Louis Theroux can’t get enough of our spiced short ribs and pitcher of paloma

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, and welcome to Dish from Waitrose. I am Nick Grimshaw.

ANGELA HARTNETT: And I am Angela Hartnett.

NICK GRIMSHAW: Today, it's quite serious because we are joined by a, fellow, excellent interviewer.

ANGELA HARTNETT: [*laughs*]

NICK GRIMSHAW: Louis Theroux's on Dish today.

ANGELA HARTNETT: I know, very exciting.

NICK GRIMSHAW: Which I feel a bit- How do you feel about it?

ANGELA HARTNETT: Intimidated.

NICK GRIMSHAW: Me too.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Think we should be?

ANGELA HARTNETT: Um, I don't think you should be.

NICK GRIMSHAW: No.

ANGELA HARTNETT: No, you're very good at the interviewing. You do it. That's your job.

NICK GRIMSHAW: No, but we don't, I don't do interviews like Louis Theroux.

ANGELA HARTNETT: No.

NICK GRIMSHAW: I'm like, 'When's your album out?' [*laughs*] I was like

[*crew laughs*]

ANGELA HARTNETT: [*laughs*]

NICK GRIMSHAW: That's my hard-hitting question. 'What was it like writing those songs?'

ANGELA HARTNETT: Yes, exactly. Yeah.

NICK GRIMSHAW: Whereas, no, I don't know. I just think he is interviewer aside. He's very intelligent, but I feel like he's someone that's very present.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: I think that's the key to his good questioning.

ANGELA HARTNETT: Yeah, he's there. You can see, he's, everything's going through his head.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: He's listening. He engages properly.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: In the programme we've watched, which is here to talk about, um, you saw him just respond to everything and get in a, not trouble, but he, you know, pulled people up on stuff-

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Which I think is what he does.

NICK GRIMSHAW: Yeah, and he listens.

ANGELA HARTNETT: Yeah, very much so.

NICK GRIMSHAW: Be honest before Louis Theroux comes in. Have you ever been sat here listening to a guest and been thinking, I've got to go shopping after this and take the dogs out?

ANGELA HARTNETT: I haven't actually.

NICK GRIMSHAW: Okay, no, me neither.

ANGELA HARTNETT: Liar.

[*crew laughs*]

ANGELA HARTNETT: But there are also times when you are doing stuff and you're thinking there and then things pop into your head and you're like, 'S***, I forgot about that.'

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: And then you're like, 'What happened? What did I miss?'

NICK GRIMSHAW: It does its human.

ANGELA HARTNETT: It does happen. It's not like you've got your list down and gone just 'Hello, what did you say?'

NICK GRIMSHAW: 'Sorry, what were you saying?'

ANGELA HARTNETT: [*laughs*]

NICK GRIMSHAW: ‘I was doing my shopping list.’

ANGELA HARTNETT: That would be more rude.

NICK GRIMSHAW: That would be more rude, yeah. So, Louis Theroux-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: -quite the coup.

ANGELA HARTNETT: Exciting.

NICK GRIMSHAW: Very exciting. Um, before we get Louis in, March, quite a fantastic month, really.

ANGELA HARTNETT: Lovely month.

NICK GRIMSHAW: We're through, I don't know if it's still classed as the winter, but it feels like there's-

ANGELA HARTNETT: Spring is in the air.

NICK GRIMSHAW: Spring is in the air. There’s great things-

ANGELA HARTNETT: I see daffodils, I see primroses.

NICK GRIMSHAW: There is Saint Patrick's Day around the corner.

ANGELA HARTNETT: Yes, Mother's day.

NICK GRIMSHAW: We've got Mother's Day, and we've got-

NICK GRIMSHAW AND ANGELA HARTNETT: Forced Rhubarb.

NICK GRIMSHAW: Which is in season right now.

ANGELA HARTNETT: Yes, it is.

NICK GRIMSHAW: When it says Forced Rhubarb, I thought that was just a turn of phrase.

ANGELA HARTNETT: No, it's literally is forced through the ground.

NICK GRIMSHAW: By?

ANGELA HARTNETT: The reason they do that- What they do is it grows in darkness, or, and it's completely covered. So it's basically looking for light as a plant would.

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: And as a result of that, it's forced through the ground. And it’s also much sweeter, slightly sharp. You know when you eat the rhubarb, I've done it, if your mum ever grew it in the garden, they've always got rhubarb plants and stuff, it's quite bitter.

NICK GRIMSHAW: Very bitter.

ANGELA HARTNETT: Whereas this is slightly sweet. It's still got that sharpness that you want-

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: And it's beautiful pink colour. But it's this time of year, so you'll see forced rhubarb on every menu. And, you know it's slightly milder and a sweeter flavour than sort of that green. You know, the stuff you see in the garden-

NICK GRIMSHAW: The green one.

ANGELA HARTNETT: -its the green one. Yeah, exactly.

NICK GRIMSHAW: Um, what do you do with rhubarb?

ANGELA HARTNETT: Um, I like it as an accompaniment to things.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: So I like it, like- If you do a vanilla tart, you have some poached rhubarb-

NICK GRIMSHAW: Oh, yes.

ANGELA HARTNETT: -on the side, or you could do a little lemon posset. So we're going to have a rhubarb crumble for Louis as well.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: And we're going to have a little bit of crystallised ginger in the rhubarb, which goes very well with it.

[*theme music begins to play*]

NICK GRIMSHAW: Now it feels like the time.

ANGELA HARTNETT: Do do doo.

NICK GRIMSHAW: Let's welcome Louis Theroux to Dish.

[*studio applause and cheers*]

NICK GRIMSHAW: Hi!

LOUIS THEROUX: Hey.

NICK GRIMSHAW: Welcome.

LOUIS THEROUX: Nice to see you

NICK GRIMSHAW: How are you?

LOUIS THEROUX: That was nice.

NICK GRIMSHAW: Yeah, you like that?

ANGELA HARTNETT: Nice to see you. How are you?

NICK GRIMSHAW: Yeah, welcome.

LOUIS THEROUX: Hello, everyone.

ANGELA HARTNETT: Hello, Louis.

[*crew laughs*]

NICK GRIMSHAW: Hello, Louis Theroux.

ANGELA HARTNETT: [*laughs*]

LOUIS THEROUX: Hello boys and girls.

NICK GRIMSHAW: And welcome to Dish!

LOUIS THEROUX: Oh, my gosh.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Yeah a lot of people.

LOUIS THEROUX: There's a lot of people.

NICK GRIMSHAW: I know.

LOUIS THEROUX: I thought this was a podcast, and this is like, this is like Graham Norton up in here.

NICK GRIMSHAW: I know!

ANGELA HARTNETT: [*laughs*]

[*crew laughs*]

NICK GRIMSHAW: There's hundreds of people here. I've actually never met these.

ANGELA HARTNETT: There's a few extras!

[*crew laughs*]

ANGELA HARTNETT: [*laughs*]

NICK GRIMSHAW: Do you want a Paloma?

ANGELA HARTNETT: Sit yourself there, Louis.

LOUIS THEROUX: A Paloma?

NICK GRIMSHAW: Will you have a Paloma, Ange?

ANGELA HARTNETT: Sure, why not?

LOUIS THEROUX: You knew I liked tequila.

NICK GRIMSHAW: Yes, we did. Thorough research, Louis Theroux style.

LOUIS THEROUX: My embarrassing confession is, I had lunch.

[*studio laughter*]

LOUIS THEROUX: I forgot- I forgot that I was doing this, and, and, and, and so I basically had quite a big lunch.

ANGELA HARTNETT: Excellent. Where did you have lunch? At home?

LOUIS THEROUX: It's going to be interesting. At home, yeah.

ANGELA HARTNETT: Okay, alright.

NICK GRIMSHAW: What did you have?

LOUIS THEROUX: I had some leftovers. I'm very big on leftovers.

NICK GRIMSHAW: Are you actually- Are you hungry or not really?

LOUIS THEROUX: I mean, not really.

NICK GRIMSHAW: No.

LOUIS THEROUX: But, but I'm definitely going to eat.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: This is Angela Hartnett, people.

ANGELA HARTNETT: Oh, bless you.

LOUIS THEROUX: Oh, my God.

ANGELA HARTNETT: It's alright I won’t take offence.

LOUIS THEROUX: How often does a Michelin star chef cook for you.

NICK GRIMSHAW: Please. Please.

LOUIS THEROUX: I've never met Gordon.

ANGELA HARTNETT: Oh, okay, you could do one of your programmes.

LOUIS THEROUX: I know.

NICK GRIMSHAW: Ooh yeah.

ANGELA HARTNETT: That would be quite amusing.

LOUIS THEROUX: I met Marco Pierre White the other day.

ANGELA HARTNETT: Oh, how was that?

NICK GRIMSHAW: How was that?

LOUIS THEROUX: It was amazing. I spent three hours just talking to him. For those who don't know, because Marco is an icon of the culinary arts.

ANGELA HARTNETT: Yeah, definitely.

LOUIS THEROUX: But he was kind of Gordon before Gordon was Gordon-

ANGELA HARTNETT: Right, yeah.

LOUIS THEROUX: -and he pioneered, uh, hypermasculine intensity. I think even Gordon would say that to be fair.

ANGELA HARTNETT: Yeah, I think you're right.

LOUIS THEROUX: And, and hypermasculine intensity. One of his famous quotes was um, someone said to him, 'You made Gordon Ramsay cry.' Like there was a famous occasion-

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: -where Gordon Ramsay sat in the corner of the kitchen and cried and said, 'I can't do this anymore.'

[*crew laughs*]

LOUIS THEROUX: And he said, 'I didn't make Gordon cry. Gordon made Gordon cry.'

[*studio laughter*]

[theme music plays]

NICK GRIMSHAW: Time to welcome our guest.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Angela, we welcome a BAFTA-winning documentary maker, a journalist, a broadcaster-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -an author, and a man who is very comfortable with an awkward silence. [*studio pauses*] Please welcome Louis Theroux!

[*studio laughter and applause*]

LOUIS THEROUX: Thank you.

NICK GRIMSHAW: Hello. Welcome.

LOUIS THEROUX: That was a good silence.

NICK GRIMSHAW: Yeah? I could have gone longer.

LOUIS THEROUX: That was a good silence.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: I would have gone a tiny bit longer.

NICK GRIMSHAW: No, I actually couldn't, that was it.

[*crew laughs*]

ANGELA HARTNETT: We peaked too early.

NICK GRIMSHAW: That was the limit for me.

ANGELA HARTNETT: We should have gone longer.

NICK GRIMSHAW: I feel like, I think it's radio has made me not even a second-

LOUIS THEROUX: [*laughs*]

ANGELA HARTNETT: Yeah, that's probably true.

NICK GRIMSHAW: -of silence.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah, maybe. Um, but welcome, Louis.

LOUIS THEROUX: Thank you. There's a lot of power in a silence. You know, it’s kind of, it's a chicken, isn't it? Like who's going to pull out of the silence first?

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Me.

[*studio laughter*]

NICK GRIMSHAW: I don't like it! I don't like it. But yeah, thank you for coming to see us at Dish. We're all here. We're all excited.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: You cycled here.

LOUIS THEROUX: I did.

NICK GRIMSHAW: Um, which is always, for some reason, a talking point on Dish.

LOUIS THEROUX: It's a good way of getting around.

NICK GRIMSHAW: Yeah, I love bikes.

LOUIS THEROUX: Burn those calories off. More importantly, you just know how long it's going to take.

ANGELA HARTNETT: Yeah, that's true.

LOUIS THEROUX: So, you shouldn't be late, unless you get a puncture.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: But you do win this, um which is-

LOUIS THEROUX: Hello.

NICK GRIMSHAW: Obviously [*laughs*] very expensive.

ANGELA HARTNETT: [*laughs*]

NICK GRIMSHAW: Is the, 'I cycled to Dish Badge.'

LOUIS THEROUX: Okay, wow.

ANGELA HARTNETT: Aw.

LOUIS THEROUX: Thank you for that.

NICK GRIMSHAW: You don't have to wear it. No, you don't have to wait.

LOUIS THEROUX: So three BAFTAs-

NICK GRIMSHAW: Yeah

LOUIS THEROUX: -and an 'I cycled to Dish Badge.'

ANGELA HARTNETT: Yeah. Put it next to the Baftas. Yeah.

[*crew laughs*]

LOUIS THEROUX: I truly am a renaissance man.

NICK GRIMSHAW: How do you feel, when you are cycling over to Dish or anywhere else-

LOUIS THEROUX: Mm-hm.

NICK GRIMSHAW: -when you are the one being interviewed? Because we had Graham Norton on, and he was saying he finds it a bit funny, he was getting a card envy because obviously-

ANGELA HARTNETT: Mm.

LOUIS THEROUX: Right.

NICK GRIMSHAW: -he's the one on him. Do you like being interviewed?

LOUIS THEROUX: No, I'm not like that.

NICK GRIMSHAW: No.

LOUIS THEROUX: I feel like, oh its um, rightly or wrongly, I think the pressure's off me.

NICK GRIMSHAW: Yeah.

LOUIS THEROUX: All the pressure's on you.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: Are you feeling it?

[*crew laughs*]

NICK GRIMSHAW: Big time.

LOUIS THEROUX: To have a big guest.

[*studio laughter*]

LOUIS THEROUX: Um, I- You're going to get the best out of me.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: I think I'm just going to come here, be myself. I find, actually, when I'm interviewing, especially if it's a podcast and I've got someone that I really admire, not speaking for you now, obviously.

NICK GRIMSHAW: No, obviously not.

LOUIS THEROUX: But, um, I'm thinking, is it going to go well? Am I going to ask the right questions? Will I be able to create the necessary rapport? But I do. I'm genuinely, I think, an open book. Like, I'm someone who, if, if anything, I babble on a bit too much.

NICK GRIMSHAW: No, that's what we want.

LOUIS THEROUX: I'm kind of thinking, 'Oh, cool. I'll get to find out what you're curious about and talk about that.' Do you know what I mean?

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm, yeah. Hey, we're going to start with, a Paloma. Um, so tequila is your go-to?

LOUIS THEROUX: Yeah, yeah. It's a fun drink, isn't it?

NICK GRIMSHAW: It is.

ANGELA HARTNETT: Mm.

LOUIS THEROUX: It, it, it lifts your spirits. You have a couple of those and the party started.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: Don't you find?

ANGELA HARTNETT: This also looks fun, colour-wise.

NICK GRIMSHAW: Yeah!

ANGELA HARTNETT: It’s nice, it’s bright.

LOUIS THEROUX: Colour-wise. Actually, red grapefruit, pink grapefruit is one of my favourite fruits, plus lime.

NICK GRIMSHAW: Yeah same.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: It's ticking all the boxes.

NICK GRIMSHAW: Mh-hm.

ANGELA HARTNETT: Oh, you've got that real sharp palate. You like that sort of, citrus bite, I like it.

LOUIS THEROUX: You're picking up my-

ANGELA HARTNETT: No, I do.

LOUIS THEROUX: That's my culinary fetishes.

[*crew laughs*]

ANGELA HARTNETT: I love anything sharp, citrus-like.

LOUIS THEROUX: Hello.

ANGELA HARTNETT: Here we go. [*laughs*]

LOUIS THEROUX: A bit of lime, a bit of ginger.

NICK GRIMSHAW: Well, we were dead excited, and we got to see your new show-

LOUIS THEROUX: Yes.

NICK GRIMSHAW: -Inside the Manosphere, which we want to get on to in a bit.

LOUIS THEROUX: That’s right, my Netflix original.

NICK GRIMSHAW: But first, we wanna- We always start the podcast with likes and dislikes-

LOUIS THEROUX: Yeah.

NICK GRIMSHAW: -of our guests and what food you're. It's quite an amazing list, this. It's quite a simple list, but I'm intrigued. Um, you said that your favourite

ingredients are garlic, tomatoes, ginger, onions. You love Southeast Asian and Italian food.

LOUIS THEROUX: Mm-hm.

NICK GRIMSHAW: You're good with spices.

LOUIS THEROUX: Mm-hm.

NICK GRIMSHAW: You love tequila-based cocktails

LOUIS THEROUX: Yeah.

NICK GRIMSHAW: Hence why we're doing that. But the snack list, was, was really good. Um, salt and vinegar peanuts, Cadbury's fruit and nut before adding nice 'choc' in general. Are you an abbreviator? Are we saying choc?

LOUIS THEROUX: Uh, choc.

ANGELA HARTNETT: [*laughs*]

[*crew laughs*]

LOUIS THEROUX: Uh, yeah, I think I am.

NICK GRIMSHAW: Yeah, you are. Choc.

LOUIS THEROUX: Choc. No exagg.

[*studio laugher*]

LOUIS THEROUX: Sometimes in my text, I say unfortch. Do you ever say unfortch? I couldn't-

ANGELA HARTNETT: Unfortch.

LOUIS THEROUX: I spell it C-H. I think I've event-

ANGELA HARTNETT: Unfortch. [*laughs*]

NICK GRIMSHAW: I don't think I said unfortch.

ANGELA HARTNETT: No, never.

LOUIS THEROUX: 'Can't make it unfortch.'

NICK GRIMSHAW: Unfortch.

ANGELA HARTNETT: Okay.

NICK GRIMSHAW: Oh, maybe!

[*crew laughs*]

NICK GRIMSHAW: 'Can't make it unfortch.'

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And then there were two puddings listed, because we rarely do a dessert on Dish.

ANGELA HARTNETT: Mm.

LOUIS THEROUX: Mm-hm.

NICK GRIMSHAW: I'm not mad for a dessert. Angela-

ANGELA HARTNETT: Not a dessert person.

NICK GRIMSHAW: Not mad for dessert.

ANGELA HARTNETT: No.

LOUIS THEROUX: Really?

ANGELA HARTNETT: Yeah, yeah.

NICK GRIMSHAW: Bread and butter pudding or crumbles-

ANGELA HARTNETT: Don’t have a sweet tooth.

LOUIS THEROUX: You could get a Michelin star without being into desserts.

ANGELA HARTNETT: You need to know about the desserts. You need to be able to cook them and make them.

LOUIS THEROUX: Can you cook things you don't really like?

ANGELA HARTNETT: Well, it's not I don't like them, they're just not my preference. You give me an offer of cheese or a pudding, I'd rather have cheese. I like savoury.

LOUIS THEROUX: You were born in 1968, weren't you?

ANGELA HARTNETT: Yes. Gosh.

NICK GRIMSHAW: Ooh.

LOUIS THEROUX: I think it's a life stage thing, isn't it?

ANGELA HARTNETT: That’s freaky.

[*crew laughs*]

ANGELA HARTNETT: Excuse me, where [*laughs*]

NICK GRIMSHAW: Did you Google Angela Hartnett?

LOUIS THEROUX: No, but your attitude to desserts. I have certain clues like that.

NICK GRIMSHAW: Right.

[*crew laughs*]

ANGELA HARTNETT: No, you're just making that up!

LOUIS THEROUX: I narrowed it down.

ANGELA HARTNETT: I don't believe that!

LOUIS THEROUX: Do you find it hard to read menus close up? You need glasses.

ANGELA HARTNETT: No.

LOUIS THEROUX: Hm. Interesting. That would make sense.

NICK GRIMSHAW: I placed it, 68.

ANGELA HARTNETT: [*laughs*]

LOUIS THEROUX: 68

NICK GRIMSHAW: Definitely, 68, yeah. Because you're here and, and you're you, Angela, actually, today is going to break protocol and she's going to make a crumble.

LOUIS THEROUX: Nice.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: Brilliant.

NICK GRIMSHAW: Yeah, so that's on the way.

ANGELA HARTNETT: Yeah, you like a crumble.

LOUIS THEROUX: Just what I need after I've eaten a heavy lunch.

ANGELA HARTNETT: I know.

[*crew laughs*]

LOUIS THEROUX: A big crumble.

NICK GRIMSHAW: It's the perfect day for it. [*laughs*]

LOUIS THEROUX: Ribs-

ANGELA HARTNETT: Ribs.

LOUIS THEROUX: -then followed by a crumble.

NICK GRIMSHAW: Yeah, perfect.

LOUIS THEROUX: Oh my god.

NICK GRIMSHAW: You also took the time to tell us that you would like to, quote, 'master the courgette.' Um, Angela is right here.

LOUIS THEROUX: Yeah.

ANGELA HARTNETT: What's happened?

NICK GRIMSHAW: What is it about the courgette?

ANGELA HARTNETT: What's wrong with the courgette?

LOUIS THEROUX: Well, I eat, I, I do cook a lot in general. I cook a lot of courgettes. Very versatile-

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: -vegetable. You can obviously have it raw. You could roast it-

ANGELA HARTNETT: Mm.

LOUIS THEROUX: You could, ah, steam it, whatever.

NICK GRIMSHAW: Mm-hm.

LOUIS THEROUX: You, you can under cook it, over cook it. But-

ANGELA HARTNETT: Mm.

LOUIS THEROUX: -I sometimes feel like I'm not getting maximum value out of it.

ANGELA HARTNETT: Right.

LOUIS THEROUX: They sometimes tend to get a little bit too soft.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Right. Okay.

NICK GRIMSHAW: Spongy, maybe.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: And sometimes when I roast them, I'm not getting- I'm like, Is it not roasted enough? Is it too much-

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: And there's also a thing where food can get weird, but then if you keep going, sometimes it'll arrive somewhere else.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah. [*laughs*]

LOUIS THEROUX: Do you know what I mean? I made a thing with courgettes once, and I cook them like, I don't know what happened. I think I forgot about them. They were like little carbonated black discs.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm.

LOUIS THEROUX: Quite tasty.

ANGELA HARTNETT: Okay, yeah.

LOUIS THEROUX: Because I'd salted and put a lot of olive oil in.

ANGELA HARTNETT: Yeah, sure.

LOUIS THEROUX: And they were like, yeah, they were just little kinda like, sliced lumps-

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: -of salty coal.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: [*laughs*] They sound delicious, Louis.

LOUIS THEROUX: I was like, mm they're kinda nice.

ANGELA HARTNETT: Let's get that recipe from you!

NICK GRIMSHAW: Maybe you don't need advice from Angela. Maybe- What would you do with the courgette that's a delicious way to do it?

ANGELA HARTNETT: The one thing I do, I think you should wait for the middle of the year when it's the banging courgette season and you get the Romano courgettes, because they're much firmer, less spongy. And, I always cut them in the centre, lengthwise, chop them up into little cubes, and then I put them in a really hot pan with olive oil and then saute them and add loads of garlic-

LOUIS THEROUX: Yeah, yeah, yeah.

ANGELA HARTNETT: -and then a tiny, tiny little bit of water and cook them in about five minutes.

LOUIS THEROUX: Right.

ANGELA HARTNETT: And so they're soft, but they still hold their body because they don't have that sponginess in the middle.

LOUIS THEROUX: Right.

ANGELA HARTNETT: And, and they're absolutely delicious.

LOUIS THEROUX: In a hot pan?

ANGELA HARTNETT: Really hot pan.

LOUIS THEROUX: And they're going to get a little black at the edges or brown at the edges.

ANGELA HARTNETT: They'll get a bit of brownness-

LOUIS THEROUX: Yeah, mm.

ANGELA HARTNETT: -a little bit. That will add flavour, that roasting flavour. And the secret is to roast them off, add your garlic, roast that without colour, and then add your water, and then literally, you know, put a piece of greaseproof paper and that steam-

LOUIS THEROUX: That's right.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Will just cook them really quickly. I've made them for you actually.

NICK GRIMSHAW: Yeah.

LOUIS THEROUX: What do you need? What, six minutes, seven minutes?

ANGELA HARTNETT: No, not even that long.

LOUIS THEROUX: Really?

ANGELA HARTNETT: I'd say about five minutes. Yeah, not that long.

NICK GRIMSHAW: And- But you like to cook, Louis, don't you?

LOUIS THEROUX: Yeah, I love it.

NICK GRIMSHAW: You love to bake and then cook and stuff. We see it on your Instagram.

LOUIS THEROUX: Yeah.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: What, um, do you like to do. What is your sort of go-to?

LOUIS THEROUX: Well, first of all, I'm the go-to cook of the family.

NICK GRIMSHAW: Mm-hm.

LOUIS THEROUX: Um, so that's my role. It's something I enjoy. It's an escape.

NICK GRIMSHAW: Yeah.

LOUIS THEROUX: It's something I do to, I don't deal with stress, anxiety, displace any kind of- If I'm about to go on a shoot-

NICK GRIMSHAW: Mm-hm.

LOUIS THEROUX: -it's just there's things prying on my mind. It's a displacement activity.

NICK GRIMSHAW: Yeah.

LOUIS THEROUX: I just do a lot of family dishes. I do- I'll do a bolognese, most weekends on a Sunday, I do a big batch of bolognese.

ANGELA HARTNETT: Are you cooking for a big family, Louis? Lots of them?

LOUIS THEROUX: Um, there's three boys, although one's at university now, so there's basically four of us. Um, but take a kilo of, uh, mince and then just do a huge big sauce and just do a tonne of it. Um, I used to do in lockdown a lot of veggie lasagnes.

NICK GRIMSHAW: Yes.

LOUIS THEROUX: That's quite a bit of work.

NICK GRIMSHAW: Yeah, a lot of chopping.

LOUIS THEROUX: I like roasting a chicken.

NICK GRIMSHAW: Yes.

LOUIS THEROUX: That's not that much work.

NICK GRIMSHAW: No.

LOUIS THEROUX: Shove a- I do a Jamie Oliver recipe. You stick a lemon in its cavity.

NICK GRIMSHAW: Mm.

LOUIS THEROUX: That's the term they use, isn't it?

NICK GRIMSHAW: Yeah, its cavity.

LOUIS THEROUX: What an odd- In its cavity? What-

NICK GRIMSHAW: Yeah, yeah.

LOUIS THEROUX: -part of the body is the cavity.

NICK GRIMSHAW: You don't wanna know.

[*crew laughs*]

LOUIS THEROUX: Um.

NICK GRIMSHAW: Don't worry about it.

LOUIS THEROUX: Where's your cavity?

NICK GRIMSHAW: Yeah, yeah.

LOUIS THEROUX: Excuse me? Put a lemon in your cavity-

NICK GRIMSHAW: Yeah. Get on with it.

LOUIS THEROUX: -Nick. And um, then some herbs, and then you know you massage a little olive oil, salt and pepper in it-

NICK GRIMSHAW: Mm.

LOUIS THEROUX: -roast potatoes. Those are the staples.

NICK GRIMSHAW: Yeah, and that I feel like it's minimal effort, but, it, never bad.

LOUIS THEROUX: No.

NICK GRIMSHAW: Like a roast chicken done on a you know-

LOUIS THEROUX: Yeah.

NICK GRIMSHAW: -fantastic.

LOUIS THEROUX: As long as you haven't over cooked yet, if you get the timings right. Yesterday, no, two days ago, it was my middle son's 18th. Actually, it

wasn't, it was a few days before, but I'd given him for his birthday, as a treat because he's a bit of a gourmand.

NICK GRIMSHAW: Mm.

LOUIS THEROUX: And it being his 18th, I got him a wagyu steak.

ANGELA HARTNETT: Ooh wow.

LOUIS THEROUX: It's like his main present.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: I ordered it from a specialty online, Butcher. It cost, I shouldn't say this, but it was like £80.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: Not the weight, the price.

NICK GRIMSHAW: Mm-hm.

LOUIS THEROUX: Can you imagine an 80 pound steak?

NICK GRIMSHAW: What's it doing?

[*crew laughs*]

LOUIS THEROUX: It'd fill a room.

NICK GRIMSHAW: [*laughs*]

LOUIS THEROUX: That'd be about 40 kilos. Like what! Those Japanese cattle are amazing.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: It came in, it was wrapped, you know, it sort of had this Japanese writing on it, it beautifully presented. I opened it up, and satisfyingly, it looked, like, not much like a normal steak-

NICK GRIMSHAW: Yeah.

LOUIS THEROUX: -because it's obviously veined-

NICK GRIMSHAW: Yes.

LOUIS THEROUX: -with the fat and it’s sort of buttery.

NICK GRIMSHAW: Mm.

LOUIS THEROUX: And, and, and it felt, I don't know, it's hard to describe, really, but it looked really distinctive.

NICK GRIMSHAW: How did you present that to him? Cooked or raw?

LOUIS THEROUX: No, raw!

NICK GRIMSHAW: Raw.

LOUIS THEROUX: Because the part of the joy would be weird. Happy birthday, son. ‘Like, it's my birthday-

NICK GRIMSHAW: Eat the steak!

[*studio laughter*]

LOUIS THEROUX: -it's sizzling. It feels quite hot. Why is there brown dripping from it?’ ‘I know. Open it quickly!’

[*studio laughter*]

NICK GRIMSHAW: No, but I didn't mean like.

LOUIS THEROUX: That'll be weird.

NICK GRIMSHAW: I meant more like you just cook him a meal for his birthday.

LOUIS THEROUX: No, no. Because part of the pleasure is him cooking it for himself.

NICK GRIMSHAW: Right okay, got it, got it, got it, okay.

LOUIS THEROUX: He likes to cook.

NICK GRIMSHAW: Perfect. Okay.

LOUIS THEROUX: So, he cooked it.

NICK GRIMSHAW: Do you and your son and the rest of your family as well, like to seek out a good restaurant then? If he's a fan of cooking, do you sort of do destination eating?

LOUIS THEROUX: Yeah, definitely and in fact, as a special reward from time to time, we'll go quite posh.

NICK GRIMSHAW: Mm-hm.

LOUIS THEROUX: I think it was my wife's 50th, and we took the family to a, I think it's like a two or three star Michelin restaurant called Core by Clare Smyth.

NICK GRIMSHAW: Oh yes.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: Does that ring a bell-

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: -Angela?

ANGELA HARTNETT: Yeah, it does.

LOUIS THEROUX: In West London. And actually, it was a bit like, because my youngest at the time was probably eight or nine, it was like dragging him to the opera

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: Where, he was like, ‘What is going on?’ And they said [*in a French accent*] ‘Monsieur, here is course number seven. So mushrooms drizzled with a sherry mixed with-’ It's your one of those- And he's like, ‘This is the most boring.’

NICK GRIMSHAW: [*laughs*]

LOUIS THEROUX: You know those tasting menus that have literally nine or 10 courses?

NICK GRIMSHAW: Yeah, yeah, yeah. So it’s-

LOUIS THEROUX: I remember by the end, he was under the table just sort of writhing around.

[*studio laughter*]

LOUIS THEROUX: And I thought, ‘This is not what-

NICK GRIMSHAW: That can happen.

LOUIS THEROUX: This is not a good look.’ I think I could see them thinking like-

NICK GRIMSHAW: Why've they bought an eight-year-old. Yeah, why have you done this?

LOUIS THEROUX: ‘What this idiot brought an eight-year-old to one of the best restaurants in London.’

NICK GRIMSHAW: Yeah, why?

LOUIS THEROUX: [*in a French accent*] ‘What a fool.’

NICK GRIMSHAW: Yeah, why?

LOUIS THEROUX: It's all transcended normal eating. It's become an art form at that point.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: Like, I had a meal once at the Noma-

NICK GRIMSHAW: Oh yeah in Copenhagen.

LOUIS THEROUX: -the famous restaurant in Copenhagen.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: Early on, it was just about seven or eight years ago, and it felt like, ‘Oh, this is an avant-garde piece of theatre.’

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: You know- You don't get bread.

ANGELA HARTNETT: You weren't having a delicious-

LOUIS THEROUX: You get, ‘This is, uh, twice-cooked dough from some grains only found in the dunes of Northern Svalbard.’

[*crew laughs*]

ANGELA HARTNETT: Yeah, yeah.

LOUIS THEROUX: ‘That's not butter. That's actually Yacks fat, reduced in a mélange.’ Do you know what I mean?

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: And you're like, ‘It looks a bit like bread and butter.’

[*everyone laughs*]

[theme music plays]

NICK GRIMSHAW: All right, the food has arrived.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Angela, tell us what we have here, please.

ANGELA HARTNETT: So we have a fivespice lemongrass short ribs. So you take your short ribs, brown them beautifully in a pan with some vegetable oil, so you brown them all over, they're always on the bone-

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: -so you keep them on the bone.

NICK GRIMSHAW: So just straight with nothing on.

ANGELA HARTNETT: Just salt and pepper-

NICK GRIMSHAW: Great, yeah, yeah.

ANGELA HARTNETT: -in the oil and really brown them off. Then remove them from the pan, and then you start to make your paste.

NICK GRIMSHAW: Oh my God.

ANGELA HARTNETT: Because this is a South-

[*crew laughs*]

LOUIS THEROUX: What happened?

ANGELA HARTNETT: Oh.

NICK GRIMSHAW: This is so good.

ANGELA HARTNETT: Okay, good, good. I thought you were like, 'Oh my God.'

NICK GRIMSHAW: It's like melting.

LOUIS THEROUX: Mm.

ANGELA HARTNETT: Because you like Asian food, South Asian food. So this is a Vietnamese dish.

NICK GRIMSHAW: Jesus.

LOUIS THEROUX: Delicious.

ANGELA HARTNETT: And then-

LOUIS THEROUX: Wow.

ANGELA HARTNETT: -we make our paste, which is shallots-

LOUIS THEROUX: Oh my God.

ANGELA HARTNETT: -lemongrass, garlic, ginger, bay leaf.

NICK GRIMSHAW: And there's five spice in the paste as well, right?

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And what is five spice? I presume five spices altogether.

ANGELA HARTNETT: It is five spices. And it's star anise, cinnamon, clove, fennel, and sichuan pepper.

NICK GRIMSHAW: Mm.

LOUIS THEROUX: Ooh.

ANGELA HARTNETT: And this is the foundation of most Chinese cuisine. And it's the balance of sweet, bitter, sour, savoury, and salty.

NICK GRIMSHAW: It's good.

ANGELA HARTNETT: That's what you're feeling, that hit of savoury, sweetness coming through. It's that five spice.

LOUIS THEROUX: Nice.

NICK GRIMSHAW: It's really good with the parsnips.

ANGELA HARTNETT: Yeah, the parsnips works with it because it's traditionally- Normally, Vietnamese, they just use carrots, but-

LOUIS THEROUX: I was going to say you don't think of parsnips in Vietnamese food.

ANGELA HARTNETT: No, but for this recipe, we've added some parsnips.

LOUIS THEROUX: Very underrated vegetable, the parsnip.

ANGELA HARTNETT: I love a parsnip.

NICK GRIMSHAW: Love a parsnip.

LOUIS THEROUX: That's phenomenal.

ANGELA HARTNETT: Thank you, Louis.

NICK GRIMSHAW: Ugh.

ANGELA HARTNETT: Aw, and you had a big lunch as well.

LOUIS THEROUX: How long-

[*crew laughs*]

LOUIS THEROUX: -I like how big the bone is.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: Almost humanlike.

ANGELA HARTNETT: Yeah, human.

[*studio laughter*]

LOUIS THEROUX: How long did you- Maybe you're getting to this. How long did you cook that for?

ANGELA HARTNETT: About two and a half hours, three hours, yeah. So once you've made your paste, which was coriander, tomato purée, ginger, bay leaves, garlic, and lemongrass and shallots, then you add in your vegetables, which are parsnips and carrots. Cover those with vegetable stock-

LOUIS THEROUX: Mm.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: -and then you re-add in your ribs. Tuck them all in, cover the vegetables on top, and then bake it in the oven or cook it in the oven for about 2 hours, low heat, turn it halfway through cooking.

LOUIS THEROUX: Wow.

ANGELA HARTNETT: And then the last sort of-

LOUIS THEROUX: You said in a pan with a lid?

ANGELA HARTNETT: Yeah, in a pan with the lid.

LOUIS THEROUX: Could you do it in a baking tray with foil over or something like that?

ANGELA HARTNETT: Yeah, you could do. Yeah, if you didn't have a pan with a lid.

LOUIS THEROUX: Mm.

ANGELA HARTNETT: No pans with lids, Louis.

[*crew laughs*]

LOUIS THEROUX: Sometimes the lid's plastic and it melts if you put it in the oven.

ANGELA HARTNETT: Ah, yeah, ooh. [*laughs*]

LOUIS THEROUX: Aw, see, you didn't think of that.

NICK GRIMSHAW: Oh no!

ANGELA HARTNETT: But no, you can. You can put foil on top and like put it in a tray in the oven, yeah.

NICK GRIMSHAW: And then that's it.

ANGELA HARTNETT: And then you finish it with a-

NICK GRIMSHAW: Oh no.

ANGELA HARTNETT: -touch of fish sauce-

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: -once it comes out. A little bit of fish sauce.

LOUIS THEROUX: Oh, Nam pla!

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: And then some fresh lime.

[*crew laughs*]

LOUIS THEROUX: Nam pla.

NICK GRIMSHAW: Mm-hm.

LOUIS THEROUX: Make- Did you know about that?

NICK GRIMSHAW: No, I didn't actually

ANGELA HARTNETT: No [*laughs*]. That's it.

NICK GRIMSHAW: Saw it on the side! And the rice is delicious as well.

ANGELA HARTNETT: And the rice.

NICK GRIMSHAW: Is the sauce on the rice just the sauce from the meat?

ANGELA HARTNETT: Just the sauce from the cooking.

NICK GRIMSHAW: Wow. Really good, Ange.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Um, so tell me, what are the, what are the pro tips for doing this, do you think? What's the, one thing that you definitely would do?

ANGELA HARTNETT: I think it's the same that you do in all the stages of cooking. If you did Indian, Italian, the base, get your base right.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: So it's when you make that paste, don't rush it-

LOUIS THEROUX: Yeah.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: -don't rush colouring the meat, make sure it's really nicely evening covered and then let it cook in the oven. Again, don’t- Wait till it's cooked, give yourself time.

LOUIS THEROUX: What about getting a good cut of meat?

ANGELA HARTNETT: Exactly.

LOUIS THEROUX: I mean, let's start there.

NICK GRIMSHAW: Let's start there.

LOUIS THEROUX: Where would you get it from?

ANGELA HARTNETT: Uh, Waitrose!

[*studio laughter*]

NICK GRIMSHAW: Uh, Waitrose!

ANGELA HARTNETT: Come on, Louis.

NICK GRIMSHAW: Hello.

ANGELA HARTNETT: Hello! Cheeky.

NICK GRIMSHAW: So would you go to the meat counter for this?

ANGELA HARTNETT: Yes, you get this from the meat counter.

LOUIS THEROUX: So you just go, 'I want short ribs?'

ANGELA HARTNETT: Short ribs, but they are literally Rather ribs like this, which would be like huge.

LOUIS THEROUX: Here's me thinking it might be pork, but I know it's not.

ANGELA HARTNETT: No.

NICK GRIMSHAW: No.

LOUIS THEROUX: But couldn't- Could you do it with pork?

ANGELA HARTNETT: Yeah, you could do it with pork. But I think on this cut, this is particularly good-

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: -because of the amount of meat you get on these short ribs.

NICK GRIMSHAW: You get a bit fat on it as well, it's quite fatty.

ANGELA HARTNETT: Yeah, lots of fat. It is. Yeah, you get it. And that all melts down into the sauce.

NICK GRIMSHAW: And this is actually quite a good one for the style of cooking that, I like doing, where it's sort of minimal effort-

LOUIS THEROUX: Yeah. That's what I'm all about.

NICK GRIMSHAW: -maximum taste. It tastes delicious.

ANGELA HARTNETT: You didn't even have to peel the vegetables-

LOUIS THEROUX: No fuss.

ANGELA HARTNETT: -just give them a little scrub.

NICK GRIMSHAW: No fuss.

ANGELA HARTNETT: That's it.

LOUIS THEROUX: No weird ingredients.

ANGELA HARTNETT: No weird ingredients, you know.

LOUIS THEROUX: It's annoying. Then just sits in the larder for a year.

ANGELA HARTNETT: Never to be used again.

NICK GRIMSHAW: Who do you think is the worst culprit for that?

LOUIS THEROUX: We're going to put him out there. Yotam Ottolenghi.

NICK GRIMSHAW: Yeah, big time.

[*crew laughs*]

NICK GRIMSHAW: Big time.

ANGELA HARTNETT: I think even Yotam knows.

LOUIS THEROUX: I think he knows.

ANGELA HARTNETT: Yeah, I think he's aware of all that.

LOUIS THEROUX: Because he's trying to steer out of it now with his new recipes, he's like, 'Don't worry, there's no weird ingredients in this one.'

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: 'Just some Manga Chuka Pa.'

[*studio laughter*]

NICK GRIMSHAW: What! If you want to try this recipe, you can, of course, get all the ingredients and the recipe, waitrose.com/dishrecipes. There's also a wine pairing as well.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: The wine pairing is the Penfolds Bin 28 Shiraz. So that will be absolutely perfect with it.

ANGELA HARTNETT: Perfect with it, indeed.

NICK GRIMSHAW: Perfect. Do you want a glass of wine?

LOUIS THEROUX: Sure!

NICK GRIMSHAW: Yeah, let's have a glass of wine.

LOUIS THEROUX: That's one I drink at home, actually.

ANGELA HARTNETT: Oh! There you go!

NICK GRIMSHAW: Is it?

LOUIS THEROUX: Yeah, yeah. It's not an overly expensive- it's like, what is it? £6 or £7?

NICK GRIMSHAW: £30.

LOUIS THEROUX: No, it isn't.

NICK GRIMSHAW: Yes, it is.

LOUIS THEROUX: No, it isn't.

NICK GRIMSHAW: Yes, it is. £30.

LOUIS THEROUX: Well, maybe I get a different one.

NICK GRIMSHAW: Not overly- That translates as £6 in Theroux money.

[*studio laughter*]

LOUIS THEROUX: Who are different.

NICK GRIMSHAW: Yeah, it does. Yeah.

ANGELA HARTNETT: Sorry, Louis.

LOUIS THEROUX: So maybe I get Penfolds Basic, and this is Bin 28.

NICK GRIMSHAW: Bin.

ANGELA HARTNETT: Yeah Bin 28.

NICK GRIMSHAW: Bin 28.

LOUIS THEROUX: I get a different Bin. I think I'm working on a-

NICK GRIMSHAW: Different Bin.

LOUIS THEROUX: -different Bin.

[theme music plays]

NICK GRIMSHAW: Let's talk about your show now, then.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: I think we should!

LOUIS THEROUX: Go on then. My Netflix debut feature documentary.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: How did you feel about that?

LOUIS THEROUX: Excited.

NICK GRIMSHAW: Yeah.

LOUIS THEROUX: Yeah, it was stressful to make, because I knew that the people I was covering- It's about the manosphere, if you know the term. It's this culture of misogynistic and toxic influences, men who believe in male supremacy, Andrew Tate's probably the most famous example. And they've taken the internet by storm, especially post lockdown, they became very viral among young men. The film Adolescence, the series Adolescence, was sort of about a boy who's been influenced. Yeah, by influence, kind of- Kind of about that, tangentially. Ours takes place with me in the world of those influencers, I investigate, spend time among them, try to get to know them, going into it knowing that, because some of them are livestreamers, in other words, they basically make their living online, recording round the clock their shenanigans each and every day, that they would probably film me. And so I knew that there was a chance that would be, in the sense that our cover would be blown, and then thought that might be a fun way of, kind of creating a more interesting conflict for the film.

NICK GRIMSHAW: It's a real eye opener into a world that I don't know anything about-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -and to know, apart from little bits that I've heard around Andrew Tate. It was quite a disturbing watch.

LOUIS THEROUX: Yeah.

NICK GRIMSHAW: What did you think Ange? I thought it was really-

ANGELA HARTNETT: I thought it was frightening.

NICK GRIMSHAW: Yeah, I thought it was scary.

LOUIS THEROUX: Yeah.

NICK GRIMSHAW: Yeah, there's so much actually that freaked me out. But the bit where you were with, remind me the guy, this dreamer who has the wife called Angie. I hate that I remember that.

ANGELA HARTNETT: Oh, yes.

LOUIS THEROUX: Oh, um Myron Gaines.

NICK GRIMSHAW: Yes, Myron.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: And he had on ‘The Scientist.’

LOUIS THEROUX: That's right.

NICK GRIMSHAW: Who he told the science story of if your wife has had sex with somebody else, in the past, the sperm can be in her brain-

ANGELA HARTNETT: Oh God.

LOUIS THEROUX: Yes.

NICK GRIMSHAW: -and then your kid might look like someone she's had sex with years ago.

LOUIS THEROUX: Yes.

NICK GRIMSHAW: They were like, ‘Fact.’

LOUIS THEROUX: Yeah, not true.

NICK GRIMSHAW: I was like, ‘Not a fact.’

ANGELA HARTNETT: Yes.

LOUIS THEROUX: Yes, yes, yes.

ANGELA HARTNETT: No.

LOUIS THEROUX: Yeah, they're credulous, and they're all like, [*in an American accent*] ‘Oh, wow that's fascinating.’

ANGELA HARTNETT: Yeah, yeah.

LOUIS THEROUX: I'm like, 'That is not correct.' But the ways in which- But that information, kind of goes viral. In a way, that's the purest example of misinformation, or whether it's a conspiracy theory or some patently false piece of fake scientific knowledge or just attitudes that are in themselves, poisonous, antisocial, that they have currency, and because they're being presented by people who have a huge rapport with these fan bases, this sort of parasocial relationship that they have with their people who listen to them, that they accept all of that. So, yeah, I think it's probably the right reaction to feel disturbed and troubled, and at the same time to recognise that for kids, this is normal content.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: Maybe not Myron Gaines, but certainly people like HS Tikky Tokky, who features in it, and Ed Matthews, who's also in it. These streamers, uh, enjoy huge virality, have huge social media followers.

ANGELA HARTNETT: And make an income of it.

LOUIS THEROUX: It's this weird, I think it speaks to the culture that we live in, which is, we've got two worlds because it's a normy world that we mostly inhabit, where we're sort of listening to the radio, maybe BBC Radio One or Four or whatever, or watching the TV or getting our content.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: And then younger people who are creatures of the Internet and Internet culture-

NICK GRIMSHAW: Mm-hm.

LOUIS THEROUX: -for whom the names HS Tikky Tokky or Andrew Tate, are, that's their.

ANGELA HARTNETT: Mm.

LOUIS THEROUX: As weird as it is to say, that's their Blue Peter, if you like, because these are 14, 15-year-old, 13-year-old kids who are watching, and these are their celebrities.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: So it's a strange thing to reflect on.

NICK GRIMSHAW: Yeah.

LOUIS THEROUX: For the older generation, they're like, ‘Who are these troglodytic figures?’

NICK GRIMSHAW: Yeah.

LOUIS THEROUX: Like these sort of strange, backward-looking, like, retrograde avatars of, a kind of mediaeval mindset. Do you know what I mean? Of like, ‘Oh, women shouldn't vote. Women are stupid.’ Is something they say. But actually, for, for, young teenage boys across Western Europe, across America, that's, those are their pop stars in a way.

NICK GRIMSHAW: It's so crazy. I thought it was the most crazy watch. I think seeing the way that it is snowballed was worrying as well when you talked about and there was mentions of how now kids in schools in America are, sort of, refusing to be taught by female teachers.

LOUIS THEROUX: Mm-hm, mm-hm.

ANGELA HARTNETT: I mean, it's frightening.

NICK GRIMSHAW: In 2026. That is madness.

LOUIS THEROUX: But it's of a piece with, not to get really heavy, because this is a light-hearted culinary show, by the way.

NICK GRIMSHAW: No we can go into it.

LOUIS THEROUX: Where the beef is deliciously tender. But, um-

[*studio laughter*]

NICK GRIMSHAW: But what about misogyny?

LOUIS THEROUX: And it came from Waitrose. But this, um, sort of media landscape that we're in now, in which undeniable scientific facts are suddenly open to question.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: You know the levels of belief, in the idea that the world is a globe, for example, the idea that the Earth is actually round.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: We took that for granted, that is an accepted scientific fact, has been for many centuries. Now, inc- Now more and more people are, are, questioning that.

ANGELA HARTNETT: Mm.

LOUIS THEROUX: You know, it used to kind of be a, a joke. In some ways, it's still quite funny. 'What do you think the Earth is flat? What is your problem?'

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: But because of the, um, level of credulity, the way in which misinformation spreads-

ANGELA HARTNETT: Mm.

LOUIS THEROUX: -that's become a common misconception among younger people.

NICK GRIMSHAW: And do you think that they believe this, or do you think that they are saying, sort of, scandalous, sensationalist things, so we all talk about them, they get more streamers, they get more revenue.

LOUIS THEROUX: Um, I think both things are true at different times. Sometimes both things are true at the same time, like it doesn't really matter, they'll just say things sometimes just for an effect.

NICK GRIMSHAW: Um, talk to us about this that we see.

ANGELA HARTNETT: Yeah, that sign.

NICK GRIMSHAW: This sign. Does it have a name?

LOUIS THEROUX: Yeah, I think it's the matrix sign.

NICK GRIMSHAW: Right.

LOUIS THEROUX: And it's just whenever you see Andrew Tate interviewed on a mainstream show, quite often he'll have this- He'll be doing a diamond shape with his four fingers and thumbs. I think it's, I don't know, I think it's a way of saying, 'I know what you're doing.' It's signalling to his fans.

ANGELA HARTNETT: 'I'm here.'

LOUIS THEROUX: 'I'm here. I know what's going on.'

NICK GRIMSHAW: Like Lady Gaga, Lil Monster.

LOUIS THEROUX: Is that what she does?

NICK GRIMSHAW: I mean, she doesn't sit like this. No, but you know-

[*crew laughs*]

LOUIS THEROUX: Really?

ANGELA HARTNETT: But she has her thing, yeah.

NICK GRIMSHAW: But you know what?

LOUIS THEROUX: It's like an in-joke. Or maybe more like an in-crowd acknowledgement.

NICK GRIMSHAW: Right, okay.

ANGELA HARTNETT: I think it's like, 'I'm here for you.' I just felt that

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: We've I grew up and I'm like, anytime I watch something, I think, 'I want to be that. I want to be a tennis player-'

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Or I wanna-

LOUIS THEROUX: Yeah.

ANGELA HARTNETT: -run a marathon and you did it.

LOUIS THEROUX: Yeah.

ANGELA HARTNETT: But now I think kids are looking at I want to be-

NICK GRIMSHAW: Rich-

ANGELA HARTNETT: -on OnlyFans.

NICK GRIMSHAW: -and muscley. Yeah.

ANGELA HARTNETT: And like, you know, all the women were portrayed-

LOUIS THEROUX: Yeah.

ANGELA HARTNETT: -really as if they were stupid.

LOUIS THEROUX: That's right.

ANGELA HARTNETT: I thought that's, that's awful because even, what's his name's mother said, 'You don't know.'

LOUIS THEROUX: That's right. HS's mum pops up and she's like a normal mum.

ANGELA HARTNETT: She's a normal mum.

LOUIS THEROUX: A single mum, went to work, had a pretty high power job-

NICK GRIMSHAW: Mm-hm.

LOUIS THEROUX: -raised HS on her own. And I think, some part of her is like, 'What have I created?' I mean, she loves him, but-

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: And he says- Because one of their things is that you should marry a virgin, and, but, but meanwhile, as a man, you should have as many, you know-

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: -sexual interactions as possible. That's your body count.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: I said, 'But that's pretty weird. Like why would you say, 'Oh men should have as much as they can and women shouldn't have any.' And then you saw his mum just going like, 'Ugh.'

NICK GRIMSHAW: Oh jeez.

ANGELA HARTNETT: You could see, yeah, she was definitely embarrassed-

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: -about some of the things he was coming out.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: God. It's awful.

NICK GRIMSHAW: He had moments, I thought,, where he snapped out of it. I think like the bit when- There was a bit when you were talking about his dad and he was saying, ‘I don't have any trauma.’ And me and my mum were like-

ANGELA HARTNETT: Right, yeah.

NICK GRIMSHAW: And there was a bit when you went to the gym, where, he was talking to the camera and you said-

ANGELA HARTNETT: Oh yeah, that was quite amusing.

NICK GRIMSHAW: ‘Oh, you don't need to talk to the camera.’ And he's like, ‘Oh, sorry.’ And they almost like snap out of it.

ANGELA HARTNETT: Yeah, yeah, yeah.

LOUIS THEROUX: Yeah, that's an interesting moment because he's talking to the camera and he goes ‘Like, lads, what I like to do, is start with a little workout.’

ANGELA HARTNETT: Yeah, yeah, yeah.

LOUIS THEROUX: And I go like, ‘Who are you talking to? Me?’

ANGELA HARTNETT: Yeah, yeah, yeah.

[*crew laughs*]

LOUIS THEROUX: ‘Why are you talking to my camera like there's someone there?’ He goes, ‘Oh, what, do I not-’

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: ‘Do I talk to you?’

NICK GRIMSHAW: Yeah.

LOUIS THEROUX: And they just- ‘Just talk to me like I'm here, like I'm a normal person.’

NICK GRIMSHAW: Yeah.

LOUIS THEROUX: He goes, ‘Alright. Sometimes I come down to the gym-’ And his whole tonality-

NICK GRIMSHAW: Yeah.

LOUIS THEROUX: -shifts.

NICK GRIMSHAW: Yeah.

LOUIS THEROUX: He starts talking proper.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah, it's true, yeah.

NICK GRIMSHAW: Yeah.

LOUIS THEROUX: But to your point about- The revelation is for me, and maybe this isn't a surprise, but a lot of projections of strength are actually compensations for weakness.

ANGELA HARTNETT: Yeah, of course.

LOUIS THEROUX: And, the, the revealing moment is where Tate says, uh, [*in an American accent*] 'My dad, used to beat the s*** out of me.'

ANGELA HARTNETT: Yeah.,

LOUIS THEROUX: [*in an American accent*] He goes, 'One good ass whipping, that's all it takes. One good ass whipping, and you'll shape up real quick.' Or something like that.

ANGELA HARTNETT: Hm.

LOUIS THEROUX: You're like, 'Oh, wow, you were physically abused.'

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: You've actually had to adapt to a, a, a horrific, abusive background in which you had to learn strategies of survival.

ANGELA HARTNETT: Mm.

LOUIS THEROUX: And then you've, you've used that as your roadmap for life, and you're selling it to kids as though that's the answer to everything.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: And more about the beef.

[*studio laughter*]

ANGELA HARTNETT: Right! On that note, I'm going to get you some crumble!

NICK GRIMSHAW: It's out right now, so you can see it on-

LOUIS THEROUX: Thank you. That was delicious. Thank you.

NICK GRIMSHAW: Watch it on Netflix.

LOUIS THEROUX: Netflix, have you got Netflix?

NICK GRIMSHAW: I do have Netflix.

LOUIS THEROUX: It's a new streaming service.

[*crew laughs*]

NICK GRIMSHAW: Yeah, I've heard of it.

LOUIS THEROUX: A lot of people are using it.

NICK GRIMSHAW: Yeah, yeah, it's alright, isn't it?

LOUIS THEROUX: It's good.

NICK GRIMSHAW: Yeah, I love it.

LOUIS THEROUX: It's really good. It's so convenient.

NICK GRIMSHAW: So convenient.

LOUIS THEROUX: Because the programmes aren't on at a time.

NICK GRIMSHAW: Right.

LOUIS THEROUX: It's like a menu, but you can have it whenever you want.

NICK GRIMSHAW: What?!

LOUIS THEROUX: Do you know what I mean?

[theme music plays]

LOUIS THEROUX: What's in the custard?

ANGELA HARTNETT: Um, it's out of the package. [*laughs*]

LOUIS THEROUX: Stop it!

[*crew laughs*]

LOUIS THEROUX: Is it?

ANGELA HARTNETT: I'm not going to lie for you.

NICK GRIMSHAW: A Waitrose package!

ANGELA HARTNETT: A Waitrose packet.

NICK GRIMSHAW: Come on!

LOUIS THEROUX: Can you get stars taken away from doing things like that?

[*studio laughter*]

NICK GRIMSHAW: When I did bake off, speaking of custard-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Do you know what they do? Because I want to talk to you about you, Louis, when you did bake off.

ANGELA HARTNETT: Hm.

NICK GRIMSHAW: I did it, and you know you get like the blind test, where you can prep one and then-

LOUIS THEROUX: That's right.

NICK GRIMSHAW: -you get a surprise challenge.

LOUIS THEROUX: Yeah.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: One of mine said, ‘Make a Queen's pudding.’ Never heard of that.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Then the steps were like, ‘One, prepare it. Two, make custard.’ And I thought, genuinely, ‘Make it?!’ I thought that was like a-

LOUIS THEROUX: Yeah.

ANGELA HARTNETT: Pre-bought.

NICK GRIMSHAW: Yeah, I thought it was like milk, yeah, it just came. Um, when you did, Bake Off, you did incredibly well.

LOUIS THEROUX: Ah-

NICK GRIMSHAW: Uh, yeah. Handshakes!

LOUIS THEROUX: Well, I did okay. I didn't win it. I did get three handshakes-

NICK GRIMSHAW: Three handshakes.

LOUIS THEROUX: -which has never happened before.

NICK GRIMSHAW: Yeah.

LOUIS THEROUX: Because I got a handshake from Paul-

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: And I got a handshake from Prue.

NICK GRIMSHAW: Yes.

LOUIS THEROUX: And then I got a handshake from Noel. And he was like, 'This means nothing.'

ANGELA HARTNETT: [*laughs*]

LOUIS THEROUX: I just grabbed his hand, I thought.

NICK GRIMSHAW: Nice to do it.

LOUIS THEROUX: Yeah.

ANGELA HARTNETT: Just for the sake of it.

NICK GRIMSHAW: That was for what a cookie that-

LOUIS THEROUX: That was for a cookie that looked, resembled a pizza.

NICK GRIMSHAW: Yes.

LOUIS THEROUX: And then I lost the plot in the last round. I was doing a choux pastry.

NICK GRIMSHAW: Mm.

LOUIS THEROUX: What's the one? You had to pump it full of cream.

ANGELA HARTNETT: Okay, like a choux bun, like a choux- Yeah.

LOUIS THEROUX: Like a choux bun or something.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: The pressure was too much.

ANGELA HARTNETT: And what? Your cream split? Or it all went-

LOUIS THEROUX: Um, I couldn't quite get the amounts right, and they started, kind of exploding.

ANGELA HARTNETT: Oh, right put too much in.

LOUIS THEROUX: Uh, and then also I lost confidence in- They give you a little bit of direction. They're like, 'Well, you might want to use a little wire frame, like an armature.'

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: 'And construct a little sculpture with your choux.' And I thought, I'm not f****** doing any of that.'

ANGELA HARTNETT: [*laughs*]

LOUIS THEROUX: But really, I should have taken their advice.

NICK GRIMSHAW: Yeah.

LOUIS THEROUX: The result was mine looked very lame.

NICK GRIMSHAW: Who won?

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: Um it was, uh, what's her name? It was a comedian. She's got a cooking-ish name. What's her name? Sue?

ANGELA HARTNETT: Sue

NICK GRIMSHAW: Sue-fflé.

ANGELA HARTNETT: Soufflé [*laughs*]

[*studio laughter*]

LOUIS THEROUX: No, what is her name?

PRODUCER TOM: Jenny Éclair.

LOUIS THEROUX: Jenny Éclair!

NICK GRIMSHAW: Jenny Éclair!

ANGELA HARTNETT: Jenny Éclair.

[*studio laughter*]

LOUIS THEROUX: Jenny Éclair.

NICK GRIMSHAW: A cooking-ish name. Yeah.

ANGELA HARTNETT: I love that, Jenny Éclair.

LOUIS THEROUX: I was like-

NICK GRIMSHAW: Sounds like a fix.

LOUIS THEROUX: How is she not going to win?

NICK GRIMSHAW: Sounds like a fix.

ANGELA HARTNETT: It's a fix, yeah. It was, yeah.

LOUIS THEROUX: The fix was in big time.

NICK GRIMSHAW: Sounds like a fix.

ANGELA HARTNETT: Jenny Éclair.

NICK GRIMSHAW: Um.

[*studio laughter*]

LOUIS THEROUX: That's how I remembered it.

NICK GRIMSHAW: Um, by the way-

LOUIS THEROUX: She was the best.

NICK GRIMSHAW: She was good.

ANGELA HARTNETT: She was.

LOUIS THEROUX: She was definitely the best.

ANGELA HARTNETT: She deserved it.

LOUIS THEROUX: Yeah, yeah.

NICK GRIMSHAW: This is delicious, Angela.

LOUIS THEROUX: This was amazing. I'm so excited that it's rhubarb.

ANGELA HARTNETT: Oh, I love rhubarb!

LOUIS THEROUX: Right!

ANGELA HARTNETT: Yeah, best.

NICK GRIMSHAW: Mh-hm, the best.

ANGELA HARTNETT: Best, we love it.

NICK GRIMSHAW: You need that, you need that.

LOUIS THEROUX: That rhubarb. That's got a bit of tartness, doesn't it?

NICK GRIMSHAW: Mm-hm. That's what you need. How would you make a really good crumble, Ange?

ANGELA HARTNETT: You've got your butter and your flour.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yours is gluten free.

NICK GRIMSHAW: Thank you.

ANGELA HARTNETT: Rub your butter into your flour so it resembles breadcrumbs, then fold in your sugar.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: We used demerara sugar here.

LOUIS THEROUX: Do you want the butter quite cold?

ANGELA HARTNETT: You want it cold-

LOUIS THEROUX: And diced?

ANGELA HARTNETT: Because you don't mind having a few lumps of the butter. It doesn't need to be absolutely perfect.

LOUIS THEROUX: You don't want melted butter.

ANGELA HARTNETT: No, exactly.

NICK GRIMSHAW: No. Oh my god, this is really nice.

ANGELA HARTNETT: Nice and firm. And then you have the rhubarb cut into about 5 centimetre, sort of lengths, diced pear, and then I put a little bit of diced stem ginger and a little bit of the syrup in there as well because ginger and rhubarb, I think, is a great little marriage. This is obviously our lovely Chetna Makan recipe.

LOUIS THEROUX: Mm, that's delicious.

ANGELA HARTNETT: That works well. Then the custard out the packet from Waitrose. [*laughs*]

NICK GRIMSHAW: Oh, yeah. Can't be making custard.

LOUIS THEROUX: I do, a um, an apple crumble, it's a Delia recipe.

ANGELA HARTNETT: Yeah, I love Delia.

NICK GRIMSHAW: Mm.

LOUIS THEROUX: And she, uh, she puts a few almonds in the crumble.

ANGELA HARTNETT: Very nice, yeah.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: No, some people put oats as well and a few nuts-

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: -as well, which I like.

LOUIS THEROUX: You can do it in a, in a blender-

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: -so, you don't have to rub it with your fingers.

ANGELA HARTNETT: You don't, you don't. No.

LOUIS THEROUX: So it's actually quite a low input.

ANGELA HARTNETT: Maintenance.

NICK GRIMSHAW: Mm.

LOUIS THEROUX: Low maintenance pudding. And then with the nuts, you get a little bit of crisp.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm, yes. Um, I wanted to ask you, Louis, about how, your interviewing journey began-

LOUIS THEROUX: Hm.

NICK GRIMSHAW: Because we read in an interview you said that, ‘All humans just have an urge to connect.’ Did you have that at a, a, a young age? Were you naturally inquisitive when you were younger?

LOUIS THEROUX: I think so. I mean I think probably everyone is-

NICK GRIMSHAW: Yeah, maybe everyone is.

LOUIS THEROUX: -but certainly, but maybe in addition to that, I felt a little bit like an outsider, and I was very worry prone. I found that, um, when I saw something really odd happening- Like I remember seeing people who probably had mental illness, on the street, you go somewhere-

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: -go out with a family, and you're on your way to a gallery, whatever, a museum or a show, and then you see homeless or people with mental- And I just remember thinking, ‘What's going on with them?’ And then said, ‘But what's happening here?’ And then later on at school, just people who are outsiders or in different ways didn't feel like they fitted in, just being curious about them. I mean, it's hard to analyse yourself because you are who you are, aren't you?

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Mm-hm.

LOUIS THEROUX: But I just know that anything that felt like it took me out of myself and also finding things funny

NICK GRIMSHAW: Mm-hm.

LOUIS THEROUX: And finding that if you have that in common with someone else, you find ways of connecting through humour, that was something that alleviated my anxiety a bit.

NICK GRIMSHAW: Mh-hm, was there anyone that you were fascinated with off the telly or in popular culture, that you-

LOUIS THEROUX: So many people. I was of the '70s generation, um, and probably was watching similar things to Angela.

ANGELA HARTNETT: Hm, yeah.

LOUIS THEROUX: What did we watch, Angela?

ANGELA HARTNETT: Um, Blue Peter, all those.

LOUIS THEROUX: Blue Peter.

ANGELA HARTNETT: Grange Hill, Grange Hill all those-

LOUIS THEROUX: Do you remember Bill Oddie when he-

ANGELA HARTNETT: Swap Shop, that was on.

LOUIS THEROUX: The Goodies. Do you remember The Goodies.

ANGELA HARTNETT: The Goodies. Yeah.

LOUIS THEROUX: The Goodies for me was like a religion.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: What was The Goodies. What did The Goodies do?

LOUIS THEROUX: Kids these days, they don't have the Goodies. Can you imagine, like we had The Goodies and they got Andrew Tate and HS Tikky Tokky.

ANGELA HARTNETT: We had the Goodies.

LOUIS THEROUX: We had the Goodies.

ANGELA HARTNETT: And Dad's Army and The Good Life.

LOUIS THEROUX: The Good Life.

ANGELA HARTNETT: All those sorts of things.

LOUIS THEROUX: There was John Noakes, who was a Blue Peter presenter, and he had a very puppy-ish enthusiasm, and he seemed cheeky and somewhat irreverent.

ANGELA HARTNETT: Hm.

LOUIS THEROUX: He was probably not from Oldham, but he was from Lancashire somewhere. Do you remember him at all?

NICK GRIMSHAW: Right. I do know him.

ANGELA HARTNETT: He had the dogs.

LOUIS THEROUX: He had a dog called Shep.

NICK GRIMSHAW: And he had the dogs.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: He did one where they would do adventures, and he climbed Nelson's column. This is a famous-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yes he cleaned it.

LOUIS THEROUX: You can still find it on YouTube. Seek it out. We'll put it in the show notes.

NICK GRIMSHAW: We will.

ANGELA HARTNETT: [*laughs*]

LOUIS THEROUX: So, he gets to the top and you can see he's panicking, but he's trying, he's trying not to make too much of it. It's an amazing piece of television because as a kid, you're thrilled.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: But also, you're relating to that sense of- He feels like he's your cheeky uncle.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: So, stuff like that. Actually, my favourite thing was there was a show, maybe it's still on, called 'It'll be Alright On The Night.'

NICK GRIMSHAW: Oh, I loved that.

ANGELA HARTNETT: Yeah, yeah, yeah.

LOUIS THEROUX: And that concept of bloopers-

ANGELA HARTNETT: Yes.

LOUIS THEROUX: The idea that TV could sometimes go wrong-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Mm-hm.

LOUIS THEROUX: -and you were seeing it when it jumps the tracks, people forget their lines or they get the giggles, or a dog goes rabid and bites one of the presenters.

ANGELA HARTNETT: Mm.

LOUIS THEROUX: That was my sweet spot. [*imitates a dog*]

ANGELA HARTNETT: Yeah. [*laughs*]

[*crew laughs*]

NICK GRIMSHAW: I love that, too. I love that, too. It's a bit of a peep behind the curtain.

LOUIS THEROUX: Do you know what I mean, though?

ANGELA HARTNETT: Yeah, yeah, yeah. See what's going on.

NICK GRIMSHAW: And I also love that, if that was ever on.

LOUIS THEROUX: It had a feeling of taboo, didn't it?

NICK GRIMSHAW: Yeah, and I was allowed to stay up and watch that. Who's the man that did it? Do you remember?

LOUIS THEROUX: Back then, it was called Dennis Norden.

NICK GRIMSHAW AND ANGELA HARTNETT: Dennis Norden.

ANGELA HARTNETT: Yeah, that was right.

NICK GRIMSHAW: Yeah, that was it, yes.

LOUIS THEROUX: Yes.

NICK GRIMSHAW: I used to love that.

LOUIS THEROUX: Probably now it would feel quite basic but, at the time when everything on TV felt a bit po-face and formal.

ANGELA HARTNETT: Mm.

LOUIS THEROUX: To see that it could go wrong was like a-

ANGELA HARTNETT: A revelation.

LOUIS THEROUX: Kind of, a revelation, yeah-

ANGELA HARTNETT: Exactly.

LOUIS THEROUX: You know what I'm talking about.

ANGELA HARTNETT: Well, it's true. But it's also, I think when you do all your interviews, you have that- And I mean this properly, we don't all love, that childlike curiosity.

LOUIS THEROUX: Yeah.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: My sister's just had a little baby girl, and I love being with Elsie because she just questions everything.

LOUIS THEROUX: Yeah.

ANGELA HARTNETT: I think that's- You know, I think it's a shame when you get to adulthood that you start worrying about what people think.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: And you start- You don't ask the questions.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: You think people are going to laugh or they think you're going to be silly. And always one of the things I love about Neil is that he still has that, my husband, and my brother always says, 'I love Neil because he'll just ask, whate- Whatever's in his brain comes out.'

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: A lot of the time you think, 'Christ alive, why did you say that, Neil?'

LOUIS THEROUX: Yeah.

[*crew laughs*]

ANGELA HARTNETT: But he does ask questions.

LOUIS THEROUX: Yeah.

ANGELA HARTNETT: He's not afraid to go, 'Actually, I don't know about that.' I think we should all do that more.

NICK GRIMSHAW: Absolutely.

LOUIS THEROUX: Big time.

ANGELA HARTNETT: Because you know-

LOUIS THEROUX: And actually, sometimes it's the Emperor's New Clothes.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: Like the question that you ask is what everyone was thinking-

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: -but no one dared to ask. And for me, when it goes a bit wrong, you know, that's the sweet spot-

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: -of my programme making.

ANGELA HARTNETT: Mm.

LOUIS THEROUX: And you know- The, the, the- This show that I've got on Netflix, that- It's sort of, it's all going wrong the whole time.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm-hm.

LOUIS THEROUX: Like, I'm constantly being put on the spot- Um, being wrong-footed. My process is being shown by them.

ANGELA HARTNETT: Mm.

LOUIS THEROUX: They're filming me and all of that is grist to the mill.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: So there's a real continuity there, I think, that spirit of chaos being a good thing still informs my work.

NICK GRIMSHAW: How do your kids deal with the love of Louis Theroux, you know?

ANGELA HARTNETT: Yeah?

NICK GRIMSHAW: And people having tattoos of you and must be coming up to you and asking for selfies? How do they deal with that?

LOUIS THEROUX: I think the selfie thing they find a bit boring.

NICK GRIMSHAW: Mm-hm.

LOUIS THEROUX: You know, if we're on our way somewhere, they don't make a fuss about it.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: I haven't talked to them a huge amount. It's not something, obviously, I'm their dad.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: I'm not Louis Theroux off the telly.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: [*laughs*] Walking around with a camera crew.

LOUIS THEROUX: You know what I mean?

NICK GRIMSHAW: Like, 'Are you going to have a breakfast?'

LOUIS THEROUX: It's like, 'Are we rolling? Yes.'

[*studio laughter*]

ANGELA HARTNETT: 'How's your day?'

LOUIS THEROUX: 'Hey guys, it's time for bed. Oh, sorry, I'll go for another take. Guys, it's time for bed.' You know what I mean, that's be quite weird. I mean, I'm a normal dad with normal problems. You know what I mean? And, and, actually, I'm not always my best self at home, like, you know I'm more irritable.

NICK GRIMSHAW: Mm-hm.

LOUIS THEROUX: But, so- The idea that, they, see, me on TV, I haven't really dived into what that feels like for them. I do know that when Jiggle Jiggle went viral.

ANGELA HARTNETT: [*laughs*]

LOUIS THEROUX: My viral rap song.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: A couple of years ago, and my kids, especially the middle one, was on TikTok quite a lot. Then his favourite platform was overtaken by his irrelevant dad doing-

ANGELA HARTNETT: [*laughs*]

LOUIS THEROUX: -the most cringe song in history. He found that quite confusing.

ANGELA HARTNETT: Yeah, yeah, of course.

NICK GRIMSHAW: Yeah, quite a weird thing-

LOUIS THEROUX: But he never made a fuss about it. It'd be quite odd.

NICK GRIMSHAW: It's quite rare that someone who makes documentaries about you know-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Pretty hard-hitting stuff.

LOUIS THEROUX: Yeah.

NICK GRIMSHAW: Becomes a sort of crossover person that people are like, 'The hottest man in the world is Louis Theroux.'

LOUIS THEROUX: Yeah.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: 'Here's my tattoo.' There's a Louis Theroux candle, for example. How is, is, the sort of fame, I guess-

LOUIS THEROUX: Yeah.

NICK GRIMSHAW: -of the, the byproducts of your documentary making?

LOUIS THEROUX: Well, I'm grateful for it. I can't say it feels completely normal.

NICK GRIMSHAW: Mm-hm.

LOUIS THEROUX: And candle, by the way, feels like the least of it.

NICK GRIMSHAW: [*laughs*] What is that?

LOUIS THEROUX: Well, I only mean in the sense that there's other products that are quite odd, but I don't know, for a while, there were Louis Theroux club nights where people would arrive all wearing Louis Theroux masks.

[*studio laughter*]

LOUIS THEROUX: I mean, put yourself in that position where you see yourself in videos online where there's like 50 or 100 university students dancing around-

ANGELA HARTNETT: That is bonkers.

LOUIS THEROUX: -with Louis Theroux masks on.

ANGELA HARTNETT: That is bonkers.

LOUIS THEROUX: I don't read too much into it. I don't, you know, it's not like-

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: -they're going off dedicating their life to a religion.

NICK GRIMSHAW: Yeah.

LOUIS THEROUX: But, uh, it's all tongue in cheek.

NICK GRIMSHAW: Maybe?

LOUIS THEROUX: Hopefully not. Or maybe, hopefully. Like, my thing with the tattoos is like, wow, that's quite unusual. But then at the same time, what an amazing tribute.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Mm. Yeah.

LOUIS THEROUX: You know what I mean? And then I feel I, I, like maybe I should get a tattoo of myself

[*crew laughter*]

ANGELA HARTNETT: No!

NICK GRIMSHAW: Why not?

LOUIS THEROUX: In solidarity.

NICK GRIMSHAW: Yeah.

LOUIS THEROUX: They've got that much faith in me.

NICK GRIMSHAW: Yeah, have a bit faith in your-

LOUIS THEROUX: The least is I can match it.

NICK GRIMSHAW: Yeah, yeah.

LOUIS THEROUX: Someone once said, [*in an American accent*] 'I buy a stocks in Harley Davidson.' Like, why Harley Davidson? Because people have Harley Davidson tattoos.

NICK GRIMSHAW: Mm.

LOUIS THEROUX: And I'm like, any company that people get tattoos of is going to be around forever.

NICK GRIMSHAW: [*laughs*]

LOUIS THEROUX: So by that metric-

NICK GRIMSHAW: Yeah.

LOUIS THEROUX: -the idea of people having tattoos of me is an amazing-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Investment.

LOUIS THEROUX: Amazing investment.

ANGELA HARTNETT: Investment, yeah.

LOUIS THEROUX: Yeah, crypto. Let's get an NFT out there, right?

NICK GRIMSHAW: Let’s do it. You know who would have a Louis Theroux tattoo, is Mesh.

ANGELA HARTNETT: Oh, yeah, your partner.

NICK GRIMSHAW: Yeah.

LOUIS THEROUX: Really?

NICK GRIMSHAW: Yeah, he loves, er you.

LOUIS THEROUX: What's stopping him?

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Me.

[*studio laughter*]

LOUIS THEROUX: Exactly, imagine, you'd have to look at me during your intimate moments.

NICK GRIMSHAW: Yeah.

LOUIS THEROUX: I'll be there going.

[*studio laughter*]

NICK GRIMSHAW: He's, he's-

[theme music plays]

LOUIS THEROUX: This crumble's amazing.

NICK GRIMSHAW: It's really good.

ANGELA HARTNETT: There's lots you-

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: -can take home to the boys and everyone.

NICK GRIMSHAW: Louis Theroux, it's time for your fast food quiz.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Um, time to do this, uh, tell us your favourite way to eat eggs.

LOUIS THEROUX: Well, I think I'd probably go fried.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Favourite sandwich filling.

LOUIS THEROUX: I like a fish finger sandwich.

ANGELA HARTNETT: Oh, nice choice. Tartar sauce?

LOUIS THEROUX: But I use Birdseye, probably others. I wouldn't use, I wouldn't put any Tartar sauce on there.

ANGELA HARTNETT: Okay.

LOUIS THEROUX: I toast, probably some brown bread, toasted and a little bit of butter, grate some cheese on top, some Tabasco.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Okay.

LOUIS THEROUX: Does that sounds nice?

ANGELA HARTNETT: It does sound nice.

LOUIS THEROUX: It's so delicious. Then you cut it you cut you know you make it probably, depending on the size of the bread, this is TMI, never mind.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: Depending on the size of the bread, it depends how many fish fingers you use, maybe three or four-

NICK GRIMSHAW: Mm-hm.

LOUIS THEROUX: -and then you cut it and then the steam comes out.

ANGELA HARTNETT: Yeah, it comes out yeah. It makes it very slightly soft.

LOUIS THEROUX: A bit of pepper. I mentioned that to Marco PierreWhite.

ANGELA HARTNETT: What did he say?

LOUIS THEROUX: I said, 'Put a bit of cheese on.' He's like, 'Cheese?! On a fish finger sandwich?!'

ANGELA HARTNETT: I don't know what he's talking about.

LOUIS THEROUX: Like I've blown his mind with my flavour combination.

ANGELA HARTNETT: [*laughs*]

LOUIS THEROUX: [*in a French accent*] ‘That has never been done before.’

NICK GRIMSHAW: [*laughs*]

ANGELA HARTNETT: [*laughs*]

LOUIS THEROUX: It works surprisingly well.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: What is your favourite form of potato?

LOUIS THEROUX: I like a roast potato.

NICK GRIMSHAW: Mm-hm.

LOUIS THEROUX: And, and, and you're going to parboil it, ah, put some, maybe even goose fat, but at the very least shake it.

ANGELA HARTNETT: Yeah, yeah, yeah.

LOUIS THEROUX: You know that thing shake it up in the pan?

ANGELA HARTNETT: Shake it, yeah.

NICK GRIMSHAW: Oh yeah you've got to do that.

LOUIS THEROUX: If you get it right-

NICK GRIMSHAW: Yeah.

LOUIS THEROUX: -it's gorgeous.

ANGELA HARTNETT: It's the best.

NICK GRIMSHAW: Nothing beats it, yeah.

ANGELA HARTNETT: What's your favourite herb?

LOUIS THEROUX: Favourite herb? It's such an inane question, isn't it?

ANGELA HARTNETT: [*laughs*]

LOUIS THEROUX: You know what I mean? Oh, fine. I like ba- fresh basil.

NICK GRIMSHAW: Basil yeah.

LOUIS THEROUX: Fresh basil.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: I do like coriander.

ANGELA HARTNETT: Mm.

LOUIS THEROUX: I mean, I like all the herbs.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Like all the herbs.

LOUIS THEROUX: I'm not a huge fan of the aniseed-y. I don't know what that food group is. The one that tastes a bit like liqorice.

ANGELA HARTNETT: Like fennel-y.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: And yeah okay.

LOUIS THEROUX: You know what I mean?

ANGELA HARTNETT: Dill, that sort of thing.

LOUIS THEROUX: Dill is alright on fish.

NICK GRIMSHAW: [*laughs*]

LOUIS THEROUX: But, what, that's not funny.

[*studio laughter*]

LOUIS THEROUX: He made a noise. Basil, um, Basal. Basail?

ANGELA HARTNETT: [*in an American accent*] Basil.

LOUIS THEROUX: They say ‘Basail; in America.

NICK GRIMSHAW: They do.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: But fresh Basil, when you pick it straight off the plant

NICK GRIMSHAW: Mm.

LOUIS THEROUX: It's quite different, isn't it?

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: It's like, 'Whoa!'

ANGELA HARTNETT: Whoa!

[*crew laughs*]

ANGELA HARTNETT: Blows your mind, that does.

LOUIS THEROUX: That does, doesn't it?

NICK GRIMSHAW: A hard-hitting question now. What's the best flavour of crisp, Louis Theroux?

LOUIS THEROUX: Um, salt and vinegar. That's easy. And that's correct.

NICK GRIMSHAW: I think that is correct.

[*crew laughs*]

LOUIS THEROUX: People who say like, ‘Oh ready salted.’ I'm like-

ANGELA HARTNETT: I say ready salted.

[*crew laughs*]

LOUIS THEROUX: Life is for living!

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Oh, come on. Have you not had a ready salted sandwich?

LOUIS THEROUX: What are you doing? You're just drifting your life away.

ANGELA HARTNETT: No, Louis, I disagree with you on every level.

NICK GRIMSHAW: There's nothing on there.

ANGELA HARTNETT: I would put ready salted crisps-

LOUIS THEROUX: Take her star away.

NICK GRIMSHAW: [*laughs*]

[*crew laughs*]

LOUIS THEROUX: That's it.

NICK GRIMSHAW: I think that's quite the chef-y choice though.

ANGELA HARTNETT: I would put the ready salted crisps in your fish finger sandwich.

LOUIS THEROUX: That's not a flavour.

ANGELA HARTNETT: Yeah- It's salted flavour. It's that savouriness in your mouth. Louis, I'm not going to fall out with you over crisps.

LOUIS THEROUX: Okay, fine.

ANGELA HARTNETT: I'm going to ask you about.

LOUIS THEROUX: I do think vinegar- It's one of the mysteries. As a traveller to America, one of the mysteries is that vinegar on chips, never really, they think that's weird.

NICK GRIMSHAW: Mm-hm

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: And to me, that's so fundamental.

NICK GRIMSHAW: Mm-hm. It's delicious. Fundamental.

ANGELA HARTNETT: Chips not crisps.

LOUIS THEROUX: Yeah, vinegar on chips and crisps.

ANGELA HARTNETT: What's your favourite dish from your childhood?

LOUIS THEROUX: I used to like, I mean, I wouldn't want it now.

ANGELA HARTNETT: No.

LOUIS THEROUX: But spaghetti hoops on toast.

ANGELA HARTNETT: Love spaghetti hoops.

LOUIS THEROUX: Do you remember?

ANGELA HARTNETT: I have that now.

LOUIS THEROUX: I don't even know if they have that.

ANGELA HARTNETT: They do!

LOUIS THEROUX: So weird.

ANGELA HARTNETT: And you put cheese on that.

LOUIS THEROUX: Really?!

ANGELA HARTNETT: Oh, yeah, love that.

LOUIS THEROUX: You wouldn't have that!

ANGELA HARTNETT: I have had that. Hangover cure.

NICK GRIMSHAW: Ooh yeah.

LOUIS THEROUX: Angela Hartnett-

ANGELA HARTNETT: Yeah!

LOUIS THEROUX: -Michelin starred chef, would have spaghetti hoops on toast.

ANGELA HARTNETT: With a crisp sandwich on the side.

LOUIS THEROUX: Really?!

ANGELA HARTNETT: [*laughs*]

[*crew laughs*]

NICK GRIMSHAW: And final question for you, Louis, what is your favourite kitchen utensil?

LOUIS THEROUX: Oh, that's a good question.

NICK GRIMSHAW: Thank you.

LOUIS THEROUX: I've got an answer for that.

NICK GRIMSHAW: You do?

ANGELA HARTNETT: Okay.

LOUIS THEROUX: That is a good question.

ANGELA HARTNETT: [*laughs*]

NICK GRIMSHAW: Thank you, Louis.

LOUIS THEROUX: Because obviously, these are like- Your knives are important, sp- you know slotted spoon. I think a pair of tongs.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Crowd pleaser.

[*crew makes approval noises*]

ANGELA HARTNETT: Approval from the audience there.

LOUIS THEROUX: Because, I'll give an honourable mention to scissors.

NICK GRIMSHAW: Mm-hm.

[*crew laughs*]

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: What is that weird?

ANGELA HARTNETT: [*laughs*]

LOUIS THEROUX: Because, like- When you're doing a bolognese, you're like, Oh, that needs breaking up. Scissor, snipp, snipp, snipp, snipp-

ANGELA HARTNETT: Yeah, yeah, yeah.

LOUIS THEROUX: -break up the meat. But tongs where it's like, you just need a tongs. We're turning over a steak. Or it's like having extended fingers.

[*studio laughter*]

LOUIS THEROUX: You know the concept of a tong, right?

ANGELA HARTNETT: Edward Scissorhands, you're there with uh-

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: It's like you can pick things up at a distance.

NICK GRIMSHAW: Yes.

[*crew laughter*]

ANGELA HARTNETT: Yes, yes, safety! Safety!

LOUIS THEROUX: It's like an, almost magical. It's like a magical implement.

ANGELA HARTNETT: I use a spoon.

LOUIS THEROUX: What's the right answer? What else would you say? Like, ‘Oh, I like knives.’ Well, obviously, knives.

ANGELA HARTNETT: You could like knives. No, but I like a grate- I like a microplane.

NICK GRIMSHAW: Like a microplane.

LOUIS THEROUX: I don't even know what that is.

ANGELA HARTNETT: Ah, there may be one in your goodie bag.

NICK GRIMSHAW: I don't know about garlic press.

ANGELA HARTNETT: No, I don't like.

LOUIS THEROUX: No.

ANGELA HARTNETT: I don't need one.

LOUIS THEROUX: They're not. They're very flawed because, like, 10% of the garlic stays in the press.

ANGELA HARTNETT: It's rubbish.

LOUIS THEROUX: Plus, the time you save on chopping it, you lose by having to clean it.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: Right?

NICK GRIMSHAW: Yeah, absolutely.

ANGELA HARTNETT: Much better to chop.

NICK GRIMSHAW: Get rid of it.

LOUIS THEROUX: I heard this is terrible gossip. I'm going to share it.

NICK GRIMSHAW: Please.

LOUIS THEROUX: Someone who worked with him said that Jamie- I bought a Jamie Oliver garlic press.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: I don't know why. I just bought one. This was about 10, 15 years ago. Then a friend of mine in TV land who said he worked with Jamie, he says, ‘Oh, Jamie never uses a garlic press. He doesn't believe in them.’ I'm like, ‘I just bought a Jamie Oliver garlic press.’

NICK GRIMSHAW: Garlic press.

ANGELA HARTNETT: Wow.

[*crew laughs*]

LOUIS THEROUX: I've been cheated.

ANGELA HARTNETT: Yes, you have.

LOUIS THEROUX: That's pretty cynical.

NICK GRIMSHAW: Yeah. Unbelievable.

LOUIS THEROUX: [*laughs*]

NICK GRIMSHAW: Putting his name on anything.

ANGELA HARTNETT: Shameful.

[theme music plays]

NICK GRIMSHAW: Uh, Louis, we come to the end of the show question. It is in this gold envelope. Uh, we have a Waitrose goodie bag here.

ANGELA HARTNETT: Oooh!

LOUIS THEROUX: Wow.

NICK GRIMSHAW: For your chance to win that.

ANGELA HARTNETT: Prizes.

LOUIS THEROUX: That's going to be tricky on the bike.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Very tricky on the bike.

ANGELA HARTNETT: We're going to send it to you.

NICK GRIMSHAW: You might not want to win it. Um, all you got to do is answer the question in this envelope, Louis. Yeah.

LOUIS THEROUX: I'm feeling so full right now.

[*crew laughter*]

NICK GRIMSHAW: I feel really full. I feel a bit Christmas day.

LOUIS THEROUX: I feel really- Oh my God, I'm so full. End of show question written by the crew. Please read out loud.

NICK GRIMSHAW: Please.

LOUIS THEROUX: 'Hi, Louis. Thank you so much for coming on Dish. That was perfection.' Meaningless because this was obviously written before I was on Dish.

NICK GRIMSHAW: They knew, though, they knew.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: ‘To win the Waitrose goodie bag, all you need to do is help us with the narration of this episode with your unmatchable voiceover skills.’

NICK GRIMSHAW: Mm.

LOUIS THEROUX: That second Paloma is kicking in.

[*crew laughter*]

LOUIS THEROUX: ‘Nick and Angela have your script ready and prepared. Thanks, Team Dish.’

NICK GRIMSHAW: So, we're going to hand you this bit of script now, and then we're going to edit together, I don't know, Angela, by a pan, and make it feel like we're doing a hard-hitting, Louis Theroux documentary.

LOUIS THEROUX: I like it. I like it.

NICK GRIMSHAW: Okay.

LOUIS THEROUX: And if I do it well, I get the goodie bag?

NICK GRIMSHAW: You do.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: But what if I don't do it well?

NICK GRIMSHAW: You get the goodie bag.

ANGELA HARTNETT: Yeah. [*laughs*]

NICK GRIMSHAW: Yeah. [*laughs*]

LOUIS THEROUX: Ready?

[Documentary Music Plays]

LOUIS THEROUX: 'I'd arranged a visit to the Dish Studio in an effort to understand the motivations and techniques of Michelin star chef Angela Hartnett, OBE MBE, and her podcast co-presenter, Nick Grimshaw, No-BE. From the moment I arrived, I felt a sense that I was being watched. It was an interesting formula, food and chat, in the guise of entertainment, which was cutting through to a large audience of impressionable home cooks. I was keen to understand Nick a little better. However, I could tell he was about to fill our time by asking me questions about my own cooking skills. I learned a lot from my time with Nick and Angela, but in leaving the Dish Studio, I was mainly struck by its power to feed as well as entertain. I was treated with kindness and warmth and left with a full stomach of tequila, ribs, and crumble, all the while holding tightly to the goodie bag I'd just won.'

NICK GRIMSHAW: Yes, Louis.

ANGELA HARTNETT: Yeah.

[*studio applause and cheers*]

NICK GRIMSHAW: Ah, Louis.

LOUIS THEROUX: That was actually.

ANGELA HARTNETT: Thank you so much.

LOUIS THEROUX: I need this person as my ghost writer.

[*studio laughter*]

LOUIS THEROUX: Someone studied my, my, voiceover quite closely.

ANGELA HARTNETT: Yeah, yeah.

NICK GRIMSHAW: That was good.

ANGELA HARTNETT: That was really good.

LOUIS THEROUX: Someone studied my voiceover quite closely.

ANGELA HARTNETT: Yeah.

LOUIS THEROUX: But mainly, those used all the tropes. God, is it that easy?

[*studio laughter*]

LOUIS THEROUX: It makes me feel like-

NICK GRIMSHAW: Um, Louis, thank you so much.

ANGELA HARTNETT: Thank you so much.

LOUIS THEROUX: Thank you so much for having me.

NICK GRIMSHAW: That was so fun.

ANGELA HARTNETT: That was so brilliant thank you.

LOUIS THEROUX: That was awesome. That was delicious.

NICK GRIMSHAW: It was so nice to hang out.

ANGELA HARTNETT: Thank you. You were fantastic.

NICK GRIMSHAW: Thank you. Make sure you watch Louis' brand new show on Netflix right now.

[*theme music begins to play*]

NICK GRIMSHAW: Louis, thank you. Louis Theroux, everybody.

[*studio applause and cheers*]

LOUIS THEROUX: Thank you very much.

ANGELA HARTNETT: Woo!

NICK GRIMSHAW: Thank you, Louis.

ANGELA HARTNETT: Thank you, Louis.

NICK GRIMSHAW: Oh, I love that, Louis.

LOUIS THEROUX: That was great. Thank you very much. That was fun.

ANGELA HARTNETT: You were fabulous!

[*theme music 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 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.