

Sam Smith delighted by our lobster rolls with lemon & dill



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

[theme music plays]

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

ANGELA HARTNETT: And I'm Angela Hartnett.

NICK GRIMSHAW: Hello, Angela Hartnett.

ANGELA HARTNETT: Hello, Nicholas Grimshaw.

NICK GRIMSHAW: So, we are recording this in the sort of the tail end of a quite intense heatwave.

ANGELA HARTNETT: Yes, very intense.

NICK GRIMSHAW: It's been hot.

ANGELA HARTNETT: Very hot.

NICK GRIMSHAW: I was thinking about you because I thought, how is it in those kitchens?

ANGELA HARTNETT: Very hot. It's hard, it's hard. Drink lots of water, eat lots of watermelon.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Keep hydrated.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Hydration, that's what we say.

NICK GRIMSHAW: You were very much all about the hydration yesterday.

ANGELA HARTNETT: *[laughs]*

[crew laughs]

ANGELA HARTNETT: What, and nothing passed your lips?

NICK GRIMSHAW: No, no, I was like staying hydrated and prepared for Dish. And yesterday it was the Arsenal-

ANGELA HARTNETT: The parade.

NICK GRIMSHAW: -their parade.

ANGELA HARTNETT: For winning-

NICK GRIMSHAW: For winning the Premier League.

ANGELA HARTNETT: Yes, number one.

NICK GRIMSHAW: Not the, not the-

ANGELA HARTNETT: Not the Champions League.

NICK GRIMSHAW: Not the Champions League.

ANGELA HARTNETT: That's next year, we'll double it. They said it's the biggest parade ever in London and for any football team. And there was just me and Neil, I mean, the only idiots that came on two bikes trying to get through these crowds. So anyway, we stopped when we just couldn't. We could see Newington Green and I said, "They're there, Neil, but we cannot get through these thousands of people." But it was great-

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: -because you just made friends. We made friends with these lovely chaps-

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: -talking to other people. The crate of beer I had for everyone, I stood on as my platform to watch.

NICK GRIMSHAW: Fantastic.

ANGELA HARTNETT: So, it was fabulous. It was a great day.

NICK GRIMSHAW: And it's also like, we live right by Arsenal-

ANGELA HARTNETT: Perfect.

NICK GRIMSHAW: -so it's like the whole street, like everyone-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: -is about it in our neighbourhood. So, it's nice to be-

ANGELA HARTNETT: It was brilliant.

NICK GRIMSHAW: I like that it was in a neighbourhood.

ANGELA HARTNETT: Yes, it's in our neighbourhood, yeah.

NICK GRIMSHAW: Do you know what I mean? It's like in the ends of where Arsenal was.

ANGELA HARTNETT: It's where everyone was, yeah.

NICK GRIMSHAW: So, it did feel very special.

ANGELA HARTNETT: It was brilliant, yeah.

NICK GRIMSHAW: It really did. And then afterwards everyone was playing football in the streets.

ANGELA HARTNETT: We were playing football in the streets.

NICK GRIMSHAW: It was like the 60's.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: All the streets were closed.

ANGELA HARTNETT: Yeah. And then we went back to Remy's house. She made delicious food and then went home. It was great. Great night.

NICK GRIMSHAW: But it was a lot of fun.

ANGELA HARTNETT: It was lots of fun.

NICK GRIMSHAW: And I feel like today's gonna be fun.

ANGELA HARTNETT: Great guest today.

NICK GRIMSHAW: Great guests. We have Sam Smith joining us-

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: -and they are fantastic. They are really fun guests.

ANGELA HARTNETT: And you know them very well. Yes.

NICK GRIMSHAW: Yeah, yeah. I know them from like interviewing them over the years-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -from right from when they were like brand new and starting out. And yeah, sort of consistently done interviews forever.

ANGELA HARTNETT: Because how long has Sam been in this world now?

NICK GRIMSHAW: 2011, 2012.

ANGELA HARTNETT: So longer than I thought, actually.

NICK GRIMSHAW: Yeah, yeah. So, like 15 years. Yeah, and they've obviously gone on to have an incredible career.

ANGELA HARTNETT: New album out.

NICK GRIMSHAW: New album coming out next month. So yeah, Sam will be with us soon-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: -to talk all about that new record.

ANGELA HARTNETT: Exactly.

NICK GRIMSHAW: Also a big food fan.

ANGELA HARTNETT: So yeah, I've made a lobster roll for Sam.

NICK GRIMSHAW: Ah, so ready for that.

ANGELA HARTNETT: Yeah, yeah, so- I hope so.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yes, it's that sort of, you know, a little bit of bacon for the hangover. It's perfect. *[laughs]*

[crew laughs]

NICK GRIMSHAW: Are you rough, by the way?

ANGELA HARTNETT: I'm, I'm feeling, only because I think we need to contextualise this-

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: -that also on Saturday was Champions League.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: So that was a day of-

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: -sort of, you know, nervous drinking because it was Champions League. And then of course-

NICK GRIMSHAW: *[imitates shaking while drinking]*

ANGELA HARTNETT: -celebratory drinking, um, you know, so it's just been, so now-

NICK GRIMSHAW: A roll over.

ANGELA HARTNETT: -off it for a while. Pff. Got to.

NICK GRIMSHAW: Yeah, till when?

ANGELA HARTNETT: Till the holiday.

NICK GRIMSHAW: Halfway through this episode.

[crew laughs]

ANGELA HARTNETT: No, got to.

NICK GRIMSHAW: No, no. Um, well, before we get Sam in, shall we talk about your new range? Because you're-

ANGELA HARTNETT: Yes!

NICK GRIMSHAW: -I didn't know about this.

ANGELA HARTNETT: I know.

NICK GRIMSHAW: I didn't know anything about this.

ANGELA HARTNETT: Did you not?

NICK GRIMSHAW: No! So this is the new range at Waitrose, the Angela Hartnett Range.

ANGELA HARTNETT: I know. At Christmas I did lots of biscotti-

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: -and then we did the panettone, etc.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: And now we've done this lovely Italian range. So, we've got some fantastic lasagne. This I think you and Mesh will love, cacio e pepe ravioli.

NICK GRIMSHAW: Ooh yeah.

ANGELA HARTNETT: So, um, and everything- Well, the lasagne is made in the UK, but all the pasta and all the sauces, because we have sauces as well, that's all made in Italy.

NICK GRIMSHAW: Are you Italian?

ANGELA HARTNETT: Um, Shut up.

[crew laughs]

ANGELA HARTNETT: I can see you're taking advantage of the-

NICK GRIMSHAW: I'm not.

ANGELA HARTNETT: -fact I'm feeling- And, and then we have this spaghetti alla chitarra, which is this fantastic spaghetti all rolled, um-

NICK GRIMSHAW: Oh, I like that.

ANGELA HARTNETT: -by hand. Yeah.

NICK GRIMSHAW: So, it's like fresh spaghetti.

ANGELA HARTNETT: And then we have a range of sauces.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: So we have puttanesca, we've got sausage sauce, we've got tomato ragu, and then— Feel the heft in that lasagne!

NICK GRIMSHAW: No, this lasagne is-

ANGELA HARTNETT: That is that is crikey.

NICK GRIMSHAW: -wow, that is a generous lasagne. That's not for one, is it?

ANGELA HARTNETT: That's, that's not for one.

NICK GRIMSHAW: Wow. Look at that.

ANGELA HARTNETT: No, even Mesh might feel full after that.

NICK GRIMSHAW: Maybe.

ANGELA HARTNETT: Maybe, maybe.

NICK GRIMSHAW: If anyone can.

ANGELA HARTNETT: *[laughs]* Yeah, it's a test.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: I feel like you can have a few of them today.

ANGELA HARTNETT: Yeah, and then we got some focaccia as well we've made-

NICK GRIMSHAW: Oh nice.

ANGELA HARTNETT: -which is brilliant. So, it's a great range actually.

NICK GRIMSHAW: Looks really good. So, it's all done in Italy?

ANGELA HARTNETT: Two different families make them, both based up in the Veneto area.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: One makes the sauces, one makes the pasta. But I met the gentleman-

NICK GRIMSHAW: Wow.

ANGELA HARTNETT: -he came over to England. And then Barbara, who helps produce all the range, she goes over and inspects everything that's up to the standard.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: It's quite, I should get you involved in the next taste testing because it's quite fun-

NICK GRIMSHAW: Oh yeah.

ANGELA HARTNETT: -because you have all these different and you're like, a little bit more parmesan, a little bit more butter-

NICK GRIMSHAW: Oh, that's fun

ANGELA HARTNETT: -a little less this, you know. It's, you know, and they've done a brilliant job, I have to say Waitrose.

NICK GRIMSHAW: Wait, that's really fun.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: I love the packaging as well.

ANGELA HARTNETT: And that's all recyclable. It's all stinking everything.

NICK GRIMSHAW: Oh, is it? Great.

ANGELA HARTNETT: Every single thing.

NICK GRIMSHAW: Yeah, I like it. This pasta sauce looks good. Puttanesca, that's one-

ANGELA HARTNETT: That's yours, that's you.

NICK GRIMSHAW: -I always-

ANGELA HARTNETT: Yeah, you like that.

NICK GRIMSHAW: -make of yours.

ANGELA HARTNETT: Yeah, let's see. You can now decant it-

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: -like I did.

NICK GRIMSHAW: I'll never make it again.

ANGELA HARTNETT: *[laughs]*

[crew laughs]

NICK GRIMSHAW: I won't.

ANGELA HARTNETT: Yeah, there you go.

NICK GRIMSHAW: Okay, well, let's welcome our guest. Let's welcome Sam Smith to Dish.

[theme song plays]

[cheering and applause]

NICK GRIMSHAW: Yes! Hi, Sam!

ANGELA HARTNETT: Hi, Sam!

NICK GRIMSHAW: Welcome.

SAM SMITH: Oh, thank you.

NICK GRIMSHAW: How are you?

SAM SMITH: I'm good.

ANGELA HARTNETT: Lovely to see you.

SAM SMITH: I'm very good. Lovely to see you too.

ANGELA HARTNETT: How are you?

SAM SMITH: I'm good.

NICK GRIMSHAW: Yeah?

ANGELA HARTNETT: Yeah?

SAM SMITH: I'm excited to be here.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Good. We're excited to have you.

NICK GRIMSHAW: We're excited to have you. Yeah.

SAM SMITH: I'm so excited. I watch it all the time.

NICK GRIMSHAW: Oh, do you?

ANGELA HARTNETT: Aw, wow.

SAM SMITH: No, I definitely do.

ANGELA HARTNETT: Come and sit down-

NICK GRIMSHAW: Aw come on in.

ANGELA HARTNETT: -at the table, Sam.

NICK GRIMSHAW: Come in, we'll get you a drink.

ANGELA HARTNETT: Yeah, come this way.

NICK GRIMSHAW: You're gonna go there.

ANGELA HARTNETT: That's it.

SAM SMITH: I see caviar.

ANGELA HARTNETT: Oh, we get all your treats, all your treats.

SAM SMITH: *[laughs]*

ANGELA HARTNETT: We try to look after our guests.

[theme music plays]

NICK GRIMSHAW: Let's welcome our guest, Angela.

ANGELA HARTNETT: Do.

NICK GRIMSHAW: Time to welcome a fantastic guest to Dish, someone who you will know as a phenomenally successful singer-songwriter and award winner. And just think it could have been a lot different if they'd followed their actual dreams of becoming, a fishmonger?!

[everyone laughs]

NICK GRIMSHAW: It's Sam Smith, everybody!

[cheering and applause]

NICK GRIMSHAW: Hi Sam!

SAM SMITH: Hello!

ANGELA HARTNETT: Hey!

NICK GRIMSHAW: Welcome! How are you?

ANGELA HARTNETT: Yeah.

SAM SMITH: I'm good. I'm still gutted I'm not a fishmonger.

NICK GRIMSHAW: When did you, is this real?

ANGELA HARTNETT: *[laughs]*

SAM SMITH: Honestly, like, I'm not just saying this because, yeah, but I used— I was lucky as a kid, we used to go to Waitrose a lot—

ANGELA HARTNETT: Mm.

SAM SMITH: -and the fish section, I just loved. I just I like to handle fish.

ANGELA HARTNETT: Right. *[laughs]*

NICK GRIMSHAW: Right.

ANGELA HARTNETT: More information.

SAM SMITH: I don't know, it felt very like calming.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah.

SAM SMITH: If I'm hot, you're near the ice.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: *[laughs]*

SAM SMITH: Like, I love the smell.

ANGELA HARTNETT: Do you cook a lot with fish?

SAM SMITH: I don't cook.

ANGELA HARTNETT: Okay, alright.

SAM SMITH: I try to cook.

ANGELA HARTNETT: Yeah.

SAM SMITH: But I'm the worst type of cook. Like, everything I cook comes out like a little bit undone.

NICK GRIMSHAW: Oh okay.

ANGELA HARTNETT: I don't believe that.

SAM SMITH: And I try to cook like I have a glass of wine at the ready.

NICK GRIMSHAW: Uh-huh.

SAM SMITH: I like play jazz music-

ANGELA HARTNETT: *[laughs]*

SAM SMITH: -and I'm like cutting things up.

ANGELA HARTNETT: Tick all the boxes.

SAM SMITH: Yeah, yeah-

ANGELA HARTNETT: Sharp knife.

SAM SMITH: -and then the meal just goes to s***.

[everyone laughs]

SAM SMITH: The only thing I've been able to master recently is scrambled eggs because of Marco Pierre White on Instagram.

ANGELA HARTNETT: Okay.

NICK GRIMSHAW: Uh-huh.

SAM SMITH: I followed how he does it-

NICK GRIMSHAW: Uh-huh.

SAM SMITH: -slow.

ANGELA HARTNETT: Yeah, slow and fold yeah.

SAM SMITH: And now I can make really good eggs.

ANGELA HARTNETT: Oh okay.

NICK GRIMSHAW: Okay, that's good, that's good. Isn't that like a thing that they teach you

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: -when you're learning?

ANGELA HARTNETT: And eggs is a real challenge.

NICK GRIMSHAW: It's hard.

ANGELA HARTNETT: Scrambled eggs-

NICK GRIMSHAW: It can be hard.

ANGELA HARTNETT: -is not easy-

NICK GRIMSHAW: No.

SAM SMITH: Mm.

ANGELA HARTNETT: -you know, because people can make them.

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: And we've all eaten bad scrambled eggs.

NICK GRIMSHAW: Hate s*** scrambled eggs.

ANGELA HARTNETT: You know, you're starting high there, Sam. You know.

NICK GRIMSHAW: I guess it is, if you were— if I was to place you in a supermarket working environment-

SAM SMITH: Mm-hm.

NICK GRIMSHAW: -I'd immediately put you on the fishmonger.

[everyone laughs]

SAM SMITH: Would you?

NICK GRIMSHAW: Yeah, because I think it's quite, there's something quite glamorous about it.

SAM SMITH: Yeah, maybe that's it.

NICK GRIMSHAW: Also, like erm, like, grounded-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -but glamorous.

SAM SMITH: Yeah.

ANGELA HARTNETT: Yes, yes.

NICK GRIMSHAW: Like yeah.

SAM SMITH: I'm glad you said that.

ANGELA HARTNETT: Very practical.

NICK GRIMSHAW: A nice array of things-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -on offer.

SAM SMITH: Uh-huh.

NICK GRIMSHAW: Get you a shift down there. Because my sister always used to want to be a butcher as well.

ANGELA HARTNETT: Oh.

NICK GRIMSHAW: I think it's quite an odd choice for a child to dream of.

SAM SMITH: I don't know I find it quite chic.

NICK GRIMSHAW: Yeah *[laughs]*

SAM SMITH: I really do.

NICK GRIMSHAW: Yeah.

SAM SMITH: It's fun.

NICK GRIMSHAW: Anyway, you're not a fishmonger.

SAM SMITH: I'm not a fishmonger.

NICK GRIMSHAW: You're a singer. Thank God for all of us.

SAM SMITH: *[laughs]*

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: And well, Sam, welcome.

ANGELA HARTNETT: Welcome.

SAM SMITH: Thank you.

NICK GRIMSHAW: We're starting with-

ANGELA HARTNETT: Cheers.

NICK GRIMSHAW: -the champagne because we heard that's your-

SAM SMITH: This is incredible.

NICK GRIMSHAW: -favourite. So, cheers.

ANGELA HARTNETT: Cheers.

NICK GRIMSHAW: Cheers.

SAM SMITH: Thank you so much.

ANGELA HARTNETT: Welcome, welcome, cheers.

NICK GRIMSHAW: Cheers.

SAM SMITH: Recently got into champagne.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: I think it's time.

ANGELA HARTNETT: Yeah.

SAM SMITH: It's really good.

[crew laughs]

NICK GRIMSHAW: Yeah. Delicious.

ANGELA HARTNETT: Mm.

SAM SMITH: I used to always not like-

NICK GRIMSHAW: Yeah.

SAM SMITH: -I don't know what stopped me. It was a mental block.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: But now you're there.

ANGELA HARTNETT: And we have some little crisps with some caviar.

SAM SMITH: Because it goes well with caviar.

ANGELA HARTNETT: Yes, exactly.

NICK GRIMSHAW: Yeah.

SAM SMITH: I do bumps of caviar. You just put loads of it in

ANGELA HARTNETT: Oh yeah.

[crew laughs]

NICK GRIMSHAW: Yeah, yeah. Is that the culinary term? A bump? Yeah.

ANGELA HARTNETT: I love the fact you did a bump.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: I think that's brilliant. There's this great restaurant in London, Punk Royale-

NICK GRIMSHAW: Punk Royale.

ANGELA HARTNETT: -and you go there and it's, it's very, it's small, it's sort of half the size of this room.

NICK GRIMSHAW: Mm.

SAM SMITH: Mm.

ANGELA HARTNETT: And I walked in, Neil and I were late-

NICK GRIMSHAW: That's not like you.

ANGELA HARTNETT: -and I went up and I said sorry to the chef, and then he called me back and I thought, oh my God, he's going to tell me off. And what they do is they put a lump of caviar on your hand and that's your first course with a shot of vodka.

SAM SMITH: You see, I'm into that.

ANGELA HARTNETT: And it was great. And Neil and I were, this is brilliant-

NICK GRIMSHAW: Mm.

SAM SMITH: Mm.

ANGELA HARTNETT: -this is fab, you know-

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: -first course.

SAM SMITH: It goes, it goes well with vodka, right? Too?

ANGELA HARTNETT: Mm, yeah, very much so, yeah.

SAM SMITH: There's Caviar Kaspia, the restaurant, that I go to every now and then.

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

SAM SMITH: I always have a shot of vodka and-

ANGELA HARTNETT: Very nice, yeah.

SAM SMITH: -caviar and a jacket potato.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: That is, it.

SAM SMITH: Delicious.

ANGELA HARTNETT: I love that.

NICK GRIMSHAW: So delicious. Can I just as well, before you came in, when Sam came in before we started recording, you were like, "Heard about yesterday?"

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: We spoke about yesterday before you joined us, and Ange said in the intro, “No drinking now.” And I've noticed you're actually stuck to that. No drinking.

SAM SMITH: I mean, I mean, I get it.

ANGELA HARTNETT: I mean, it may happen in a minute. I'm not, you know-

NICK GRIMSHAW: Oh well.

[Crew laughs]

SAM SMITH: It helps for a bit.

ANGELA HARTNETT: -I know, I'm trying to be quite good because there's been a lot of drinking.

NICK GRIMSHAW: Mm.

SAM SMITH: You look fresh.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Thank you. Thank you.

SAM SMITH: You look really, really fresh.

ANGELA HARTNETT: Oh, thank you, Sam.

SAM SMITH: You do. You do.

ANGELA HARTNETT: And thank you, Fran.

[everyone laughs]

NICK GRIMSHAW: Shoutout Fran, on hair and makeup.

SAM SMITH: I was hungover yesterday too.

ANGELA HARTNETT: Yeah. Yeah. I said to Fran, I said, “Not too much, not too heavy.” And I said, “Do I look hungover?” She goes, “And you're telling me not to put makeup on. Come here.” *[laughs]*

NICK GRIMSHAW: Plaster it on, please. Fran worked through the night on my face.

[everyone laughs]

NICK GRIMSHAW: She had; she had a work cut out. She did, she did, she did. Hey, before we go on to talk about your food likes and dislikes.

ANGELA HARTNETT: Hm.

SAM SMITH: Yes.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: You went to see Kelly Clarkson on her show?

SAM SMITH: Yeah.

NICK GRIMSHAW: And you said something which was perfect for Dish, you said that you maybe like food more than music.

SAM SMITH: Oh, it's not maybe.

NICK GRIMSHAW: No.

ANGELA HARTNETT: Oh!

SAM SMITH: It's a for sure.

[everyone laughs]

NICK GRIMSHAW: It's a for sure.

SAM SMITH: I choose food over everything-

NICK GRIMSHAW: Mm.

SAM SMITH: -and anyone-

NICK GRIMSHAW: Mm-hm.

SAM SMITH: -and everything. Like, I love my mum but food. No, I'm joking.

NICK GRIMSHAW: No not your mum. Not mum!

[everyone laughs]

SAM SMITH: No, I love mum. She's the only person that comes before food.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: What-

SAM SMITH: I just, I love food so much.

ANGELA HARTNETT: Mm.

SAM SMITH: It like brings me so much joy. It's like the, it's the anchors to my day.

ANGELA HARTNETT: Sure.

SAM SMITH: I'm the one who's eating a meal-

NICK GRIMSHAW: Mm.

SAM SMITH: -planning the next.

ANGELA HARTNETT: Oh yeah, we're same.

SAM SMITH: Yeah.

NICK GRIMSHAW: Yeah. We're that.

SAM SMITH: Like the minute I made any sort of money, it was just spent on food.

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: Right.

SAM SMITH: And, and also the, not like people around food.

ANGELA HARTNETT: Mm.

SAM SMITH: And I love to share food-

ANGELA HARTNETT: Yeah.

SAM SMITH: -at restaurants with people and-

NICK GRIMSHAW: Mm-hm.

SAM SMITH: -go to places-

ANGELA HARTNETT: Sure.

SAM SMITH: -where you can share food.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah, yeah, yeah.

SAM SMITH: It's my favourite.

NICK GRIMSHAW: It's important to do all that.

SAM SMITH: Yeah, and I get to-

NICK GRIMSHAW: Yeah.

SAM SMITH: -travel around the world as well with the touring, and that has, and food has been my favourite part of touring.

ANGELA HARTNETT: Have you had a particular country that you would never have necessarily gone to?

SAM SMITH: Oh God!

ANGELA HARTNETT: And then found the food's just been incredible.

SAM SMITH: Yeah, I, I think the, um, Korea.

ANGELA HARTNETT: Oh, right, I've never been, yeah.

SAM SMITH: And Seoul and going into all the markets and stuff.

NICK GRIMSHAW: Mm-hm.

SAM SMITH: Like, I love being tested a little bit.

ANGELA HARTNETT: Yeah, okay. Little challenge.

SAM SMITH: There was like scary foods.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Okay.

SAM SMITH: It's the only time I've ever turned down any food.

ANGELA HARTNETT: Wow.

SAM SMITH: Who'd think it was a market in Seoul?

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: What was the no, what was the-

SAM SMITH: It was a, it was a gelatined pig hoof.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Oh yeah.

SAM SMITH: Cold.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Oh yeah.

NICK GRIMSHAW: That's tough.

SAM SMITH: And I just couldn't do that.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

SAM SMITH: I couldn't do that. But it's been playing on my mind for years. I think I have to-

ANGELA HARTNETT: You'll have to go back.

SAM SMITH: Maybe.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

SAM SMITH: But the markets there are incredible.

ANGELA HARTNETT: Mm.

SAM SMITH: Food in Japan was amazing.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm-hm.

SAM SMITH: And like, I went to, um, do you ever hear about Gaggan-

NICK GRIMSHAW: No.

ANGELA HARTNETT: Oh.

SAM SMITH: -in Thailand, in Bangkok.

ANGELA HARTNETT: Yes. That's supposed to be brilliant, isn't it.

SAM SMITH: There's a Chef's Table-

ANGELA HARTNETT: Yeah.

SAM SMITH: -episode on it, and that was an amazing experience.

ANGELA HARTNETT: Yeah.

SAM SMITH: So, I've got to experience those, but my favourite stuff is always street food-

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Right, yeah, yeah.

SAM SMITH: -and like casual dining.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah, lovely.

NICK GRIMSHAW: And I guess when you're on tour, like, you know, a great excuse to go and try all these things-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -and to be able to like go with your team-

SAM SMITH: Yeah.

NICK GRIMSHAW: -and like create all those moments-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: -so you're not just going, you know, venue to hotel and-

ANGELA HARTNETT: Yeah, of course, yeah.

NICK GRIMSHAW: -venue to hotel.

SAM SMITH: Yeah, the only issue is, um, acid reflux and singing. It's horrific.

NICK GRIMSHAW: Oh yeah.

ANGELA HARTNETT: Yeah, okay.

SAM SMITH: There's been so many times of like backed to Tomahawk-

NICK GRIMSHAW: *[laughs]*

ANGELA HARTNETT: *[laughs]*

SAM SMITH: -and then I have to go and perform and I'm like-

NICK GRIMSHAW: Oh.

SAM SMITH: -whilst trying to deliver like Lay Me Down. Perfect.

NICK GRIMSHAW: And do you have anything that you can't eat? Because we've had a few-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -singers on and they're like-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: -oh, when I'm on tour I can't have this, or I can't do that.

SAM SMITH: Yeah, when I'm on tour you have to like, the rich foods stop-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Yeah.

SAM SMITH: -on the days you're singing.

ANGELA HARTNETT: A lot of people say dairy and stuff.

SAM SMITH: Dairy isn't good.

ANGELA HARTNETT: Yeah. Right.

NICK GRIMSHAW: Mm-hm.

SAM SMITH: Like loads of cheese isn't great-

ANGELA HARTNETT: Yeah.

SAM SMITH: -isn't great.

NICK GRIMSHAW: No.

SAM SMITH: And like tomato-based dishes.

ANGELA HARTNETT: Right, okay, anything acid. Yeah.

SAM SMITH: But there's like, there's hacks. I'd make alkaline juices-

NICK GRIMSHAW: Mm-hm.

SAM SMITH: -and then take before I sing-

ANGELA HARTNETT: Okay.

SAM SMITH: -and it can calm the system down.

NICK GRIMSHAW: It can sort it out.

ANGELA HARTNETT: Yeah.

SAM SMITH: Yeah.

NICK GRIMSHAW: What's it, is there anything that you have to like completely avoid when you're on tour? You're like, that I cannot have?

SAM SMITH: Oh yeah, 100%, but I ignore it.

NICK GRIMSHAW: Right.

ANGELA HARTNETT: *[laughs]*

SAM SMITH: I mean, a life without cheese for me is just not-

NICK GRIMSHAW: It's not worth living.

SAM SMITH: -it's not worth it.

NICK GRIMSHAW: It's actually not worth living.

ANGELA HARTNETT: Yeah.

SAM SMITH: I take the, I take the risk sometimes.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Take the rough with the sways.

NICK GRIMSHAW: When I did my allergy test, which we mentioned from time to time on Dish, I-

[crew laughs]

NICK GRIMSHAW: -one of the things was, uh, hard cheese-

ANGELA HARTNETT: Oh, was it.

NICK GRIMSHAW: -and I just ignored that.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: *[laughs]* I'm just like-

SAM SMITH: My, oh my God-

NICK GRIMSHAW: Yeah!

SAM SMITH: My, my partner is allergic to nuts.

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: Oh okay.

SAM SMITH: And he's, and he's 30 years old and he's, he's been allergic to nuts his whole life. And, um, the other day he went and, uh, took almonds to the surgery.

ANGELA HARTNETT: Right.

SAM SMITH: And to see if he was actually-

NICK GRIMSHAW: Uh-huh.

SAM SMITH: -allergic to almonds because he had doubts that he was allergic-

ANGELA HARTNETT: Yeah.

SAM SMITH: -almonds. He had to try an almond in front of the, the doctor and he's not allergic to almonds.

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: Oh fantastic.

SAM SMITH: Which is amazing because I'm, I love-

ANGELA HARTNETT: Yeah.

SAM SMITH: -peanut butter-

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: Yeah.

SAM SMITH: -and I've had to give it all up in the house.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Of course, yeah.

SAM SMITH: And so now I can have almonds.

[theme music plays]

NICK GRIMSHAW: Shall we talk about your food likes and dislikes?

SAM SMITH: Please.

NICK GRIMSHAW: We always like to start the episode with this. It starts with a dish first, which I've never had this, turnip cake.

ANGELA HARTNETT: Oh.

NICK GRIMSHAW: Talk us through your love of-

SAM SMITH: You've never had a turnip cake?

NICK GRIMSHAW: -never had a turnip cake.

SAM SMITH: Next time you're in New York.

NICK GRIMSHAW: Yes.

SAM SMITH: Please message me-

NICK GRIMSHAW: Uh-huh.

SAM SMITH: -and I want to take you for some turnip cake.

NICK GRIMSHAW: Okay.

SAM SMITH: Please.

NICK GRIMSHAW: Savoury?

ANGELA HARTNETT: Have you had turnip cake at St. John in London?

SAM SMITH: No.

ANGELA HARTNETT: Well, tell me about your turnip cake.

SAM SMITH: Mine here is here.

ANGELA HARTNETT: Oh.

SAM SMITH: Tattooed on my tits.

ANGELA HARTNETT: Oh my gosh.

[crew laughs]

SAM SMITH: I call it turn-up cake.

NICK GRIMSHAW: Turn-up cake?

ANGELA HARTNETT: *[laughs]*

SAM SMITH: Because it turns me up.

NICK GRIMSHAW: What is it?

ANGELA HARTNETT: *[laughs]*

[crew laughs]

NICK GRIMSHAW: I've never even heard of it.

SAM SMITH: It's Chinese and it's like fried turnips with bacon in it-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Mm-hm.

SAM SMITH: -and it's in like a square. And for some reason, they, when I eat it, it reminds me of my nan's roast dinner. And it's delicious, and you dip it in like hoisin sauce.

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: Mm.

SAM SMITH: It just makes me feel, uh, at home.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm-hm.

SAM SMITH: I think about it all the time.

NICK GRIMSHAW: So, turnip cake is on there, so much so that Sam has a tattoo of it.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Um, your loves continue: peanut butter, butter, chicken wings, cheese, caviar, oysters, fish and chips, and everything from a proper fish and chip shop. Are you having proper chippies? Surely not in New York.

ANGELA HARTNETT: Mm.

SAM SMITH: No.

NICK GRIMSHAW: No.

SAM SMITH: It's actually one of the disasters-

NICK GRIMSHAW: Yeah, of the city.

SAM SMITH: -of my life right now.

NICK GRIMSHAW: Yeah, yeah.

SAM SMITH: It's like I actually get sad sometimes.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Mm.

SAM SMITH: Apparently, it's something to do with the potato, I got told-

ANGELA HARTNETT: Oh, is it?

SAM SMITH: -and the water in New York-

ANGELA HARTNETT: Oh okay.

SAM SMITH: -and you can't get the same. But I have a thing with fish and chips, right?

ANGELA HARTNETT: Okay.

SAM SMITH: So, I love fish and chips from fish and chip shops where like the chips like stick together.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Yeah.

SAM SMITH: And you've got like the hot silver hot plate when you walk in.

NICK GRIMSHAW: Yeah, yeah, yeah.

ANGELA HARTNETT: Yeah, yeah.

SAM SMITH: But I feel like the gastropub fish and chips, um, like I call them posh fish and chips-

ANGELA HARTNETT: Mm.

SAM SMITH: -it just doesn't, I don't see that as fish and chips.

ANGELA HARTNETT: Yeah, I know what you mean.

NICK GRIMSHAW: Agree.

SAM SMITH: And like even in London, I find it hard to find like proper fish and chips.

ANGELA HARTNETT: Mm.

SAM SMITH: Like my family from Whitley Bay, my favourite fish and chip shop is called Marshall's there-

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Oh right.

SAM SMITH: -which is amazing.

ANGELA HARTNETT: I bet.

SAM SMITH: And but yeah, I just. When people talk about fish and chips, they're not talking about the same fish and chips I am.

ANGELA HARTNETT: Yeah, I know what you mean.

NICK GRIMSHAW: In a pub, no.

ANGELA HARTNETT: Doesn't feel right. Feels too clean.

NICK GRIMSHAW: I don't like it.

ANGELA HARTNETT: It feels too clean.

NICK GRIMSHAW: Yeah, too clean.

SAM SMITH: Yeah.

NICK GRIMSHAW: It needs to be one of those places where they sell those forks-

ANGELA HARTNETT: Yeah.

SAM SMITH: Yeah.

NICK GRIMSHAW: -that are like flat-

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: -with the two prong and you eat it like that.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And the fork comes out of a cardboard box.

ANGELA HARTNETT: Yeah, yeah, yeah.

SAM SMITH: Ugh.

NICK GRIMSHAW: That's what I'm talking about.

ANGELA HARTNETT: Yeah.

SAM SMITH: Heaven.

NICK GRIMSHAW: That's Michelin.

SAM SMITH: Oh, it is, it is Michelin.

NICK GRIMSHAW: That is Michelin. That is Michelin.

SAM SMITH: That is my favourite thing in the world-

NICK GRIMSHAW: Yeah.

SAM SMITH: -but not in America. You can't get it.

ANGELA HARTNETT: No, they don't, they don't.

NICK GRIMSHAW: Anything lobster or creamy with vegetable, um, love caviar and champagne. And I love this sentence: "And raw salmon from Norway." Love.

[everyone laughs]

SAM SMITH: I do though.

NICK GRIMSHAW: You're like, I do.

SAM SMITH: I do. There's this place called, there's a festival called Montreux Jazz Festival-

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Right.

SAM SMITH: -and they like, they gave you this, uh, sashimi-

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Mm.

SAM SMITH: -and it was the best thing I've ever had in my life.

NICK GRIMSHAW: Ugh

ANGELA HARTNETT: Oh wow.

SAM SMITH: And it was from Norway. Norwegian salmon, raw.

ANGELA HARTNETT: Salmon yeah.

SAM SMITH: Yeah.

NICK GRIMSHAW: I love.

ANGELA HARTNETT: Fab.

SAM SMITH: I sound ridiculous.

NICK GRIMSHAW: No, I love it. Obviously, I love this.

SAM SMITH: *[laughs]*

NICK GRIMSHAW: I discovered it at the Montreux Jazz Festival.

[everyone laughs]

NICK GRIMSHAW: Amazing. I love it. I love it.

SAM SMITH: It's about high and low.

ANGELA HARTNETT: Yeah, yeah.

NICK GRIMSHAW: High and low.

ANGELA HARTNETT: High and low.

NICK GRIMSHAW: Yeah, yeah. Yes, you can have a chippy-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -but also-

SAM SMITH: Also, I can go low.

[everyone laughs]

SAM SMITH: Trust me.

NICK GRIMSHAW: But also, raw Norwegian salmon at the Montreux-

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: -Jazz Festival.

ANGELA HARTNETT: Yeah.

SAM SMITH: 100%.

NICK GRIMSHAW: You gotta mix it.

SAM SMITH: Nothing in between.

ANGELA HARTNETT: Yeah, yeah.

NICK GRIMSHAW: You gotta mix it. You also love French food, Chinese food, and then the email signs off, “All food basically.”

SAM SMITH: Yes.

ANGELA HARTNETT: Yeah.

SAM SMITH: All food.

NICK GRIMSHAW: All food. All food basically. This is a good guest.

ANGELA HARTNETT: Very good, guest.

NICK GRIMSHAW: That's what we like.

ANGELA HARTNETT: Very happy we're very happy.

NICK GRIMSHAW: A good guest.

SAM SMITH: Well, this is why I watch your show all the time-

ANGELA HARTNETT: Aw.

SAM SMITH: -because it's just so nice to escape into the world of food.

NICK GRIMSHAW: Has your food tastes changed since being in New York?

SAM SMITH: Um, yes, actually. Yeah, I think that I can handle spice more.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Okay.

SAM SMITH: Um, food is a bit more overwhelming in flavour-

ANGELA HARTNETT: Right, yeah.

SAM SMITH: -in, in New York, I find.

ANGELA HARTNETT: Mm.

SAM SMITH: So, like, I've- yeah, my spice tolerance has gone up. There's a restaurant, if you haven't been, called Thai Diner-

NICK GRIMSHAW: Right.

ANGELA HARTNETT: Right, okay.

SAM SMITH: -in New York. I think it's the best restaurant right now, one of them in New York.

ANGELA HARTNETT: Okay.

SAM SMITH: It's incredible. And when I first got there, I was like, “F***, it's hot.” And then now I can handle it.

ANGELA HARTNETT: Now you're there.

SAM SMITH: Yeah. So, it's changed in that respect. Um, I've started eating more turkey-

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Okay.

SAM SMITH: -which is nice.

NICK GRIMSHAW: Mm-hm.

SAM SMITH: And like, I had like a bison but um, steak.

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: Oh nice.

SAM SMITH: Yeah um, like, I've met this nutritionist who's telling me about all this-

ANGELA HARTNETT: Lean meat. Lean, yeah.

SAM SMITH: -wild, food.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah, excuse me, a moment. I'm going to get something for lunch.

SAM SMITH: Oh, thank you.

NICK GRIMSHAW: Are we gonna eat?

ANGELA HARTNETT: Yes, yes.

NICK GRIMSHAW: Oh yeah.

SAM SMITH: Yeah.

NICK GRIMSHAW: Because Angela goes out there quite a lot.

SAM SMITH: To New York?

NICK GRIMSHAW: To New York, yeah, because her brother lives there.

SAM SMITH: Oh, okay of course.

NICK GRIMSHAW: So, she goes out quite a lot to eat, and we always say like, they, they seem to like not have the energy for something being a bit mid.

SAM SMITH: Yes, yes, it's overwhelming to, yeah.

NICK GRIMSHAW: Yeah.

SAM SMITH: I actually eat in a lot-

NICK GRIMSHAW: Mm-hm.

SAM SMITH: -and like, um, just cook clean foods-

NICK GRIMSHAW: Mm-hm.

SAM SMITH: -at home more than I would here.

NICK GRIMSHAW: Yeah.

SAM SMITH: Um, because it's, it's an, it's an overwhelming experience-

NICK GRIMSHAW: Yeah.

SAM SMITH: -every time you eat out.

NICK GRIMSHAW: Mm-hm.

SAM SMITH: But you do find your- there's like, I have a few restaurants where you go, and you can get really simple, mainly Italian, simple, beautiful Italian food.

NICK GRIMSHAW: Mm-hm.

SAM SMITH: Um, so I, I have those key places where you can go to a regular basis.

NICK GRIMSHAW: How long have you been there now in New York?

SAM SMITH: Oh, 2 years.

NICK GRIMSHAW: Uh-huh.

SAM SMITH: 2 years. But I still come back here-

NICK GRIMSHAW: Yeah, yeah.

SAM SMITH: -like 5, 5 times a year-

NICK GRIMSHAW: Uh-huh.

SAM SMITH: -I'd say, to see my family-

NICK GRIMSHAW: Uh-huh.

SAM SMITH: -and be here, which is lovely.

NICK GRIMSHAW: And did, how did you find the change to to live in there? Because I presume, you'd been quite a lot before you like made the-

SAM SMITH: Yeah, it's completely-

NICK GRIMSHAW: -commitment.

SAM SMITH: When you live there, it's a completely different city.

NICK GRIMSHAW: Uh-huh.

SAM SMITH: You have to find peace-

NICK GRIMSHAW: Uh-huh.

SAM SMITH: -when you live there-

NICK GRIMSHAW: Uh-huh.

SAM SMITH: -and so you find ways of finding your calm in the city.

NICK GRIMSHAW: Mm.

SAM SMITH: So, like there's, you know, there's, it's kind of like there's routes around Manhattan that, that there's streets that just aren't busy, and so you learn what they are and learn how to walk around.

ANGELA HARTNETT: Do you feel you can be more anonymous there?

SAM SMITH: I think you can.

ANGELA HARTNETT: I think whenever you see someone incredibly famous like yourself in New York, they feel like they're always left alone.

SAM SMITH: I do. I always feel like I'm left alone, and then if anyone comes up to me, they're normally very complimentary, which is fabulous for my ego-

NICK GRIMSHAW: Mm-hm.

SAM SMITH: -um, instead of like, "Who the f*** is that?"

NICK GRIMSHAW: *[laughs]* Yeah.

SAM SMITH: But it's, but it's good. But after 2 and a half weeks in Manhattan, when you're there-

NICK GRIMSHAW: Mm-hm.

SAM SMITH: -you need to get out the city.

NICK GRIMSHAW: Right.

SAM SMITH: And so, I go to Upstate New York-

NICK GRIMSHAW: Uh-huh.

SAM SMITH: -um, which is beautiful. The nature's amazing. So, I normally go up there and have a few days to get out.

NICK GRIMSHAW: Mm-hm.

SAM SMITH: Because it's just, there's a hum in New York-

NICK GRIMSHAW: Mm-hm.

SAM SMITH: -that's constant, and in London you can get away from that.

NICK GRIMSHAW: Yeah, I always feel quite safe there because there's like a lot of people around-

SAM SMITH: Yeah.

NICK GRIMSHAW: -so I weirdly find that calming. But I've not lived there.

SAM SMITH: Yeah.

NICK GRIMSHAW: I've always quite liked-

SAM SMITH: I've got to say, at night time I feel like a guinea pig, and it's amazing.

NICK GRIMSHAW: Yeah.

SAM SMITH: Because you're just like in your little hutch.

NICK GRIMSHAW: Yeah.

SAM SMITH: And if I look out my window, you just see other people like going to bed-

NICK GRIMSHAW: *[laughs]*

SAM SMITH: -turning the lights down. And then even if you wake up at like 3 AM to go for a piss or something, like someone in their house is still up, like-

NICK GRIMSHAW: Yeah.

SAM SMITH: -doing something at night. Like, no, like, you feel, so now when I'm alone somewhere, like in the countryside or something, it's really weird.

NICK GRIMSHAW: Yeah, I like that feeling.

SAM SMITH: Yeah, me too.

NICK GRIMSHAW: My mum, my mum always, like, you know, will come to mine in London, and I'm in, like, a terraced street, and then the other, you know, the other people's houses, like, back onto it.

SAM SMITH: Yeah.

NICK GRIMSHAW: She's always like, "I can see right in everyone's bloody windows."

SAM SMITH: *[laughs]*

NICK GRIMSHAW: They're right. And I'm like, but I like that.

SAM SMITH: It's nice. It's comforting.

NICK GRIMSHAW: Yeah, I like that. comforting.

SAM SMITH: Me too.

NICK GRIMSHAW: Yeah.

SAM SMITH: I'm getting more and more used to it now.

NICK GRIMSHAW: There's a really good book by Vivian Gornick called *The Odd Woman and the City*, and I read it when I was away with my mum, actually. And it's all about that very thing.

SAM SMITH: I'm gonna read that.

NICK GRIMSHAW: You need to read it. And it's all about her growing up and the years she spent, like, in New York with, like, her gay best friend.

SAM SMITH: Yeah.

NICK GRIMSHAW: And now they're, like, older, and that very comfort of having everyone's-

SAM SMITH: Yeah.

NICK GRIMSHAW: -little lights on around the city.

SAM SMITH: I've got to admit, there is, like, growing old in New York City looks really fun.

NICK GRIMSHAW: I think so.

SAM SMITH: It's like absolute zany characters-

NICK GRIMSHAW: Mm-hm.

SAM SMITH: -walking around the whole time-

NICK GRIMSHAW: Mm-hm.

SAM SMITH: -and it's like wearing all of their treasures.

NICK GRIMSHAW: Yeah. I feel like you can be quite free there.

SAM SMITH: I can, I can.

NICK GRIMSHAW: Like, it's truly a city for nutters.

SAM SMITH: It's the only city in the world if I wear a miniskirt, I get wolf whistled.

NICK GRIMSHAW: *[laughs]* That's what I'm talking about.

SAM SMITH: I had a guy like bang my ass once and be like, "Fancy a kiss?"

[theme music plays]

SAM SMITH: Food has arrived.

NICK GRIMSHAW: What are we having here, Ange? What have we got today?

ANGELA HARTNETT: So, we have a lobster roll with lemon and dill.

NICK GRIMSHAW: Mm. This is our first lobster, by the way, on Dish.

SAM SMITH: Oh, is it?

NICK GRIMSHAW: Yeah.

SAM SMITH: Oh my God.

NICK GRIMSHAW: Yeah.

SAM SMITH: I feel honoured.

NICK GRIMSHAW: First lobster.

ANGELA HARTNETT: Okay.

SAM SMITH: Oh my gosh.

ANGELA HARTNETT: So yeah-

NICK GRIMSHAW: Okay.

ANGELA HARTNETT: -tuck in. So, you can buy these lobster tails from Waitrose and then you basically weigh them. And for every um, 30 grams of weight of the lobster tail, you cook it by 1 minute. So, you cook them for about 4 minutes in boiling salted water, then take them out into fresh ice water. Cut them with the scissors to get all the lobster meat out.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: So, you remove all the shell, take the lobster meat, and you're going to dice that all up. And you mix it with some diced apple, some lemon rind-

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: -some lemon-

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: -juice, um, some chopped dill, and crème fraîche. And I've added a little bit of parsley and a tiny little bit of shallot in there as well.

SAM SMITH: Yeah.

ANGELA HARTNETT: Um, and then you've got some pancetta, which you, in a cold pan, turn the heat on, and it goes really, really crispy.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: And so, we've put a little bit of crispy pancetta in there as well.

SAM SMITH: Mm.

ANGELA HARTNETT: And then in that fat of the pancetta, you toast the buns.

NICK GRIMSHAW: Oh yes, wow.

ANGELA HARTNETT: So, then you get that lovely fatty there as well.

SAM SMITH: This is delicious.

ANGELA HARTNETT: And I love the fact what Sam's done, which is after my own heart-

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: -is crisps in the sandwich.

SAM SMITH: In every sandwich.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: I love that.

SAM SMITH: In everything I w-

ANGELA HARTNETT: Because in New York they make amazing sandwiches, I think.

SAM SMITH: They do, they do.

ANGELA HARTNETT: Yeah.

SAM SMITH: I went to, um, last week actually, I was in Maine-

ANGELA HARTNETT: Oh-

NICK GRIMSHAW: Oh yeah.

ANGELA HARTNETT: -wow, perfect for a lobster roll.

SAM SMITH: -for my birthday. And I, and you, I, there's lobster shacks, lobster rolls-

ANGELA HARTNETT: Yeah.

SAM SMITH: -everywhere.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Mm.

SAM SMITH: And but this, this is amazing-

ANGELA HARTNETT: Oh, thank you.

SAM SMITH: -right now.

NICK GRIMSHAW: Oh yeah. How can people do this wrong, Ange, if someone was, because I've never cooked lobster. Ever.

ANGELA HARTNETT: I think you need to make sure that you do weigh it and time it properly with the cooking-

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: -because you can overcook it and then it becomes really rubbery.

NICK GRIMSHAW: Right.

SAM SMITH: Yeah.

ANGELA HARTNETT: And then I think make sure that you really allow it to chill down properly, then, so that you get the shell off quite easily. Um—

NICK GRIMSHAW: And does the chilling make that—

ANGELA HARTNETT: Yeah, it will just help you do that. It will just, the shell will come away. And then one thing I always say is just check the lobster. Before you actually make it, because, you know, you might have a little bit of shell, and there's nothing worse if someone sort of bites into that.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: But other than that, I think you can, you know, I was saying you could put a little, like, you know, you like Japanese food, put a bit pickled ginger in there-

SAM SMITH: Mm-hm.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: -you can put a bit of lime in there, even if you wanted to, a little bit of chilli. You know, lobster, it's a subtle flavour, so you don't want to overpower it, but you can pimp it up, as they say. You can add a little bit of extra bits to it.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: So, there you go.

NICK GRIMSHAW: It's really good in a roll.

ANGELA HARTNETT: Good, perfect.

SAM SMITH: I always felt like lobster was something that was that was only for special occasions-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Mm-hm.

SAM SMITH: -and some you shouldn't eat too much-

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah

SAM SMITH: -but I like, I eat quite a lot of it now.

ANGELA HARTNETT: Yeah.

SAM SMITH: And it's like, it's actually like quite a staple fish.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Especially in the States.

SAM SMITH: Yeah.

ANGELA HARTNETT: I mean, you go out to sort of-

SAM SMITH: I think it's cheaper to-

ANGELA HARTNETT: -as you say, you go out to Maine, you go out to the Hamptons. You know-

NICK GRIMSHAW: Mm-hm.

SAM SMITH: Yeah.

ANGELA HARTNETT: -lobsters, it's one of the things they do all the time.

SAM SMITH: Is it just a more expensive fish?

ANGELA HARTNETT: It is more expensive fish because of the time they take to grow and stuff. But, um, you know, there's an amazing place down in Cornwall actually where they actually farm the lobsters and they really, you know, they're putting back into the ocean and really doing it properly-

SAM SMITH: Amazing.

ANGELA HARTNETT: -you know, how do it. So, you know, people are looking out for the fish and the environment. That's what it should be.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: But it's great, and the tails are great. You should try it if you've not tried it. It's a good thing to do.

NICK GRIMSHAW: Okay.

ANGELA HARTNETT: But I love it when you have a lobster in the States because they're really prepared for it. You know, you get that massive bib *[laughs]* don't you?

SAM SMITH: Mm-hm.

ANGELA HARTNETT: You get all the sort of proper equipment. You know, that's the thing, that's what they do-

SAM SMITH: Yeah.

ANGELA HARTNETT: -and no one's embarrassed about it. Everyone's just, dresses up for it.

SAM SMITH: The only thing in Maine, there was like, I was like, "Can I get one lobster please?" And he just turns behind and grabs a live lobster.

ANGELA HARTNETT: No!

SAM SMITH: And puts it on the counter in front of me and it's like crawling in front of me.

ANGELA HARTNETT: Oh crikey.

SAM SMITH: I still ate it though.

[everyone laughs]

NICK GRIMSHAW: I know, I feel bad, but-

SAM SMITH: I said a prayer.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Yeah, this is our first lobster on Dish. We've never had it before-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -but I know lobster is featured on your food Instagram-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -which I'm very obsessed with.

SAM SMITH: Thank you.

NICK GRIMSHAW: Can you please tell everybody all about Sam Served.

ANGELA HARTNETT: Yes.

SAM SMITH: Yes, I was in San Francisco on tour-

NICK GRIMSHAW: Mm-hm.

SAM SMITH: -and I was bored-

NICK GRIMSHAW: Mm-hm.

SAM SMITH: -and so I just, I filmed myself eating-

NICK GRIMSHAW: Mm-hm.

SAM SMITH: -and it's just reignited the fishmonger in me.

[everyone laughs]

SAM SMITH: And I just like, I've just started filming myself eating certain places around the world when I go.

ANGELA HARTNETT: Oh, fantastic.

SAM SMITH: And just like making sure that it's, it's more casual places-

ANGELA HARTNETT: Mm.

SAM SMITH: I actually like-

ANGELA HARTNETT: Mm.

SAM SMITH: -and it's, I'm just really loving it. It's like a nice way to connect with people. Like, I've been I think I got afraid to message people sometimes on

my social media, so I kind of, and with this one, I'm like messaging people, talking about food.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Mm-hm.

SAM SMITH: I like, I was in San Francisco, and you'd meet people in these restaurants and they gave me lists of places to go-

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

SAM SMITH: -and I'd go and then we'd communicate about the food they were eating. It's just a really nice way to connect with people.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: But maybe nice for you to chat to people not about you.

SAM SMITH: Exactly.

ANGELA HARTNETT: Yeah.

SAM SMITH: I feel like it's not about me-

NICK GRIMSHAW: Mm-hm.

SAM SMITH: -it's not about the music, it's just about food, and I love the food. And, and so yeah, I'm just going to keep, keep going, keep filming stuff. And I'm taking people to my favourite fish and chip shop this week.

ANGELA HARTNETT: Oh, fantastic.

SAM SMITH: Yeah, so I'm going to film that.

NICK GRIMSHAW: Are you a gatekeeper?

SAM SMITH: What's um, what's um?

NICK GRIMSHAW: Like a gatekeeper of restaurants, or will you share?

SAM SMITH: I'll share.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: You'll share. Okay.

SAM SMITH: I'll share, I'll share. Yeah-

NICK GRIMSHAW: Yeah.

SAM SMITH: -for sure. Too good to keep secret.

NICK GRIMSHAW: Yeah, I think so.

SAM SMITH: Yeah.

NICK GRIMSHAW: Because I did see a thing where Tyler, the Creator, did an interview and he was like, “No, I'm not telling you my favourite coffee shop because that's my favourite coffee shop.” And he was like, "And last time I told everyone about my favourite coffee shop, now I can't go."

SAM SMITH: Everyone went there.

NICK GRIMSHAW: *[laughs]* Because everyone's there.

ANGELA HARTNETT: Yeah.

SAM SMITH: I'm not as popular as that.

[everyone laughs]

SAM SMITH: People don't really, people don't really follow my trends.

NICK GRIMSHAW: Yeah-

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: -one chippy you are, they do all mention the chippy, yeah. Is there anyone you ask? 'Cause I ask you for lists-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -when we go to places. Definitely when I went to New York-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -I did the Angela list.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: And then now, you know, people ask me and I just forward on your list.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: That's fine though, isn't it?

ANGELA HARTNETT: It's fine.

NICK GRIMSHAW: It's fine, it's fine.

ANGELA HARTNETT: I think share.

NICK GRIMSHAW: Is there anyone that you call on that's like, "Oh, they're good. They know what's up."

SAM SMITH: Not, not really.

ANGELA HARTNETT: Mm.

SAM SMITH: I just like go, now I've got the, my food blog on-

NICK GRIMSHAW: Mm-hm.

SAM SMITH: -my phone. I like, my whole 'for you' page is just food.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah.

SAM SMITH: So, I like go through, and I think I've got quite a good eye-

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

SAM SMITH: -of finding certain places.

ANGELA HARTNETT: Yeah.

SAM SMITH: But it's wild in the States. It's like the whole Instagram world of stuff is like-

ANGELA HARTNETT: Mm.

SAM SMITH: -it's just lines everywhere-

NICK GRIMSHAW: Mm-hm.

SAM SMITH: -to all these places.

ANGELA HARTNETT: It is in New York.

SAM SMITH: And that puts me off a little bit. Also, I just can't stand a sandwich that you can't get your mouth around.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Same.

ANGELA HARTNETT: Too big.

SAM SMITH: It stresses me out.

NICK GRIMSHAW: America love doing it.

SAM SMITH: It's that big.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Yeah.

SAM SMITH: It's very strange.

NICK GRIMSHAW: They do do great sandwiches, but the size is off.

ANGELA HARTNETT: Yeah.

SAM SMITH: Yeah.

ANGELA HARTNETT: It's too much.

NICK GRIMSHAW: Sort it out, guys.

ANGELA HARTNETT: *[laughs]*

SAM SMITH: *[laughs]* Keep it cute.

ANGELA HARTNETT: Yeah, exactly.

NICK GRIMSHAW: Keep it cute.

SAM SMITH: Cute.

NICK GRIMSHAW: That's perfect.

SAM SMITH: This is a perfect bite.

ANGELA HARTNETT: Perfect.

NICK GRIMSHAW: Perfect, perfect bite.

ANGELA HARTNETT: That's what you want.

NICK GRIMSHAW: Perfect bite. If you want to try this recipe-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -[waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes), the how-to, the ingredients, they're all in there.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: I imagine you've made a video showing people how to do this.

ANGELA HARTNETT: Made a video, yeah.

NICK GRIMSHAW: There's a video that you can see on our socials as well. There is a wine pairing-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -a Chablis, which would be perfect with a lobster.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: So, you can get that on [waitroses.com/dishrecipes](https://www.waitroses.com/dishrecipes).

[theme music plays]

NICK GRIMSHAW: Sam, we should talk about your new music.

SAM SMITH: Mm-hm.

NICK GRIMSHAW: Um, we have Hazel Eyes on the way, so it's going to be out on August 21st. Ange and I had a little sneaky-

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: -listen, not to the whole thing.

SAM SMITH: Yeah.

NICK GRIMSHAW: We got like a few-

ANGELA HARTNETT: I think we have 4 or 5 tracks. It sounds fantastic.

NICK GRIMSHAW: Fantastic.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: And your voice, I mean, your voice always sounded good, but your voice sounded like, I don't know, maybe I'd missed it or something.

SAM SMITH: Aw, thank you.

NICK GRIMSHAW: It really-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -really got me, really hit me in here.

SAM SMITH: Thank you.

ANGELA HARTNETT: Aw.

NICK GRIMSHAW: Sounds phenomenal.

SAM SMITH: Thank you. I mean, I'm singing-

NICK GRIMSHAW: It really does.

SAM SMITH: -quite freely this one.

NICK GRIMSHAW: Yeah.

SAM SMITH: It's like I've, all my albums before this, I've written them with, it's, I've been, you know, I felt like I've been in pop school-

NICK GRIMSHAW: Right.

SAM SMITH: -for, for a lot-

NICK GRIMSHAW: Mm-hm.

SAM SMITH: -of my 20s-

ANGELA HARTNETT: Yeah.

SAM SMITH: -which I always wanted to do. I wanted to try and master the pop song that I always wanted-

ANGELA HARTNETT: Yeah.

SAM SMITH: -when I was a kid, and I felt like I ticked that box-

NICK GRIMSHAW: Mm-hm.

SAM SMITH: -and with some of the songs. And so, with this album, I just went with friends into a studio and no more than 4 or 5 people-

NICK GRIMSHAW: Mm-hm.

SAM SMITH: -for a couple of years, and just everyone playing instruments singing from the heart, you know, not everything on the record is, is real.

ANGELA HARTNETT: Mm.

SAM SMITH: And, um, I really like got to learn how to make music again-

NICK GRIMSHAW: Mm-hm.

SAM SMITH: -in a very different way.

NICK GRIMSHAW: Mm-hm.

SAM SMITH: I had my hands on the desk producing-

ANGELA HARTNETT: Mm.

SAM SMITH: -um, just really, really involved, more than I ever have been. And just, it's been a very deepening experience.

NICK GRIMSHAW: Mm.

SAM SMITH: It's a very romantic album-

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Mm.

SAM SMITH: -um, and very, uh, just kind of proud in the romance.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm-hm.

SAM SMITH: You know, I like flowery-

ANGELA HARTNETT: Yeah.

SAM SMITH: -beautiful things, so I've leaned into that and I'm just very proud of it.

ANGELA HARTNETT: Yeah, fantastic.

SAM SMITH: I love it.

ANGELA HARTNETT: It's a great listen. It's fabulous.

SAM SMITH: Thank you.

ANGELA HARTNETT: And do you always make your records with the same people? Have you got a set sort of crew?

SAM SMITH: No, I mean, all my albums up to this point have been like, you write a couple of songs here-

ANGELA HARTNETT: Yeah.

SAM SMITH: -a couple of songs here, and then you form these these pop collective records.

ANGELA HARTNETT: Sure.

SAM SMITH: Um, which is how I've done it.

ANGELA HARTNETT: Yeah.

SAM SMITH: It's more of a, I guess more of a commercial way of making, making music, and I've loved that. But this album, I made the whole thing with my dear friend Simon Aldred, who lives in Manchester.

ANGELA HARTNETT: Right.

SAM SMITH: He's gay and he's in a relationship, and he's guided me through the first 2, 3 years of my relationship whilst writing music with me.

ANGELA HARTNETT: Mm.

SAM SMITH: And, and, um, it's just been a very fulfilling experience.

ANGELA HARTNETT: Mm.

SAM SMITH: And then a few friends came on board, but I, I kind of didn't play anyone the music-

ANGELA HARTNETT: Mm.

SAM SMITH: -my family, my team-

NICK GRIMSHAW: Mm-hm.

SAM SMITH: -until it was nearing the end.

NICK GRIMSHAW: Wow.

ANGELA HARTNETT: Yeah.

SAM SMITH: Which was just such, it made, it actually made the music better.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: That's it that's-

SAM SMITH: Honestly, keep it close to your chest.

NICK GRIMSHAW: Keep it close, yeah.

ANGELA HARTNETT: It's a very it's a real cool confidence-

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: -in that, and it feels like you've grown into that.

SAM SMITH: Yeah, I feel like I've earned-

ANGELA HARTNETT: Yeah.

SAM SMITH: -that now.

NICK GRIMSHAW: Yeah.

SAM SMITH: I think I probably earned it a long time ago-

ANGELA HARTNETT: Mm.

SAM SMITH: -but I'm a people pleaser, and-

ANGELA HARTNETT: Yeah.

SAM SMITH: -for all my 20s, I just, my ambition of pop music, I think, um, was a priority in my writing-

ANGELA HARTNETT: Sure.

SAM SMITH: -whereas now I just, I just want to make good music-

NICK GRIMSHAW: Mm.

SAM SMITH: -and I want to get better as an artist.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

SAM SMITH: That's the thing, I want to, I want to be tested and I want to push myself every album.

ANGELA HARTNETT: Mm. Yeah.

SAM SMITH: And, um, because it's just more exciting that way.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Of course.

NICK GRIMSHAW: And where were you doing it? You were doing it in New York?

SAM SMITH: I did, I did the first, I did like 3 songs in the UK-

NICK GRIMSHAW: Uh-huh.

SAM SMITH: -because I, I moved to New York to be with my partner. So that, the album kind of soundtracked-

NICK GRIMSHAW: Yeah.

SAM SMITH: -the move from-

ANGELA HARTNETT: Right, okay.

SAM SMITH: -from England to America.

ANGELA HARTNETT: Mm.

SAM SMITH: So, you can kind of hear that in some of the music.

ANGELA HARTNETT: The difference and the change.

SAM SMITH: Yeah, I mean, the one, the first song on the album is I wrote about the night before meeting my partner, and then it takes you through the first 2 years of meeting someone that you're with for a long time.

ANGELA HARTNETT: Aw.

NICK GRIMSHAW: How is it playing songs to him?

SAM SMITH: It's good because he loves hyper pop.

NICK GRIMSHAW: Right.

SAM SMITH: He likes like hardcore, like in the morning I listen to jazz-

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Mm.

SAM SMITH: -and he's listening to like Kim Petras-

[everyone laughs]

SAM SMITH: -volume 100.

NICK GRIMSHAW: Yeah.

SAM SMITH: Deep album cut remixes. But it's nice because he can listen with a degree of separation.

ANGELA HARTNETT: Yeah, of course.

NICK GRIMSHAW: Yeah.

SAM SMITH: You know and, but it has been, yeah, it's the first time I've ever kind of written a whole record about someone-

ANGELA HARTNETT: Yeah.

SAM SMITH: -then you actually stay with them.

NICK GRIMSHAW: Yeah *[laughs]*

ANGELA HARTNETT: *[laughs]*

SAM SMITH: Normally, normally they're gone by the end.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Well, congrats on that.

SAM SMITH: Thank you.

NICK GRIMSHAW: Congrats on that, congrats on that. We were talking before you came in and we were like, when did it all like kick off?

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: And we were like, 2011 time.

SAM SMITH: Oh my God.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: I think?

SAM SMITH: Isn't it wild?

NICK GRIMSHAW: Yeah.

SAM SMITH: I just always think about you having to listen to Like I Can on the radio all day, every day.

NICK GRIMSHAW: All day-

SAM SMITH: Just hammering you.

NICK GRIMSHAW: -every day.

ANGELA HARTNETT: *[laughs]*

SAM SMITH: Have you, have you got over it now?

NICK GRIMSHAW: I've got over it now-

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: -yeah, yeah, yeah, yeah, yeah. But we have, there was a, that's a compliment-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: -when those songs are that big that they're on-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -every day for like 9 months.

SAM SMITH: Uh.

NICK GRIMSHAW: And do you, does your relationship with those songs change? I imagine like so much-

SAM SMITH: Oh gosh, yeah.

NICK GRIMSHAW: -like tour to tour. I bet some you're like-

SAM SMITH: Yeah.

NICK GRIMSHAW: -I really like this, and some you like—

SAM SMITH: I have moments where I'm like, I just can't do it anymore.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: *[laughs]*

SAM SMITH: I can't sing that song anymore.

ANGELA HARTNETT: I can't sing that, yeah.

SAM SMITH: And there's some that I haven't sung.

ANGELA HARTNETT: Yeah.

SAM SMITH: Um, but then after a while you tend to miss them.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Mm.

SAM SMITH: Yeah.

ANGELA HARTNETT: Of course. Yeah.

SAM SMITH: And then there's fans that you meet from all over the world that just like, why haven't you played that song?

ANGELA HARTNETT: Yeah.

SAM SMITH: And it changes my relationship with them.

ANGELA HARTNETT: Mm.

SAM SMITH: And so, I, I end up sometimes doing it.

NICK GRIMSHAW: Mm-hm.

SAM SMITH: But there's some I just like, Money on My Mind, I really struggle with.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

SAM SMITH: I just really struggle with that song.

ANGELA HARTNETT: *[laughs]*

SAM SMITH: I can't, like, it just grates me a little bit.

NICK GRIMSHAW: You're gonna do some live shows as well?

ANGELA HARTNETT: I thought you were about to say, “And you're gonna sing for us now?”

[everyone laughs]

NICK GRIMSHAW: To end the show-

ANGELA HARTNETT: Literally

NICK GRIMSHAW: -with Money on My Mind it's Sam Smith.

[everyone laughs]

ANGELA HARTNETT: Literally.

SAM SMITH: Oh my God, but it's lobster on my mind.

NICK GRIMSHAW: Um, yeah, so going, you're doing a residency in Mexico?

SAM SMITH: Yes, I am.

NICK GRIMSHAW: Yeah.

SAM SMITH: In Mexico.

NICK GRIMSHAW: You're like oh yeah, yeah, yeah I am.

SAM SMITH: In Mexico, which I'm excited-

NICK GRIMSHAW: Yeah.

SAM SMITH: -to eat food.

ANGELA HARTNETT: God that will be-

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: -incredible.

NICK GRIMSHAW: And how long are you doing that for?

SAM SMITH: Um, that's like a week.

NICK GRIMSHAW: But also dates in the UK as well.

SAM SMITH: Yeah, I'm excited to announce I'm going to do, um, the Coliseum, I think-

NICK GRIMSHAW: Oh.

SAM SMITH: -in London-

ANGELA HARTNETT: Oh fantastic.

SAM SMITH: -and then some dates in Manchester as well.

NICK GRIMSHAW: Oh yeah.

SAM SMITH: Yeah. So, London and Manchester dates.

ANGELA HARTNETT: Coliseum will be amazing.

NICK GRIMSHAW: Yeah.

SAM SMITH: I'm not going on tour. Normally when I release a record, I disappear for 2 years-

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Mm.

SAM SMITH: -and do a tour around the world. But this one, I wanted to put out there, do a few small shows.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

SAM SMITH: Enjoy the experience.

NICK GRIMSHAW: Nice to do that. I see, I feel like we've seen more of those residencies now.

SAM SMITH: Yeah.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: You know what I mean? Like, people are like-

SAM SMITH: Yeah.

NICK GRIMSHAW: -Harry Styles is doing that, isn't he? Where he's doing like-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: -30 nights-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: -at Madison Square Garden.

SAM SMITH: Well, yeah, I mean, I'm doing them in like small venues.

ANGELA HARTNETT: [laughs] He's doing Madison Square.

NICK GRIMSHAW: Yeah, I mean, yeah.

SAM SMITH: He's doing it at Madison Square Garden.

NICK GRIMSHAW: I mean like staying put.

ANGELA HARTNETT: Yeah.

SAM SMITH: Yes.

NICK GRIMSHAW: And I saw The XX-

SAM SMITH: Yeah.

NICK GRIMSHAW: -did it-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -where they did like 4 or 5 shows and they just-

SAM SMITH: Yeah.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -like, stay put.

ANGELA HARTNETT: Yeah.

SAM SMITH: It's hard touring. Touring is really-

NICK GRIMSHAW: Mm-hm.

SAM SMITH: -really hard.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Mm.

SAM SMITH: It's on the body and-

NICK GRIMSHAW: Mm-hm.

SAM SMITH: -the travelling around-

NICK GRIMSHAW: Mm-hm.

SAM SMITH: -and it's, it's wild.

ANGELA HARTNETT: Mm.

SAM SMITH: But I'm addicted to it. You won't keep me off the road for long.

ANGELA HARTNETT: Mm.

SAM SMITH: Yeah, I need to be back. I mainly for the food. I mean-

NICK GRIMSHAW: *[laughs]*

ANGELA HARTNETT: *[laughs]*

SAM SMITH: -yeah, I'm not-

ANGELA HARTNETT: There are countries you've got to visit *[laughs]*

SAM SMITH: -I'm not just a musician anymore.

NICK GRIMSHAW: I'm, you know, he's a food influencer.

SAM SMITH: I'm an international food blogger, so.

ANGELA HARTNETT: *[laughs]*

[theme music plays]

NICK GRIMSHAW: We were looking at the childhood of Sam Smith before you arrived-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -and we read that you used to love singing to Chaka Khan at home.

SAM SMITH: Oh yeah.

ANGELA HARTNETT: Love Chaka Khan.

NICK GRIMSHAW: Love Chaka Khan.

SAM SMITH: Love Chaka Khan.

NICK GRIMSHAW: Have you met Chaka Khan?

SAM SMITH: A few times now.

ANGELA HARTNETT: Oh.

SAM SMITH: She's fabulous.

NICK GRIMSHAW: Fabulous.

ANGELA HARTNETT: How's-

SAM SMITH: She gave me a fan first time I met her that says 'Chaka.'

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: Oh my Gosh.

[crew laughs]

SAM SMITH: In diamonds-

NICK GRIMSHAW: Love.

SAM SMITH: -and I framed it.

NICK GRIMSHAW: Ugh.

ANGELA HARTNETT: Oh wow, but that must be surreal though. That you were-

SAM SMITH: Yeah.

ANGELA HARTNETT: -as a child singing along to her music-

SAM SMITH: Mm-hm.

ANGELA HARTNETT: -and then you meet her.

SAM SMITH: Yeah.

ANGELA HARTNETT: I mean, that sort of must freak you out no?

SAM SMITH: It freaked me out.

NICK GRIMSHAW: Yeah.

SAM SMITH: Yeah.

ANGELA HARTNETT: Yeah.

SAM SMITH: She was, I think, I think in the top, like, like few people where I just, it took my breath away-

NICK GRIMSHAW: Mm-hm.

SAM SMITH: -meeting her. And I met her in the perfect way. It was like, it was like a VH1, like, diva show thing. And she came backstage and she just, her perfume arrived before she arrived.

ANGELA HARTNETT: *[laughs]*

SAM SMITH: And she came in and she was like, “Baby!”. I just walked in the room, she gave me perfume and this fan.

ANGELA HARTNETT: Oh my God.

SAM SMITH: And then left and I just, I'd been Chakafied.

NICK GRIMSHAW: Wow.

SAM SMITH: *[everyone laughs]*

NICK GRIMSHAW: She's quite something, isn't she?

SAM SMITH: Yeah.

NICK GRIMSHAW: We met her recently and Annie did an interview with her for Sidetracked and we were-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -just like, we like couldn't speak afterwards because she's such a star.

ANGELA HARTNETT: Yeah.

SAM SMITH: She's such a star.

NICK GRIMSHAW: But so f***** funny-

SAM SMITH: Yeah.

NICK GRIMSHAW: -and real-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -and like no nonsense.

SAM SMITH: No.

NICK GRIMSHAW: I just loved her.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: She made me feel like I was at an Afters.

SAM SMITH: Yes, yes.

NICK GRIMSHAW: Like I was interviewing her. Yeah.

ANGELA HARTNETT: Oh okay.

NICK GRIMSHAW: I mean, she's a bit like, she kept being like-

SAM SMITH: Yeah.

NICK GRIMSHAW: "Listen honey."

ANGELA HARTNETT: *[laughs]*

SAM SMITH: *[laughs]*

NICK GRIMSHAW: And I was like, I loved her.

SAM SMITH: It is that funny.

NICK GRIMSHAW: I loved her. I said, I feel like I've been at like an Afters of something. And Annie was like, "I know what you mean. She's quite something."

SAM SMITH: I got a voicemail from her once-

NICK GRIMSHAW: *[gasp]*

SAM SMITH: -that was just like, it was just like kind of like muffled noise-

ANGELA HARTNETT: Mm.

SAM SMITH: -and then at the end of it she just went, "Baby-

NICK GRIMSHAW: *[gasps]*

SAM SMITH: -let me cook for you."-

NICK GRIMSHAW: *[gasps]*

SAM SMITH: -and that was it.

NICK GRIMSHAW: That was it.

[crew laughs]

ANGELA HARTNETT: Wow.

NICK GRIMSHAW: Let her cook for you.

SAM SMITH: Let me cook for you.

NICK GRIMSHAW: Get around there.

SAM SMITH: You know, I need to get around there.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Go round there.

SAM SMITH: Yeah, I reckon she cooks good.

ANGELA HARTNETT: I bet she's good.

NICK GRIMSHAW: I bet she cooks really good.

ANGELA HARTNETT: Yeah, yeah, yeah.

NICK GRIMSHAW: Yeah, I bet she cooks good.

[theme music plays]

NICK GRIMSHAW: I wanted to talk to you about the Met Gala.

SAM SMITH: Yeah.

NICK GRIMSHAW: Because you're there, you're at that. I want to know what the food is like. What are they having for their tea at the Met Gala?

ANGELA HARTNETT: Mm.

SAM SMITH: Well, I've heard loads of people say it was bad. But-

NICK GRIMSHAW: It can't be bad.

SAM SMITH: -for me, it wasn't that bad.

NICK GRIMSHAW: How would they get it bad?

SAM SMITH: I mean, I'm the wrong person because I see food and I eat it.

NICK GRIMSHAW: Right.

SAM SMITH: What the problem is, I think, is that they can't, they don't, very chicly, you don't have any garlic or anything in the food-

NICK GRIMSHAW: Oh.

SAM SMITH: -so your breath doesn't smell.

ANGELA HARTNETT: Right, okay.

SAM SMITH: And then it's not overpowering, I think-

ANGELA HARTNETT: Mm.

SAM SMITH: -so keep it all very simple.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Right, okay.

SAM SMITH: It's kind of like wedding food.

NICK GRIMSHAW: Yeah.

SAM SMITH: Yeah.

NICK GRIMSHAW: It's probably hard to do on mass.

SAM SMITH: But it was better than the average wedding as well.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Do you know what I mean because everyone's late-

ANGELA HARTNETT: And how many people go to the Met.

SAM SMITH: But not a lot of people are eating.

NICK GRIMSHAW: Yeah, no one's eating.

ANGELA HARTNETT: Yeah.

SAM SMITH: No.

NICK GRIMSHAW: Kim Kardashian can't sit down.

SAM SMITH: No, no, exactly. *[laughs]*

NICK GRIMSHAW: She's not having a steak.

SAM SMITH: I mean, this year I could hardly sit down too. I had a massive feather on my head.

ANGELA HARTNETT: Yeah, yeah.

NICK GRIMSHAW: Ooh yeah. Did you love it?

SAM SMITH: I loved it, but my, my outfit was 52 pounds.

ANGELA HARTNETT: *[gasps]*

NICK GRIMSHAW: Wow.

SAM SMITH: And I had to drag it up the Met stairs-

NICK GRIMSHAW: Love.

ANGELA HARTNETT: Jeepers.

SAM SMITH: -whilst looking cute, and it was really intense.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

SAM SMITH: But it's really, it's when you dress up.

NICK GRIMSHAW: Mm-hm.

SAM SMITH: Like, it's when me and Gwendoline Christie were wearing, um, uh, these beautiful big feather-

NICK GRIMSHAW: Mm-hm.

SAM SMITH: -hats from Stephen Jones, and we were just like, oh!

NICK GRIMSHAW: *[laughs]*

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: It's so fun!

SAM SMITH: And we were just like giggling together.

NICK GRIMSHAW: Yeah, I like when it's like-

SAM SMITH: It was fabulous.

NICK GRIMSHAW: -that route, what you and Gwendoline did.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Go for it!

SAM SMITH: Oh yeah-

NICK GRIMSHAW: You gotta go for it.

SAM SMITH: -it's it's a gala.

ANGELA HARTNETT: Yeah of course.

SAM SMITH: It's a New York gala-

NICK GRIMSHAW: Mm-hm.

SAM SMITH: -and I think the more you lean into the fabulous-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm-hm.

SAM SMITH: -and have a fun time. It's gorgeous. And honestly, I really, really do go there for the exhibition.

ANGELA HARTNETT: Mm.

SAM SMITH: The exhibitions are just incredible.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

SAM SMITH: It's like, like human art and what they, what humans have done with their hands-

ANGELA HARTNETT: Mm.

SAM SMITH: -and the way they do the exhibition. It's just breath-taking.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

SAM SMITH: So, I go there as a fan of-

ANGELA HARTNETT: Mm.

SAM SMITH: -of the art.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

SAM SMITH: It's amazing.

NICK GRIMSHAW: Yeah, I love when you go for it.

SAM SMITH: Yeah.

NICK GRIMSHAW: I loved, I know we spoke about this before, but I loved when you wore the, um, latex.

ANGELA HARTNETT: Oh, that was-

NICK GRIMSHAW: Like I loved it so much.

SAM SMITH: Oh, I'm telling you, it's the funnest thing to wear.

ANGELA HARTNETT: Could you, you couldn't sit down in that, surely?

SAM SMITH: Oh no.

ANGELA HARTNETT: No.

NICK GRIMSHAW: No.

SAM SMITH: I was in it for like 10 minutes. Like, they had to lube me up-

NICK GRIMSHAW: *[laughs]*

SAM SMITH: -to get me in. My mum was sitting in the changing room watching me get lubed up from neck to neck to neck to leg.

[everyone laughs]

SAM SMITH: And then I just like, I kind of waddled-

ANGELA HARTNETT: Oh my God.

SAM SMITH: -to the red carpet. I just like posed and then waddled back.

ANGELA HARTNETT: I mean you looked incredible.

SAM SMITH: It was so fun.

ANGELA HARTNETT: Oh yeah, it was.

SAM SMITH: It was so fun.

ANGELA HARTNETT: Yeah.

SAM SMITH: I felt like a car tyre.

[everyone laughs]

[theme music plays]

NICK GRIMSHAW: Would you like to do fast food quiz?

ANGELA HARTNETT: Oh.

SAM SMITH: Oh my God, do you know I got stressed about this?

NICK GRIMSHAW: Why?

ANGELA HARTNETT: Don't.

SAM SMITH: Because when I see people doing it online, I'm just like, how do you answer? So, I've got, there's like 4 answers to each question.

NICK GRIMSHAW: You've got to go instinctive.

SAM SMITH: Okay, all right.

NICK GRIMSHAW: Quickfire. People are rubbish at being quickfire and we're rubbish at being quickfire as well.

ANGELA HARTNETT: 'Cause then we start chatting about it.

NICK GRIMSHAW: 'Cause then it's like, yeah, it's meant to be quickfire.

SAM SMITH: Okay.

NICK GRIMSHAW: Okay. So just-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -like the new record, we're just going to lead with your heart, okay.

ANGELA HARTNETT: Mm.

SAM SMITH: Perfect *[laughs]*

NICK GRIMSHAW: Okay.

SAM SMITH: Perfect.

NICK GRIMSHAW: We're not overthinking this, okay.

SAM SMITH: Okay. Perfect.

NICK GRIMSHAW: Sam Smith, what is your favourite way to eat eggs?

SAM SMITH: Marco Pierre White scrambled.

NICK GRIMSHAW: *[laughs]*

[crew laughs]

ANGELA HARTNETT: What's your favourite sandwich filling?

SAM SMITH: Tuna mayonnaise with crisps stuffed in.

NICK GRIMSHAW: That's correct.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: What's your favourite form of potato?

SAM SMITH: I'd say my mum's mash.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Oh, nice. What's your favourite herb?

SAM SMITH: Rosemary.

ANGELA HARTNETT: Love that.

NICK GRIMSHAW: A dish you miss the most when you're away from home?

SAM SMITH: Turn-up cake.

ANGELA HARTNETT: Oh.

NICK GRIMSHAW: Turn-up cake. *[laughs]*

SAM SMITH: Turn-up. *[laughs]*

[crew laughs]

ANGELA HARTNETT: What's your favourite chocolate bar?

SAM SMITH: Fruit and Nut, Cadbury's.

ANGELA HARTNETT: Mm, okay.

NICK GRIMSHAW: I forget about Fruit and Nut.

SAM SMITH: So yummy.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Sam Smith, do you have a favourite kitchen utensil?

SAM SMITH: What is it called? The, the, the, um, wooden, it's wooden. I think I'm seeing one now. It's got like a white-

ANGELA HARTNETT: Spatula?

SAM SMITH: -kind of spade.

NICK GRIMSHAW: A spatula.

SAM SMITH: Yeah, that. Yeah, spatula.

ANGELA HARTNETT: Yeah, that's good.

SAM SMITH: Yeah, that one. Like bendy edges.

NICK GRIMSHAW: Yes, yes, right. Yeah, silicone spatula.

SAM SMITH: Yes, silicone spatula.

ANGELA HARTNETT: Yes, yes. What's your favourite Sunday roast?

SAM SMITH: So, okay, don't judge me.

ANGELA HARTNETT: We're not gonna, never judge.

SAM SMITH: I don't, I like my Sunday roasts with fish-

ANGELA HARTNETT: Yeah.

SAM SMITH: -instead of meat.

ANGELA HARTNETT: Yeah.

SAM SMITH: And then like a creamier, more like maybe a parsley sauce-

NICK GRIMSHAW: Mm.

SAM SMITH: -instead of gravy.

ANGELA HARTNETT: Oh.

SAM SMITH: So, it's basically not a roast.

NICK GRIMSHAW: It's not a roast.

[everyone laughs]

SAM SMITH: No.

ANGELA HARTNETT: I love the parsley sauce.

SAM SMITH: I just feel like it's lighter.

ANGELA HARTNETT: Yes, it is.

NICK GRIMSHAW: Mm.

SAM SMITH: On the body-

ANGELA HARTNETT: Yeah, it's true.

SAM SMITH: -and I feel that I don't have to-

ANGELA HARTNETT: Yeah.

SAM SMITH: - I'm not like a wounded cow after.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Yeah, that's true.

NICK GRIMSHAW: Yeah, yeah. Sam, what is your favourite nut?

SAM SMITH: Peanut.

NICK GRIMSHAW: Peanut.

SAM SMITH: Yeah.

ANGELA HARTNETT: Peanut. Loves it.

SAM SMITH: Peanut butter.

ANGELA HARTNETT: And one more for the road, what's your favourite toast topping?

SAM SMITH: I love cheese and piccalilli.

ANGELA HARTNETT: Oh nice.

SAM SMITH: My grandma used to have it all the time.

ANGELA HARTNETT: Love piccalilli.

NICK GRIMSHAW: Yeah.

SAM SMITH: Butter, cheese, and then piccalilli-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah.

SAM SMITH: –and I thought it was delish.

NICK GRIMSHAW: Well, that's your fast-food quiz. That's good.

SAM SMITH: Thank you.

ANGELA HARTNETT: Well, done, Sam.

SAM SMITH: Thank you.

NICK GRIMSHAW: You're good at that. You're good at that. You locked in.

[applause]

NICK GRIMSHAW: Locked in.

SAM SMITH: Thank you very much.

NICK GRIMSHAW: Locked in.

[theme music plays]

NICK GRIMSHAW: Okay, Sam, we come to the end of the show question. For your chance to win this Waitrose saucy goodie bag, uh, all you gotta do is answer the question in this envelope.

SAM SMITH: Hi Sam, thank you for coming to Dish. For your chance to win the Waitrose goodie bag, tell us which, which of these gifts you've been given took you most by surprise? The saucepan from a fan or the 6-foot-2 sculpture from Ed Sheeran?

ANGELA HARTNETT: Oh.

NICK GRIMSHAW: Okay.

SAM SMITH: I mean, it wasn't just a sculpture, it was a sculpture of a cock.

[everyone laughs]

NICK GRIMSHAW: Right.

SAM SMITH: Yeah. *[laughs]* If I'm totally honest-

NICK GRIMSHAW: Uh-huh.

SAM SMITH: -the saucepan-

ANGELA HARTNETT: *[laughs]*

[crew laughs]

NICK GRIMSHAW: Was weirder.

SAM SMITH: -from a fan was much weirder because the saucepan came also with a burner phone.

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: Oh.

SAM SMITH: And she gave me a saucepan and a burner phone, and she held my hand and she said, “Meet me in the library tomorrow at 2 PM.”

ANGELA HARTNETT: *[gasps]*

[crew laughs]

NICK GRIMSHAW: Right.

SAM SMITH: So, I was freaked the f*** out.

NICK GRIMSHAW: Yeah, no way.

ANGELA HARTNETT: Yeah!

SAM SMITH: What the hell? What is this? Whereas the big cock, I saw it coming.

NICK GRIMSHAW: How big are we talking?

SAM SMITH: Basically, Ed said to me he sent a massive marble penis to Elton.

NICK GRIMSHAW: Uh-huh.

SAM SMITH: And I said-

NICK GRIMSHAW: Sorry, Ed Sheeran sent Elton John a massive marble penis?

SAM SMITH: Marble penis.

ANGELA HARTNETT: As you do.

NICK GRIMSHAW: Yeah.

SAM SMITH: I said to Ed, “Well, where's mine?”

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: Mm.

SAM SMITH: And he said, “I'll get you one if you want.” I was like, “If you ever get me one, you make sure it's bigger than Elton's.”

[everyone laughs]

SAM SMITH: And so, he sent me a 6-foot-2-

ANGELA HARTNETT: No!

SAM SMITH: -marble penis-

ANGELA HARTNETT: *[laughs]*

SAM SMITH: -that had to get craned into my house.

NICK GRIMSHAW: Wow. Wow.

SAM SMITH: And now it's in my shed.

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: Oh.

SAM SMITH: Because I'm too embarrassed.

ANGELA HARTNETT: *[laughs]*

SAM SMITH: Everyone walks on my house and thinks like I'm a bondage, like-

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Yeah. It's like graphic.

SAM SMITH: Yeah, it's a bit graphic-

NICK GRIMSHAW: Yeah.

SAM SMITH: -for a beautiful garden.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah. So, it's in the shed.

SAM SMITH: But maybe one day.

NICK GRIMSHAW: Wow, that's quite the gift.

ANGELA HARTNETT: Yeah.

SAM SMITH: It is an amazing gift.

NICK GRIMSHAW: Quite the gift.

SAM SMITH: I don't think it stopped at me as well. I think he's started to give one-

ANGELA HARTNETT: He's started a trend to everyone.

SAM SMITH: Other people have got them. I can't remember who.

ANGELA HARTNETT: Wow.

SAM SMITH: I think there's another person that got one.

ANGELA HARTNETT: They're out-sizing each other.

SAM SMITH: Yeah.

ANGELA HARTNETT: Who's got the biggest?

SAM SMITH: Oh my God-

ANGELA HARTNETT: *[laughs]*

SAM SMITH: -amazing.

NICK GRIMSHAW: So, Sam, the goodie bag is yours.

ANGELA HARTNETT: Yeah. Thank you.

SAM SMITH: Thank you so much.

NICK GRIMSHAW: There's no saucepan in it, don't worry.

ANGELA HARTNETT: Yeah, yeah.

SAM SMITH: Thank you.

NICK GRIMSHAW: Sam Smith everyone.

[applause]

ANGELA HARTNETT: Thank you, thank you Sam.

NICK GRIMSHAW: Thank you, Sam. That was so great.

SAM SMITH: Thank you.

ANGELA HARTNETT: You were fabulous.

NICK GRIMSHAW: Sam's album, you'll be able to hear from next month.

[theme music plays]

ANGELA HARTNETT: Exactly, exciting.

NICK GRIMSHAW: I can't wait for everyone to hear it.

SAM SMITH: Thank you.

NICK GRIMSHAW: Thank you, Sam.

SAM SMITH: That was gorgeous.

NICK GRIMSHAW: That was so fun.

ANGELA HARTNETT: Thank you. That was fabulous.

SAM SMITH: Thank you.

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

ANGELA HARTNETT: If you want to make any of the meals I cook on Dish, head to [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes) for all the ingredients and the recipes.

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

ANGELA HARTNETT: Dish from Waitrose is a Cold Glass Production.

VOICEOVER: Waitrose, the home of food lovers.

