

Marcus Mumford joins us for Awadhi chicken pulao and all the sides



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: And we are gonna be here bringing you a new episode of Dish.

ANGELA HARTNETT: Dish!

NICK GRIMSHAW: How are you, Ange?

ANGELA HARTNETT: I'm very well, thanks. And your good self?

NICK GRIMSHAW: Yeah, good, thanks.

ANGELA HARTNETT: Are you not hot?

NICK GRIMSHAW: Well, do you know what, I just came into the room and I'm wearing a, for those listening to the podcast–

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: –a grey mohair jumper.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And yeah, Sarah just said, “Is that summery?”

ANGELA HARTNETT: Yes.

[crew laughs]

ANGELA HARTNETT: I'm with Sarah. I'm with Sarah.

NICK GRIMSHAW: I was like, “Well, it's always freezing in here.”

ANGELA HARTNETT: No.

NICK GRIMSHAW: It is always freezing in here because the– You're cooking in the air cons on.

ANGELA HARTNETT: Yeah, yeah, true.

NICK GRIMSHAW: So, I never know. Now I've got it on, I'm a bit too hot.

ANGELA HARTNETT: *[laughs]*

[crew laughs]

NICK GRIMSHAW: Um, today we welcome Marcus Mumford—

ANGELA HARTNETT: Wow.

NICK GRIMSHAW: —to the show.

ANGELA HARTNETT: Wow.

NICK GRIMSHAW: Uh, you will know as a singer-songwriter, musician, the lead singer of Mumford and Sons—

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: —of course. Marcus is with us to talk about a few things, just released their sixth album, um, which went straight to number one.

ANGELA HARTNETT: Of course.

NICK GRIMSHAW: They also are going to be headlining a massive show at BST Hyde Park, so we need to talk about that. Have you been to the gigs in Hyde Park?

ANGELA HARTNETT: A few, yeah.

NICK GRIMSHAW: Yeah, because it's sort of festival season now.

ANGELA HARTNETT: It is, isn't it? Stevie Nicks I went to see.

NICK GRIMSHAW: Oh yeah.

ANGELA HARTNETT: I think that was a couple of years back.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: She was great.

NICK GRIMSHAW: How was that?

ANGELA HARTNETT: The Killers– She was brilliant.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: The Killers were amazing.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Um, who else? Duran Duran, went back to my youth–

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: –to see those. So no, I like Hyde Park.

NICK GRIMSHAW: I went to accidental–

ANGELA HARTNETT: How was yours?

NICK GRIMSHAW: –Barbra Streisand.

ANGELA HARTNETT: Oh wow.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: That must have been fun.

NICK GRIMSHAW: Yeah, I went.

ANGELA HARTNETT: Why was it accidental?

NICK GRIMSHAW: Because my mum and Auntie Andrea and Auntie Sheila were going.

ANGELA HARTNETT: Okay.

NICK GRIMSHAW: And they were in town to go and see Barbra.

ANGELA HARTNETT: Barbra.

NICK GRIMSHAW: And they were really excited. And then my mum was like, “Yeah, we're down on Sunday.” And me and Mesh just met them like outside the perimeter of the, the walls.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And then when we were just sat chatting with them on the grass, um, my friend walked past and he was like, “Oh, I'm working on it, do you want to come in?”

ANGELA HARTNETT: Oh, fantastic.

NICK GRIMSHAW: And Mum was like, “Classic!”

ANGELA HARTNETT: Yeah, classic.

NICK GRIMSHAW: “Oh, of course!”

ANGELA HARTNETT: Yes, yes.

NICK GRIMSHAW: ‘We've bought these ages ago, whatever.’”

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: So, we went in and, and watched it.

ANGELA HARTNETT: Had a good night with Babs.

NICK GRIMSHAW: It was mega.

ANGELA HARTNETT: Babs.

NICK GRIMSHAW: I love Barbara.

ANGELA HARTNETT: Love Babs.

NICK GRIMSHAW: Fantastic.

ANGELA HARTNETT: Bet Mr. E. Grant was there; he'd have loved it.

NICK GRIMSHAW: He would have been there, probably, yeah.

ANGELA HARTNETT: Loves Barbara.

NICK GRIMSHAW: Before we welcome Marcus in, I thought we could, uh, get a question.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Um, so Mark has written in, hello to you, Mark, saying: “Hi and hello, goes without saying, love the podcast.” Thank you.

ANGELA HARTNETT: Good old Mark, that's very kind. Thank you, Mark.

NICK GRIMSHAW: Thank you, thank you.

ANGELA HARTNETT: Thank you.

NICK GRIMSHAW: “Recently I had a roast cauliflower butter with bread in a restaurant. Brilliant and unexpected to have a twist in a detail from the expected.”

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: So, you know—

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: —you think you're gonna get bread and butter.

ANGELA HARTNETT: He thought he was getting normal butter.

NICK GRIMSHAW: Next you have a cauliflower butter.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: “Can you suggest any other inclusions or combinations to my butter game at home to elevate bread and butter?” And Mark adds a disclaimer that he knows butter is perfection to start with—

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: —so, don't try that one. Um, any things to make butter—

ANGELA HARTNETT: Chicken skin butter, a lot of people do that one.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: That they blend like crispy, you know, like the crispy skin on chicken skin.

NICK GRIMSHAW: So, you dry it out? Or—

ANGELA HARTNETT: Yeah, you'd basically, yeah, dry it out and then I think—

NICK GRIMSHAW: Blend it?

ANGELA HARTNETT: I mean, I've never, if I'm absolutely honest, I've never made it, but I imagine how you would do that, and you'd blend it with the butter so get all that lovely sort of flavour—

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: –from the chicken skin. Maybe a little bit of chicken sauce in there or something. Um, you can flavour them like you could do spicy butters, cayenne butter–

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Paprika butters, things like that. There's your classic garlic, Mark. Come on, don't forget.

NICK GRIMSHAW: And you do that ever? Do you ever make flavoured butter at home?

ANGELA HARTNETT: Um, not so much at home.

NICK GRIMSHAW: For the restaurant, sure, yeah.

ANGELA HARTNETT: Sometimes you use them for work because if you're finishing a dish, there's a big one people do, a lot of 'nduja butter.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Which is that spicy sausage from southern Italy.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: So, you mix it together and then you basically dollop of that in a sauce–

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: –at the end, gives it a spice up there. So, we've sort of done spicy butters. You can do a cacio e pepe butter.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: So, loads of cheese in there, some pepper–

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: –and stuff like that.

NICK GRIMSHAW: So, uh, try the chicken skin.

ANGELA HARTNETT: Yeah, chicken skin.

NICK GRIMSHAW: Chicken skin.

ANGELA HARTNETT: Or lots of spices, one.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Herbs, butter, anything.

NICK GRIMSHAW: Yes. Uh, if you do ever have a question for us, don't have to be about butter–

ANGELA HARTNETT: No.

NICK GRIMSHAW: –but we like them ones the best. Um, you can email us dish@waitrose.co.uk, or you can leave a comment on our YouTube

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Or on our Instagram. Thank you for your butter guidance. I think it's time to get Marcus Mumford in. Let's do it.

[theme music plays]

[applause]

NICK GRIMSHAW: Hi Marcus!

MARCUS MUMFORD: Hello, hello everyone.

NICK GRIMSHAW: Welcome.

MARCUS MUMFORD: Hi, Nick.

NICK GRIMSHAW: How are you?

MARCUS MUMFORD: Do we hug? Do we hug?

NICK GRIMSHAW: Yeah, we hug here. Nice to see you.

ANGELA HARTNETT: Hi, Marcus. Lovely to see you.

NICK GRIMSHAW: How are ya?

MARCUS MUMFORD: I was just eyeing up your spare milk pans because I'm in the market for a new milk pan.

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: Oh, okay.

MARCUS MUMFORD: And I was out the back, then I had to run in because I heard my name—

NICK GRIMSHAW: Oh, you had to run in.

ANGELA HARTNETT: Oh, very nice.

[crew laughs]

NICK GRIMSHAW: Oh, distracted by a milk pan. I don't even know what a milk pan is.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Anyway, come on in.

ANGELA HARTNETT: Well, come in.

MARCUS MUMFORD: This is awesome.

NICK GRIMSHAW: We're going to get you a drink and some food.

ANGELA HARTNETT: Come sit down over here Marcus.

NICK GRIMSHAW: Come on in.

[theme music plays]

NICK GRIMSHAW: So we would've talked about you prior to coming here—

MARCUS MUMFORD: Yes, okay, good, glad I wasn't here for that.

ANGELA HARTNETT: All good, nice things.

NICK GRIMSHAW: Yeah. `all good, all nice, all nice. Well, we should welcome our guest, Angela.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: It's time to welcome a musician, a singer-songwriter, a producer, a Glastonbury headliner.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: A Grammy Award-winning global superstar. That's what we're talking— it's international.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: A round of applause for Marcus Mumford, everybody!

[cheering and applause]

MARCUS MUMFORD: Thank you.

NICK GRIMSHAW: Hello!

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Hi!

MARCUS MUMFORD: I thought you said I was going to be spared the introduction.

NICK GRIMSHAW: No—

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: —the introduction was worse.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: That was the potted history.

MARCUS MUMFORD: Really!

NICK GRIMSHAW: Worse as in there was more accolades.

ANGELA HARTNETT: Yes.

MARCUS MUMFORD: Oh okay.

[crew laughs]

NICK GRIMSHAW: There was pictures, there was all sorts.

ANGELA HARTNETT: From the age of 5–

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: –we went through your whole life.

NICK GRIMSHAW: We've gone through it.

MARCUS MUMFORD: Oh, okay.

NICK GRIMSHAW: Yeah, that was just to like, you know, cheer everyone up a little.

MARCUS MUMFORD: To wet the whistle.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah, wet the whistle a little bit.

MARCUS MUMFORD: Yeah, here we are, here we are.

NICK GRIMSHAW: Um, we also– One of your accolades that I really want to talk to you about is, of course, we'll talk about, you know, headlining Glastonbury, your successes in music, but we've also heard that you make a phenomenal cauliflower salad.

MARCUS MUMFORD: *[laughs]* I mean, phenomenal's quite strong.

NICK GRIMSHAW: That's what we've heard.

[crew laughs]

MARCUS MUMFORD: Is that the word on the street?

NICK GRIMSHAW: That's the word on the street.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: Yeah, it's, um, it's, uh, it's pretty good. We've got it pretty dialled at this point.

NICK GRIMSHAW: Yeah *[laughs]* it's pretty like that.

ANGELA HARTNETT: Yeah. What's in it why why- What makes it so good.

MARCUS MUMFORD: Roasted but pretty much burnt cauliflower.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Right okay, yeah.

MARCUS MUMFORD: Um, and then pine nuts.

ANGELA HARTNETT: Lovely.

MARCUS MUMFORD: Feta.

ANGELA HARTNETT: Nice.

MARCUS MUMFORD: On a spinach bed.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Oh, okay.

MARCUS MUMFORD: Um, and avocado, and then just balsamic and olive oil.

ANGELA HARTNETT: Very nice.

NICK GRIMSHAW: Ooo nice.

MARCUS MUMFORD: That's it.

ANGELA HARTNETT: I like the introduction of the feta. I would never necessarily put feta the cauliflower. I like that.

NICK GRIMSHAW: There's still time to learn, Ange.

ANGELA HARTNETT: Salty- Always time to learn.

NICK GRIMSHAW: Yeah, always time to learn.

ANGELA HARTNETT: The saltiness of it I think, would work well.

MARCUS MUMFORD: Taylor Swift came and stayed and did some recording—

ANGELA HARTNETT: Right.

MARCUS MUMFORD: –and loved it so much. We, we ate it almost every night in COVID.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: It was either that–

ANGELA HARTNETT: Yeah

MARCUS MUMFORD: –or spicy broccoli salad.

ANGELA HARTNETT: Yeah, yeah.

MARCUS MUMFORD: And we just got into a vibe of just eating that. And she came towards the end of COVID, and we were still very much in our, in our cauliflower–

NICK GRIMSHAW: *[laughs]*

ANGELA HARTNETT: Stage.

MARCUS MUMFORD: Stage. Era, actually and, um–

[everyone laughs]

MARCUS MUMFORD: And then she has since taken it away, calls it the ‘Mumford salad.’

ANGELA HARTNETT: Oh.

NICK GRIMSHAW: Oh yeah

ANGELA HARTNETT: Wow.

MARCUS MUMFORD: And, um, was quite keen on it.

NICK GRIMSHAW: Oh, we should make the Mumford salad.

ANGELA HARTNETT: We'll make it one day yeah, yeah.

NICK GRIMSHAW: Let's make it for an episode. Yeah, we should do that.

MARCUS MUMFORD: But the balsamic has to be quite syrupy.

NICK GRIMSHAW: Okay.

ANGELA HARTNETT: Right, so a really aged—

MARCUS MUMFORD: I can't do this watered-down stuff.

NICK GRIMSHAW: No, no, no, no.

ANGELA HARTNETT: It's not balsamic.

MARCUS MUMFORD: It's not, it's not. It's got to be like really sweet.

ANGELA HARTNETT: Yeah, yeah , yeah. We went to a balsamic tasting, so Nick knows all about that. We were in Bologna.

NICK GRIMSHAW: We did.

MARCUS MUMFORD: Do you know what, the boys in the band went on a side quest—

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: —when we were in Italy—

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: —to a balsamic farm—

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: —and did the same thing.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: And did like a tasting.

ANGELA HARTNETT: That's brilliant. And then when you taste the real syrupy thick stuff, you could never go to the water.

NICK GRIMSHAW: No!

MARCUS MUMFORD: It's basically a glaze.

ANGELA HARTNETT: Yeah, exactly.

NICK GRIMSHAW: Yeah, yeah, yeah, yeah.

ANGELA HARTNETT: Fermentation.

NICK GRIMSHAW: And we learned about the process.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: They stick it in the loft.

ANGELA HARTNETT: Yeah, yeah.

NICK GRIMSHAW: Don't they.

ANGELA HARTNETT: They were doing the whole thing. And each, each barrel is, you know, it goes to another barrel and another barrel till it gets to the smallest one—

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: —as it's just reduced down.

MARCUS MUMFORD: And how long do they age this stuff?

ANGELA HARTNETT: I mean, some of them can be aged up to 24 years.

MARCUS MUMFORD: Wow.

ANGELA HARTNETT: I mean, they really can. But you want a thick one and you need to, and it has to have that DOP that it's from that part of Italy—

MARCUS MUMFORD: Yeah.

ANGELA HARTNETT: —from Bologna.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Well, we're going to start today with this. We're doing an alcohol-free gin and tonic.

MARCUS MUMFORD: Here we go.

NICK GRIMSHAW: So, cheers, Marcus.

ANGELA HARTNETT: Cheers.

MARCUS MUMFORD: Cheers, guys.

NICK GRIMSHAW: Welcome.

MARCUS MUMFORD: Thank you very much for having me.

ANGELA HARTNETT: Cheers.

NICK GRIMSHAW: Of course. Thank you for coming. Thank you.

ANGELA HARTNETT: Cheers Nick, cheers.

NICK GRIMSHAW: This bloody table—

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: —reach.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: The reach on the table, guys.

ANGELA HARTNETT: Mm

MARCUS MUMFORD: Oh yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Lovely.

NICK GRIMSHAW: Oh yeah. So, you got the train up, today, for us.

MARCUS MUMFORD: I got the train up—

NICK GRIMSHAW: Yes.

MARCUS MUMFORD: —which was lovely. I actually got the train with my wife.

NICK GRIMSHAW: Oh nice.

ANGELA HARTNETT: Aw.

MARCUS MUMFORD: So, we had a couple hours on the train together.

ANGELA HARTNETT: Nice.

NICK GRIMSHAW: Yeah, lovely.

MARCUS MUMFORD: And, um, I totally forgot we were actually eating today.

ANGELA HARTNETT: What did you have on the train?

MARCUS MUMFORD: No, I didn't have anything. Today was going to be a fast day.

ANGELA HARTNETT: Oh right.

MARCUS MUMFORD: And then we got to the station, I said to her, “I think I'm doing the Dish, and I think I eat.” She was like, “Yeah, you eat on that.” I was like, “Wicked.”

[everyone laughs]

ANGELA HARTNETT: No fasting today.

MARCUS MUMFORD: We're eating, no fasting!

NICK GRIMSHAW: No, fast day.

MARCUS MUMFORD: We're eating.

NICK GRIMSHAW: No, fasting. It's better than coming and you've eaten.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: Yeah, that's true. But I did then think, should I swing by and get some oats?

NICK GRIMSHAW: Yes.

MARCUS MUMFORD: So that I'm not one of those guests who comes, he's like, "Great chat."

ANGELA HARTNETT: *[laughs]*

MARCUS MUMFORD: *[mimics eating really quickly]*

NICK GRIMSHAW: Yeah.

MARCUS MUMFORD: Because I'm sure that happens.

ANGELA HARTNETT: We don't mind those guests, yeah.

NICK GRIMSHAW: Uh, Marcus, we thought we'd start with your food likes. Uh—

MARCUS MUMFORD: Okay.

NICK GRIMSHAW: –we always like to start going through the food stuff–

MARCUS MUMFORD: I have to say.

NICK GRIMSHAW: Yes.

MARCUS MUMFORD: I panicked.

NICK GRIMSHAW: Okay.

ANGELA HARTNETT: Okay.

MARCUS MUMFORD: With all of these questions.

ANGELA HARTNETT: Right.

MARCUS MUMFORD: We were on our way from Melbourne to Brisbane.

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: And I completely panicked. So, I have no recollection of what I answered.

NICK GRIMSHAW: Okay, this is gonna be good for you then, you'll like this.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: I took it seriously, but I was in that, like, you know when someone asks you your favourite song and you're like–

ANGELA HARTNETT: Oh okay.

MARCUS MUMFORD: "Oh, it's Shania Twain, obviously."

ANGELA HARTNETT: Yeah, yeah, yeah.

[crew laughs]

MARCUS MUMFORD: You know.

NICK GRIMSHAW: Yeah, yeah, yeah.

MARCUS MUMFORD: It was– It was like that.

NICK GRIMSHAW: My worst question, even as a DJ, my worst question–

MARCUS MUMFORD: It's the worst question of all time.

NICK GRIMSHAW: "Well, what music do you like?" and your like uh, um–

MARCUS MUMFORD: Yeah, yeah. I always forget to talk about Radiohead.

NICK GRIMSHAW: Yeah.

MARCUS MUMFORD: And they're my favourite band, and I always forget–

NICK GRIMSHAW: Always forget.

MARCUS MUMFORD: –to talk about them.

NICK GRIMSHAW: Always forget. Well, let's do the food version of that right now—

MARCUS MUMFORD: Okay, here we go. *[laughs]*

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: *[laughs]* –on Dish. Um, because I like this, because sometimes people just list, like, kind of like a, you get kind of like a shopping list.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: So, people are like—

MARCUS MUMFORD: Yeah.

NICK GRIMSHAW: “Eggs, chocolate, milk, tomatoes.”

MARCUS MUMFORD: Yeah, okay.

NICK GRIMSHAW: But I like that you did meals.

MARCUS MUMFORD: I was— Okay.

NICK GRIMSHAW: Which I really like.

MARCUS MUMFORD: Alright.

ANGELA HARTNETT: Oh yeah.

NICK GRIMSHAW: So, I thought we could delve into these a little bit. Beef Wellington.

MARCUS MUMFORD: Ah, it's, it's the greatest meal.

NICK GRIMSHAW: It's fantastic.

MARCUS MUMFORD: You can make, no?

ANGELA HARTNETT: It's, it's pretty good. It's up there as one of them.

NICK GRIMSHAW: Have we had a Beef Wellington on here?

ANGELA HARTNETT: Never made one.

NICK GRIMSHAW: No.

ANGELA HARTNETT: Don't think I ever would.

NICK GRIMSHAW: Have you ever made one?

MARCUS MUMFORD: You wouldn't?

ANGELA HARTNETT: I have made a Beef Wellington, but it's the timings, about getting the timings right, making sure your pastry's cooked.

MARCUS MUMFORD: It's stressful.

ANGELA HARTNETT: Not soggy, yeah.

MARCUS MUMFORD: That's why it's such a treat.

ANGELA HARTNETT: Yeah, exactly.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: When it's done brilliantly.

MARCUS MUMFORD: Because if someone goes through that stress for you–

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: –and it's done well.

NICK GRIMSHAW: *[laughs]*

ANGELA HARTNETT: It's true. Are you saying I've not delivered now?

MARCUS MUMFORD: Well–

ANGELA HARTNETT: Because I haven't actually done that stress test for you.

MARCUS MUMFORD: That's the assumption you made, but–

[everyone laughs]

ANGELA HARTNETT: As you've said it.

MARCUS MUMFORD: Yeah, yeah. It's definitely not one of those chuck it in the pot situations.

ANGELA HARTNETT: No.

NICK GRIMSHAW: No.

MARCUS MUMFORD: It's my execution meal.

ANGELA HARTNETT: Oh—

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: —right, okay, so that's it.

MARCUS MUMFORD: Yeah, yeah. If I'm on the chopping block—

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: —that's my last meal.

NICK GRIMSHAW: That's your last meal.

ANGELA HARTNETT: Well, let's make a deal. If that ever comes, I'll make it for you.

[crew laughs]

MARCUS MUMFORD: Amazing.

ANGELA HARTNETT: There you go, yeah, yeah.

NICK GRIMSHAW: *[laughs]*

MARCUS MUMFORD: Amazing.

NICK GRIMSHAW: If you're ever on death row, call Ange.

ANGELA HARTNETT: *[laughs]*

MARCUS MUMFORD: Amazing.

NICK GRIMSHAW: Call Ange. I feel like there was a thing of Beef Wellingtons maybe this year or last year when everyone was making them—

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: —on Instagram and TikTok.

MARCUS MUMFORD: Well, I don't want to throw shade, but Brooklyn Beckham did one with spinach in it.

NICK GRIMSHAW: Right.

MARCUS MUMFORD: I'm not into that.

NICK GRIMSHAW: No.

ANGELA HARTNETT: Yeah. Wrong.

MARCUS MUMFORD: Not into that.

NICK GRIMSHAW: Ange, no?

ANGELA HARTNETT: Well, I think Gordon's the master, isn't he?

NICK GRIMSHAW: Yes, yes.

ANGELA HARTNETT: Gordon's put it out there everywhere. But I think you do the Parma ham. Then you do the mushrooms, and it's basically what you're doing is pastry, Parma ham, mushrooms, then I think it's the beef. And is there mustard? You do a bit of mustard?

MARCUS MUMFORD: I'm not a big Parma ham, in my Beef Wellington fan.

ANGELA HARTNETT: Oh right, you see.

MARCUS MUMFORD: I'd like it on the side as a little snack.

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: That's it. Oh wow.

MARCUS MUMFORD: As a warm-up. I don't want it inside my—

ANGELA HARTNETT: That's fair enough.

MARCUS MUMFORD: —Wellington.

ANGELA HARTNETT: And it's all about protecting the beef in the cooking and then making sure your pastry's cooked. So, you want no leakages from the mushrooms. So—

MARCUS MUMFORD: 'Cause you're trying to do two things at once.

ANGELA HARTNETT: —they're so important.

NICK GRIMSHAW: Mm-hm.

MARCUS MUMFORD: You're trying to do pastry.

ANGELA HARTNETT: Exactly.

MARCUS MUMFORD: You're trying to cook a nice steak.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: It's, it's a lot going on.

ANGELA HARTNETT: It's a lot going on. Hence why we've never done it on this show.

NICK GRIMSHAW: Right.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Hence why we've never done it. I mean—

MARCUS MUMFORD: Yeah.

NICK GRIMSHAW: —not yet. Uh, alongside Beef Wellington, a spicy rigatoni.

MARCUS MUMFORD: Yeah, not together.

NICK GRIMSHAW: No, on the side!

MARCUS MUMFORD: That would be mad. That would be mental.

NICK GRIMSHAW: It's a full stop, new sentence.

MARCUS MUMFORD: Yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: You also like a spicy rigatoni. Um—

MARCUS MUMFORD: I do like a spicy rigatoni.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Is that tomato-based or is that a meat—

MARCUS MUMFORD: Like a vodka.

NICK GRIMSHAW: Yes.

MARCUS MUMFORD: One—

ANGELA HARTNETT: Oh right, yeah, yeah, yeah.

MARCUS MUMFORD: That restaurant, that Carbone.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yes.

MARCUS MUMFORD: Mario Carbone's, sauce to that.

ANGELA HARTNETT: Yeah. The one in New York, and there's one in London now.

MARCUS MUMFORD: Yeah. Yeah, is there? Yeah, there is one in London.

ANGELA HARTNETT: There's- Yeah. That's right, yeah.

MARCUS MUMFORD: Yes. Um, it's a scene.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: But the spicy, the vodka, whatever they call it, rigatoni—

ANGELA HARTNETT: Mm-hm, yeah.

MARCUS MUMFORD: —is, um, that's— I ran a marathon, and I had two of those afterwards.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: He did the marathon in 15 minutes.

MARCUS MUMFORD: Yes. Yeah, yeah, yeah.

ANGELA HARTNETT: I think that's a good reward.

MARCUS MUMFORD: That was my, um—

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: —reward meal, afterwards.

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: Yeah, we've made that. That's—

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: I liked that as well. I didn't think I would because you'd think the vodka would be too much, but the sauce and that, it works—

NICK GRIMSHAW: Yeah, no it works.

ANGELA HARTNETT: —really well.

NICK GRIMSHAW: It really works.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Also on your list was spicy tuna.

MARCUS MUMFORD: Was it?

NICK GRIMSHAW: Yes.

MARCUS MUMFORD: Great.

ANGELA HARTNETT: *[laughs]*

MARCUS MUMFORD: I really panicked.

NICK GRIMSHAW: Yeah.

MARCUS MUMFORD: But yeah, you can whack spicy tuna on most things, and I'll have it.

NICK GRIMSHAW: Yeah, yeah, yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Delicious. Have you got like a favourite spot where you'd go for that? I love like a, you know, when they do spicy tuna with like a crispy rice.

MARCUS MUMFORD: Yes.

ANGELA HARTNETT: Oh, yes.

NICK GRIMSHAW: And you put the spicy tuna on it.

MARCUS MUMFORD: Nobu does that very well.

NICK GRIMSHAW: Oh that's so good.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: I mean, I don't want to be too, um, elitist, but Nobu does that very well.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah, yeah, yeah.

NICK GRIMSHAW: But they're opening Nobus now, bloody everywhere.

[crew laughs]

NICK GRIMSHAW: They're opening one in Nottingham. Have you seen?

MARCUS MUMFORD: *[laughs]* So, what you're saying is we're now men of the people.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Because there's a Nobu in Nottingham.

MARCUS MUMFORD: 'Cause there's one in Nottingham.

NICK GRIMSHAW: Yeah, pop along to your local Nobu.

MARCUS MUMFORD: *[laughs]*

[studio laughter]

NICK GRIMSHAW: Uh, crispy duck pancakes–

ANGELA HARTNETT: Oh yeah.

NICK GRIMSHAW: –was on your list.

MARCUS MUMFORD: I'd like- Th- those are one of those kind of things I'll order if it's on a menu–

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: –I'll order it.

ANGELA HARTNETT: Yes.

MARCUS MUMFORD: That and chocolate fondant.

NICK GRIMSHAW: Mm-hm.

MARCUS MUMFORD: If it's on a menu, I'll order it in order to try it. Ted from our band–

NICK GRIMSHAW: Mm-hm.

MARCUS MUMFORD: –is like this with tiramisu.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Oh, right.

MARCUS MUMFORD: He's actually trying to qualify as one of the judges for the World Tiramisu Championships.

NICK GRIMSHAW: *[laughs]*

ANGELA HARTNETT: Is he?

MARCUS MUMFORD: He's like going through all the stages of training–

ANGELA HARTNETT: Oh my god.

NICK GRIMSHAW: *[laughs]*

MARCUS MUMFORD: –that you have to go through to become a qualified judge.

NICK GRIMSHAW: What do you have to go through?

ANGELA HARTNETT: Yeah?

MARCUS MUMFORD: You have to eat a lot–

NICK GRIMSHAW: A lot of tiramisus.

ANGELA HARTNETT: It's a lot of tiramisu.

NICK GRIMSHAW: Yeah.

MARCUS MUMFORD: And so, he's getting— And then if he sees one that's outlandish, there's some matcha in it or something—

NICK GRIMSHAW: Mm-hm.

MARCUS MUMFORD: —he'll get all grumpy.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: But anywhere we go—

ANGELA HARTNETT: He likes them traditional.

MARCUS MUMFORD: And people now bring him tiramisu to try—

NICK GRIMSHAW: Uh-huh.

MARCUS MUMFORD: —because he's become like the tiramisu king.

NICK GRIMSHAW: What to gigs?

MARCUS MUMFORD: Yeah, yeah.

NICK GRIMSHAW: *[laughs]*

MARCUS MUMFORD: There was one in our, in our dressing room the other day, when we were in Auckland.

NICK GRIMSHAW: *[laughs]*

[crew laughs]

ANGELA HARTNETT: Brilliant.

MARCUS MUMFORD: And he didn't, and he didn't like the look of it.

NICK GRIMSHAW: Yeah. I don't know if they travel. And but what do you like to make when you're at home alongside, the cauliflower salad, the Mumford salad.

MARCUS MUMFORD: I've started trying to add a bit of protein into that.

NICK GRIMSHAW: Yes.

MARCUS MUMFORD: Because I spent a long time not eating enough—

NICK GRIMSHAW: Uh-huh.

MARCUS MUMFORD: —protein.

NICK GRIMSHAW: Mm-hm.

MARCUS MUMFORD: And so now I, I'm sad to say we've got an air fryer.

NICK GRIMSHAW: Mm-hm. That's okay, I think.

MARCUS MUMFORD: It makes things much easier.

NICK GRIMSHAW: Yeah

ANGELA HARTNETT: We'll forgive you.

NICK GRIMSHAW: Well, we were like, we were sort of not into them in just in terms of the kitchen appliance—

ANGELA HARTNETT: Having more stuff.

NICK GRIMSHAW: —space.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Like, we've got so much stuff.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: It's in a cupboard.

ANGELA HARTNETT: It's in a cupboard, yeah

NICK GRIMSHAW: In a cupboard. Fantastic.

ANGELA HARTNETT: Okay good, yeah.

MARCUS MUMFORD: Yeah, it's out of sight.

NICK GRIMSHAW: I can't do with another thing, in the kitchen.

ANGELA HARTNETT: So, what do you make in the air fryer? What's your thing?

MARCUS MUMFORD: Just either—

ANGELA HARTNETT: Everything?

MARCUS MUMFORD: —salmon or chicken, because it's a hack.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: You know, it's going to be cooked the same way—

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: —basically, every time.

NICK GRIMSHAW: And do you like to have people over for dinner? Are you, are you a house of the—

MARCUS MUMFORD: No.

[everyone laughs]

MARCUS MUMFORD: No, that's an easy one. Next.

NICK GRIMSHAW: No.

MARCUS MUMFORD: No, because—

ANGELA HARTNETT: That's our invite.

NICK GRIMSHAW: I love, no— *[laughs]*

MARCUS MUMFORD: It's like once you get the kids, once you get the kids in bed, that's our time.

NICK GRIMSHAW: Yeah, yeah, yeah.

ANGELA HARTNETT: Sure. Yeah, yeah, yeah.

MARCUS MUMFORD: And, and no.

NICK GRIMSHAW: Yeah.

MARCUS MUMFORD: We don't really want anyone else involved.

NICK GRIMSHAW: *[laughs]*

ANGELA HARTNETT: *[laughs]*

MARCUS MUMFORD: I spend all of my time—

NICK GRIMSHAW: Yeah, it's true.

MARCUS MUMFORD: —you know, with people at work, then when we get home we're fairly, um—

NICK GRIMSHAW: Yeah.

MARCUS MUMFORD: –rude, uh

ANGELA HARTNETT: No actually no–

NICK GRIMSHAW: *[laughs]*

[crew laughs]

MARCUS MUMFORD: Antisocial.

ANGELA HARTNETT: Dave Grohl said the similar thing. He said when it was the early days–

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: –he said we're all there, we're away for months. He goes, as we've got older and family, he goes, actually–

MARCUS MUMFORD: Yeah.

ANGELA HARTNETT: –what you want to do is either have your family with you.

MARCUS MUMFORD: Yeah.

ANGELA HARTNETT: But I think you've got young kids?

MARCUS MUMFORD: Yeah.

ANGELA HARTNETT: Yeah, so you're not going to take them on tour the whole time, and then you just want to be home with your family—

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: —and having proper time. It's totally understandable, yeah.

MARCUS MUMFORD: Yeah. So, we don't do that lots.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: Uh, we do lunches.

NICK GRIMSHAW: Mm-hm.

MARCUS MUMFORD: And that's fun because everyone brings something.

ANGELA HARTNETT: Yeah, nice.

NICK GRIMSHAW: Yeah.

MARCUS MUMFORD: Um, but dinners, no, not really.

NICK GRIMSHAW: No.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Do you have a way of getting everyone out? Because, you know, you do invite people for lunch. Ange is really good at inviting people for lunch at 1, and then people are still there at like 10, at night.

MARCUS MUMFORD: Yes, no, that's not cool.

NICK GRIMSHAW: But do you have a good. No, no—

ANGELA HARTNETT: *[laughs]*

MARCUS MUMFORD: I'll, I'll often just leave.

NICK GRIMSHAW: Right.

MARCUS MUMFORD: I hope it becomes obvious—

ANGELA HARTNETT: Mm.

MARCUS MUMFORD: —it seems to work. It's like doing an Irish farewell—

ANGELA HARTNETT: Yeah, Irish goodbye.

MARCUS MUMFORD: —in your own house.

NICK GRIMSHAW: In your own house, like—

[crew laughs]

ANGELA HARTNETT: Yeah, it's true.

MARCUS MUMFORD: Where it's like, "He's gone."

NICK GRIMSHAW: "Marcus has left."

MARCUS MUMFORD: "He's not coming back."

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: "We should go."

NICK GRIMSHAW: We should go. That's a good one, yeah.

ANGELA HARTNETT: I've said to friends that I've literally been there still at night, and I said, "There's a spare room and a bed and towels. Stay."

MARCUS MUMFORD: Nice.

ANGELA HARTNETT: "But I can't stay up any longer."

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: "I have to go to bed. The choice is yours." And I literally go.

NICK GRIMSHAW: Does Neil stay with the guests?

MARCUS MUMFORD: That's nice.

ANGELA HARTNETT: Well, Neil can do an Irish goodbye like you and just disappear. And you turn around, you're like–

NICK GRIMSHAW: And Neil's disappeared.

ANGELA HARTNETT: Where's my husband and Neil's gone to bed.

NICK GRIMSHAW: *[laughs]*

MARCUS MUMFORD: That's like me.

ANGELA HARTNETT: And you're like–

MARCUS MUMFORD: Love that from Neil.

ANGELA HARTNETT: –thanks Neil.

MARCUS MUMFORD: I also am getting more direct–

NICK GRIMSHAW: *[laughs]*

ANGELA HARTNETT: Got to be, yeah.

MARCUS MUMFORD: –as I get older.

NICK GRIMSHAW: Yeah.

MARCUS MUMFORD: Where I'm like, we're done here.

ANGELA HARTNETT: Yeah, yeah.

NICK GRIMSHAW: And then did you come from a family of food lovers? Do you have like—

MARCUS MUMFORD: Yeah.

NICK GRIMSHAW: —good memories of, of sitting down as a family and eating.

MARCUS MUMFORD: Yeah, like all my, all, all my memories of listening to music at home were in the kitchen with my mum.

NICK GRIMSHAW: Aw.

ANGELA HARTNETT: Right.

MARCUS MUMFORD: Yeah. And that's how I really fell in love with music, actually.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: And watching her cook. And I didn't realise how much I took in by osmosis—

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: —by just being around her.

ANGELA HARTNETT: Mm.

MARCUS MUMFORD: My brother didn't spend as much time in the kitchen and can't cook.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm-hm.

MARCUS MUMFORD: And doesn't like to. And I, I spent loads of time just in the kitchen. I would just hang out while she cooked.

NICK GRIMSHAW: Mm-hm.

MARCUS MUMFORD: And we'd listen to music or talk or whatever. And then, and she did all the cooking. And so, I, yeah, I love kitchens. Are like the hearth—

ANGELA HARTNETT: Mm.

MARCUS MUMFORD: —you know, of the household. And I still think that and love it.

ANGELA HARTNETT: And you do all the cooking now?

MARCUS MUMFORD: I do, yeah.

ANGELA HARTNETT: Pretty much, yeah?

MARCUS MUMFORD: Most of it, yeah.

NICK GRIMSHAW: And what was she cooking?

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: What was your mum making that takes—

MARCUS MUMFORD: She was making like traditional British food.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Yes.

MARCUS MUMFORD: Lots of, um, meat and two veg.

NICK GRIMSHAW: Mm-hm.

MARCUS MUMFORD: Shepherd's pies.

ANGELA HARTNETT: Yeah, yeah, yeah.

MARCUS MUMFORD: And always pudding.

NICK GRIMSHAW: Yeah, yeah.

MARCUS MUMFORD: Like whatever, every day of the week.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah.

MARCUS MUMFORD: It was pudding.

NICK GRIMSHAW: Um, one thing that we wanted to talk about is that you grow your own fruit and veg at home, do you?

MARCUS MUMFORD: Yeah, that might be a PR, that might be a bit of a lie that.

NICK GRIMSHAW: Really?

MARCUS MUMFORD: Yeah, that might be might be—

NICK GRIMSHAW: We thought you had like a farm going on down there.

MARCUS MUMFORD: Might be a spin. Yeah, no, we do like runner beans.

NICK GRIMSHAW: Yes.

MARCUS MUMFORD: Radishes.

NICK GRIMSHAW: Yes.

MARCUS MUMFORD: Um, but not— And butternut squash.

NICK GRIMSHAW: Yes.

MARCUS MUMFORD: We eat a lot of squash.

NICK GRIMSHAW: Yeah.

MARCUS MUMFORD: And I love squash.

NICK GRIMSHAW: Apparently squash just goes.

MARCUS MUMFORD: It just goes.

NICK GRIMSHAW: Once you start it just goes. Yeah.

MARCUS MUMFORD: Yeah, it's the stuff that requires less, uh—

NICK GRIMSHAW: Yeah.

MARCUS MUMFORD: —maintenance.

NICK GRIMSHAW: Yeah.

MARCUS MUMFORD: Because we'll go away for a while and come back—

NICK GRIMSHAW: Uh-huh.

MARCUS MUMFORD: —and then there'll be radishes everywhere.

NICK GRIMSHAW: Mm-hm.

MARCUS MUMFORD: And then we'll eat radishes only for a few weeks. But yeah, it's amazing what you can do with quite a small bit of soil.

NICK GRIMSHAW: Mm-hm.

MARCUS MUMFORD: But I'm not very good at the admin bit.

NICK GRIMSHAW: I guess if you're, you know, busy touring the world and travelling—

MARCUS MUMFORD: And summers, we're away.

NICK GRIMSHAW: Yeah.

MARCUS MUMFORD: Like all summer.

NICK GRIMSHAW: Yeah, yeah, yeah. So, it's a full-time job.

MARCUS MUMFORD: It's a full-time job.

NICK GRIMSHAW: Yeah. But that'd be like my dream to have that like space and go out and grow everything, but—

MARCUS MUMFORD: Can't you do it in, London?

NICK GRIMSHAW: I don't know, maybe I could do it. Yeah, it's the, it's the time.

MARCUS MUMFORD: Herbs, do you grow herbs?

NICK GRIMSHAW: I do grow herbs.

MARCUS MUMFORD: Do you have a windowsill?

NICK GRIMSHAW: The biggest. I've got herbs outside. Got a lemon tree.

MARCUS MUMFORD: Oh.

NICK GRIMSHAW: Got a lime tree. I should have brought that today for the curry, maybe.

ANGELA HARTNETT: Do you ever use the lime? Come on, tell the truth about what happens.

MARCUS MUMFORD: Never.

NICK GRIMSHAW: I've never used any limes nor leaves from it.

MARCUS MUMFORD: But does it fruit well?

NICK GRIMSHAW: Um, it, well—

MARCUS MUMFORD: Do you get fruit from it?

NICK GRIMSHAW: Yeah, the lemon tree goes off. But, yeah.

MARCUS MUMFORD: We went on a cookery course early on in our marriage in, um, Italy, and there, and we were really excited. We learned how to make gnocchi.

NICK GRIMSHAW: Mm-hm.

MARCUS MUMFORD: And some sort of lemony chicken situation, and I got the quantities wrong and put like 12 lemons in. And it was supposed to be 12 teaspoons of lemon juice—

NICK GRIMSHAW: Uh-huh.

MARCUS MUMFORD: –or something, and it was an absolute disaster.

NICK GRIMSHAW: *[laughs]*

[crew laughs]

NICK GRIMSHAW: Quite bitter.

MARCUS MUMFORD: I, I, I get a bit enthusiastic around a lemon.

NICK GRIMSHAW: Yeah *[laughs]*

[crew laughs]

MARCUS MUMFORD: Get a bit carried away.

NICK GRIMSHAW: It can happen. It can happen. It can. But so, you see, you like it then? It's something that you like to do if you've been doing the courses and you're–

MARCUS MUMFORD: Yeah, yeah, I do like it.

NICK GRIMSHAW: Yeah, yeah.

MARCUS MUMFORD: I do like it.

NICK GRIMSHAW: What–

MARCUS MUMFORD: And it's also one of those things that you don't get to do on the road.

NICK GRIMSHAW: Yeah.

MARCUS MUMFORD: And so, you come home and it's like a comfort thing—

NICK GRIMSHAW: Yeah, yeah, yeah.

MARCUS MUMFORD: —to cook your own meal.

NICK GRIMSHAW: Mm-hm.

MARCUS MUMFORD: We were on tour in New Zealand, just now, and we, I went to a friend's house, and we had a home-cooked meal, and it was more of a treat than—

NICK GRIMSHAW: Yeah.

MARCUS MUMFORD: —eating—

NICK GRIMSHAW: And going out somewhere.

MARCUS MUMFORD: —out, yeah.

NICK GRIMSHAW: Yeah. I always think when I've been busy, not that I've been on a world tour or anything, but when I've been busy or been away, I always think like cooking in the house—

MARCUS MUMFORD: You've never been on tour with a band?

NICK GRIMSHAW: Never been on tour with a band. Come on.

[crew laughs]

MARCUS MUMFORD: It might be time.

NICK GRIMSHAW: Mate, we've got a chef.

MARCUS MUMFORD: Yes!

NICK GRIMSHAW: I can hang out.

MARCUS MUMFORD: Let's go!

NICK GRIMSHAW: *[laughs]* Let's do it.

MARCUS MUMFORD: You've never been on tour?

NICK GRIMSHAW: Never been on tour. I've been on, like—

MARCUS MUMFORD: Even in the 2010s?

NICK GRIMSHAW: Uh, I've s— I've s—

MARCUS MUMFORD: When it was popping off for Grimmy.

NICK GRIMSHAW: I've slept on, like, a tour bus.

MARCUS MUMFORD: Yeah.

NICK GRIMSHAW: But not a tour. I went out once for a pint on a Friday or a Thursday afternoon and, in Camden and woke up on Saturday on the Isle of Wight on Amy Winehouse's tour bus.

MARCUS MUMFORD: There we go.

NICK GRIMSHAW: But not a tour!

MARCUS MUMFORD: That counts—

NICK GRIMSHAW: That counts.

MARCUS MUMFORD: —as going on tour.

NICK GRIMSHAW: Yeah

MARCUS MUMFORD: But no, it's not a tour.

NICK GRIMSHAW: Yeah. I think I'd like it more now, like with a major, successful band, like going to nice hotels [*laughs*].

[*studio laughter*]

MARCUS MUMFORD: We've, we— Yeah, yeah.

NICK GRIMSHAW: I think I'd like that. [*laughs*]

MARCUS MUMFORD: Our dressing room game has changed massively—

NICK GRIMSHAW: Yeah.

MARCUS MUMFORD: –since the early days of warm, warm–

NICK GRIMSHAW: Uh-huh.

MARCUS MUMFORD: –Fosters and–

NICK GRIMSHAW: Yeah.

MARCUS MUMFORD: –um, Walkers crisps. It's, um, there's candles involved.

NICK GRIMSHAW: Yeah [*laughs*] I want this one, yeah.

MARCUS MUMFORD: And drapes.

NICK GRIMSHAW: And like, “Where's the chef?”

MARCUS MUMFORD: Yeah, yeah exactly.

NICK GRIMSHAW: Be like I want that one. What is on the rider list? Is there anything that you do love to have? Before or after the show.

MARCUS MUMFORD: I've basically taken most things off it–

NICK GRIMSHAW: Off. Right.

MARCUS MUMFORD: Because like having chocolate and crisps–

NICK GRIMSHAW: Mm-hm.

MARCUS MUMFORD: –in the dressing room every night, which is what you did–

NICK GRIMSHAW: Mm-hm.

MARCUS MUMFORD: –as a baby band.

NICK GRIMSHAW: Mm-hm.

MARCUS MUMFORD: Because it was the easiest things to have access to, I now have like asked if we can't know if we can avoid having those–

NICK GRIMSHAW: Amazing.

MARCUS MUMFORD: –things in the room, so now there's a NutriBullet.

[everyone laughs]

MARCUS MUMFORD: We've done, we've become those guys, you know.
[whistles]

NICK GRIMSHAW: *[laughs]*

[theme music plays]

NICK GRIMSHAW: You tuck in Marcus, and then, Ange, you can tell us what we, what we have here.

ANGELA HARTNETT: Okay, so it's a Awadhi Chicken Pulao by Ravinder Bhogal, and, uh, Ravinder's an amazing chef, but it's a one-pot rice dish really.

NICK GRIMSHAW: Love yeah.

ANGELA HARTNETT: So, you wouldn't call it necessarily a curry. It's a one-pot rice dish.

NICK GRIMSHAW: Kind of like a biryani for those listening.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah. And so, it's basically, you, um, in your pan, first of all, you cook down your onions and really sweat them down in a touch of ghee so they're beautifully, nicely caramelised.

NICK GRIMSHAW: Mm.

MARCUS MUMFORD: What's ghee?

ANGELA HARTNETT: Ghee, so it's basically clarified butter.

MARCUS MUMFORD: Okay.

ANGELA HARTNETT: So cook down all your onions, um, then take about a third of your onions out, and then you're going to add your cashew nuts, your ginger, your garlic, and your green chilies. Before you've done all that, you'll have toasted all your spices. So, it's got loads of spices in there, so star anise, cinnamon, cumin seeds, cloves, black peppercorns, mace, cardamom seeds, and coriander seeds.

NICK GRIMSHAW: Mm.

MARCUS MUMFORD: Mace?

ANGELA HARTNETT: So, all of those– Mace as well.

NICK GRIMSHAW: Mace.

ANGELA HARTNETT: All of those, yes, mace *[laughs]*

MARCUS MUMFORD: Mace?

ANGELA HARTNETT: Mace, mace.

NICK GRIMSHAW: Mace.

ANGELA HARTNETT: But nice mace. All toasted off and nicely crushed, you know.

MARCUS MUMFORD: Mm.

ANGELA HARTNETT: So, they've got all that fragrant there. Um, then, once you've, um, put in all your cashew nuts, your ginger, your garlic, etc., then you're going to add your chicken thighs that are bone-in.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: And you're going to roast those off.

NICK GRIMSHAW: And definitely you want bone-in, don't you?

ANGELA HARTNETT: Bone-in, because it cooks better on the bone.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: It's going to be moister.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: It's just going to be more tender and more flavoursome.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Then once, you've cooked those, you're gonna add all the spices. Add your yoghurt into there and your chicken stock, and then your going to bring that to the boil. And then add your rice, and then you cook that for about 12 minutes.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: And then let it stand for about 10 minutes.

MARCUS MUMFORD: How long are we talking start to finish?

ANGELA HARTNETT: Once you've cooked your onions, which will take you about 30 minutes, and it's crucial to do that, the rest will probably take you another 30 minutes. You're talking about an hour.

MARCUS MUMFORD: And do we know, which region of India?

ANGELA HARTNETT: Oh, Marcus, honestly, please.

NICK GRIMSHAW: We do actually.

[crew laughs]

ANGELA HARTNETT: Do we? Do we?

NICK GRIMSHAW: It's from Lucknow in northern India.

ANGELA HARTNETT: Thank you. It's from Lucknow in northern India, Marcus.

NICK GRIMSHAW: Mm.

MARCUS MUMFORD: Yeah, great, awesome.

ANGELA HARTNETT: There you go.

[everyone laughs]

NICK GRIMSHAW: Mm.

MARCUS MUMFORD: I thought, I thought so.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: You thought that?

ANGELA HARTNETT: You knew in yourself, didn't you?

NICK GRIMSHAW: Mm.

MARCUS MUMFORD: That's absolutely banging.

ANGELA HARTNETT: Thank you.

MARCUS MUMFORD: Thank you so much. What an absolute privilege.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: There's plenty.

MARCUS MUMFORD: I haven't had a curry in a really long time.

NICK GRIMSHAW: Really?

MARCUS MUMFORD: They just don't do it well in the States. I haven't found the places—

ANGELA HARTNETT: Mm.

MARCUS MUMFORD: —that do it—

NICK GRIMSHAW: Mm-hm.

MARCUS MUMFORD: —well in the States. It's not culturally as present.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah, sure.

MARCUS MUMFORD: And we haven't been in the UK a lot. And that's absolutely banging.

NICK GRIMSHAW: Yeah

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: It's so good.

ANGELA HARTNETT: Perfect.

NICK GRIMSHAW: It's so good.

ANGELA HARTNETT: Oh, brilliant.

MARCUS MUMFORD: Thank you. What's mace?

ANGELA HARTNETT: Mace is like, it's just a very fine, it's a seed, mace.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: And then, so it's another flavouring. I can't, it's hard to describe what mace is. It's like a, a five spice in a way.

NICK GRIMSHAW: Right.

MARCUS MUMFORD: Okay.

ANGELA HARTNETT: You know, it's got that floralness to it. But, you know, so you have it as a really tiny little powder, or you crush it down.

NICK GRIMSHAW: So, I wanted to ask you about something that was in this.

MARCUS MUMFORD: Oh yeah.

NICK GRIMSHAW: So, you made rose water and saffron infused milk?

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: You made that? So, you made a little concoction.

MARCUS MUMFORD: Is that what these little white guys are?

ANGELA HARTNETT: It's the yellow, the little yellow.

NICK GRIMSHAW: Yellow, yeah, yeah, yeah.

ANGELA HARTNETT: Yeah, you've got it there. Yeah, it looks yeah. So, I think it's something—

NICK GRIMSHAW: Wow.

ANGELA HARTNETT: —that just adds a little flavour, another level of flavour. It's this fragrant sort of sweetness to the rice dish. So, you have this, basically reduce some milk, not too much, and not on a high heat, added a little bit of rose water and a touch of saffron. And so, the rose water is that sweetness and—

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: –floralness that you're sort of getting, that undertone. And that's, I've never done that before–

NICK GRIMSHAW: And its quite strong flavour, isn't it?

ANGELA HARTNETT: –and I think it works. Yeah. Rose water, yeah–

NICK GRIMSHAW: Rose water, yeah, you can use it quite delicately.

ANGELA HARTNETT: –it can be subtle yeah. But the thing is, I know you say you haven't had one in ages, but I reckon you could easily cook this, Marcus–

MARCUS MUMFORD: Yeah.

ANGELA HARTNETT: –because you cook and stuff.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: And then you can buy all the little accompaniments.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: I think that's what puts people off curries. They think I've got to have everything.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: But you can buy the poppadoms, you can buy the naan breads—

MARCUS MUMFORD: Yeah.

ANGELA HARTNETT: —and the chutneys and stuff and just make the curry.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: There you go.

NICK GRIMSHAW: It's really good. Was that like, did you enjoy making that?

ANGELA HARTNETT: I did. This is one—

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: —I'll make at home, you see.

NICK GRIMSHAW: Wow.

MARCUS MUMFORD: And, and the rice is kind of, what, uh, I'm sure this isn't the right word, but slightly sticky.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: It is actually.

MARCUS MUMFORD: Because it's been in–

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: It's cooked in there–

MARCUS MUMFORD: –with milk, yeah.

ANGELA HARTNETT: –in the pan. And I think if, for time, actually, I think we could put, if we went a minute or two longer, you get that great bit, which I think it's like the crusty bit of a lasagne.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: You get that crispiness of the rice.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: But because I felt, oh my God, they're both hungry, better feed them, you know, you take it five more minutes.

NICK GRIMSHAW: Well we're very demanding.

MARCUS MUMFORD: Lads, lads, lads.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Um–

[crew laughs]

ANGELA HARTNETT: –but I think–

NICK GRIMSHAW: *[laughs]*

ANGELA HARTNETT: –that's the bit I love, is that, you know, the bottom of the pan, the scraping of–

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: –that little bit of the rice, I think is the best part. And there's a wine if you would like to try it as well.

NICK GRIMSHAW: Which is the

ANGELA HARTNETT: Jackson Estate Sauvignon Blanc.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Which is refreshingly crisp white wine that balances well with the, um, curry. Would you like to try it and see?

MARCUS MUMFORD: I'll smell it.

ANGELA HARTNETT: Little smell.

MARCUS MUMFORD: Thank you.

NICK GRIMSHAW: If you want to try this dish at home, all the ingredients that we've used and the recipe are online, [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes). The wine pairing is on there as well. There'll be a video of Angela making this so you can watch—

MARCUS MUMFORD: Will there?!

NICK GRIMSHAW: —it and follow along.

MARCUS MUMFORD: What I should've asked you—

ANGELA HARTNETT: Mm?

MARCUS MUMFORD: Do you cook rabbit?

ANGELA HARTNETT: I do, yeah.

MARCUS MUMFORD: What do you do with rabbit?

ANGELA HARTNETT: I sort of stew it— Well not a stew, they call it, 'cacciatore' in Ital- in Italian.

MARCUS MUMFORD: Okay.

ANGELA HARTNETT: In Italy, rather. And it's basically cooked with lemon, white wine, rosemary and garlic. And so you've boned your rabbit, so you cut it all into pieces. Brown it off in a pan, then deglaze it with, uh, some white wine, add some rosemary, add some garlic, little bit of stock, and put the lid on. It doesn't take long to cook rabbit, you know—

MARCUS MUMFORD: Okay.

ANGELA HARTNETT: –the longest part will be the legs.

MARCUS MUMFORD: Mh-hm.

ANGELA HARTNETT: Do you have lots of rabbits around?

MARCUS MUMFORD: There's some, well, it's more just sort of the wild protein stuff I'm–

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: –interested, the sustainable protein stuff.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: That's good, yeah. Venison's another thing you should eat–

MARCUS MUMFORD: Yeah, I was gonna ask you about that as well.

ANGELA HARTNETT: That's another one, because it's, we have so much venison in this country and we don't use enough of it.

MARCUS MUMFORD: Yeah.

ANGELA HARTNETT: You can do a venison wellington.

MARCUS MUMFORD: Oh come on!

ANGELA HARTNETT: There you go! You've got it all!

NICK GRIMSHAW: There you go! No pressure.

MARCUS MUMFORD: That's it.

NICK GRIMSHAW: Dinner tonight when you get home Marcus.

ANGELA HARTNETT: [*laughs*]

MARCUS MUMFORD: I know, just knock— Just knock that up.

NICK GRIMSHAW: Just knock the venison wellington— We just had Kevin McCloud on, and was it Kevin McCloud—

MARCUS MUMFORD: I'm totally in love with that man.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Me too!

MARCUS MUMFORD: He's like the number one.

ANGELA HARTNETT: We all were.

NICK GRIMSHAW: Yeah.

MARCUS MUMFORD: It's David Gandy, Kevin McCloud.

NICK GRIMSHAW: Kevin McCloud. Love.

ANGELA HARTNETT: *[laughs]*

MARCUS MUMFORD: That's my, that's my stairway to heaven, right there.
What was he like?

NICK GRIMSHAW: He was amazing.

MARCUS MUMFORD: Was he as lovely as he seems?

NICK GRIMSHAW: He was really lovely.

ANGELA HARTNETT: He was so lovely.

NICK GRIMSHAW: He was great.

MARCUS MUMFORD: Was he as wholesome as he seems?

ANGELA HARTNETT: Mm!

NICK GRIMSHAW: Yeah, he brought his, own, like—

ANGELA HARTNETT: Apples and rhubarb.

NICK GRIMSHAW: —offering from his garden. He was like, “Oh here's the rhubarb that I brought—”

MARCUS MUMFORD: Oh god, what a twat.

[everybody laughs]

ANGELA HARTNETT: Yeah that's true Marcus, where's your— Where's your offering, yeah!

NICK GRIMSHAW: Where's your— Yeah, yeah, next time radishes.

MARCUS MUMFORD: Sorry.

ANGELA HARTNETT: No, but this is for you— He's a, he's a lot older, so this is where he's got to now. And he's, he wraps his— He has his apples, he harvests them in Nov- October, November. Wraps them in brown paper and stores them—

MARCUS MUMFORD: Why— Why do you wrap them in—

ANGELA HARTNETT: 'Cause that's his— 'Cause then they don't bruise and don't touch each other.

NICK GRIMSHAW: So they don't touch each other and then they don't rot.

MARCUS MUMFORD: So he brought you old apples?

ANGELA HARTNETT: He did, alright— [*laughs*]

MARCUS MUMFORD: Alright, so it's not that cool.

[*everyone laughs*]

ANGELA HARTNETT: And rhubarb!

MARCUS MUMFORD: But apples, is apples.

ANGELA HARTNETT: His rhubarb was very nice.

NICK GRIMSHAW: And you'll get to hear that soon, um, Kevin McCloud on the podcast.

[theme music plays]

NICK GRIMSHAW: We should talk about your album Prizefighter, your latest album—

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: —the 6th album, that went straight to number 1, which is, first of all, massive congratulations.

MARCUS MUMFORD: Thank you.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: But is that always, you know, a feeling that doesn't get tiring? It always must be quite a fun bit of news. Is it expected at this level or is it still a bit of a shock or?

MARCUS MUMFORD: I don't know, it's still meaningful.

NICK GRIMSHAW: Mm-hm.

MARCUS MUMFORD: For sure. And, um, we did 2 records in a year and both of them went number 1 here—

NICK GRIMSHAW: Mm-hm.

MARCUS MUMFORD: –and that was, that felt really cool.

NICK GRIMSHAW: Well, you're doing a massive show at BST, um, Hyde Park.

MARCUS MUMFORD: In Hyde Park, yeah.

NICK GRIMSHAW: Which is like 65,000 people.

MARCUS MUMFORD: It's a lot of people. Right–

NICK GRIMSHAW: Yeah.

MARCUS MUMFORD: –in the middle of the city.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And how are those big shows? Are they something that you guys always look forward to? Are you daunted by it? I mean, you're probably just 65, you're like, hey–

[everyone laughs]

NICK GRIMSHAW: –you get used to it! But does it ever still feel daunting when it's that many people?

MARCUS MUMFORD: Yeah, I'm, I'm focused on that one–

NICK GRIMSHAW: Yeah.

MARCUS MUMFORD: –I think–

ANGELA HARTNETT: Mm.

MARCUS MUMFORD: –this year because it's hometown. It'll be 10 years since we last headlined that.

NICK GRIMSHAW: Wow.

ANGELA HARTNETT: Oh wow.

MARCUS MUMFORD: And so, it's the 10th anniversary–

NICK GRIMSHAW: Uh-huh.

MARCUS MUMFORD: –since doing it last time, and um– The first time we did it, I had such bad tonsillitis, I was given some quite intense steroids and don't remember–

NICK GRIMSHAW: Oh.

MARCUS MUMFORD: –a minute of the show.

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: Oh my God.

MARCUS MUMFORD: We were supporting Arcade Fire–

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: –at, uh, Hyde Park, but I don't remember anything about the show itself.

NICK GRIMSHAW: Wow

MARCUS MUMFORD: And because we decided not to do other shows.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: Um, in the UK this summer, this was the one.

ANGELA HARTNETT: This is the big one.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: And it's gonna be, yeah, it's gonna be cool.

NICK GRIMSHAW: Yeah.

MARCUS MUMFORD: And I go and see those shows.

NICK GRIMSHAW: Yeah, we were talking—

ANGELA HARTNETT: Yeah

NICK GRIMSHAW: —about them earlier.

MARCUS MUMFORD: They're kind of cultural moments.

ANGELA HARTNETT: Yeah, I think so.

NICK GRIMSHAW: Yeah, for sure.

MARCUS MUMFORD: I went and saw Stevie Nicks.

ANGELA HARTNETT: Yeah, oh I went to that one, it was brilliant.

MARCUS MUMFORD: It was unbelievable.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: Last year we did a tour of just theatres.

ANGELA HARTNETT: Right.

MARCUS MUMFORD: Where we did the Forum in London.

ANGELA HARTNETT: Mm.

MARCUS MUMFORD: And Sydney—

ANGELA HARTNETT: Mm.

MARCUS MUMFORD: –Opera House.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: Just keeping it really small and intimate.

ANGELA HARTNETT: Mm.

MARCUS MUMFORD: And I love being able to do that.

NICK GRIMSHAW: And do you like approach them differently knowing that you are going to go out to 65,000 people in terms of like getting your head in the right space? Or is it that the same sort of–

MARCUS MUMFORD: Yeah, we've been, yeah, yeah. We've been planning for that–

ANGELA HARTNETT: Mm.

MARCUS MUMFORD: –show–

NICK GRIMSHAW: Yeah

MARCUS MUMFORD: –for a while and, and making it extra special.

NICK GRIMSHAW: Oh yeah.

ANGELA HARTNETT: Do you have any, any rituals you do before you all go on stage together?

MARCUS MUMFORD: We have a little pray.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Okay, nice.

MARCUS MUMFORD: We have a little moment of gratitude.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Oh, that's very good.

MARCUS MUMFORD: Um, and then I warm up, 'cause for a while I didn't think the voice was like a muscle—

ANGELA HARTNETT: *[laughs]*

MARCUS MUMFORD: —and it turns out it is.

NICK GRIMSHAW: You'll be alright.

ANGELA HARTNETT: I'll be alright.

MARCUS MUMFORD: 'Cause in the same period of time I didn't think there were calories in ice cream.

ANGELA HARTNETT: Yeah, yeah, yeah,

[everyone laughs]

MARCUS MUMFORD: Um.

ANGELA HARTNETT: I'll have a bowl of pasta and I'll be on the stage—

MARCUS MUMFORD: Yeah, yeah, yeah.

ANGELA HARTNETT: —I'll be fine.

MARCUS MUMFORD: Um—

ANGELA HARTNETT: Yeah, yeah, yeah.

NICK GRIMSHAW: *[laughs]*

MARCUS MUMFORD: —so, I've had some revelations. And—

ANGELA HARTNETT: None of us still believe it.

NICK GRIMSHAW: I used to think flapjacks—

ANGELA HARTNETT: Carbs and ice creams.

NICK GRIMSHAW: —were, uh, healthy.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: Yeah, yeah.

ANGELA HARTNETT: Of course.

NICK GRIMSHAW: I thought flapjacks, oh well that's diet food.

MARCUS MUMFORD: Yeah, exactly.

ANGELA HARTNETT: Yeah, course it is.

MARCUS MUMFORD: It's oats.

NICK GRIMSHAW: Oats.

MARCUS MUMFORD: It's just oats.

NICK GRIMSHAW: Yeah, just oats.

MARCUS MUMFORD: Horses eat oats—

NICK GRIMSHAW: Yeah.

MARCUS MUMFORD: —and they're really healthy.

ANGELA HARTNETT: *[laughs]*

MARCUS MUMFORD: Look at them, they're running everywhere.

NICK GRIMSHAW: All the way through. Shout out my friend, Grônio, we were like, “We should get skinny. Let's eat flapjacks.”

ANGELA HARTNETT: That's it, eat them flapjacks.

NICK GRIMSHAW: We did, we did.

ANGELA HARTNETT: Grônio, good old Grônio.

NICK GRIMSHAW: Um, I read a thing in an interview that you said that around the release of this record, which I really like this. And it was nice to hear that you said that you were as excited as for your first album when you were releasing this record.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Which is a great thing to take yourselves back–

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: –and to still have that.

MARCUS MUMFORD: And I wasn't even told to say that.

NICK GRIMSHAW: No.

MARCUS MUMFORD: That's just how I feel.

[crew laughs]

ANGELA HARTNETT: Yeah

NICK GRIMSHAW: That's just how you feel.

MARCUS MUMFORD: It's just how I feel.

NICK GRIMSHAW: What do you think made you feel like this on this record?

MARCUS MUMFORD: I just love this record. I just love it.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Did you do something particular that took you back to like that—

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: —that initial feeling?

MARCUS MUMFORD: I thought less.

NICK GRIMSHAW: That's good.

ANGELA HARTNETT: Right.

MARCUS MUMFORD: I was less— And Aaron Dessner, the producer—

NICK GRIMSHAW: Mm-hm.

MARCUS MUMFORD: —was, is one of our oldest mates.

NICK GRIMSHAW: Mm-hm.

MARCUS MUMFORD: And he was really encouraging on this record not to overthink things, which we've, I think, started doing more and more.

ANGELA HARTNETT: Right yeah.

MARCUS MUMFORD: More records we made and the more toys you had to play with—

NICK GRIMSHAW: Mm-hm.

MARCUS MUMFORD: —in a studio and the more time, you have to record. Like, the first record, we did it in 6 weeks.

NICK GRIMSHAW: Mm-hm.

MARCUS MUMFORD: And that's all we had—

ANGELA HARTNETT: Mm.

MARCUS MUMFORD: —the money to do.

ANGELA HARTNETT: Mm.

MARCUS MUMFORD: Like, and having that time pressure, I think, can be really helpful—

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: —especially when you've got songs going into the session. And that's what we did this time around. Normally if I hear something that

we've recorded back a year after making it, I'll be like, "I wish I could have done that differently."

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: Be like trying to eat a meal that you made a year ago.

ANGELA HARTNETT: Yeah, yeah, yeah. *[laughs]*

MARCUS MUMFORD: And being like, "I would have done that really differently. I kind of regret that choice."

ANGELA HARTNETT: Mm.

MARCUS MUMFORD: But on this one, I don't feel like that.

ANGELA HARTNETT: Mm.

MARCUS MUMFORD: Just really like it.

NICK GRIMSHAW: That's a nice feeling. That's that's when I think—

ANGELA HARTNETT: It is.

NICK GRIMSHAW: —you're doing the right thing.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: It feels fulfilled, yeah.

NICK GRIMSHAW: Do you write all the time, or do you have sort of dedicated writing moments? Or are you someone that's jotting ideas throughout the year?

MARCUS MUMFORD: I'll- If if something comes in the shower, which it might, then I'll grab it.

NICK GRIMSHAW: Yeah.

MARCUS MUMFORD: But mostly I have to be intentional.

NICK GRIMSHAW: Yes.

MARCUS MUMFORD: That sounded awful.

[everyone laughs]

MARCUS MUMFORD: I saw your face.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: In the shower, grab it? Wow.

[theme song plays]

NICK GRIMSHAW: Um, I want to talk to you about your tattoo, which I never heard this story about the the Oscar tattoo.

ANGELA HARTNETT: Oh yes.

NICK GRIMSHAW: This is an amazing story.

ANGELA HARTNETT: Tell us.

MARCUS MUMFORD: Where did you find this? Your researcher–

NICK GRIMSHAW: I have no idea.

MARCUS MUMFORD: Your researcher is excellent.

ANGELA HARTNETT: Well, done Tom.

NICK GRIMSHAW: I found out from Tom.

ANGELA HARTNETT: *[laughs]*

[crew laughs]

NICK GRIMSHAW: Yeah, do you want to tell the story? Because I love this story.

MARCUS MUMFORD: We were in, uh, it was COVID.

NICK GRIMSHAW: Mm-hm.

MARCUS MUMFORD: And we were at home and my wife had a film that was supposed to come out in March 2020.

ANGELA HARTNETT: Mm.

MARCUS MUMFORD: Called Promising Young Woman–

ANGELA HARTNETT: Yes.

MARCUS MUMFORD: –which she made with Emerald Fennell. And it's great. And they all thought it was going to be fun and cool and you put films out in the spring that you aren't expecting to be in the awards race.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: It wasn't considered an awards film, so it's quite low pressure, like cool film from Em that Carey's in. And then it got delayed because of COVID and it got pushed back into the awards season releases. And then suddenly there was a bit of buzz around it, and it became a bit like anxiety-inducing at home.

ANGELA HARTNETT: Mm

MARCUS MUMFORD: ‘Cause there's a sort of like, well, maybe we'll get nominated, I wasn't expecting any kind of thing.

ANGELA HARTNETT: Yeah, yeah.

MARCUS MUMFORD: But now like they're talking about it–

ANGELA HARTNETT: Mm.

MARCUS MUMFORD: –maybe. So, I said, why don't we make it fun and–

NICK GRIMSHAW: *[laughs]*

ANGELA HARTNETT: Take the stress out.

MARCUS MUMFORD: –and have actually have a forfeit system?

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: So, at this point I said to my wife, if you don't get nominated for an Oscar you have to be branded with your failure for the rest of your life–

ANGELA HARTNETT: Oh my God.

MARCUS MUMFORD: –by getting an Oscar tattoo.

ANGELA HARTNETT: *[laughs]*

MARCUS MUMFORD: And everyone would be like, "Oh, is that for when you got nominated for the other two?" And she'd be like, "No, it's for when I didn't."

[everyone laughs]

MARCUS MUMFORD: Which I thought would be wicked. So, she'd be branded with her failure. And the return deal was that if she got nominated, I would get one.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: And so, I got one, and then she's been nominated 3 times, so I have 3 on me.

ANGELA HARTNETT: Aw!

NICK GRIMSHAW: Oscar tattoo!

ANGELA HARTNETT: That's really impressive.

MARCUS MUMFORD: And if she ever wins one, if she turns out to be a, a good long-term bet—

NICK GRIMSHAW: *[laughs]*

ANGELA HARTNETT: *[laughs]*

MARCUS MUMFORD: —then I'll get one in gold.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Oh wow.

MARCUS MUMFORD: Which'll be my first colour.

ANGELA HARTNETT: Love that.

MARCUS MUMFORD: I don't have any colour tattoos, so that'd be my first colour.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: Forfeits I found very helpful—

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: –with our kids, we do forfeits rather than punishments a lot of the time.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: Like if you brag, you instantly have to give away 50% of the thing you're bragging about.

ANGELA HARTNETT: Oh.

MARCUS MUMFORD: That's one of our forfeits.

ANGELA HARTNETT: That's very good, yeah.

MARCUS MUMFORD: Like if I've got Skittles and you haven't got Skittles.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: And I'm like, “Haha!”

NICK GRIMSHAW: Yeah.

MARCUS MUMFORD: Bang, 50%. You get my half my Skittles.

ANGELA HARTNETT: That's very good.

MARCUS MUMFORD: Leaving liquids in your hand luggage is 10 press-ups right there–

[everyone laughs]

MARCUS MUMFORD: –and then in the airport. And if you do that thing where you're like, “Oh, where is my–” And it's actually right next to you–

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: –we'll set a stopwatch and if you find it within 30 seconds, star jumps.

ANGELA HARTNETT: I want to come and live with you.

NICK GRIMSHAW: Yeah, I love this.

ANGELA HARTNETT: Sounds like such a fun house.

NICK GRIMSHAW: Yeah, it's fun. I love the forfeits. I like this.

ANGELA HARTNETT: I might introduce this.

MARCUS MUMFORD: But this is for adults as well.

ANGELA HARTNETT: Yeah, I agree.

NICK GRIMSHAW: Someone round at yours and Neil does that.

ANGELA HARTNETT: God Neil and I would be constantly on a stopwatch. “Where is it? Where is it?” *[laughs]*

NICK GRIMSHAW: Oh, no doubt. We'd never get anything done.

ANGELA HARTNETT: Yeah, exactly.

NICK GRIMSHAW: You looking for— What did you put in the fridge before?

ANGELA HARTNETT: Oh, I put the, I was looking at the recipes and I literally was in there yesterday going, “Where's that recipe thing? I just had it.” I opened the fridge, it was in the fridge.

NICK GRIMSHAW: There it is.

ANGELA HARTNETT: There you go, 10 star jumps.

MARCUS MUMFORD: Your recipe. Your recipe book.

NICK GRIMSHAW: Oh, oh God.

MARCUS MUMFORD: I did that when I was really jet-lagged with a baby once.
Not a baby in—

NICK GRIMSHAW: Whoa!

MARCUS MUMFORD: No, in the fridge.

ANGELA HARTNETT: Yeah.

[crew laughs]

MARCUS MUMFORD: We had, um, you know, we get the formula—

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: Mm.

MARCUS MUMFORD: And there's a microwave in the room and it was the middle of the night, we were all jet-lagged, and my wife said, "Just whack that in the microwave." And I went and I, and I put my phone in the microwave.

NICK GRIMSHAW: Oh.

MARCUS MUMFORD: And shut the door and set it for an hour and then walked away.

ANGELA HARTNETT: *[laughs]*

MARCUS MUMFORD: And like a minute in, the room started smoking and—

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: —and the milk was still in my hand.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: And then we realised Carey was the one that realised my phone was in the microwave.

ANGELA HARTNETT: God. *[laughs]*

NICK GRIMSHAW: Phone inception. Like, "Hello."

ANGELA HARTNETT: Yeah *[laughs]*

MARCUS MUMFORD: Yeah. Which I think is a way to make a bomb.

NICK GRIMSHAW: *[laughs]*

ANGELA HARTNETT: Yeah, amazing. Just to get the hotel shutdown.

MARCUS MUMFORD: It was fine. And the child was fine.

ANGELA HARTNETT: Okay.

NICK GRIMSHAW: *[laughs]*

ANGELA HARTNETT: Most importantly, the child was fine.

[theme music plays]

MARCUS MUMFORD: That, can I just say again, was banging.

ANGELA HARTNETT: Oh, thank you so much—

MARCUS MUMFORD: It was amazing.

NICK GRIMSHAW: It was really good, Ange.

ANGELA HARTNETT: —Marcus.

MARCUS MUMFORD: And it was very kind of you to cook something that I know is not like necessarily— I mean, you can cook anything, that's what this show is.

ANGELA HARTNETT: Well, I try, try.

MARCUS MUMFORD: But outside of your normal wheelhouse.

ANGELA HARTNETT: Oh, that's very kind.

MARCUS MUMFORD: Thank you. Where's the chicken from?

ANGELA HARTNETT: Chicken from Waitrose, come on.

MARCUS MUMFORD: Aw!

[crew laughs]

MARCUS MUMFORD: Does that mean it's a Duchy?

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: Does that mean it's a Duchy?

ANGELA HARTNETT: It's a Duchy. It'd be organic chicken.

MARCUS MUMFORD: I came on the train with a Waitrose Duchy tote bag this morning.

ANGELA HARTNETT: Yeah, exactly.

MARCUS MUMFORD: I didn't realise it until I was on the train.

ANGELA HARTNETT: Well if you're lucky, you might win another one.

MARCUS MUMFORD: Oh, there you go. That's much better than the one I had.

ANGELA HARTNETT: *[laughs]* Yeah.

MARCUS MUMFORD: Mine was knackered.

NICK GRIMSHAW: Um, okay, Marcus Mumford, it is time for your fast-food quiz. Quickfire responses to the following, please. What is your favourite way to eat eggs?

MARCUS MUMFORD: Scrambled.

ANGELA HARTNETT: What's your favourite sandwich filling?

MARCUS MUMFORD: Ham.

ANGELA HARTNETT: Okay.

[crew laughs]

ANGELA HARTNETT: Don't be embarrassed about it. It's fine. I love ham.

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

MARCUS MUMFORD: Um, roasted.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: What's your favourite herb?

MARCUS MUMFORD: Thyme.

NICK GRIMSHAW: Um, what is the best crisp?

MARCUS MUMFORD: Um, Kettle chip. The white one.

NICK GRIMSHAW: The white one. *[laughs]*

ANGELA HARTNETT: The white one.

MARCUS MUMFORD: Salted.

ANGELA HARTNETT: Salted.

NICK GRIMSHAW: Salted.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Chef's choice.

ANGELA HARTNETT: Yeah, chef's choice.

MARCUS MUMFORD: With caviar.

ANGELA HARTNETT: Oh. *[laughs]*

MARCUS MUMFORD: Let's go!

[everyone laughs]

MARCUS MUMFORD: Man of the people!

ANGELA HARTNETT: What's your favourite kitchen utensil?

MARCUS MUMFORD: I really love a flipper.

ANGELA HARTNETT: Oh, like a—

MARCUS MUMFORD: But I bought 3. My old flippers bit dead, and I bought 3 since and I can't find the right flipper.

ANGELA HARTNETT: Oh.

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: So, it's like a fish slice that—

MARCUS MUMFORD: Yes!

ANGELA HARTNETT: Yeah, I know.

MARCUS MUMFORD: Fish slice for all the burnt vegetables.

ANGELA HARTNETT: Okay, all right.

MARCUS MUMFORD: Because you got to really, and sometimes you'll turn it over and get a little— [*whistle*]

ANGELA HARTNETT: Yeah, yeah, yeah.

MARCUS MUMFORD: Little backhand.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: Or there's the forehand.

[*everyone laughs*]

MARCUS MUMFORD: My flipper, I love my flipper.

ANGELA HARTNETT: It's like a party in the Mumford household, I love this.

NICK GRIMSHAW: Uh, what is your favourite pasta?

MARCUS MUMFORD: Rigatoni.

NICK GRIMSHAW: Yes

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: I knew that.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: I don't know why I asked.

MARCUS MUMFORD: Yeah, yeah, yeah.

ANGELA HARTNETT: Uh

MARCUS MUMFORD: Well, we wasted all of our time now.

NICK GRIMSHAW: Wasted time now.

ANGELA HARTNETT: Uh, Sunday roast?

MARCUS MUMFORD: Roast chicken, roast potatoes. None of this Yorkshire pudding b*****.

ANGELA HARTNETT: Ooh!

MARCUS MUMFORD: Just straightforward.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: Gravy and actually peas.

ANGELA HARTNETT: Yeah, I love a pea.

MARCUS MUMFORD: Great vehicle, great vehicle for gravy.

ANGELA HARTNETT: Yeah, that's true.

MARCUS MUMFORD: Um, which is what they're there for, I think.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Um, and finally, imagine a wonderful piece of toast. What would be your go-to topping of that toast?

MARCUS MUMFORD: Well, right now there's a, we were given for Christmas by someone, I can't remember who it was, a jar of fig and vanilla, uh, marmalade from Harrods.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Oh, fancy.

MARCUS MUMFORD: Now I understand the political—

[everyone laughs]

MARCUS MUMFORD: —ramifications for use, but it's banging.

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: And I'll always do salted butter.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: Plenty of that.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: And then I'll salt bae on top as well.

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Come on!

MARCUS MUMFORD: Because again, it's a vehicle. And I put salt on top of any jam I have on toast.

NICK GRIMSHAW: Mm-hm.

MARCUS MUMFORD: Whether it's raspberry–

ANGELA HARTNETT: Oh yeah.

MARCUS MUMFORD: –or strawberry.

ANGELA HARTNETT: That's a, yeah.

MARCUS MUMFORD: Or fig and vanilla marmalade.

NICK GRIMSHAW: *[laughs]*

ANGELA HARTNETT: *[laughs]*

MARCUS MUMFORD: But I have, I have, I've really delved. I've delved too deeply, actually.

NICK GRIMSHAW: You've really gone there, you've really gone there.

ANGELA HARTNETT: He's gone.

[theme music plays]

NICK GRIMSHAW: Uh, Marcus, for your chance to win—

MARCUS MUMFORD: *[laughs]*

NICK GRIMSHAW: Look at this. We love the trolley.

MARCUS MUMFORD: Okay, great.

NICK GRIMSHAW: For your chance to win this Waitrose goodie bag, all you got to do is answer the end of the show question.

MARCUS MUMFORD: Okay.

NICK GRIMSHAW: Here we go.

ANGELA HARTNETT: You're very serious Marcus.

NICK GRIMSHAW: Your chance to win.

MARCUS MUMFORD: It's quite serious.

NICK GRIMSHAW: It's a two-part question. Firstly, how do you rate England's chances at the World Cup?

MARCUS MUMFORD: It all depends, I think it all depends on Jude Bellingham and his relationship with Thomas Tuchel. Because I think we know Harry Kane's going to be great.

NICK GRIMSHAW: Yeah.

MARCUS MUMFORD: We'll have a defence that can probably like withstand—

ANGELA HARTNETT: Mm.

MARCUS MUMFORD: —you know—

NICK GRIMSHAW: Yeah.

MARCUS MUMFORD: —most things, hopefully. But I think it's about.

NICK GRIMSHAW: So, what's the Jude—

MARCUS MUMFORD: Jude Bellingham?

NICK GRIMSHAW: Yeah, I know him. Yeah.

MARCUS MUMFORD: He's been a bit grumpy.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Grumpy?!

MARCUS MUMFORD: Real Madrid's been a disaster.

NICK GRIMSHAW: Why?

ANGELA HARTNETT: It hasn't worked for him.

MARCUS MUMFORD: The dressing room has been—

ANGELA HARTNETT: Well, they're not in Champions League.

NICK GRIMSHAW: Oh, no!

MARCUS MUMFORD: Yeah, they've lost like—

NICK GRIMSHAW: I thought it was going well.

MARCUS MUMFORD: –10 points in the league and he's been injured a lot and he's just, his body language—

ANGELA HARTNETT: Mm.

MARCUS MUMFORD: –has dropped.

ANGELA HARTNETT: Yeah

NICK GRIMSHAW: His socks are ripped.

MARCUS MUMFORD: So, what I—*[laughs]*

[crew laughs]

MARCUS MUMFORD: I know, I know.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: And so, what I really hope—

NICK GRIMSHAW: Anthony loved that one.

[crew laughs]

MARCUS MUMFORD: He loved that. *[laughs]*

NICK GRIMSHAW: Anthony loved that one.

MARCUS MUMFORD: Anthony, Anthony loved that.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Yeah.

MARCUS MUMFORD: So, what I really hope—

NICK GRIMSHAW: Yeah.

MARCUS MUMFORD: —is that—

ANGELA HARTNETT: I'm loving this commentary.

MARCUS MUMFORD: –they can find some magical vibe–

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: –where they just connect, and ever– Because I think everyone else will be cool.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Mm.

MARCUS MUMFORD: If Bellingham and Tuchel can see eye to eye.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: Then I think we've got a really good shot.

NICK GRIMSHAW: If England make the final and there's a Mumford and Sons show, which one are you doing?

MARCUS MUMFORD: Statistically impossible.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Because you've pre-planned it?

MARCUS MUMFORD: Because we didn't even announce our tour until after they'd said when the group games were.

ANGELA HARTNETT: Oh.

MARCUS MUMFORD: Because we didn't want to take the risk. So, we announced our tour late. Because of the World, they had announced the World Cup fixtures, so we didn't know what day—

NICK GRIMSHAW: Uh-huh

ANGELA HARTNETT: Yeah

MARCUS MUMFORD: —England might be playing.

ANGELA HARTNETT: Mm.

MARCUS MUMFORD: And so, once they announced that, then we announced our tour with no clashes.

NICK GRIMSHAW: Wow, I love that you know this.

ANGELA HARTNETT: I think that's brilliant.

NICK GRIMSHAW: And I love that you've planned the world tour around England playing.

ANGELA HARTNETT: Done it, done it.

NICK GRIMSHAW: Fantastic. The goodie bag is yours.

ANGELA HARTNETT: Yeah.

MARCUS MUMFORD: See that's all I do?!

NICK GRIMSHAW: The goodie bag is yours.

MARCUS MUMFORD: Aw.

[applause]

NICK GRIMSHAW: Come on, that is yours.

ANGELA HARTNETT: That was very—

NICK GRIMSHAW: I love these.

ANGELA HARTNETT: I love those—

MARCUS MUMFORD: Oh, I should have put Parmesan crisps on my favourite foods.

NICK GRIMSHAW: Oh yes.

ANGELA HARTNETT: There you go.

MARCUS MUMFORD: They're absolutely banging.

ANGELA HARTNETT: Got them all.

NICK GRIMSHAW: Oh, Marcus, thank you so much.

ANGELA HARTNETT: That was brilliant.

MARCUS MUMFORD: Thanks for having me.

NICK GRIMSHAW: Enjoy the tour.

ANGELA HARTNETT: Yeah .

MARCUS MUMFORD: I will.

NICK GRIMSHAW: Massive congratulations.

MARCUS MUMFORD: Come and—

NICK GRIMSHAW: Oh my God, we will.

ANGELA HARTNETT: Yeah, oh definitely.

NICK GRIMSHAW: We'll come down, we'll bring this.

ANGELA HARTNETT: I'd love to.

MARCUS MUMFORD: And cook.

NICK GRIMSHAW: And cook. Yes.

ANGELA HARTNETT: I'll come to America and cook for you.

MARCUS MUMFORD: Let's go.

ANGELA HARTNETT: The England games, perfect.

NICK GRIMSHAW: Okay. Um, Marcus Mumford, everybody.

[cheering and applause]

NICK GRIMSHAW: Thank you, Marcus.

ANGELA HARTNETT: So good.

NICK GRIMSHAW: Thank you.

ANGELA HARTNETT: Congrats, Marcus, with your photo. Oh look!

NICK GRIMSHAW: Yes, juicy!

[theme song plays]

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.

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