw.

**SURANNE JONES:** So I don't know if anyone's told you this is- like, I requested to come on here.

**ANGELA HARTNETT:** Aw.

**NICK GRIMSHAW:** Aw.

**SURANNE JONES:** Because I was like, oh my God, I've listened to every episode every night while I was filming for four months.

**NICK GRIMSHAW:** No way.

**ANGELA HARTNETT:** Oh my gosh.

**SURANNE JONES:** Yeah.

**NICK GRIMSHAW:** Aw.

**SURANNE JONES:** You were-

**NICK GRIMSHAW:** You can give us some feedback.

[*laughter*]

**SURANNE JONES:** I, I can, I could do, 'is a- is A Cold Glass production.'

[*laughter*]

**SURANNE JONES:** That was in my- every night.

[*theme music fades out*]

**NICK GRIMSHAW:** Hello. Welcome to Dish from Waitrose. I'm Nick Grimshaw.

**ANGELA HARTNETT:** And I'm Angela Hartnett.

**NICK GRIMSHAW:** And here we are, at Dish.

**ANGELA HARTNETT:** At Dish. At the table. Ready.

**NICK GRIMSHAW:** You all right?

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Yeah?

**ANGELA HARTNETT:** I'm ready. Yeah.

**NICK GRIMSHAW:** Yeah, yeah, yeah, yeah, yeah.

**ANGELA HARTNETT:** [*laughs*]

**NICK GRIMSHAW:** Um, hey, we have someone joining us today from Oldham.

**ANGELA HARTNETT:** I know, your neck of the woods.

**NICK GRIMSHAW:** My neck of the woods.

**ANGELA HARTNETT:** You good friends? You know each other?

**NICK GRIMSHAW:** Uh...

**ANGELA HARTNETT:** Met?

**NICK GRIMSHAW:** I don't know, I have met her.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Um, I have met Suranne Jones, who is our guest today.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Um, I've met her on the radio a couple of times.

**ANGELA HARTNETT:** All right.

**NICK GRIMSHAW:** But yeah, I really like her. She's really great.

**ANGELA HARTNETT:** And now she's gonna talk about her new series.

**NICK GRIMSHAW:** Yeah, I mean, she's been in so many good things, look-

**ANGELA HARTNETT:** Everything.

**NICK GRIMSHAW:** To-

**ANGELA HARTNETT:** Well she started in Corrie, didn't she?

**NICK GRIMSHAW:** Started in Corrie, as we all did.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Um, Doctor Foster, Gentleman Jack, Vigil-

**ANGELA HARTNETT:** *[laughs]* As we all did? Sorry, roll back a bit, when were you Corrie?

**NICK GRIMSHAW:** No, I'm joking, I'm joking. Did you used to watch Corrie?

**ANGELA HARTNETT:** I did.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** My mum loved Corrie.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** I remember it when there was Rita there, who ran the corner shop.

**NICK GRIMSHAW:** Mm-hm. Suranne Jones, unbelievably, not actually in to talk about Coronation Street.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** Because that was twenty-five years ago. She's on to talk about her new show Frauds.

**ANGELA HARTNETT:** Yes. I've watched a couple of episodes.

**NICK GRIMSHAW:** Which you've watched.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** I've not watched.

**ANGELA HARTNETT:** It's very good.

**NICK GRIMSHAW:** Well, I'm happy that we've got an Oldhamer on. I've just been in Oldham this weekend-

**ANGELA HARTNETT:** Have you?

**NICK GRIMSHAW:** -I was just up there. I-

**ANGELA HARTNETT:** Oh yeah, up for Liv's birthday.

**NICK GRIMSHAW:** I went up for Liv's birthday, and I went up and I drove up on the Friday, and it took me quite a while.

**ANGELA HARTNETT:** And Friday-

**NICK GRIMSHAW:** About four and a half hours.

**ANGELA HARTNETT:** -Friday's a nightmare, driving up.

**NICK GRIMSHAW:** And then my mum... we're not gonna talk about it every episode, but because of the gluten.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Is like, 'Oh, what are you gonna eat now?'

**ANGELA HARTNETT:** *[laughs]*

**NICK GRIMSHAW:** 'Well, what are you gonna eat?' And I'm like, just not bread. She's like, 'Oh, I can't believe this.'

**ANGELA HARTNETT:** *[laughs]*

**NICK GRIMSHAW:** 'Well, you're coming up, tell me what you want,' I'm like, 'Just anything but wheat.'

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** That's it.

**ANGELA HARTNETT:** That's it.

**NICK GRIMSHAW:** That is literally it. 'Oh, I can't be doing with this,' like getting all in a fuss. So I, I went, 'Just go and get some like fish and like veg and-'

**ANGELA HARTNETT:** I'll be fine.

**NICK GRIMSHAW:** Yeah, and we'll have that. 'Can you have potatoes?' I said, 'Well, do they have wheat in?'

[*crew laugh*]

**NICK GRIMSHAW:** She was like, 'I don't know!' Getting all stressed out about it. 'What about this broccoli?' I was like, 'Well that's not got wheat in it!'

**ANGELA HARTNETT:** [*laughing*] Don't be ridiculous!

**NICK GRIMSHAW:** I'm- I swear. She's like, 'Oh, well I'm all stressed now.'

**ANGELA HARTNETT:** [*laughing*] She did not ask if it was...

**NICK GRIMSHAW:** 'I'm all stressed now. I'm all stressed now.' And then she'd go quiet for a minute and then she'd go, 'What about rice?'

**ANGELA HARTNETT:** [*laughs*]

**NICK GRIMSHAW:** 'It's not got wheat in it. Just wheat.' 'Oh, I don't know if you're coming or going.'

**ANGELA HARTNETT:** Yeah. I'm gonna send her a list.

**NICK GRIMSHAW:** I was just like, so dramatic. Anyway, so I made tea.

**ANGELA HARTNETT:** Really? Wonder where you get it from.

**NICK GRIMSHAW:** I made us....

**ANGELA HARTNETT:** [*laughs*]

**NICK GRIMSHAW:** [*laughs*]

**ANGELA HARTNETT:** Go on.

**NICK GRIMSHAW:** I made tea.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** And we had like little potatoes.

**ANGELA HARTNETT:** Lovely. No gluten.

**NICK GRIMSHAW:** And we had some steamed veg.

**ANGELA HARTNETT:** Very nice.

**NICK GRIMSHAW:** And then I pan fried some salmon, right.

**ANGELA HARTNETT:** Lovely, lovely.

**NICK GRIMSHAW:** So I did- my mum was like, 'What are you doing with that?' I said, 'I'm just gonna pan fry it.'

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** She's like, 'Are you sure? I normally put it in the oven.'

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** For like twenty-five days.

**ANGELA HARTNETT:** Twenty-five minutes.

*[laughter]*

**NICK GRIMSHAW:** And I was like, 'No. Just put it in the pan,' she's like, 'Oh, I don't think you can do fish in a pan like that,' I said, 'I watch Angela bloody Hartnett do it once a week.' 'Well, how long for?' I said, 'Three minutes.'

**ANGELA HARTNETT:** A week, mum. A week.

**NICK GRIMSHAW:** 'Three minutes.' 'Three min- you don't think three minutes. No way.' Anyway, so I did it three minutes.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** With the skin.

**ANGELA HARTNETT:** Mm. Three minutes the other side.

**NICK GRIMSHAW:** Three minutes the other side.

**ANGELA HARTNETT:** Lovely.

**NICK GRIMSHAW:** I actually took it off, I'd like ear-

**ANGELA HARTNETT:** Little earlier.

**NICK GRIMSHAW:** Too much for me.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** She gets it down on the plate, cuts it, no. I had to recook it for her.

**ANGELA HARTNETT:** Really?

**NICK GRIMSHAW:** Yeah. Till it was like-

**ANGELA HARTNETT:** She likes it dry.

**NICK GRIMSHAW:** Yeah, like-

*[crew laugh]*

**ANGELA HARTNETT:** Dry.

**NICK GRIMSHAW:** Dry.

**ANGELA HARTNETT:** All the white protein coming out.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** No colour of salmon. And then she was like, 'Oh, it's lovely.'

*[laughs]*



**NICK GRIMSHAW:** Yeah. Like wouldn't have it. Wouldn't have it. And then anyway, the next day I was like- she's like, 'How are you?' I was like, 'Yeah, I'm a bit tired,' she went, 'You probably feel a bit funny from that salmon.'

*[laughter]*

**NICK GRIMSHAW:** 'Not cooked. Not cooked, that.' Shoutout to Eileen. Not that she'll be listening.

**ANGELA HARTNETT:** Love Eileen.

**NICK GRIMSHAW:** Um, before we get Suranne in, what- what are we gonna be talking about that's seasonal produce?

**ANGELA HARTNETT:** We have blackberries.

**NICK GRIMSHAW:** I love blackberries.

**ANGELA HARTNETT:** Do you? What do you do with your blackberries?

**NICK GRIMSHAW:** I just pop- pop 'em in my mouth like that.

**ANGELA HARTNETT:** Pop 'em in your mouth.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Lovely.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Very nice.

**NICK GRIMSHAW:** Bit of breakfast.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** Do love a crumble, we're doing a crumble today, love crumble.

**ANGELA HARTNETT:** Blackberry and apple crumble.

**NICK GRIMSHAW:** Mmm.

**ANGELA HARTNETT:** A little bit of cinnamon and some nuts, good.

**NICK GRIMSHAW:** Love a berry.

**ANGELA HARTNETT:** Good for your gut health.

**NICK GRIMSHAW:** Mmm.

**ANGELA HARTNETT:** All that.

**NICK GRIMSHAW:** Did you make a crumble at school?

**ANGELA HARTNETT:** I did, yes.

**NICK GRIMSHAW:** I have really strong memories of making a crumble at school. I really thought I was like Angela Hartnett when I was making a crumble.

**ANGELA HARTNETT:** [*laughs*] Yeah, right. And when did you give up Home Ec. Then?

**NICK GRIMSHAW:** I got an A in it.

**ANGELA HARTNETT:** Oh well done, there you go.

**NICK GRIMSHAW:** Yeah. I did a Pad Thai and a fruit crumble. They don't go.

**ANGELA HARTNETT:** Pad Thai?

[*crew laugh*]

**ANGELA HARTNETT:** How sophisticated were you lot up in Oldham? We didn't do a Pad Thai.

**NICK GRIMSHAW:** Er, excuse me.

**ANGELA HARTNETT:** Look at you. Packet Pad Thai, or you made it?

**NICK GRIMSHAW:** No, I made it properly, yeah.

**ANGELA HARTNETT:** Very nice.

**NICK GRIMSHAW:** I had delusions of grandeur in Oldham.

**ANGELA HARTNETT:** Mmm.

**NICK GRIMSHAW:** I just got a nice one.

**ANGELA HARTNETT:** That was the perfect one.

**NICK GRIMSHAW:** Mmm, me too.

**ANGELA HARTNETT:** That was sweet, cold. Lovely.

**NICK GRIMSHAW:** Perfect. Right, let's get Suranne in, shall we?

**ANGELA HARTNETT:** Let's do it.

*[theme music]*

**NICK GRIMSHAW:** It's time for our guest today on Dish. An actress who is living proof that when it comes to producing stars, Oldham really delivers.

**ANGELA HARTNETT:** *[laughs]* Is that for you or her?

**NICK GRIMSHAW:** Uh, a round of applause- it's for both.

**ANGELA HARTNETT:** *[laughs]*

**NICK GRIMSHAW:** Suranne Jones is here, everybody!

*[cheers and applause]*

**NICK GRIMSHAW:** Hi.

**SURANNE JONES:** Yes Oldham.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** I never knew you were from Oldham till today.

**ANGELA HARTNETT:** No.

**SURANNE JONES:** Didn't you?

**NICK GRIMSHAW:** No, well, that's a lie. A few days ago.

**SURANNE JONES:** Yes.

**NICK GRIMSHAW:** Yeah.

**SURANNE JONES:** And Chatterton.

**NICK GRIMSHAW:** Chatterton.

**SURANNE JONES:** Are you Chatterton?

**NICK GRIMSHAW:** I'm Royton.

**SURANNE JONES:** Yeah.

**NICK GRIMSHAW:** Yeah.

**SURANNE JONES:** So we used to-

**NICK GRIMSHAW:** Neighbours.

**SURANNE JONES:** It is neighbours.

**ANGELA HARTNETT:** It's like a whole new language, I'm Chatterton, I'm Royton.

**SURANNE JONES:** Royton.

**NICK GRIMSHAW:** Yeah.

**SURANNE JONES:** We used to go and pick my friend up from like Royton's, um, girl's school.

**NICK GRIMSHAW:** Yeah.

**SURANNE JONES:** When- 'cause she was-

**NICK GRIMSHAW:** That's where I went. No, I'm joking.

**SURANNE JONES:** Is it- no.

*[laughter]*

**SURANNE JONES:** Is it? And we used to like, um, do like fake letters.

**NICK GRIMSHAW:** *[gasps]*

**SURANNE JONES:** To, to get her out of school. And I remember one particular-

**ANGELA HARTNETT:** Oh, from parents, yeah.

**SURANNE JONES:** Yeah, one was, 'Your dad,' um, 'has lost the pigeons, and need you to go back.'

**ANGELA HARTNETT:** Yeah. Homing pigeons.

**SURANNE JONES:** And they let her out of school.

**ANGELA HARTNETT:** *[gasps]* Brilliant.

**NICK GRIMSHAW:** Oh yeah. In the northwest?

**SURANNE JONES:** Straight in the car.

**NICK GRIMSHAW:** Straight out of school.

*[laughter]*

**SURANNE JONES:** Yeah.

**NICK GRIMSHAW:** Pigeon letter?

**SURANNE JONES:** Yeah, Leanne.

**ANGELA HARTNETT:** Love that.

**SURANNE JONES:** Yeah.

**NICK GRIMSHAW:** Get her out.

**SURANNE JONES:** Get her out.

**NICK GRIMSHAW:** Shout out to Leanne.

**SURANNE JONES:** Yeah.

**NICK GRIMSHAW:** Well it's dead nice to have you on. Now, the last time I think I s- uh, saw you or spoke to you was when we were celebrating your BAFTA win for Doctor Foster.

**SURANNE JONES:** Oh yeah.

**ANGELA HARTNETT:** Ooh, wow.

**SURANNE JONES:** Which, so I'd just had my boy, so that must be nine years ago, maybe ten years ago.

**NICK GRIMSHAW:** Wow.

**ANGELA HARTNETT:** Oh, wow.

**NICK GRIMSHAW:** What was your memory of that? The BAFTA win I mean, do you remember that moment of, of going to the BAFTAs? And did you know, or did you get a sense that you were gonna win?

**SURANNE JONES:** Didn't know. So I'd had a baby, it was eight weeks and that was my first night out.

**NICK GRIMSHAW:** Wow.

**ANGELA HARTNETT:** Oh gosh.

**SURANNE JONES:** I just fit in the dress, was feeling a little bit milky and all that stuff, you know.

**ANGELA HARTNETT:** Yes, yes.

**NICK GRIMSHAW:** [*laughs*]

**SURANNE JONES:** Nothing really f- and then they keep you waiting for ages.

**NICK GRIMSHAW:** Uh-huh.

**ANGELA HARTNETT:** Right.

**SURANNE JONES:** And then I was getting tired. I was worried about my boy.

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** I was falling asleep.

**ANGELA HARTNETT:** Mm.

**SURANNE JONES:** My um, award was the last award.

**ANGELA HARTNETT:** Mm.

**SURANNE JONES:** And then I found a chocolate underneath the seat and I was like, [*whispering*] I've got a chocolate.'

[*laughter*]

**SURANNE JONES:** I didn't know there was a chocolate underneath the seat.

**ANGELA HARTNETT:** [*laughs*]

**NICK GRIMSHAW:** This'll save me.

**SURANNE JONES:** This'll save it.

**ANGELA HARTNETT:** Energy, yeah.

**SURANNE JONES:** So by the end I was like so desperate, I don't know what I said, still can't remember what I said.

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** And then Tom Hiddleston- afterwards, you have a picture together, and all I said to him was, ‘I’ve just had a baby.’

*[laughter]*

**SURANNE JONES:** And he was like, ‘Okay, great! Here’s your BAFTA.’

*[laughter]*

**SURANNE JONES:** I was like, ‘Okay, can I, can I go home now?’ And then I was chasing the bread rolls with my agent, round the thing.

**ANGELA HARTNETT:** All around.

**SURANNE JONES:** Yeah.

**ANGELA HARTNETT:** Trying to eat something.

**NICK GRIMSHAW:** Wow.

**ANGELA HARTNETT:** Yeah, Oh my God.

**NICK GRIMSHAW:** So kind of like a mad time-

**SURANNE JONES:** It was a mad time.

**NICK GRIMSHAW:** -to win, your two huge life moments.

**SURANNE JONES:** Yeah.

**ANGELA HARTNETT:** Yeah, of course.

**SURANNE JONES:** And then I’ve got pictures of, so I put my husband’s bow tie on my tiny little baby and sat him next to the BAFTA.

**ANGELA HARTNETT:** Aw.

**SURANNE JONES:** And I’ve got that picture.

**ANGELA HARTNETT:** Oh, sweet.



**SURANNE JONES:** Mental time.

**NICK GRIMSHAW:** Yeah, mad old time.

**SURANNE JONES:** And, 'cause I just lost my mum as well.

**NICK GRIMSHAW:** Right.

**ANGELA HARTNETT:** Oh, right.

**SURANNE JONES:** So it was like three huge-

**ANGELA HARTNETT:** God, everything.

**SURANNE JONES:** Everything happened at once.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Wow.

**ANGELA HARTNETT:** Jeepers.

**SURANNE JONES:** Yeah.

**NICK GRIMSHAW:** And where- where's the... where do you put, do you put like awards out? Do you put a BAFTA out?

**SURANNE JONES:** I do.

**NICK GRIMSHAW:** Yeah.

**SURANNE JONES:** Now, maybe this is because of, you know, like being from Oldham.

**NICK GRIMSHAW:** Mm-hm.

**SURANNE JONES:** Being from Foxdenton Lane.

**ANGELA HARTNETT:** *[laughs]*

**SURANNE JONES:** Because I listen to loads of people saying they don't put it out, and I'm like, oh.

**ANGELA HARTNETT:** You should be proud of it.

**SURANNE JONES:** Should I be hiding mine?

**ANGELA HARTNETT:** Of course you should.

**NICK GRIMSHAW:** Yeah.

**SURANNE JONES:** I have mine out 'cause I'm like, that girl who, you know, who was like fourteen, fifteen, who was like, just wanted to do this as a job.

**ANGELA HARTNETT:** Mm, mm.

**SURANNE JONES:** She got a BAFTA.

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** So yeah, mine's out.

**NICK GRIMSHAW:** Yeah, but it's a good one as well.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** D'you know what I mean? If it's like a bit a rubbish award, you might be like, eh, it's all right. But not only is it good, it's steeped in prestige and also looks great a BAFTA.

**ANGELA HARTNETT:** Mm.

**SURANNE JONES:** And it's really heavy.

**NICK GRIMSHAW:** We should do your likes and dislikes.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** Because we are gonna eat in a second.

**ANGELA HARTNETT:** Yes, we are.

**SURANNE JONES:** Yeah.

**NICK GRIMSHAW:** Um, so a fantastic list, by the way, that you gave us. You really have like nailed this. Um, we'll start with your likes and love, which are kind of categorised. Which I love.

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** Did I?

**NICK GRIMSHAW:** Yyeah, it's very well organised, this.

**SURANNE JONES:** Oh.

**NICK GRIMSHAW:** 'Salmon, tuna steak, tuna tartar, sushi, prawns, soft beef steak, no gristle or fat or chewy bits.'

**SURANNE JONES:** [*laughs*] No thank you.

[*crew laugh*]

**ANGELA HARTNETT:** No thank you.

**SURANNE JONES:** No.

**NICK GRIMSHAW:** No, I love this because we ask and you gave the answer.

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** Yeah.

**NICK GRIMSHAW:** This is exactly-

**ANGELA HARTNETT:** It's what you need.

**NICK GRIMSHAW:** -this is music to a chef's ears, this. Uh, 'Only just started eating chicken again, but I'm still fussy with it.' Why are you cautious of chicken?

**SURANNE JONES:** So- so I've been through every, like, uh, I'll go vegetarian, I'll go vegan.

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** I'll start eating meat again. I should eat some protein. So anyway, now I'm back on everything.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** Perimenopause, get that protein in, things change, don't they? So, but chicken, I could never go, like when I went back to it, it made me, I have like, um, a quite a bad gag...

**NICK GRIMSHAW:** *[laughs]*

**ANGELA HARTNETT:** Right.

**NICK GRIMSHAW:** Right, reflex.

**ANGELA HARTNETT:** Reflex, yeah.

**SURANNE JONES:** Reflex. Response. So when something makes me *[makes gagging sound]*

**NICK GRIMSHAW:** Yeah.

**SURANNE JONES:** Upset like that, I- I think about it all the time.

**ANGELA HARTNETT:** Right.

**NICK GRIMSHAW:** Yeah.

**SURANNE JONES:** And so once I've got a little bit of something in the chicken, which you get quite a bit of, or maybe you don't.

**ANGELA & NICK:** Yeah.

**SURANNE JONES:** Depending on the quality I think.

**ANGELA HARTNETT:** Yeah. Or the gristly bits, like at the top.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Yeah, no, that's fine.

**NICK GRIMSHAW:** There is certain things that do, do that, and once you've done it once, then it's in there. Like you don't wanna think about what an egg is when you're eating an egg.

**SURANNE JONES:** No, exactly.

**ANGELA HARTNETT:** It's mind over matter though-

**NICK GRIMSHAW:** Yeah like don't think-

**ANGELA HARTNETT:** -that's what you gotta do.

**NICK GRIMSHAW:** You don't wanna think about it.

**SURANNE JONES:** Yeah.

**NICK GRIMSHAW:** So I feel that, yeah. Uh, 'Lamb occasionally, love a roast, pigs in blankets.' Uh, then we go from proteins to cuisines.

**ANGELA HARTNETT:** *[laughs]*

**SURANNE JONES:** Oh, yeah.

**NICK GRIMSHAW:** Um, 'Pasta dishes with a tomato-based sauce, or pasta with fish and wine or cream sauce. Love a breakfast.' I love a breakfast.

**SURANNE JONES:** Love a breakfast.

**NICK GRIMSHAW:** Do you wake up starving? I wake up starving.

**SURANNE JONES:** I, I, I go to bed, like excited for the coffee and the breakfast the next day.

**NICK GRIMSHAW:** Yeah, yeah, yeah, yeah, me too.

**ANGELA HARTNETT:** Oh wow. Love that.

**SURANNE JONES:** [*laughs*]

**NICK GRIMSHAW:** Uh, 'Most eggs, especially shakshuka, grilled cheese toastie.

**ANGELA HARTNETT:** Nice.

**SURANNE JONES:** 'Indian, not too spicy. Italian, garlic in everything.' Correct.

**ANGELA HARTNETT:** Garlic, we love that.

**NICK GRIMSHAW:** Absolutely correct, yeah.

**SURANNE JONES:** Yes.

**NICK GRIMSHAW:** And then we move on to-

**SURANNE JONES:** Oh my God, it goes on!

**NICK GRIMSHAW:** Oh, it continues.

**ANGELA HARTNETT:** It goes on, so I'm gonna actually make some food [*laughs*]

**NICK GRIMSHAW:** Yeah.

**SURANNE JONES:** Ye- yeah.

**NICK GRIMSHAW:** See you in a couple of hours, Ange.

**ANGELA HARTNETT:** Yeah, see you in a few.

**SURANNE JONES:** Oh, wowzers.

**NICK GRIMSHAW:** I like, this is sort of, uh, miscellaneous and northern section. 'Gravy and vinegar. So much gravy and vinegar,' you say.

**SURANNE JONES:** Oh yeah, yeah.

**NICK GRIMSHAW:** Did you have concern from your family members when you moved to London about gravy? It was a big, it was big at my house when I moved to London.

**SURANNE JONES:** What, that they don't do gravy?

**NICK GRIMSHAW:** Yeah. They were like, 'Don't do gravy.'

**SURANNE JONES:** Would you put gravy on absolutely anything?

**NICK GRIMSHAW:** To an extent, yes.

**SURANNE JONES:** I mean, not a dessert.

**NICK GRIMSHAW:** No.

**SURANNE JONES:** Obviously, but-

**NICK GRIMSHAW:** And not like pasta, but yeah.

**SURANNE JONES:** No. Yeah, but-

**NICK GRIMSHAW:** All meat.

**SURANNE JONES:** All meat. Pies.

**NICK GRIMSHAW:** Pies.

**SURANNE JONES:** Yeah.

**SURANNE & NICK:** Potatoes.

**NICK GRIMSHAW:** Chippy, obviously.

**SURANNE JONES:** Obviously chippy.

**NICK GRIMSHAW:** Yeah. Obviously chippy. We're gonna continue with Suranne's likes. Uh, 'Longley-

**SURANNE JONES:** I- I've been busy, I don't know when- when I had time to do this.

**NICK GRIMSHAW:** When have you fit this in, I know?

[*crew laugh*]

**NICK GRIMSHAW:** Bloody hell. Uh, 'Longley Farm cottage cheese, a good salad, dips, crisps, most veg, tuna mayo, salad cream sandwich with salt and vinegar crisps, jacket potatoes,' love a jacket potato.

**SURANNE JONES:** Yeah.

**NICK GRIMSHAW:** Uh, 'Naughty pub lunches that maybe aren't made fresh.'

**SURANNE JONES:** Do you know what I mean?

**NICK GRIMSHAW:** I love that. Yeah, I know exactly what you mean.

**SURANNE JONES:** Yeah, yeah.

**NICK GRIMSHAW:** Every now and then.

**SURANNE JONES:** Yeah. So, you know it's come-

**NICK GRIMSHAW:** Yeah, there's no nutritional value.

**SURANNE JONES:** -frozen.

**NICK GRIMSHAW:** Yeah. Fro-zen.

**SURANNE JONES:** Frozen pie [*laughs*]

**NICK GRIMSHAW:** Yeah, love that.

**SURANNE JONES:** Yeah.

**NICK GRIMSHAW:** Um, 'Chippy teas.'

**SURANNE JONES:** Yeah.

**NICK GRIMSHAW:** Love the chippy- do you still get a chippy tea?

**SURANNE JONES:** It's rare, but I- so I spend a lot of time in Norfolk.



**NICK GRIMSHAW:** Yeah.

**SURANNE JONES:** So, by the sea.

**NICK GRIMSHAW:** Yes.

**SURANNE JONES:** Sea, fish and chips, sand...

**NICK GRIMSHAW:** Yeah.

**SURANNE JONES:** Delicious after a swim.

**NICK GRIMSHAW:** Yeah.

**SURANNE JONES:** Beautiful.

**NICK GRIMSHAW:** Perfect. Yeah. The dislikes are briefer, but they're also specific, which I love.

**SURANNE JONES:** Yeah.

**NICK GRIMSHAW:** Um, 'Artichoke I dislike except for one place in Tenerife.'

**SURANNE JONES:** Where I filmed Frauds.

**NICK GRIMSHAW:** Oh-

**ANGELA HARTNETT:** What did they do to it?

**SURANNE JONES:** So I've always said I don't like aubergine, don't like artichoke.

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** But they h- they had toasted almonds.

**ANGELA HARTNETT:** Right.

**SURANNE JONES:** On it. It was, it was j- everything was very flaky and soft.

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** I don't what they- and like, they-

**ANGELA HARTNETT:** Had they fried the artichoke?

**SURANNE JONES:** They'd fried the artichoke and then- then the- the toasted almonds, and there was an oil on it.

**ANGELA HARTNETT:** Right.

**NICK GRIMSHAW:** Ooh, yeah.

**SURANNE JONES:** And that with their tuna tartar was so... and 'cause there was only one place, I'm not dissing Tenerife, but there was only one place that we went to. And every time I ordered this artichoke, after forty-six years of saying, 'I don't like artichoke...' [*laughs*]

**NICK GRIMSHAW:** You were like, 'Ooh, one more artichoke.' And how long were we out there when you were filming *Frauds*?

**SURANNE JONES:** Four months.

**NICK GRIMSHAW:** Wow, so you were there...

**SURANNE JONES:** Oh, weekly, for sure.

**NICK GRIMSHAW:** Weekly.

**SURANNE JONES:** Yeah, yeah, yeah, yeah.

**NICK GRIMSHAW:** Okay, wow.

**SURANNE JONES:** Yeah, the celebration at the end, of the week.

**NICK GRIMSHAW:** And, uh, you, 'Do love cheese, but nothing strong, nothing stinky.'

**SURANNE JONES:** Mm-mm.

**NICK GRIMSHAW:** No. We were questioning whether or not anyone actually does like smelly cheese or they just pretend.

**SURANNE JONES:** My hubby does.

**NICK GRIMSHAW:** Oh, yeah?

**SURANNE JONES:** Yeah.

**NICK GRIMSHAW:** Okay.

**SURANNE JONES:** You must like smelly cheese.

**NICK GRIMSHAW:** Do you like a stinky cheese, Ange?

**ANGELA HARTNETT:** Yeah, I love a stinky cheese.

**NICK GRIMSHAW:** Yeah. Anyway, round of applause for this list, by the way.

*[applause]*

**NICK GRIMSHAW:** That is a BAFTA-worthy list.

*[theme music]*

**NICK GRIMSHAW:** Now, usually at this point we'd have a little chat, and we'd leave Ange to, you know, perfect the dish or whatever. But we know you love Dish, and you love a cooking show and you love getting up close and personal, so we thought maybe you'd like to go and have a little nosy.

*[sound of chairs moving]*

**NICK GRIMSHAW:** Let's have a look what Ange is doing over there.

**ANGELA HARTNETT:** What's going on? Are you happy with your tuna both quite pink?

**NICK GRIMSHAW:** I like it pink.

**SURANNE JONES:** Yeah.

**NICK GRIMSHAW:** Do you?

**SURANNE JONES:** Yeah, love. Um, see, I can't cook. That's why I'm thrilled to be-

**ANGELA HARTNETT:** I don't believe that.

**SURANNE JONES:** -having a... no, I can't. Do you know what it is? I struggle to look after myself when I'm away filming.

**NICK GRIMSHAW:** Right.

**SURANNE JONES:** 'Cause it seems to be last on the list.

**NICK GRIMSHAW:** Right, yeah, yeah, yeah.

**SURANNE JONES:** Or like, um, especially now with like producing and, um...

**ANGELA HARTNETT:** You're not just acting, you're doing everything.

**SURANNE JONES:** Yeah.

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** So it- it becomes a little bit, um... which is why I said I listen to every episode, 'cause you were my- in my ears every night filming this. And I was like, oh, who's gonna be on tonight that I can- could be my friend.

**ANGELA & NICK:** Aw!

**SURANNE JONES:** And so cooking is... um, and when I was in Spain it was just cheese, meat.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** And cava.

**NICK GRIMSHAW:** Yeah.

**SURANNE JONES:** Oh, are you put- just putting extra oil on- on top?

**ANGELA HARTNETT:** I'm just putting- because the, that's hot oil and that will seep through to cook it a little bit more if you need it a little bit more.

**SURANNE JONES:** 'Cause sometimes it can be dry.

**ANGELA HARTNETT:** Yes, yeah.

**SURANNE JONES:** Yeah.

**ANGELA HARTNETT:** But I think this is quite pink, but if you need it a bit more cooked, I can always put it in. Right.

**NICK GRIMSHAW:** Put it back on.

**ANGELA HARTNETT:** Chaps.

**SURANNE JONES:** Me telling you, 'Sometimes it can be dry,' not when you cook it.

**ANGELA HARTNETT:** Yes.

**SURANNE JONES:** [*laughs*]

**NICK GRIMSHAW:** Not when Ange does it.

[*theme music*]

**NICK GRIMSHAW:** So what have we got here, Ange? We have...

**ANGELA HARTNETT:** So we have seared tuna with braised tomatoes and chickpeas.

**NICK GRIMSHAW:** Okay. Delicious.

**SURANNE JONES:** So good.

**ANGELA HARTNETT:** Finished with lots of parsley.

**NICK GRIMSHAW:** Okay.

**ANGELA HARTNETT:** And are you happy with the cooking? But if you need it a bit more cooked, you guys...

**NICK GRIMSHAW:** No, this is perfect.

**SURANNE JONES:** It's perfect.

**NICK GRIMSHAW:** That is perfect. Absolutely perfect.

**ANGELA HARTNETT:** If that were my mum, she would be saying what Eileen says. Undercooked, put it back. Grey.

**NICK GRIMSHAW:** I know, my mum was like, 'Get that back on.'

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** 'Get that back on.'

**ANGELA HARTNETT:** Exactly, yeah.

**SURANNE JONES:** That's nothing like my tuna.

**NICK GRIMSHAW:** Oh my God, no, I love this sort of thing. It's actually making my mouth full water-

**ANGELA HARTNETT:** Full water.

**NICK GRIMSHAW:** -on approach. This really works well together like doesn't it? Like tomato, tuna, chickpea-

**ANGELA HARTNETT:** Easy.

**NICK GRIMSHAW:** -parsley, lemon...

**ANGELA HARTNETT:** And it's so easy, honestly, you could make this, I know you say you don't cook, but you could so make this.

**NICK GRIMSHAW:** Mm, yeah.

**SURANNE JONES:** So pretend I'm a five-year-old child.

**ANGELA HARTNETT:** So, you chop a shallot. And if you don't have a shallot, you could chop an onion. Quite fine. And garlic, you could grate that on a microplane or a grater, so you don't even have to chop that, in a pan with some oil. Cook that for about three minutes, three or four minutes, no colour, just soft. Add your tomatoes, these are fresh tomatoes cut in half, cherry tomatoes.

**SURANNE JONES:** Mm.

**ANGELA HARTNETT:** And this harissa paste, smoky harissa paste that you can buy from Waitrose readymade. Add a bit of chicken stock, add your tinned chickpeas, and that is it.

**SURANNE JONES:** Mmm.

**ANGELA HARTNETT:** That's all it is. And cook it for about five to ten minutes.

**NICK GRIMSHAW:** Wow.

**SURANNE JONES:** That's it?

**ANGELA HARTNETT:** That is it. So that's what I mean, it's all stuff in a way, you've got in the store cupboard, and if you don't have fresh tomatoes, 'cause we're going into autumn, you know, you can get tinned tomatoes.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Like baby cherry tomato, you could do the same thing.

**NICK GRIMSHAW:** So that is it.

**ANGELA HARTNETT:** That is it.

**NICK GRIMSHAW:** And then once that's done, you can just leave that.

**ANGELA HARTNETT:** One tin, chop a tomato, boom. Yeah, that- when that's done. And you could make that the day before.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** And then serve it the next day. It could easily last for two, three days in your fridge.

**NICK GRIMSHAW:** And then what? Then you just do your tuna in the pan?

**ANGELA HARTNETT:** Tuna in the pan, yeah.

**NICK GRIMSHAW:** And then how do you go about, if you're going to the fish counter in Waitrose, do you just say like-

**ANGELA HARTNETT:** This is about 120 grams-

**NICK GRIMSHAW:** 120 grams.

**ANGELA HARTNETT:** -say, 'I'd like three tuna steaks.'

**NICK GRIMSHAW:** Okay.

**ANGELA HARTNETT:** Or whatever, how many you need, yeah.

**NICK GRIMSHAW:** And then you would get 'em out the fridge.

**ANGELA HARTNETT:** Get them out the fridge so they're room temperature.

**SURANNE JONES:** Room temp.

**ANGELA HARTNETT:** [*laughs*]

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** So that they don't sort of, you know...

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Uh, contract in and get, get un- you know...

**SURANNE JONES:** So they're not tense.

**NICK GRIMSHAW:** Mm-hm.



**ANGELA HARTNETT:** Exactly, that's the word I'm looking for, tense. Um, and that's it. Sear it about a couple of minutes on each side, depending how much, you know, like I said, our mothers like it well done.

**SURANNE JONES:** Yeah.

**ANGELA HARTNETT:** You know, I like it pink, you know, however you'd like to cook it. And that's it. You could do that.

**SURANNE JONES:** I know. And I think so and I could- and I, I'm listening and I'm like, I could do that. I'm gonna do that.

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** Next time I go away, I'm gonna set myself up in my new, um, apartment.

**ANGELA HARTNETT:** Lovely.

**SURANNE JONES:** Which is what always happens when I film away.

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** And I do this big shop, once.

**NICK GRIMSHAW:** Yeah.

**SURANNE JONES:** And then I start filming and everything falls apart.

**ANGELA HARTNETT:** Goes.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** I think, I think it's a lot. And then you've gotta like thinking about the day, then you've gotta learn the lines for the next day, like...

**SURANNE JONES:** Yeah.

**ANGELA HARTNETT:** Sure.

**NICK GRIMSHAW:** You can't be whipping up at tuna steak at half nine at night.

**SURANNE JONES:** But I could.

**NICK GRIMSHAW:** Oh, you actually could.

**SURANNE JONES:** I could.

[crew laugh]

**NICK GRIMSHAW:** That's quite easy.

**SURANNE JONES:** [laughs]

**NICK GRIMSHAW:** I mean, that is quite easy. That is quite easy.

**ANGELA HARTNETT:** But also that base I think you can use for loads of stuff.

**NICK GRIMSHAW:** Mmm.

**ANGELA HARTNETT:** You know, you could put cod on that, you could do it with chicken thighs, you know, it would work really well.

**NICK GRIMSHAW:** You name it, you place it.

**ANGELA HARTNETT:** So good.

**SURANNE JONES:** Do you know who I listen to on this podcast? It was Keely [Hawes] actually.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Mm.

**SURANNE JONES:** And she described my... 'cause she, she doesn't cook much-

**ANGELA HARTNETT:** No.

**SURANNE JONES:** -and she, when she was saying that she just has-

**ANGELA HARTNETT:** I don't think at all.

**SURANNE JONES:** At all.

**ANGELA HARTNETT:** *[laughs]*

**SURANNE JONES:** Yeah. And she has like-

**NICK GRIMSHAW:** Great sandwich.

**ANGELA HARTNETT:** Yep.

**SURANNE JONES:** Great sandwich, or bits of cheese from the fridge.

**NICK GRIMSHAW:** Yeah, yeah.

**ANGELA HARTNETT:** Mm.

**SURANNE JONES:** And- or a cracker with something, or this- and I was like, you're like my food spirit.

**NICK GRIMSHAW:** You two should do a food podcast.

**SURANNE JONES:** Yes, yeah *[laughs]*

*[laughter]*

**NICK GRIMSHAW:** Yeah. You should.

**SURANNE JONES:** Where can you buy your crisps.

**NICK GRIMSHAW:** Yeah. 'Come with a- buy some crisps.'

**ANGELA HARTNETT:** Yeah, yeah, yeah, exactly.

**SURANNE JONES:** Yes.

**NICK GRIMSHAW:** I love that. I love that.

**ANGELA HARTNETT:** That would be great.

**NICK GRIMSHAW:** Um, if you want to try this recipe at home, [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes).

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** There's also a wine pairing, it's a Champagne.

**ANGELA HARTNETT:** It's a Champagne, it is.

**SURANNE JONES:** [*gasps*]

**NICK GRIMSHAW:** It's a Champagne with it.

**ANGELA HARTNETT:** So it's Champagne Telmont, um, it's a réserve brut, and it's delicious, and it pairs wonderfully with it.

**NICK GRIMSHAW:** With the tomatoes.

**ANGELA HARTNETT:** Very nice, yeah.

[*theme music*]

**NICK GRIMSHAW:** We've gotta talk about Frauds, so I've not seen Frauds yet.

**SURANNE JONES:** Okay.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** Ange has watched the first two.

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** Yeah.

**NICK GRIMSHAW:** The first two have just come out now. They're on ITV one and ITVX. But the, the premise of this, we were saying before you joined us, is so up my street.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** And we thought rather than us tell everyone.

**ANGELA HARTNETT:** Yeah, you tell it.

**NICK GRIMSHAW:** You should tell everyone.

**SURANNE JONES:** So, um, me and my friend, Anne-Marie O'Connor, um, made Maryland together.

**ANGELA HARTNETT:** Yes, yeah.

**SURANNE JONES:** And um, it was cold, and we were in Ireland and we were just about to start first day filming and our producer, Alison Owen, came over and she said, 'What's next?' And I was like, 'Oh, we haven't even started this one yet.' So we kind of went, 'Well, we have been talking about something.'

**ANGELA HARTNETT:** Mm.

**SURANNE JONES:** And off the cuff we said we want it to be hot, 'cause we were in Ireland and it was freezing.

**NICK GRIMSHAW:** *[laughs]*

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Pouring down with rain. We want it to be away somewhere abroad. Um, it, it, Maryland was like a gorgeous little small, um, kind of old fashioned...

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** And Um, TV show.

**NICK GRIMSHAW:** Mm-hm.

**SURANNE JONES:** And so we, we said we want it to be big, like the opposite of this.

**NICK GRIMSHAW:** Mm-hm.

**SURANNE JONES:** And I said I'd love some drag queens in it. That'd be great.

**ANGELA HARTNETT:** Mm.

**SURANNE JONES:** And then, um, and then, um, uh, we loved, uh, Risky Business.

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** We- you know, we started to just like, give references of like, uh, heist-

**ANGELA HARTNETT:** So you had a pinboard up and put in all those things, yeah.

**SURANNE JONES:** Yeah, and it, it came about like that. And then we went into a, a writer's room and then we just started to plot, um, this heist, but, um, based on toxic female friendship.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Mmm.

**ANGELA HARTNETT:** Yeah, yeah.

**NICK GRIMSHAW:** Love a heist film. I just think as a viewer, you know where you're at as soon as it starts, so you're like on board, you're like, they wanna rob something, I'm in.

**ANGELA HARTNETT:** Of course, yeah.

**NICK GRIMSHAW:** And you're kind of like a, a bad influence in this show, would you say?

**SURANNE JONES:** Yeah, so I describe, so she's called Bert.

**NICK GRIMSHAW:** Yes.

**SURANNE JONES:** And I describe Bert as an addiction.

**ANGELA HARTNETT:** Mm.

**SURANNE JONES:** So everyone kind of likes to be around her, is intrigued by her, gets a bit high off her, and then feels really mucky and dirty when they've been, you know, like when they've had too much of her.

**NICK GRIMSHAW:** Uh-huh.

**SURANNE JONES:** So- so- and to Sam, played by the brilliant, gorgeous Jody Whittaker, they're like the- uh, the side of each other's coins. And so they're old friends and they rub each other the wrong- rub each other up the wrong way. And me and Anne-Marie just felt like toxic female friendship isn't ever discussed.

**ANGELA HARTNETT:** No.

**SURANNE JONES:** Because I think we've all had a Bert.

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** In our lives. Especially women. Like-

**ANGELA HARTNETT:** That you can't say no to. Yeah.

**SURANNE JONES:** You can't say no to, and then when you grow and change, get a job, uh, start a family, whatever it is that you, you know, you- you just grow up.

**ANGELA HARTNETT:** Mm.

**SURANNE JONES:** Sometimes there's a Bert that's always going, 'Do you wanna play out?'

**NICK GRIMSHAW:** Yeah, yeah, yeah, yeah.

**SURANNE JONES:** 'Do you wanna do...?' And that's who, who she is trouble. And she's fun. And she's funny.

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** Because Anne-Marie's very funny.

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** And um, so I think that she's, yeah, she's got charisma.

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** The look was something that I couldn't wait to get rid of.

**ANGELA HARTNETT:** Yes [*laughs*]

**SURANNE JONES:** With the tattoos and the blonde hair. It was quite- by the, by the end I was just like, I'm ready to get rid of this hair now.

**ANGELA HARTNETT:** Yeah, yeah, yeah, yeah.

**SURANNE JONES:** Um, which is why I tie back all the time 'cause it's still under there.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Oh really?

**SURANNE JONES:** Yeah. I'm waiting for it to grow out.

**NICK GRIMSHAW:** Wow, wow, wow.

**SURANNE JONES:** Yeah.

**NICK GRIMSHAW:** Okay. You can see Frauds right now on ITV one and ITVM as well. The first episodes have been out for like a couple of days, since this aired, so yeah, go and check it out. And also we wanna talk to you about Film Club as well.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** Um, which is, uh, written by Aimee Lou Wood, and also stars Aimee Lou Wood as well.

**ANGELA HARTNETT:** Excuse me a minute, I'm just getting the dessert out.

**NICK GRIMSHAW:** Ooh yeah.

**ANGELA HARTNETT:** Carry on.



**NICK GRIMSHAW:** Are you getting the dessert on?

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Ooh yeah. Or out, yeah.

**ANGELA HARTNETT:** Out, out.

**SURANNE JONES:** And I'm, I, I'm so thrilled, thank you, 'cause I know you don't normally do dessert.

**NICK GRIMSHAW:** We don't.

*[crew laugh]*

**NICK GRIMSHAW:** We don't. But if you want a dessert-

**SURANNE JONES:** I'm literally your stalker.

**NICK GRIMSHAW:** -we'll do you a dessert, yeah, we do. And how was it working with, uh, Aimee Lou Wood? 'Cause she's had an amazing year.

**SURANNE JONES:** Oh yeah, amazing. She's just as delicious as you would imagine she is. And um, she has the eyes of my own child. Like the- the- big brown eyes, and my little boy's got these big brown eyes as well. So every time I looked at her I was just like, oh.

**NICK GRIMSHAW:** Aw.

**SURANNE JONES:** Um, I mean at first when I got the call I was like, I must be playing your sister.

**NICK GRIMSHAW:** Yeah. We're twins.

**SURANNE JONES:** And then they were like, no, you're playing her mother, I was like, how old is Aimee Lou Wood?

*[laughter]*

**SURANNE JONES:** How old will I be in this? But I actually could be her mother. I just forget that, you forget how old you are, don't you?

**NICK GRIMSHAW:** [laughs] Yeah, you're like 'Me?'

**SURANNE JONES:** Me? No it is me.

**NICK GRIMSHAW:** Um, you can also see Film Club right now on BBC Three.

[*theme music*]

**NICK GRIMSHAW:** Now, before you joined us, we were talking about Coronation Street and the sort of power of Coronation Street in our respective households.

**SURANNE JONES:** Mmm.

**NICK GRIMSHAW:** You know, it was, you had to sit and watch it.

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** Huge.

**NICK GRIMSHAW:** Was it the same in your house growing up? I imagine yeah.

**SURANNE JONES:** Yeah. In my house Corrie was huge. And then when you'd go to Manchester, you'd go and visit Granada. Do, do you remember?

**NICK GRIMSHAW:** Sure do.

**SURANNE JONES:** Like the old Granada studios. And so I'd be having all my auditions there as well, so like co- like constantly going weekly trying to get a part in anything, like, that was on ITV. Um, but my family, like my Nana Bertha, my Grandad Bob, all the aunties, like, that's the holy grail.

**NICK GRIMSHAW:** And how did the family react?

[*laughter*]

**NICK GRIMSHAW:** Because I imagine telling a northern family you're in Corrie, like everyone's head must have been like, wow.

**SURANNE JONES:** Ooh.

**ANGELA HARTNETT:** You've made it.

**NICK GRIMSHAW:** Oh, you've made it.

**ANGELA HARTNETT:** You've made it.

**NICK GRIMSHAW:** 'Our Suranne...'

**SURANNE JONES:** 'Our Sarah...'

**ANGELA & NICK:** Yeah.

**ANGELA HARTNETT:** 'Our Sarah...'

**SURANNE JONES:** 'Our Sarah's in Corrie.'

**NICK GRIMSHAW:** 'Our Sarah's made it.'

**SURANNE JONES:** Yeah. 'She's gone to marry Steve McDonald!'

*[laughter]*

**NICK GRIMSHAW:** And it was really like, so huge at the time, it was like nineteen million people were watching Coronation Street when you were in it.

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** I know.

**NICK GRIMSHAW:** So how does life change when you're in a show that's on, you know, a few nights a week that nineteen million people are watching?

**SURANNE JONES:** Like things have changed so much. Like the landscape of TV, and content, and you know, how we, how we watch. 'Cause we don't watch it as a like water cooler moment anymore, do we?

**NICK GRIMSHAW:** Yeah, yeah.

**SURANNE JONES:** It's just, you watch it when you want. You're fed like what you should be watching, all of that stuff. But when I was in Corrie, like everyone sat down and watched it. And those big events like Karen's wedding. Or um, the christening where she battered Tracy Barlow—

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Mm-hm.

**SURANNE JONES:** I found those shoes the other day when I was like looking at all my bits, and the red shoes.

**NICK GRIMSHAW:** Uh-huh [*laughs*]

**ANGELA HARTNETT:** Wow.

**SURANNE JONES:** And the heel is really worn down where I kept smacking the wall.

**NICK GRIMSHAW:** Worn out when you were hitting her, yeah.

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** S- yeah, like that was, it was so big. And, you know, we, we were chased by paps and we were, you know, the Soap Awards was, when you were in that room and like every member of every soap was in- in that room, it was wild. And we were in Manchester, Manchester United was huge.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** Um, so the focus was on either the Corrie lot or the, or the Man U players.

**NICK GRIMSHAW:** Yeah, it was like, good time, great time.

**SURANNE JONES:** It was good.

**ANGELA HARTNETT:** Oh yeah, you would've been time with the Beckham and Giggsy and all of that.

**SURANNE JONES:** Yeah.

**ANGELA HARTNETT:** You know, Ferguson, yeah.

**SURANNE JONES:** It was fab, and I went out a lot and enjoyed myself, and I was, I was early twenties.

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** And I'm so pleased I did all of that so that then when I left Corrie, I was like, right, what do I wanna do with my career?

**ANGELA HARTNETT:** Mmm.

**SURANNE JONES:** But what a boost. And you learn on the, so you know, however many episodes you're like directing yourself as well as kind of like, you know, learning lines, figuring out where all the lights are. What- uh, I mean, there's no better training, I don't think.

**NICK GRIMSHAW:** And I imagine you're shooting a lot as well, it's like you are constantly working, it's not like you're sat in your trailer having a fag waiting for your one line.

**SURANNE JONES:** Yeah.

**NICK GRIMSHAW:** So you're doing it every day, so you probably get like a lot of hours as-

**ANGELA HARTNETT:** Yeah, of course.

**NICK GRIMSHAW:** -an actor on a soap, don't you?

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** Yeah, and and you're doing like Ant and Dec's Takeaway.

**NICK GRIMSHAW:** Right, yeah, yeah, yeah, yeah.

**SURANNE JONES:** Or Stars in Your Eyes, or...

**NICK GRIMSHAW:** [gasps] We need to talk about Stars in Their Eyes.

**ANGELA HARTNETT:** Yeah, yeah, yeah.

**SURANNE JONES:** Or Children in Need.

**ANGELA HARTNETT:** Yes [*laughs*]

**NICK GRIMSHAW:** Obsessed. Not once, but twice, in Stars in Your Eyes.

**SURANNE JONES:** I did it twice.

**NICK GRIMSHAW:** Yeah- who did you do, Madonna and who?

**SURANNE JONES:** I did Madonna the first time.

**ANGELA HARTNETT:** Was it Cher?

**SURANNE JONES:** No, I did... this- this was... it was Catherine Zeta-Jones.

**ANGELA HARTNETT:** Oh, that's right, yeah.

**SURANNE JONES:** In Chicago.

**ANGELA HARTNETT:** Oh yeah.

**NICK GRIMSHAW:** Yes.

**SURANNE JONES:** Because I was trying to um, you know, like go, oh well, what can I do? 'Cause they wouldn't let me do. Sinéad O'Connor the first time, with a bald cap.

[*crew laugh*]

**ANGELA HARTNETT:** Oh, right.

**SURANNE JONES:** They made me do Madonna.

**ANGELA HARTNETT:** Oh!

**NICK GRIMSHAW:** Oh, I wish you had done that.

**SURANNE JONES:** I know.

**NICK GRIMSHAW:** Fab.

**SURANNE JONES:** Popping out a tear, and I was like, but I know I could do-sell that.

*[crew laugh]*

**NICK GRIMSHAW:** Oh come on, yes.

**SURANNE JONES:** And they were like, no, you're gonna be Madonna.

**ANGELA HARTNETT:** Oh, that's no fun.

**NICK GRIMSHAW:** 'No, Madonna, it's Saturday night, love, on ITV.'

**SURANNE JONES:** Yeah.

**ANGELA HARTNETT:** We don't-

**NICK GRIMSHAW:** 'Do Madonna.'

**SURANNE JONES:** 'Do Madonna.' And not even- I mean, I love Madonna obviously.

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** But, um, they made me do Hey, Mr. DJ as well.

**ANGELA HARTNETT:** Oh!

*[crew laugh]*

**NICK GRIMSHAW:** Oh, music, yeah.

**SURANNE JONES:** Yeah.

**NICK GRIMSHAW:** Not a lot of lyrics as well.

**ANGELA HARTNETT:** Oh God.

**SURANNE JONES:** Not a lot- no. It was just a lot of like, me smiling with my gap tooth and-

**NICK GRIMSHAW:** Oh my God.

**SURANNE JONES:** -they put green, um, lenses in, so I couldn't see.

**ANGELA HARTNETT:** Oh, brilliant.

[*laughter*]

**SURANNE JONES:** And a big Stetson!

[*laughter*]

**SURANNE JONES:** Wig hair in my eyes.

**ANGELA HARTNETT:** Oh my God.

**SURANNE JONES:** I know, so that's why when they said, do you wanna go back, I was like-

**ANGELA HARTNETT:** Yes!

**SURANNE JONES:** -absolutely.

**NICK GRIMSHAW:** Absolutely.

**SURANNE JONES:** Get me a big musical number.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Yeah, musical number, yeah that's it.

**SURANNE JONES:** I'm gonna be Catherine Zeta-Jones.

**ANGELA HARTNETT:** Yeah, perfect.

**NICK GRIMSHAW:** Range, range, range, range.

[*theme music*]



**SURANNE JONES:** My boob's been out this whole time, I just looked down, and was like 'oh no'!

**NICK GRIMSHAW:** No!

**ANGELA HARTNETT:** No!

**SURANNE JONES:** I'm not doing like Judy Finnigan.

**NICK GRIMSHAW:** Oh my God, poor Judy.

**ANGELA HARTNETT:** No, you're not [laughs].

**SURANNE JONES:** I was there when that actually happened.

**ANGELA HARTNETT:** Oh poor Judy.

**NICK GRIMSHAW:** You know what, I was talking about that the other day and that was one of the most famous things that's ever happened in this entire country. It was like Judy Finnegan, I was like...

**ANGELA HARTNETT:** I can think of a few other things

**NICK GRIMSHAW:** That was huge news at the time. Don't you think?

**SURANNE JONES:** I was sat there.

**NICK GRIMSHAW:** It was huge news

**SURANNE JONES:** And I was like, I can see her Triumph Doreen bra

**NICK GRIMSHAW:** Yeah! Fab bra.

[Laughs]

**NICK GRIMSHAW:** Also I need to talk to you about Doctor Foster because we love Doctor Foster so much, and I think that was one of those moments where the country all did sit down and watch it. So when was that, like nine, nine years ago?

**SURANNE JONES:** Yeah.

**NICK GRIMSHAW:** Was like bef- *[laughs]* I was gonna say before the internet. But it was, streaming was on?

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** But I don't know, maybe that was just like really good telly. I just remember that being like my favourite sort of thing to watch on the telly.

**ANGELA HARTNETT:** But still in those days they didn't stream everything straight away.

**NICK GRIMSHAW:** All at once.

**SURANNE JONES:** No, no, no.

**ANGELA HARTNETT:** You would still get- you would watch it-

**NICK GRIMSHAW:** Drip fed.

**SURANNE JONES:** Weekly, yeah.

**ANGELA HARTNETT:** -a few days, but it would be weekly, yeah.

**NICK GRIMSHAW:** Um, I mean, when you're part of those shows that become national conversation.

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** Mm.

**NICK GRIMSHAW:** What's that like for you? Because obviously you've done it such a time before. Is it quite weird when months later after you've wrapped on something that everyone's, you know, probably quite obsessed with you?

**SURANNE JONES:** So the first Doctor Foster was maybe twelve, thirteen years ago, and then the second one was ten years ago.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Wow.

**SURANNE JONES:** So, so the second one, I was taking my little boy with me to work [*laughs*] then weirdly stripping off and doing hate sex scenes, it was just bizarre.

**ANGELA HARTNETT:** Oh crikey.

[*laughter*]

**SURANNE JONES:** You know, very odd. Um, but yeah, I just think I- and I still think, what- what was it that people like loved about it?

**NICK GRIMSHAW:** Mmm.

**ANGELA HARTNETT:** Mm.

**SURANNE JONES:** And was it the betrayal? Was it the, the fact that she was so... she did what like you would think about doing but would never do.

**NICK GRIMSHAW:** Yeah, yeah, yeah, yeah.

**ANGELA HARTNETT:** Yeah, you wouldn't dare to, yeah.

**NICK GRIMSHAW:** Yeah.

**SURANNE JONES:** And she was a doctor in little Marks & Spencer shoes.

**NICK GRIMSHAW:** Yes.

**ANGELA HARTNETT:** Mm, yeah.

**NICK GRIMSHAW:** And a little mac.

**SURANNE JONES:** Yeah.

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** And then there she was-

**NICK GRIMSHAW:** I loved every night when she'd get home and have a glass of wine, and against that nice silver fridge, and she'd be like...

[laughter]

**NICK GRIMSHAW:** Loved it.

**SURANNE JONES:** But yeah, I think Doctor Foster was cerebral in a way of just making you- you- you built up the tension.

**NICK GRIMSHAW:** Yes.

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** What is she, what is she capable of?

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** Yeah.

**SURANNE JONES:** And, and the dinner scene, I remember being like-

**NICK GRIMSHAW:** [*makes tense noise*]

**SURANNE JONES:** -um, it was like, still to this day when it comes up, I pause and watch it, you know, because I'm just like, I wanna watch this.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Wow.

**SURANNE JONES:** It was so good.

**NICK GRIMSHAW:** That was so good.

**SURANNE JONES:** And- and trying to eat-

**ANGELA HARTNETT:** But I think- you said it, as you said, it is that, uh, it is what people think they're gonna do, or would like- you know, people in that situation, wanting revenge or feeling betrayed.

**SURANNE JONES:** Like keying the car, just- just casually.

**NICK GRIMSHAW:** Oh, yeah, so good!

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** *[laughs]*

**NICK GRIMSHAW:** I wanna watch it again.

**SURANNE JONES:** On the way out, to go and shag the neighbour.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Oh my God, yeah.

**SURANNE JONES:** Keying the car.

*[crew laugh]*

**ANGELA HARTNETT:** That's it.

**NICK GRIMSHAW:** Key the car.

*[theme music]*

**NICK GRIMSHAW:** Crumble is here!

**ANGELA HARTNETT:** Crumble, crumble crumble.

**NICK GRIMSHAW:** Angela, you have made a dessert, which is very rare.

**ANGELA HARTNETT:** Very rare.

**NICK GRIMSHAW:** Suranne loves crumble.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** So you've done it. Um, tell us the best way to make a crumble, if you are listening and you want some advice from a Michelin star chef, how do you do Michelin star crumble?

**ANGELA HARTNETT:** Oh, I dunno, it's...

**NICK GRIMSHAW:** You dunno? Well you better bloody find out.

[laughter]

**ANGELA HARTNETT:** Well, we've put- we j- normally crumble is basically sugar, flour, and butter.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** That's your basic crumble mix. But to jazz it up a little bit, we've put some nuts in there, few oats in there.

**NICK GRIMSHAW:** Mmm.

**ANGELA HARTNETT:** We've got the cinnamon in with the apples and the blackberry. And if you're short of time and you-

**NICK GRIMSHAW:** I am.

**ANGELA HARTNETT:** -don't even want to have to prep a ve-

**NICK GRIMSHAW:** I don't.

[crew laugh]

**ANGELA HARTNETT:** Prep a fruit. You can buy frozen blackberries and frozen apples, and then it's all done for you.

**NICK GRIMSHAW:** Oh my God, fantastic.

**ANGELA HARTNETT:** So that's easy peasy.

**NICK GRIMSHAW:** Do you ever make a crumble at home?

**ANGELA HARTNETT:** I do.

**NICK GRIMSHAW:** Yeah?

**ANGELA HARTNETT:** Yeah, I like it, I make it- my mum love it.

**SURANNE JONES:** This is so good, by the way.

**ANGELA HARTNETT:** Pleasure.

**SURANNE JONES:** I'll just have one more bite before,

**NICK GRIMSHAW:** One more bite.

**ANGELA HARTNETT:** Yeah, you carry on.

**NICK GRIMSHAW:** One more bite before the quiz.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Yeah. But you can take it home. Suranne it is time for your fast food quiz. Are you ready?

**SURANNE JONES:** Yeah- I- I'll panic, but I'm ready.

**ANGELA HARTNETT:** Don't worry. Don't worry.

**NICK GRIMSHAW:** Here we go.

**ANGELA HARTNETT:** I love the way you're getting ready.

**NICK GRIMSHAW:** Ready.

*[sound of hands banging on table]*

**SURANNE JONES:** I'm ready.

**NICK GRIMSHAW:** What is your favourite way to eat eggs?

**SURANNE JONES:** Shakshuka.

**NICK GRIMSHAW:** Yeah- *[laughs]*

**SURANNE JONES:** Yes.

**ANGELA HARTNETT:** It was on the cards earlier, come on.

**NICK GRIMSHAW:** I knew that.

**ANGELA HARTNETT:** Yeah.

**SURANNE JONES:** Yeah.

**ANGELA HARTNETT:** What's your favourite sandwich filling?

**SURANNE JONES:** Tuna.

**ANGELA HARTNETT:** Tuna, okay, marvellous.

**NICK GRIMSHAW:** Favourite form of potato?

**SURANNE JONES:** B- jacket potato.

**NICK GRIMSHAW:** Oh yeah.

**ANGELA HARTNETT:** Okay.

**SURANNE JONES:** I wanted to say chips, but 'cause it's quite hot-

**ANGELA HARTNETT:** That's all right.

**SURANNE JONES:** Yeah.

**ANGELA HARTNETT:** Chips is fine. What's your favourite herb? Do you have-

**SURANNE JONES:** I feel like I'm being interviewed by the police, it's awful.

**NICK GRIMSHAW:** You are. Food police.

**SURANNE JONES:** My favourite h-

**ANGELA HARTNETT:** Herb, yeah.

**SURANNE JONES:** Uh, rosemary.

**ANGELA HARTNETT:** Rose- oh, I love rosemary, yeah.

**NICK GRIMSHAW:** What's the best flavour of crisp?

**SURANNE JONES:** Salt and vinegar.



**NICK GRIMSHAW:** Correct.

**ANGELA HARTNETT:** Mm-hm. Sunday roast, what's your favourite Sunday roast?

**SURANNE JONES:** Ooh, um... lamb, chicken or pork.

*[laughter]*

**ANGELA HARTNETT:** All together?

**NICK GRIMSHAW:** All together.

**SURANNE JONES:** Yes, all together. As long as there's no gristly bits.

**NICK GRIMSHAW:** No gristly bits.

**ANGELA HARTNETT:** Yeah, no gristly bits, yeah.

**NICK GRIMSHAW:** Gristly bits, no. Uh, do you have a favourite kitchen utensil?

**SURANNE JONES:** *[pauses]* No.

**NICK GRIMSHAW:** No.

*[laughter]*

**SURANNE JONES:** I don't.

**ANGELA HARTNETT:** You're never in the kitchen.

**SURANNE JONES:** Yeah, never in the kitchen, yeah.

**ANGELA HARTNETT:** Brilliant.

*[theme music]*

**NICK GRIMSHAW:** We come to the end of the show question.

**SURANNE JONES:** Yes.

**NICK GRIMSHAW:** I have your end of the show- it's big.

**ANGELA HARTNETT:** It's very big.

**NICK GRIMSHAW:** I actually don't know why this is big. Um, for your chance to win the Waitrose goodie bag.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** As mol- modelled here by Angela Hartnett, on the trolley.

**SURANNE JONES:** Oh my goodness.

**ANGELA HARTNETT:** Yep, there you go.

**NICK GRIMSHAW:** *The* bag.

**SURANNE JONES:** [*gasps*]

**ANGELA HARTNETT:** *The* bag, with all those goodies in there.

**NICK GRIMSHAW:** *The* bag. Um, all you gotta do is answer this question. 'Suranne.'

**SURANNE JONES:** Mm-hm.

**NICK GRIMSHAW:** 'In June 2000, you made your first appearance on Coronation Street. Can you fill in the blanks from your first ever script? Hint, both blanks are the same word. 'No problem, Mr. Baldwin, if you want to see me...'

**SURANNE JONES:** 'Sew.'

**NICK GRIMSHAW:** 'I'll...'

**SURANNE JONES:** 'Sew.'

**NICK GRIMSHAW:** Oh! Yes, come on!

[*applause*]

**SURANNE JONES:** I did say that!

**NICK GRIMSHAW:** Yes

**SURANNE JONES:** Yes, I remember!

**ANGELA HARTNETT:** I love it.

**NICK GRIMSHAW:** She actually looks really iconic like this doesn't it?

**ANGELA HARTNETT:** It's amazing.

**SURANNE JONES:** Yeah.

**NICK GRIMSHAW:** 'No problem, Mr. Baldwin.'

**ANGELA HARTNETT:** 'Mr. Baldwin.'

**NICK GRIMSHAW:** 'If you want to see me...'

**SURANNE JONES:** 'Sew.'

**NICK GRIMSHAW:** 'Sew.'

**ANGELA HARTNETT:** 'Sew.'

**SURANNE JONES:** I f- and she was so cocky. I remember, yeah.

**ANGELA HARTNETT:** Yes.

**SURANNE JONES:** Yeah.

**ANGELA HARTNETT:** I love that.

**NICK GRIMSHAW:** I love.

**SURANNE JONES:** And then [*makes buzzing sound*] with loads of knickers.

**NICK GRIMSHAW:** [*makes buzzing sound*]

**ANGELA HARTNETT:** *[laughs]*

**NICK GRIMSHAW:** Cue to sewing montage. Anyway, Suranne the goodie bag is yours, congratulations.

**SURANNE JONES:** Yay, thank you so much.

**ANGELA HARTNETT:** Well done.

**NICK GRIMSHAW:** Uh, you can see Frauds right now on ITV1 or X, go check it out.

*[theme music, continues under talking]*

**NICK GRIMSHAW:** Suranne Jones, everybody. Thank you so much.

*[cheers and applause]*

**SURANNE JONES:** Thank you!

**NICK GRIMSHAW:** Thank you, Suranne.

*[theme music]*

**NICK GRIMSHAW:** Oh hi, we're back.

**ANGELA HARTNETT:** We are indeed.

**NICK GRIMSHAW:** We are, and we have a few of your questions and comments before this episode ends.

**ANGELA HARTNETT:** Aw.

**NICK GRIMSHAW:** Aw. Uh, if you ever wanna get in touch with us, uh, with your questions at any time, you can email us [dish@waitrose.co.uk](mailto:dish@waitrose.co.uk), just like Lucy did. Lucy said, 'Dearest Angela, slow cooked pork belly. How low is low? How slow is slow? I make it okay-ish, but I could do better.' It's a great question from Lucy, 'cause I also make it okay-ish.

**ANGELA HARTNETT:** I sort of roast pork belly, but yeah, I would, yeah, slow and long until you can basically cut it with a spoon. I think that's the way.

‘Cause it's so fatty. Put loads of spices in there, ginger in there, um, a little bit of sweetness in there I think is great. Even a little bit, if you've got a little bit of marmalade left in there, that orange and ginger-

**NICK GRIMSHAW:** Oh yeah.

**ANGELA HARTNETT:** -with pork belly works really nice, bit of orange juice.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** And then just slow low heat, I would say probably about one-sixty. If you put a lid on it, keep the lid on it and just baste it as you're cooking it. But I think you've gotta be able to sort of take a knife and just either really be able to cut it very easily, or with a spoon. It should fall apart, basically. That's what you want.

**NICK GRIMSHAW:** Mmm. I love that.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** I love that. So one-sixty for...

**ANGELA HARTNETT:** Couple of hours, depending on the size. Follow the guidelines of the recipe.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** But if you feel it's not cooked enough, add a little bit more stock to cover it and just cook it a little bit longer.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Okay. Uh, next up we hear from Katie in Newcastle, who says, ‘Hi Nick and Angela, my partner and I are long time listeners. Some of our favourite episodes have been enjoyed in the car when we’ve travelled to see our family around the country.’

**ANGELA HARTNETT:** Aw.

**NICK GRIMSHAW:** Aw. 'However, while we see eye to eye on most things, we have one great divide: cauliflower.'

**ANGELA HARTNETT:** Oh. She loves it, he hates it.

**NICK GRIMSHAW:** 'I love cauliflower a lot. My partner despises it. He describes it as broccoli that has lost the will to live.'

**ANGELA HARTNETT:** *[laughs]*

**NICK GRIMSHAW:** 'And argues that if the only meal it is known for sees it covered in cheese, then how can it truly be good. My question is, what your favourite ways to enjoy cauliflower, outside of cauliflower cheese, that you might think may change my partner's mind?' Thank you, Katie. Um, I know what he means.

**ANGELA HARTNETT:** Oh, you agree?

**NICK GRIMSHAW:** I think if you've had shit cauliflower, you may be experiencing cauliflower PTSD.

**ANGELA HARTNETT:** Yeah, fair enough.

**NICK GRIMSHAW:** So if- my mum's getting roasted on this episode.

*[laughter]*

**NICK GRIMSHAW:** But if, like my mum, she chopped it and put it in-

**ANGELA HARTNETT:** Boiled the hell out of it, yeah.

**NICK GRIMSHAW:** -boiling water for forty-five minutes.

**ANGELA HARTNETT:** *[laughs]* So...

**NICK GRIMSHAW:** And then when you eat it-

**ANGELA HARTNETT:** It's just...

**NICK GRIMSHAW:** -it sort of like dissolves.

**ANGELA HARTNETT:** Yeah [*laughs*] in your mouth.

**NICK GRIMSHAW:** Without- without chewing.

**ANGELA HARTNETT:** [*laughs*] Uh, salad. You've made it.

**NICK GRIMSHAW:** Salad?

**ANGELA HARTNETT:** Yeah, we've made it. Fearne Cotton. She came on and we made that wonderful spiced cauliflower salad.

**NICK GRIMSHAW:** Mmm.

**ANGELA HARTNETT:** I think the raisins in there, nuts in there, so... serve it room temperature.

**NICK GRIMSHAW:** Mmm.

**ANGELA HARTNETT:** Not straight from the fridge, but cauliflower can take spice.

**NICK GRIMSHAW:** Yes.

**ANGELA HARTNETT:** So put, you know, saffron on there, put cumin on it, roast it in the oven. You know, a bit of pepper on there and stuff. Even a little bit of honey.

**NICK GRIMSHAW:** Mmm.

**ANGELA HARTNETT:** And that would be delicious. And then add it with loads of nuts, coriander-

**NICK GRIMSHAW:** We did it with dates.

**ANGELA HARTNETT:** -if that's your sort of thing. Dates-

**NICK GRIMSHAW:** Spiced chickpeas.

**ANGELA HARTNETT:** -there you go, got everything, see?

**NICK GRIMSHAW:** Really good, yeah, very, very good. I do remember that, that was delicious, with that green tahini.

**ANGELA HARTNETT:** There we g- ah, there you go, with green tahini.

**NICK GRIMSHAW:** Mmm. Yes.

**ANGELA HARTNETT:** We got it.

**NICK GRIMSHAW:** Um, it was quite a bit of a- a hit, that one. People really like that one.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Lisa on Instagram said, 'I cooked the cauliflower.'

**ANGELA HARTNETT:** Right.

**NICK GRIMSHAW:** Um, 'And I can't believe how amazing it is, I'm the worst cook and even I could do it.'

**ANGELA HARTNETT:** [*laughs*] Great recipe.

**NICK GRIMSHAW:** Um, and Dinky D has been on, saying that, 'Roasted cauliflower is heavenly,' um, 'A great range of flavours and textures. Absolutely delicious.'

**ANGELA HARTNETT:** There we go. We're getting them all, they're loving it.

**NICK GRIMSHAW:** Final word on cauliflower, Teej says, 'This is how you make cauliflower sexy.'

**ANGELA HARTNETT:** There you go.

**NICK GRIMSHAW:** It's needed a revamp.

**ANGELA HARTNETT:** It's needed a revamp.

**NICK GRIMSHAW:** And you did that.

**ANGELA HARTNETT:** It needs the PR that kale got for a while.



**NICK GRIMSHAW:** Yeah, yeah. Yeah, it did, yeah.

**ANGELA HARTNETT:** Kale sort of went PR crazy and now cauliflower needs it.

**NICK GRIMSHAW:** Yeah. It got a new stylist, essentially. Yeah.

**ANGELA HARTNETT:** Yeah. That's true.

**NICK GRIMSHAW:** [*with mouth full*] And it's back, baby.

**ANGELA HARTNETT:** [*laughs*]

[*theme music, continues under talking*]

**NICK GRIMSHAW:** Thank you for all your comments. Thanks for sending those in, and we'll see you next week.

**ANGELA HARTNETT:** Bye.

**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](https://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@waitroses.co.uk](mailto:dish@waitroses.co.uk).

**ANGELA HARTNETT:** Dish from Waitrose is A Cold Glass production.

**VOICEOVER:** Waitrose. The home of food lovers.