

Title



[theme music plays]

ANGELA HARTNETT: Coming up on Dish

NICK GRIMSHAW: With Rob Beckett. Obviously, you're gonna tell us what happens at the end of Traitors.

ROB BECKETT: Absolutely.

NICK GRIMSHAW: That's coming up, guys. That's an exclusive.

ROB BECKETT: *[laughs]* My 5-year-old come out to tell her squirrel joke-

NICK GRIMSHAW: Uh-huh.

ROB BECKETT: -which is, why do squirrels swim on their back? To keep their nuts dry.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: That's good.

ROB BECKETT: A little bit of fun.

NICK GRIMSHAW: It's good, a little bit of fun.

ROB BECKETT: A bit fun. A bit naughty, but yeah.

NICK GRIMSHAW: A little bit of fun.

ANGELA HARTNETT: Yeah, yeah, yeah.

ROB BECKETT: Someone shouted "*Get on with it.*"

NICK GRIMSHAW: *[laughs]*

ANGELA HARTNETT: No!

NICK GRIMSHAW: No!

ROB BECKETT: South East London at the homecoming gig.

NICK GRIMSHAW: No.

ANGELA HARTNETT: Yeah.

ROB BECKETT: Bromley's brutal.

ANGELA HARTNETT: He said he brines the chicken overnight in 5% brine.

ROB BECKETT: Right, I'm already out. What's that?

[crew laughs]

NICK GRIMSHAW: *[laughs]*

ROB BECKETT: I am not brining a chicken overnight.

ANGELA HARTNETT: Well you need to put it-

ROB BECKETT: What am I, some sort of serial killer?

[everyone laughs]

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

[theme music ends]

NICK GRIMSHAW: Hello and welcome to Dish from Waitrose. I am Nick Grimshaw.

ANGELA HARTNETT: And I'm Angela Hartnett.

NICK GRIMSHAW: And today on Dish, we are gonna welcome Rob Beckett.

ANGELA HARTNETT: We are!

NICK GRIMSHAW: I'm ready for Rob Beckett.

ANGELA HARTNETT: Love Rob.

NICK GRIMSHAW: I really like him.

ANGELA HARTNETT: He's very funny.

NICK GRIMSHAW: He's very good at his many, many jobs.

ANGELA HARTNETT: He has loads of jobs.

NICK GRIMSHAW: Loads of jobs.

ANGELA HARTNETT: He's always on tv.

NICK GRIMSHAW: Him and Romesh.

ANGELA HARTNETT: He's always on TV, that one.

NICK GRIMSHAW: But thankfully, I'm glad he is.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: I think him and Romesh are good because, and a lot of comedians are like this, like they're actually funny people-

ANGELA HARTNETT: Yeah, yeah.

NICK GRIMSHAW: -on and off air.

ANGELA HARTNETT: Yes, very true.

NICK GRIMSHAW: As sometimes you meet a comedian a bit weird off air.

ANGELA HARTNETT: Very dour.

NICK GRIMSHAW: Yeah, a bit dour, a bit weird.

ANGELA HARTNETT: Yeah, yeah.

NICK GRIMSHAW: Whereas I feel like they are funny people who became comedians.

ANGELA HARTNETT: They genuinely are. I liked it when they did the BAFTAs. I thought they were a good duo.

NICK GRIMSHAW: Same. So good.

ANGELA HARTNETT: They were good. Yeah.

NICK GRIMSHAW: And you've worked with Rob.

ANGELA HARTNETT: So yeah, it was called *Rob and Romesh Versus* when they compete against each other. And it was myself and Tom Kerridge-

NICK GRIMSHAW: Oh yeah.

ANGELA HARTNETT: -and we were there to judge their cooking.

NICK GRIMSHAW: Oh yeah.

ANGELA HARTNETT: It was that time that I was with DJ Yoda in Romesh's front room.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Me, Tom, Romesh, and Rob. It was quite, quite a day.

NICK GRIMSHAW: Quite an afternoon, that.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Quite a gang, really.

ANGELA HARTNETT: It was quite a weird one.

NICK GRIMSHAW: Quite a gang, really.

ANGELA HARTNETT: I've never quite forgotten-

NICK GRIMSHAW: No.

ANGELA HARTNETT: -or recovered from it. But anyway.

NICK GRIMSHAW: Um, well, we have him here, Rob-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: -to talk about his, uh, new show, new series of *Tempting Fortune*.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Which is such a good and such a cruel concept-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -where you're sort of stuck on an island-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -or stuck in the middle of nowhere, um, and you're sort of given the prize pot at the beginning-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: -and then there's a various array of temptations.

ANGELA HARTNETT: Lord of the Flies, all of it happening.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: But with like delicious burgers.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: That could ruin your relationship with your fellow people-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: -on the show.

ANGELA HARTNETT: Yeah, it's series 3, isn't it?

NICK GRIMSHAW: Series 3, yeah.

ANGELA HARTNETT: He's presenting, yeah.

NICK GRIMSHAW: Um, so we need to talk about that. We also need to talk about the fact that he's been on this massive tour.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Rob's been on a huge tour. And also-

ANGELA HARTNETT: He's on at the moment... *[in an ominous voice]*
'Traitors'

NICK GRIMSHAW: He's on at the moment on Traitors.

ANGELA HARTNETT: He won't be able to say anything though-

NICK GRIMSHAW: No.

ANGELA HARTNETT: We're not allowed.

NICK GRIMSHAW: -because we're recording this before Traitors goes out-

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: -so we won't be able to say anything about Traitors.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: There's no point even asking. We will.

ANGELA HARTNETT: Of course.

NICK GRIMSHAW: But he definitely can't say anything.

ANGELA HARTNETT: Not allowed to.

NICK GRIMSHAW: No. Why were we chatting yesterday? Because we were texting yesterday.

ANGELA HARTNETT: You text me one of your hiya-

[crew laughs]

ANGELA HARTNETT: -texts that you do.

NICK GRIMSHAW: Right? What's wrong with that?

ANGELA HARTNETT: Nothing, but they, um, and then, uh—

NICK GRIMSHAW: Oh, oh, and then, yeah, I said... Yeah, I did actually say it. Hiya!

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Um, and you said you were down at Lime Wood-

ANGELA HARTNETT: Oh yes.

NICK GRIMSHAW: -walking the dogs in the forest. Do you know the place-

ANGELA HARTNETT: Where we met.

NICK GRIMSHAW: -where we met?

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: What were you doing down there? Just having a little reminisce?

ANGELA HARTNETT: No, we've just, we've just, uh, launched this new forest cottage-

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: -which is this 5-bedroomed house on the edge of Lime Wood. So it's brand new. We launched it last night. We had 8 people— no, 10 people staying.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: And Luke and I cooked for them that night.

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: So we cooked this lovely dinner, lovely wines.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: We had Jess do the service and Dan was doing the wines. It was great.

NICK GRIMSHAW: Oh, nice. Were you-

ANGELA HARTNETT: You should come to it.

NICK GRIMSHAW: Uh, hello.

ANGELA HARTNETT: 10-bedroom-

NICK GRIMSHAW: I would love to come please.

ANGELA HARTNETT: -5-bedroom house. Yeah.

NICK GRIMSHAW: Please.

ANGELA HARTNETT: That's it, love it.

NICK GRIMSHAW: Desperate to go. We're reminiscing about the beautiful time. Did you enjoy my Carpenters sing-along that I sent back to you?

ANGELA HARTNETT: I did see that afterwards, yeah.

NICK GRIMSHAW: Because you said that you were down in Lime Wood, the place where we met.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: So I said— I, I wrote loads of lyrics down of *[sings] loving-*

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: *-you is easy 'cause-*

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: *-you're beautiful.* And then Angela didn't reply.

ANGELA HARTNETT: I didn't reply.

[crew laughs]

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: So then I did a separate one a little while later going, *[sings] ooooooh.*

ANGELA HARTNETT: And I still ignored him.

NICK GRIMSHAW: And then 35 minutes, I wrote, *[sings] aahhhhh.* Still didn't reply.

[crew laughs]

NICK GRIMSHAW: No reply. I guess you were busy cooking.

ANGELA HARTNETT: I was getting to it then.

NICK GRIMSHAW: You were cooking.

ANGELA HARTNETT: I finished my walk by then.

NICK GRIMSHAW: Yeah you were cooking.

ANGELA HARTNETT: I was in the kitchen. We were getting ready, you know.

NICK GRIMSHAW: Hey, before we get Rob in.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Why don't we talk about a star ingredient, something you're going to use today?

ANGELA HARTNETT: I know.

NICK GRIMSHAW: Which I, I'd never imagine you using.

ANGELA HARTNETT: Yes, I wouldn't-

NICK GRIMSHAW: No.

ANGELA HARTNETT: -but it works in this recipe.

NICK GRIMSHAW: So we're going to talk about cottage cheese.

ANGELA HARTNETT: Indeed.

NICK GRIMSHAW: Because I feel like-

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: -there's certain things that go like in and out of fashion, don't you think?

ANGELA HARTNETT: Yeah, it's back in at the moment.

NICK GRIMSHAW: And now everyone won't shut up about it.

ANGELA HARTNETT: Protein, you see, everyone's obsessed by protein.

NICK GRIMSHAW: Protein. Everyone's obsessed with bloody protein.

ANGELA HARTNETT: As is Rob, and Rob wants, you know, protein in his diet-

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: -and this is the way of doing it.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: So we're cooking, we're making this pasta dish.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: And normally you would put mascarpone in it, but we are going to substitute that for cottage cheese and it has the same effect.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: It will blend to do this lovely creamy sauce and be delicious and you get your protein into your dish.

NICK GRIMSHAW: I actually had some the other day because I was trying—because you and Rob Brydon-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -when we did Dish, were talking about spikes.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Do you remember Rob Brydon was talking about spikes?

ANGELA HARTNETT: Oh yeah, yeah, yeah.

NICK GRIMSHAW: And not waking up and having something sweet.

ANGELA HARTNETT: No, no.

NICK GRIMSHAW: Not having like fruit.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: I was like, fruit? And Rob said, *'Oh, you can't have the spikes.'*

ANGELA HARTNETT: It's the sugar. Yeah.

NICK GRIMSHAW: It's the sugar.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Does that sound like him?

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Um, and, and he said that ages you.

ANGELA HARTNETT: Yeah, oh.

NICK GRIMSHAW: Spikes age you.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Right?

ANGELA HARTNETT: You don't want that, Nick.

NICK GRIMSHAW: No. So I've started having in the morning-

ANGELA HARTNETT: Savoury.

NICK GRIMSHAW: -savoury.

ANGELA HARTNETT: Oh.

NICK GRIMSHAW: So I have some cottage cheese-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -some cucumber, and a chicken bone broth.

ANGELA HARTNETT: Granola's going out, isn't it? It's out.

NICK GRIMSHAW: Granola's out babe.

ANGELA HARTNETT: It's out.

NICK GRIMSHAW: She's gone.

ANGELA HARTNETT: She's gone.

NICK GRIMSHAW: She is gone.

ANGELA HARTNETT: Poached fruits. Out.

NICK GRIMSHAW: Out.

ANGELA HARTNETT: Smoothies, done.

NICK GRIMSHAW: Out.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Gone. Well, we actually have a listener question that works now, actually-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -since we are talking about the riveting-

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: -topic of cottage cheese.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Kirsty says, good morning.

ANGELA HARTNETT: Good morning, Kirsty.

NICK GRIMSHAW: Hello, I hope you are well. I just wanted to share probably the most random place to listen to Dish, and that is in the gym whilst doing a workout.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: There is something motivating about listening to Nick and Angela and then participating in the quickfire round to reward myself-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -with such food items upon returning. But what is the easiest nutritious meal to have after a workout in the morning?

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: I think another scrambled egg may send me over the edge. Um, that is from Kirsty, who also says, '*Up the Gunners!*'.

ANGELA HARTNETT: Good one Kirsty.

NICK GRIMSHAW: Um, but yeah, eggs. Because if you are trying to do gym business-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -and you're trying to be healthy, nutritious-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -everyone's like eggs, eggs, eggs.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: I hit... Like Kirsty, like egg fatigue.

ANGELA HARTNETT: Yeah. So I do cottage cheese with tuna.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: And cucumber or avocado.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: So that's protein.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: And you've got the benefit of the oily fish. But I couldn't have that straight away.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: It's sort of like a late breakfast, early lunch-

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: -rather.

NICK GRIMSHAW: After the gym, maybe.

ANGELA HARTNETT: Yeah. After the gym.

NICK GRIMSHAW: Just after the gym.

ANGELA HARTNETT: You could do that.

NICK GRIMSHAW: Could do that then.

ANGELA HARTNETT: But yeah, but the oily fish I like 'cause the tuna stuff, and you could have sardines or something like that.

NICK GRIMSHAW: Yeah sardines.

ANGELA HARTNETT: And it's easy if it's after the gym, take it with you. It's all done.

NICK GRIMSHAW: All done.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Easy.

ANGELA HARTNETT: Yeah, don't have to worry about it.

NICK GRIMSHAW: Get it down-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -and your car will smell amazing.

ANGELA HARTNETT: Yes.

[crew laughs]

NICK GRIMSHAW: As well.

ANGELA HARTNETT: And your breath, you'll be fine.

NICK GRIMSHAW: If you want to put a question to Angela— Or me.

ANGELA HARTNETT: Or you.

NICK GRIMSHAW: You can email us dish@waitrose.co.uk. Right, shall we get Rob Beckett in?

ANGELA HARTNETT: Yes, let's do it.

NICK GRIMSHAW: Let's do it.

[theme music plays]

[cheering and applause]

ROB BECKETT: Oh, thank you. Hello.

ANGELA HARTNETT: Hi, how are you?

NICK GRIMSHAW: Welcome. How are you?

ROB BECKETT: Good.

ANGELA HARTNETT: Hey, Rob, how are you?

ROB BECKETT: Good to see you. Thanks for having me.

NICK GRIMSHAW: Oh my God, of course.

ANGELA HARTNETT: Pleasure.

ROB BECKETT: You all right?

ANGELA HARTNETT: Good. We've been trying to get you on forever.

ROB BECKETT: Well, I know, thank you very much.

NICK GRIMSHAW: Well.

ROB BECKETT: I mean, it's a big thing, this, isn't it?

NICK GRIMSHAW: What, this? This?

ANGELA HARTNETT: *[laughs]*

ROB BECKETT: I mean, I've seen the clips. I thought it was you two having a chat in a front room, but we're in—

NICK GRIMSHAW: No.

ROB BECKETT: For the people that don't know, you basically— There's 32 people here.

NICK GRIMSHAW: Yeah.

[everyone laughs]

ROB BECKETT: You arrive at a motorised gate that looks like I'm visiting a cousin in prison.

[everyone laughs]

ROB BECKETT: Then we come here, there's this new bit. I didn't know that happened.

NICK GRIMSHAW: Yeah, this happens.

ROB BECKETT: We chat like this.

ANGELA HARTNETT: Yeah.

ROB BECKETT: Then we sit down for the middle-class interrogation.

NICK GRIMSHAW: Yeah, that's it.

[everyone laughs]

NICK GRIMSHAW: Yeah, that's it.

ROB BECKETT: I'm pumped and ready to go.

NICK GRIMSHAW: Let's do it. Come on.

ANGELA HARTNETT: Let's get you down.

ROB BECKETT: I was like now already?

NICK GRIMSHAW: Yeah, yeah, yeah.

ANGELA HARTNETT: Yeah, come in yeah.

NICK GRIMSHAW: Sit down, yeah.

ROB BECKETT: Have we started now?

ANGELA HARTNETT: No, no, we're waiting for Nick.

NICK GRIMSHAW: Yeah, this is it.

ROB BECKETT: It's really unsettling. You never know when it's happening, do you? 'Cause I've got a career-ending quip in me.

ANGELA HARTNETT: Oh. *[laughs]*

[crew laughs]

ROB BECKETT: So I need to be aware at all times-

NICK GRIMSHAW: Get it out now.

ANGELA HARTNETT: Oh yeah.

ROB BECKETT: -of what's going on.

[theme music plays]

NICK GRIMSHAW: We should formally welcome our guest, Angela.

ANGELA HARTNETT: We should.

NICK GRIMSHAW: We have a comedian, a presenter, a podcaster who we've wanted on Dish since the very beginning.

ANGELA HARTNETT: Since day one.

NICK GRIMSHAW: Since day one.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Truly since day one. And why now, you ask? Well, now he's got a TV show to promote.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Rob Beckett is here everyone.

[cheering and applause]

ROB BECKETT: Hi.

NICK GRIMSHAW: Hi, Rob.

ANGELA HARTNETT: Hi, Rob. Hey, Rob. How are you?

NICK GRIMSHAW: True story, true story. We have wanted you since— we weirdly had a production meeting on a barge.

ANGELA HARTNETT: Mm.

ROB BECKETT: Yeah.

NICK GRIMSHAW: And we— I can't remember why we were on a barge, but we were.

ANGELA HARTNETT: It's where we had the photos done.

NICK GRIMSHAW: Oh, that's right. We had the photos done. And we were like, who do you want on? And we'd had a list, and Rob Beckett was on.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And a mere 4 and a half years later—

ANGELA HARTNETT: 4 and a half years later.

ROB BECKETT: It's happened.

NICK GRIMSHAW: He arrived.

ANGELA HARTNETT: Finally.

ROB BECKETT: Well, I, I, I love you guys.

NICK GRIMSHAW: Right.

ANGELA HARTNETT: Aw.

ROB BECKETT: And this is fun. But-

NICK GRIMSHAW: But.

ROB BECKETT: -no offence-

NICK GRIMSHAW: Yeah.

ROB BECKETT: -it's not better than doing nothing.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Nothing's brilliant.

ROB BECKETT: Do you know what I mean?

NICK GRIMSHAW: Oh.

ROB BECKETT: And I'm quite busy-

NICK GRIMSHAW: Uh-huh.

ROB BECKETT: -I've got kids-

ANGELA HARTNETT: Yeah.

ROB BECKETT: -and it's like, it's North London, I live in South East London.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

ROB BECKETT: It's like, I'm sure it will be great, but if the other option is *[bleep]* all-

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Do that.

ROB BECKETT: Exactly. But I'm here and I'm gonna love it-

NICK GRIMSHAW: Yeah.

ROB BECKETT: -and I'm full beans-

NICK GRIMSHAW: *[laughs]*

ROB BECKETT: -I'm ready to go. But you know what I mean? You've gotta weigh it up.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: You've gotta have those days and other things.

ANGELA HARTNETT: Yeah, fair enough.

NICK GRIMSHAW: You were also early, which I loved.

ROB BECKETT: Yes, I was.

NICK GRIMSHAW: Love that.

ROB BECKETT: 'Cause I basically, I had to drop the kids at school, but that was like half 8.

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: Mm.

ROB BECKETT: Actually, it's really bogged you down with logistics.

NICK GRIMSHAW: Yeah, no we want.

ANGELA HARTNETT: Yeah.

ROB BECKETT: So I got the train up, went to a weird German breakfast place-

NICK GRIMSHAW: Yeah.

ROB BECKETT: -by St. Pancras, and then-

ANGELA HARTNETT: Okay.

ROB BECKETT: -had a little walk up-

ANGELA HARTNETT: Okay.

ROB BECKETT: -through Coal Drops Yard.

ANGELA HARTNETT: Oh.

NICK GRIMSHAW: Delicious.

ROB BECKETT: I don't want to give everyone the full, you know.

NICK GRIMSHAW: Full address.

ANGELA HARTNETT: *[laughs]*

ROB BECKETT: Longitude and latitude.

NICK GRIMSHAW: Yeah.

ROB BECKETT: I was— I'm normally early. I'm quite, you know—

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: You're a punctual-

ROB BECKETT: Polite.

ANGELA HARTNETT: -person.

NICK GRIMSHAW: Very punctual person-

ANGELA HARTNETT: Yeah. very good.

NICK GRIMSHAW: -yeah. Now we're starting with your favourite beverage.

ROB BECKETT: Yeah.

NICK GRIMSHAW: A Robinson's Cordial. First time it's been on.

ANGELA HARTNETT: Cheers.

NICK GRIMSHAW: Cheers.

ROB BECKETT: No one's ever picked it?

NICK GRIMSHAW: No one's ever picked a Cordial.

ANGELA HARTNETT: No.

NICK GRIMSHAW: Have they, Ange?

ROB BECKETT: No, I like-

ANGELA HARTNETT: No.

ROB BECKETT: Do you like the squash? What do you have then if you want to be refreshed?

NICK GRIMSHAW: Water.

ANGELA HARTNETT: Water, yeah.

[crew laughs]

NICK GRIMSHAW: I would never have a squash, but you know what?

ANGELA HARTNETT: No.

NICK GRIMSHAW: It's delicious that.

ROB BECKETT: It's so much nicer-

ANGELA HARTNETT: It's quite nice.

ROB BECKETT: -than the taste of your own mouth.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah. *[laughs]*

[crew laughs]

NICK GRIMSHAW: 'Cause that was my life at school. I'd have that every day-

ROB BECKETT: I know.

ANGELA HARTNETT: Squash yeah.

NICK GRIMSHAW: -when I was at school, yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: At school, I'd have that every day.

ROB BECKETT: So, I'm still on the squash-

NICK GRIMSHAW: Yeah.

ROB BECKETT: -for a refreshing drink.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm-hm. We've paired it with, uh *[laughs]*-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: -this, which is a protein hit.

ROB BECKETT: Beef jerky.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Of beef jerky.

ROB BECKETT: Oh, nice.

NICK GRIMSHAW: Is this something you enjoy, Rob Beckett? We've heard it is.

ROB BECKETT: Well, I did used to eat it because it is tasty-

ANGELA HARTNETT: Right, yeah.

NICK GRIMSHAW: Mm-hm.

ROB BECKETT: -but I did get told that it's not good for your asshole.

ANGELA HARTNETT: Oh.

[crew laughs]

ROB BECKETT: I'm 40 as well. Let's face it, I'm 40.

NICK GRIMSHAW: Mm-hm.

ROB BECKETT: You can't really eat and drink what you want.

NICK GRIMSHAW: Mm-mm.

ROB BECKETT: It's any little thing that goes off, you're putting on weight.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Right

ROB BECKETT: You're tired. So, like, you know, and I've eased off the jerky, but I do like it.

ANGELA HARTNETT: Okay.

ROB BECKETT: I think it's now and again. If you have too much of that-

ANGELA HARTNETT: Yeah.

ROB BECKETT: -I think it can impact your colon. But eat up!

NICK GRIMSHAW: Every now and then.

[crew laughs]

ANGELA HARTNETT: Yeah.

ROB BECKETT: Get it down you.

NICK GRIMSHAW: Every now and then.

ROB BECKETT: Yeah.

NICK GRIMSHAW: Ay, we should start.

ROB BECKETT: It's nice.

NICK GRIMSHAW: Me and Rob out there were just talking about, um, something that you've got coming up, a rotisserie chicken-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -competition of sorts.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: That you've landed yourself in with a few people, with Tom Allen-

ANGELA HARTNETT: Yeah.

ROB BECKETT: Mm.

NICK GRIMSHAW: -and someone else?

ROB BECKETT: By the way, well done for elongating that question, as a 'tude.

NICK GRIMSHAW: Yeah.

ROB BECKETT: I could see that.

NICK GRIMSHAW: I'll do that.

ROB BECKETT: You're a professional.

ANGELA HARTNETT: He's very good.

NICK GRIMSHAW: I'll fill. Yeah.

ROB BECKETT: It's quite chewy.

NICK GRIMSHAW: The thing about chicken is—

ROB BECKETT: If you wanna add to that question-

NICK GRIMSHAW: Yeah.

ROB BECKETT: -while I get through this.

[crew laughs]

NICK GRIMSHAW: So, Rob's got this upcoming rotisserie chicken battle-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -and we thought what better way than to have-

[crew laughs]

NICK GRIMSHAW: -Rob ask you-

ANGELA HARTNETT: Ask me.

NICK GRIMSHAW: -Angela Hartnett, OBE, MBE-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: -about the rotisserie chicken so that he could succeed in doing so.

ANGELA HARTNETT: Well, to be fair, I heard about this earlier.

ROB BECKETT: I'm actually ready, but-

NICK GRIMSHAW: Alright.

ANGELA HARTNETT: You ready now?

NICK GRIMSHAW: *[laughs]*

ROB BECKETT: Well, no, so basically, my wife's obsessed with this rotisserie chicken-

ANGELA HARTNETT: Yeah.

ROB BECKETT: -that she had in Spain-

NICK GRIMSHAW: Mm-hm.

ROB BECKETT: -called Can Padres.

ANGELA HARTNETT: Yeah.

ROB BECKETT: It's sort of near Barcelona, a place called L'Escala near there. I don't know, she'll probably tell me off, but-

NICK GRIMSHAW: Mm-hm.

ROB BECKETT: -it's this place. It's all it is rotisserie chickens-

ANGELA HARTNETT: Yeah.

ROB BECKETT: -and chips.

ANGELA HARTNETT: Yeah.

ROB BECKETT: And there's like 20 machines. Constantly-

ANGELA HARTNETT: And all the chips are underneath the chicken, so all the fat goes on there. No?

ROB BECKETT: Well, no, I don't.

ANGELA HARTNETT: Oh okay.

ROB BECKETT: I don't. The chips aren't there.

ANGELA HARTNETT: Alright.

ROB BECKETT: They're separate and like fried-

ANGELA HARTNETT: Alright.

ROB BECKETT: -but still like nice chips.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

ROB BECKETT: But then the juice from the chicken is getting re-put over-

ANGELA HARTNETT: Right okay.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Yeah, yeah, yeah.

ROB BECKETT: -constantly-

ANGELA HARTNETT: Yeah.

ROB BECKETT: -and there's hundreds of them. Lou's, I'd say, palate is quite um, restricted. She's quite fussy.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Right.

ROB BECKETT: To the point when we did appear on Saturday Kitchen, they made all this beautiful food that I knew she thought was disgusting.

ANGELA HARTNETT: Yeah.

ROB BECKETT: So, I just said, look, I'll just hammer through it-

NICK GRIMSHAW: *[laughs]*

ROB BECKETT: -and eat your side of it.

[crew laughs]

ANGELA HARTNETT: Oh wow.

ROB BECKETT: And you don't have to eat it and then go, that was so good.

ANGELA HARTNETT: Yeah, yeah, yeah.

NICK GRIMSHAW: Yeah, yeah.

ROB BECKETT: Anyway, everyone watched and said that I was being really rude and eating my wife's dinner.

NICK GRIMSHAW: Oh.

[crew laughs]

ANGELA HARTNETT: Couldn't win.

ROB BECKETT: Couldn't win.

ANGELA HARTNETT: Couldn't win there, couldn't win there.

ROB BECKETT: But she said it was the best chicken she'd ever had. And I thought she's talking nonsense-

ANGELA HARTNETT: Yeah.

ROB BECKETT: -'cause she's got the palate of a toddler.

ANGELA HARTNETT: Mm-hm.

NICK GRIMSHAW: *[laughs]*

ROB BECKETT: Got there, it was amazing.

ANGELA HARTNETT: Yeah.

ROB BECKETT: The best I've ever had.

ANGELA HARTNETT: Mm.

ROB BECKETT: And so, Tom Allen, friend-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm-hm.

ROB BECKETT: -grew up in the same area, used to go to the same part of Spain.

ANGELA HARTNETT: Right.

ROB BECKETT: He's had this chicken before.

ANGELA HARTNETT: Yeah.

ROB BECKETT: He likes making rotisserie chicken.

ANGELA HARTNETT: Mm.

ROB BECKETT: We love making rotisserie chicken. Our friends Jada and Lewis, they're into it. So, we're having a 3-way competition-

ANGELA HARTNETT: Wow.

ROB BECKETT: -to see who can make the best rotisserie-

NICK GRIMSHAW: Oh yes.

ROB BECKETT: -chicken and chips. And then we're all gonna do that and then see who wins.

NICK GRIMSHAW: Okay.

ANGELA HARTNETT: And who's judging it?

ROB BECKETT: Well, we, we've got our first one in a month.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

ROB BECKETT: At Jada's and Lewis's. And we're gonna work out the actual judging procedure.

ANGELA HARTNETT: Oh-

NICK GRIMSHAW: Right.

ANGELA HARTNETT: -wow.

ROB BECKETT: They're going first.

NICK GRIMSHAW: Okay.

ANGELA HARTNETT: Okay.

ROB BECKETT: So, Tom's got a Kamado Joe barbecue motorised spit.

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: Okay right.

ROB BECKETT: That he has to connect-

NICK GRIMSHAW: Uh-huh.

ROB BECKETT: -to in his garden with a slightly unsafe extension lead-

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: *[laughs]*

ROB BECKETT: -that runs for ages. And then I've bought a weird thing I got off Amazon, which is like an oven.

ANGELA HARTNETT: Right.

ROB BECKETT: That you like put the chicken in it.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: Yeah, okay, yeah.

ROB BECKETT: Like a chicken oven. It looks like it's on a kebab.

ANGELA HARTNETT: Yeah, yeah, yeah.

NICK GRIMSHAW: Yes.

ROB BECKETT: So, it's vertical, which I didn't— I wanted it horizontal.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

ROB BECKETT: That for me, aesthetically.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

ROB BECKETT: Vertical-

[crew laughs]

ROB BECKETT: -it looks like it's gonna come alive.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yes. Yeah.

ROB BECKETT: It looks like it's rearing up.

[crew laughs]

NICK GRIMSHAW: Yeah. Yeah. Back for more.

ROB BECKETT: So, I've been trying to do that. So, I think I've worked out with that machine how to cook it quite well.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Right, okay.

ROB BECKETT: I've got a thing that's like a clear, like sort of tube-

ANGELA HARTNETT: Yeah.

ROB BECKETT: -with a squeezezy little rubber on the end.

NICK GRIMSHAW: Oh yeah.

ANGELA HARTNETT: Okay you're going to baste with that.

ROB BECKETT: Press that and then it sucks up-

NICK GRIMSHAW: Yeah.

ROB BECKETT: -and then you squeeze it over the top.

ANGELA HARTNETT: Juices.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah, okay. That's all good.

ROB BECKETT: So, I've got that.

ANGELA HARTNETT: That's your good baster.

ROB BECKETT: But I don't know what to put on it seasoning-wise.

ANGELA HARTNETT: Okay.

NICK GRIMSHAW: Yeah, how do we level it up?

ROB BECKETT: That's whole another level.

ANGELA HARTNETT: Well, so I did—

NICK GRIMSHAW: 'Cause Tom Allen's a good cook, isn't he?

ANGELA HARTNETT: Is he?

ROB BECKETT: He's very good.

NICK GRIMSHAW: Yeah.

ROB BECKETT: Jada and Lewis are amazing as well.

ANGELA HARTNETT: He's not gonna beat my mate, James. So-

NICK GRIMSHAW: Okay.

ANGELA HARTNETT: -I went to the chicken expert.

NICK GRIMSHAW: Okay.

ANGELA HARTNETT: So, James Ferguson.

ROB BECKETT: The Colonel?

ANGELA HARTNETT: The Colonel.

[crew laughs]

ANGELA HARTNETT: He's not the Colonel. But no-

NICK GRIMSHAW: Do you know the Colonel?

ANGELA HARTNETT: He does better chicken burgers than the Colonel.

NICK GRIMSHAW: No, way.

ROB BECKETT: Does he?

ANGELA HARTNETT: So, my friend James runs this place up in Scotland, The Kinneuchar Inn. He does on bank holiday Mondays-

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: -he does chicken burgers. And I kid you not, there's 300 people in this tiny village in Scotland round the block-

NICK GRIMSHAW: Wow.

ANGELA HARTNETT: -queuing for these burgers. So, he needs it. Now on a Sunday he also does rotisserie chicken.

NICK GRIMSHAW: Alright.

ROB BECKETT: Right.

ANGELA HARTNETT: So, when I heard this, I said, James, gimme your notes on rotisserie chicken.

NICK GRIMSHAW: Okay.

ROB BECKETT: Okay.

ANGELA HARTNETT: So here you go, Rob Beckett. He said he brines the chicken overnight in 5% brine.

ROB BECKETT: Right, I'm already out. What's next?

[everyone laughs]

ANGELA HARTNETT: You know how to brine a chicken.

ROB BECKETT: Look, I'm sorry, James. I am not.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Come on.

ROB BECKETT: I am not.

NICK GRIMSHAW: *[laughs]*

ROB BECKETT: I am not brining a chicken overnight.

ANGELA HARTNETT: Well, you need to put it-

ROB BECKETT: What am I, some sort of serial killer?

[everyone laughs]

ROB BECKETT: What is that? What does that mean?

ANGELA HARTNETT: All you've got to do-

NICK GRIMSHAW: Salt water, no?

ANGELA HARTNETT: -is put it in some salt water, yeah-

NICK GRIMSHAW: In 5% what?

ANGELA HARTNETT: -with some spices.

ROB BECKETT: Brine.

ANGELA HARTNETT: So, it's basically 5% of the weight of whatever your chicken's going to be.

ROB BECKETT: So, it's not just salty water, is it? There's spices.

ANGELA HARTNETT: Well, it is.

ROB BECKETT: I've got to do percentages here.

ANGELA HARTNETT: All right, you can ignore the brine if you don't want to do the brine.

ROB BECKETT: 5% of the weight of the chicken's got to be water.

ANGELA HARTNETT: All right, you wanted the flavour, didn't you?

NICK GRIMSHAW: Yeah.

ROB BECKETT: Yeah.

ANGELA HARTNETT: So, 1 part lemon, 4 parts olive oil, and a clove of crushed garlic. On the rotisserie, brush all over, season with salt flakes and pepper. Keep brushing it as it cooks until it's cooked through and then move it closer to the gas to get it crispy and sticky.

NICK GRIMSHAW: Ooh, have you got a chicken brush?

ANGELA HARTNETT: Now you're quiet, aren't you, Rob Beckett?

ROB BECKETT: Yeah, I am.

NICK GRIMSHAW: Yeah.

ROB BECKETT: I am, I'm just trying to process it.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Yeah.

ROB BECKETT: My head's still in the brine.

NICK GRIMSHAW: Yeah.

ROB BECKETT: I can't move it. That's one problem.

ANGELA HARTNETT: I can't move it closer. Yeah, okay.

ROB BECKETT: 'Cause it's stationary. But I get that. Maybe I'll just turn the heat up.

NICK GRIMSHAW: Yeah.

ROB BECKETT: Move the heat nearer to it. Yeah.

ANGELA HARTNETT: So maybe James anticipates you 'cause he says, if it's at home, for you at home-

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: -you can dry brine. So, no water.

ROB BECKETT: All right.

ANGELA HARTNETT: Just season the bird and leave on a rack overnight in the fridge.

ROB BECKETT: I'll dry brine.

ANGELA HARTNETT: There you go.

NICK GRIMSHAW: Dry brine.

ROB BECKETT: Dry brine. I'll give dry brine a go.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: There we go.

[crew laughs]

ROB BECKETT: But if I were to um, moisture- moist brine?

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Wet brine.

ANGELA HARTNETT: Wet brine, yeah.

[crew laughs]

ROB BECKETT: How would one do that? I get like a pot with water and salt?

ANGELA HARTNETT: Pot with water, submerge it in water and then depending, you weigh your chicken.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: So, say it's a kilo-

ROB BECKETT: Yeah.

ANGELA HARTNETT: -weight chicken, 5% of that will be the weight of salt you add to the water.

ROB BECKETT: Right.

ANGELA HARTNETT: And then you can add some cloves in there, some lemon in there, spices in there.

ROB BECKETT: So, 5% of the weight of the bird needs to be salt.

ANGELA HARTNETT: Yeah.

ROB BECKETT: Then on top of it with water and then chuck in spices.

ANGELA HARTNETT: Yeah, exactly.

ROB BECKETT: I heard white pepper's good.

ANGELA HARTNETT: Yeah, there you go.

ROB BECKETT: For Spanish chicken. 'Cause this is particularly, we're trying to get the Spanish one.

ANGELA HARTNETT: Okay, yeah.

ROB BECKETT: But I'm gonna give James's a go.

ANGELA HARTNETT: And then you could eat, yeah. So, you could put a little bit of chilli there if you dry brined it as well.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Things like that. Lemon.

NICK GRIMSHAW: Why would leaving it in salt water overnight make it tasty the next day? Because I guess all the salt will get into it.

ANGELA HARTNETT: Yeah, it's salt going into it and it's just basically helping moisturise, give moisture to it, and it's gonna tenderise.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: What you want is a delicious tender chicken.

ROB BECKETT: With crispy skin.

ANGELA HARTNETT: With crispy skin.

ROB BECKETT: Okay.

ANGELA HARTNETT: I will forward these to you, Rob, after.

ROB BECKETT: I cannot wait to tell someone I've been brining.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: You've been brining overnight.

ROB BECKETT: I had to quick brine.

ANGELA HARTNETT: Just brining.

ROB BECKETT: Yeah.

NICK GRIMSHAW: Just brining. I've been brining overnight.

ANGELA HARTNETT: Gotta go and cook.

NICK GRIMSHAW: Alright, then. Off she goes.

ANGELA HARTNETT: I know we're about to talk about things, but I need to—
pasta's in, it's ready.

NICK GRIMSHAW: Well, I was going to see if you wanted a little Arsenal
moment before we begun, because—

ROB BECKETT: Pardon?

NICK GRIMSHAW: A little Arsenal moment.

ROB BECKETT: Oh, Arsenal-

NICK GRIMSHAW: Arsenal moment.

ROB BECKETT: -right. Arsenal.

NICK GRIMSHAW: Arsenal.

[crew laugh]

NICK GRIMSHAW: Arsenal.

ROB BECKETT: Arsenal.

NICK GRIMSHAW: Because I love when Ange gets a fellow Arsenal fan on.

ROB BECKETT: Well, yeah, I'm an Arsenal fan. Also, I'm now doing a podcast called *Footballing Hell*.

NICK GRIMSHAW: Yes.

ROB BECKETT: Where me and Josh Widdicombe chat about football. If Angela wants to listen to that, we do laugh at Tottenham quite a lot-

NICK GRIMSHAW: Yeah.

ROB BECKETT: -because at the moment, at time of recording, they are losing-

NICK GRIMSHAW: Mm-hm.

ROB BECKETT: -a lot.

ANGELA HARTNETT: Who does Josh support? Is he-

ROB BECKETT: Plymouth.

ANGELA HARTNETT: Oh, Plymouth. Okay.

ROB BECKETT: Yeah. And that's always the reaction it gets.

[everyone laughs]

ROB BECKETT: Oh, you've just said somewhere I forgot existed. *[laughs]* Oh.

NICK GRIMSHAW: Oh, Plymouth!

ROB BECKETT: *[laughs]*

NICK GRIMSHAW: I love Josh.

ROB BECKETT: Josh is amazing.

NICK GRIMSHAW: He's so great. He is. Um, hey, we've, we've got a lot to talk about today.

ROB BECKETT: Mm-hm.

NICK GRIMSHAW: Obviously you're going to tell us what happens at the end of Traitors, but before-

ROB BECKETT: Absolutely.

NICK GRIMSHAW: -we get into that, that's coming up, guys. That's an exclusive.

ROB BECKETT: *[laughs]*

NICK GRIMSHAW: Uh, before we go in that, I love to do our food likes and dislikes of our guests.

ROB BECKETT: Okay.

NICK GRIMSHAW: So, starting with dislikes, you don't like liver. A bit of a Dish theme.

ROB BECKETT: I think, well, to be fair, it's got a weird consistency.

NICK GRIMSHAW: Yeah.

ROB BECKETT: The smell's not great. And then the way my dad cooked it was like loads of oil in a pan with like fat thick-cut bacon-

NICK GRIMSHAW: Mm-hm.

ROB BECKETT: -and it was just the smell, just penetrated the entire house. It's like haddock in a microwave.

NICK GRIMSHAW: Yeah. It's, yeah, yeah.

ROB BECKETT: There's certain things. My dad used to cook bacon in the microwave as well, so I can't go near, you know, that jelly fat bacon.

NICK GRIMSHAW: Mm-hm, mm-hm.

ANGELA HARTNETT: Yeah. And liver, liver and bacon's like—

NICK GRIMSHAW: Liver and bacon. No.

ROB BECKETT: But I can eat most stuff. I'm not really that fussy, but liver and bacon is— You know.

NICK GRIMSHAW: The other thing that we found, we found an article that you said you don't trust couscous.

ROB BECKETT: For me, it's sort of, it's just like, it sort of tastes like it's already been chewed.

NICK GRIMSHAW: Right.

[crew laughs]

ROB BECKETT: You know what I mean? It's like someone's had a go on some rice.

NICK GRIMSHAW: Yeah, right. *[laughs]*

ROB BECKETT: And gone, bleh.

[crew laughs]

ROB BECKETT: And then you're eating it. You know what I mean? It feels like it's been around the block once already.

NICK GRIMSHAW: Yeah, I know what you mean. I quite like that about it.

ROB BECKETT: Do you?

NICK GRIMSHAW: Yeah.

ROB BECKETT: No, it's not for me actually.

NICK GRIMSHAW: We also know from your autobiography that you're not a fan of jellied eels.

ROB BECKETT: No, I mean, I like stewed eels. They're quite tasty-

NICK GRIMSHAW: Yeah.

ROB BECKETT: -with pie mash, but the jellied eels, I just think it's just, it's too much.

NICK GRIMSHAW: Mm-hm.

ROB BECKETT: And I've got a real issue with regional delicacies.

NICK GRIMSHAW: Right.

ROB BECKETT: Because essentially, they're just stuff that's not quite good enough to be a national dish.

NICK GRIMSHAW: *[laughs]* Right, yeah, yeah, yeah, it's just stuck there.

ROB BECKETT: It's stuck there-

NICK GRIMSHAW: Yeah.

ROB BECKETT: -in the region, pretending. And like, from your area- Now, this gets me in a lot of trouble.

NICK GRIMSHAW: Mm-hm.

ROB BECKETT: The Eccles cake.

NICK GRIMSHAW: Yes.

ROB BECKETT: That sort of broke through. It's a regional delicacy that flirts with national dish.

NICK GRIMSHAW: Yeah, yeah, yeah, yeah.

ROB BECKETT: Now there's a thing called the Chorley cake.

NICK GRIMSHAW: Oh.

ROB BECKETT: Which is basically an Eccles cake.

NICK GRIMSHAW: Yeah.

ROB BECKETT: With a slightly different top.

NICK GRIMSHAW: Uh-huh.

ROB BECKETT: Chorley is about 10 miles away from Eccles. I did a gig in Chorley-

NICK GRIMSHAW: Uh-huh.

ROB BECKETT: -and said, it's basically an Eccles cake, innit? Bedlam.

NICK GRIMSHAW: *[laughs]*

[crew laughs]

ROB BECKETT: They hated that. So, and like jellies eels, it's just like, it's hard enough to get down, but cold and in jelly-

NICK GRIMSHAW: Mm.

ROB BECKETT: -with a bone in the middle.

NICK GRIMSHAW: Mm.

ROB BECKETT: It's-

NICK GRIMSHAW: It's tough.

ROB BECKETT: My mum eats them and like, ugh-

NICK GRIMSHAW: Yeah.

ROB BECKETT: -I can't.

NICK GRIMSHAW: I've never really got into it. When I first moved to London, I lived in like Camden and I was like, oh, I've gotta- 'Cause it just-

ROB BECKETT: Yes.

NICK GRIMSHAW: -truly doesn't exist in Oldham or Manchester.

ROB BECKETT: Well, that's because, you know, there aren't nicer foods-

NICK GRIMSHAW: Yeah, *[laughs]* yeah.

ROB BECKETT: -than pie, mash and liquor.

NICK GRIMSHAW: There's other things, yeah. So, I tried it and I was like, the pie, yes, the liquor, not so much.

ROB BECKETT: Yeah. Did you have it with a lot of pepper and chilli vinegar?

NICK GRIMSHAW: Yes, did with the vinegar-

ROB BECKETT: Yeah.

NICK GRIMSHAW: -did it with that. And the jellied eels, tried, never really got on board.

ROB BECKETT: No, stewed eels I can do with a load of vinegar.

NICK GRIMSHAW: Yes, stewed.

ROB BECKETT: And I do like pie, mash and liquor, but it's more, for me, it's more of a nostalgia-

NICK GRIMSHAW: Yes.

ROB BECKETT: -heartwarming family event dinner.

NICK GRIMSHAW: Yeah, yeah, yeah.

ROB BECKETT: 'Cause I took my kids and they were like, what are you doing? Why is it green?

NICK GRIMSHAW: Yeah. *[laughs]*

[crew laughs]

ROB BECKETT: I can't explain.

NICK GRIMSHAW: Can't explain. Just is, just is, just is.

ROB BECKETT: Parsley. That's what I say. Parsley.

NICK GRIMSHAW: Parsley. Parsley. It is parsley. Yeah. Your loves are Japanese cuisine, the Spanish rotisserie chicken.

ROB BECKETT: Yeah.

NICK GRIMSHAW: As discussed, lamb chops at the curry house.

ROB BECKETT: Yeah.

NICK GRIMSHAW: What's your like go-to curry order? What do you like to have at the curry house?

ROB BECKETT: So, I like a spicy sort of lamb curry, but I do struggle with curries-

NICK GRIMSHAW: Mm-hm.

ROB BECKETT: -'cause sometimes like I don't wanna go in and go, I only have a bhuna. Do you know what I mean? It's like, but when I read all the ingredients and it says it's got like that in it, that in it, that in it, I sort of go like, great, but I dunno how that tastes.

NICK GRIMSHAW: Yeah. *[laughs]*

ROB BECKETT: So I feel like the menu should just have a spoonful of each.

NICK GRIMSHAW: Right, yeah.

ROB BECKETT: And then you pick.

NICK GRIMSHAW: And then you pick.

ROB BECKETT: 'Cause it's too much information.

NICK GRIMSHAW: It's a lot of information.

ROB BECKETT: You know what I mean?

NICK GRIMSHAW: Yeah, yeah.

ROB BECKETT: So, but I'll normally go for like a-

NICK GRIMSHAW: Like a lamb chop yeah, it's good.

ROB BECKETT: Yeah, lamb curry.

NICK GRIMSHAW: Yeah.

ROB BECKETT: Because I don't really cook lamb at home, and I always try when I'm out to have something that I'm not very good at or wouldn't do.

NICK GRIMSHAW: Same.

ROB BECKETT: So spicy sort-

NICK GRIMSHAW: Mm-hm.

ROB BECKETT: -of lamb curry, spinach-

NICK GRIMSHAW: Yeah.

ROB BECKETT: -whatever that's called in that curry house.

NICK GRIMSHAW: That's how I pick on a menu as well.

ROB BECKETT: Is it?

NICK GRIMSHAW: I'm like, well, I can't cook that.

ROB BECKETT: Exactly.

NICK GRIMSHAW: I couldn't do that.

ROB BECKETT: Yeah.

NICK GRIMSHAW: Could do that. Not having that.

ROB BECKETT: Yeah.

NICK GRIMSHAW: That's how I do it.

ROB BECKETT: Well, see really there's no point otherwise.

NICK GRIMSHAW: Yeah, no point.

ROB BECKETT: I'm not gonna cook-

NICK GRIMSHAW: You're not gonna have toast in a restaurant.

ROB BECKETT: I'm not cooking a skater at home.

NICK GRIMSHAW: No.

[crew laughs]

ROB BECKETT: I've not got a pan for it.

NICK GRIMSHAW: No.

ROB BECKETT: You've gotta do both sides. There's a mental bone in it.

NICK GRIMSHAW: *[laughs]*

[crew laughs]

ROB BECKETT: I want them out, love it.

NICK GRIMSHAW: One of your loves was cottage cheese on toast.

ROB BECKETT: Well, that's more of a necessity, as I've explained.

NICK GRIMSHAW: Right.

ROB BECKETT: I'm trying to eat better-

NICK GRIMSHAW: Yeah.

ROB BECKETT: -and healthier, and that's quite a lot of protein-

NICK GRIMSHAW: Yeah.

ROB BECKETT: -and not a lot of fat.

NICK GRIMSHAW: Yeah.

ROB BECKETT: And I'm having that on sourdough toast.

NICK GRIMSHAW: Mm-hm.

ROB BECKETT: With olive oil, salt, pepper, and balsamic vinegar.

NICK GRIMSHAW: Yes.

ROB BECKETT: And if I'm honest, still doesn't taste very nice.

NICK GRIMSHAW: Right.

[crew laughs]

ROB BECKETT: But it's manageable.

NICK GRIMSHAW: Yeah.

ROB BECKETT: I choke it down, go out.

NICK GRIMSHAW: Go out, yeah.

[crew laughs]

NICK GRIMSHAW: Cottage cheese has had somewhat of like a renaissance, I feel.

ROB BECKETT: Yeah, but that's nothing to do with its taste.

NICK GRIMSHAW: No *[laughs]* it's just someone decided it would be.

ROB BECKETT: No, I've never fancied it-

NICK GRIMSHAW: Yeah.

ROB BECKETT: -but I find it's quite like if you're trying to do a healthy snack.

NICK GRIMSHAW: Yeah.

ROB BECKETT: But I think I need another way to liven it up.

NICK GRIMSHAW: Well, aren't we having cottage cheese today?

ANGELA HARTNETT: We are. We're having it in this pasta dish. Yeah.

ROB BECKETT: But I imagine Ange has put loads of tasty stuff with it to make it manageable.

NICK GRIMSHAW: Yeah, big time. Um, you also said in your email to us that you don't want to cook for anyone ever.

ROB BECKETT: Yeah, ideally.

NICK GRIMSHAW: Yeah.

[everyone laughs]

NICK GRIMSHAW: But you, you're good at it because you've got, you know, the way you're talking about it, you can do it.

ROB BECKETT: I'm all right at cooking.

NICK GRIMSHAW: Yeah.

ROB BECKETT: I can do it.

NICK GRIMSHAW: Yeah.

ROB BECKETT: But that doesn't mean I want to do it.

NICK GRIMSHAW: *[laughs]*

ROB BECKETT: If the option is someone cook for me... I find I get bored of looking at it.

NICK GRIMSHAW: Right.

ROB BECKETT: So, right. Like, if I'm brining a chicken the day before and then I get up and I'm stroking it with a brush and seasoning it and squeezing it and all that, and then by the time I sit down to eat it, I don't want it.

NICK GRIMSHAW: Yeah, I do know what you mean. Do you ever have that, Ange?

ANGELA HARTNETT: Oh yeah, I know- I do know what you mean.

ROB BECKETT: If you have, you've picked the wrong career.

ANGELA HARTNETT: *[laughs]*

ROB BECKETT: Yeah, you've got the easy gig here, haven't you?

NICK GRIMSHAW: No, truly.

ROB BECKETT: Like, Angela's grafted and you're just sitting here and go—

NICK GRIMSHAW: Chatting shit and eating this.

[crew laughs]

ROB BECKETT: So, cottage cheese.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: What about cottage cheese, like?

[theme music plays]

NICK GRIMSHAW: Angela, tell us what you've made for Rob today with-

ANGELA HARTNETT: So, we've got-

NICK GRIMSHAW: -cottage cheese!

ANGELA HARTNETT: With cottage cheese.

ROB BECKETT: Here we go.

ANGELA HARTNETT: So, we've got a creamy pea pasta with crispy garlic sausage.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: And so, it's basically sausages in a pan, remove them from the skin-

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: -and just sort of cook them till they crumble up and then nice and crispy and all the rest of it.

NICK GRIMSHAW: Oh, I love that.

ANGELA HARTNETT: Then we add some garlic to that and the lemon zest. And while that's cooking down, you cook your pasta.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: So that's all cooking at the same time. Then remove the sausage meat from the pan, leave that to one side, and back in that pan you add some frozen peas. And then take a half of them out and you're gonna blend those with some—

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: In the recipe normally it's mascarpone, but you wanted cottage cheese, so we've blended it with cottage cheese, added the lemon juice, and then you basically put that back into the pan with the whole peas. Add your pasta that you've drained, toss it all together.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: A little bit of olive oil if you want to, a little bit of Parmesan or Pecorino, and then serve it up and then finish it with the sausage meat on top.

NICK GRIMSHAW: Wow, really good.

ANGELA HARTNETT: That's it. And I think-

ROB BECKETT: We're getting absolute protein. We're getting-

NICK GRIMSHAW: Oh, we're gonna get-

ROB BECKETT: We're gonna be so hench by the end of this.

NICK GRIMSHAW: We'll be so hench after this.

[crew laughs]

ROB BECKETT: Will we ruin the continuity?

[everyone laughs]

ROB BECKETT: Will it be okay in the edit?

[everyone laughs]

ROB BECKETT: 3 UFC fighters having a bit of dinner.

[everyone laughs]

ROB BECKETT: That's really nice.

NICK GRIMSHAW: Oh my God.

ANGELA HARTNETT: Yeah.

ROB BECKETT: That's lovely.

NICK GRIMSHAW: That's so good, this, Angela.

ROB BECKETT: Is that recipe somewhere for people to see?

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Oh, it sure is.

NICK GRIMSHAW: Where?

ANGELA HARTNETT: It sure is.

NICK GRIMSHAW: You can go on [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes).

ROB BECKETT: Oh, here we go.

NICK GRIMSHAW: Yeah. There you go.

[crew laughs]

ROB BECKETT: I've gotta sign up to a mailing list to read it, have I?

ANGELA HARTNETT: *[laughs]*

ROB BECKETT: Have I gotta DM in the comments to get a link?

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Yeah.

[everyone laughs]

ROB BECKETT: I hate that. Ugh. If you do that on your podcast-

NICK GRIMSHAW: Oh my god.

ROB BECKETT: *-[bleep] off.*

[everyone laughs]

ROB BECKETT: DM for link for full ep. Just put it out there, you *[bleep]* cringe bag.

NICK GRIMSHAW: Oh my God.

ROB BECKETT: I can't bear it. It's disgusting, isn't it, the-

NICK GRIMSHAW: Disgusting.

ROB BECKETT: This is lovely though.

ANGELA HARTNETT: Thank you.

[everyone laughs]

ROB BECKETT: Get served down at Waitrose.

NICK GRIMSHAW: So, the recipe calls for mascarpone.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: You swapped it for cottage cheese.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: 'Cause she's back, baby.

ROB BECKETT: Mm.

NICK GRIMSHAW: Does it make a massive difference to the taste or?

ANGELA HARTNETT: No.

NICK GRIMSHAW: No?

ANGELA HARTNETT: And I think great cottage cheese, you can get low fat, or you can get normal cottage cheese.

NICK GRIMSHAW: Nah, not low fat.

ROB BECKETT: I got low fat.

NICK GRIMSHAW: Do you?

ANGELA HARTNETT: That's low fat, yeah.

NICK GRIMSHAW: Oh no, I go full fat.

ANGELA HARTNETT: But I think as long-

NICK GRIMSHAW: Yeah, go for it.

ANGELA HARTNETT: -as you add a little bit of lemon into it-

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: -it sort of, you know, breaks it up, makes it nice and zesty.

ROB BECKETT: The thing is though; I put on weight so quick. I went to America filming-

NICK GRIMSHAW: Mm-hm.

ROB BECKETT: -with Romesh for like-

ANGELA HARTNETT: Mm.

ROB BECKETT: -6 weeks. I put on a stone, 'cause I just like the food over there.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

ROB BECKETT: Eating away.

ANGELA HARTNETT: But everything's so big.

ROB BECKETT: Yeah. And the booze. Everything's so big there. Yeah.

NICK GRIMSHAW: The booze. The booze.

ANGELA HARTNETT: Yeah.

ROB BECKETT: So, I have to try and be careful.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Well, this is really good. If you wanna try this, [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes). There's also a wine pairing.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Do you want a glass of wine? You're driving.

ROB BECKETT: I'm driving.

NICK GRIMSHAW: You don't want one.

ROB BECKETT: I've gotta pick the kids up from school, so yeah, go for it.

NICK GRIMSHAW: Yeah, waheeeeey!

[crew laughs]

NICK GRIMSHAW: Do you want one, Ange?

ANGELA HARTNETT: No, I'm all right actually.

NICK GRIMSHAW: I'm all right.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: We're all right.

NICK GRIMSHAW: The wine pairing, what we're having, we're having a red with it, right?

ANGELA HARTNETT: We've got a Beaujolais-Villages.

NICK GRIMSHAW: Yeah.

ROB BECKETT: Don't let me get in the way of your contractual obligations.

NICK GRIMSHAW: Yes, so the Beaujolais goes perfectly with this. If you want to try this wine, you can also find all the information on there too.

[theme music plays]

NICK GRIMSHAW: Should we talk about Tempting Fortune?

ROB BECKETT: Oh yeah, let's go.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: There's a brand new series that's out right now.

ROB BECKETT: Yes.

NICK GRIMSHAW: This is a really good and cruel televisual concept.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Tell everybody if they've not seen it what, what, what the whole idea is.

ROB BECKETT: Basically, 12 strangers and they're sort of dumped on an island in Malaysia called Langkawi.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

ROB BECKETT: Beautiful.

ANGELA HARTNETT: Mm.

ROB BECKETT: And they have got £300,000 prize money-

NICK GRIMSHAW: Mm-hm.

ROB BECKETT: -already straight off the bat. That's theirs to share if they complete all these hikes over a couple of weeks. But the problem is on each hike there's temptations along the way.

ANGELA HARTNETT: Right.

ROB BECKETT: That cost money.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: How long's the hike each day?

ROB BECKETT: So sometimes like 5 kilometres, 6 kilometres-

ANGELA HARTNETT: Okay.

ROB BECKETT: -but it's all like-

ANGELA HARTNETT: Up.

ROB BECKETT: -uphill in jungle.

NICK GRIMSHAW: Mm-hm.

ROB BECKETT: 35 degrees, it's brutal.

ANGELA HARTNETT: Yeah.

ROB BECKETT: So, for example, you can skip the hike, but it's gonna cost 2 grand.

ANGELA HARTNETT: Oh, okay, got you.

ROB BECKETT: So, some people do that-

NICK GRIMSHAW: Yeah.

ROB BECKETT: -or they're starving, hungry 'cause they're on rice and beans. There is a Greggs built in the jungle.

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: That's nuts.

ROB BECKETT: Yeah. Chicken bake for about £450. I don't know. Yeah.

[crew laughs]

ROB BECKETT: I've forgotten the prices. It's about that. And so, it's constantly— they're having to make individual decisions as well as group decisions, and then it affects the prize pot at the end.

ANGELA HARTNETT: Right.

ROB BECKETT: So, they go for this, but there's like a Champneys spa, there's a KFC drive-through-

ANGELA HARTNETT: Yeah.

ROB BECKETT: -and all this. And so, there's a sort of a big argument as well where people are going, I want the money, I want the money. But what, you know, what is a good experience?

ANGELA HARTNETT: Mm.

ROB BECKETT: Is it having loads of money at the end or is it having these fun, mad stuff-

ANGELA HARTNETT: Yeah, yeah, yeah.

NICK GRIMSHAW: Mm-hm.

ROB BECKETT: -during it. So, it's good like that because there's sort of moral questions.

NICK GRIMSHAW: Mm-hm.

ROB BECKETT: There's also an ATM where they can just take money. That livens it up a little bit when someone-

[crew laughs]

ROB BECKETT: -bowls back in with whatever they've got. So, there's loads of that going on.

ANGELA HARTNETT: Right.

ROB BECKETT: So, it's really good fun. You get to see sort of— because I think there's an argument really, people just think money, that's... more money better.

But then if you miss out, because some of the experience is incredible, it's like this mansion in the island that's got the most beautiful, one of the most beautiful villas I've ever seen.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Mm.

ROB BECKETT: And they're like, do you want to stay in there for this amount? But I'm like, you're never going to be here again.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah, yeah, yeah.

ROB BECKETT: In this moment with these people.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

ROB BECKETT: Is that money worth it and stuff? So, there's a lot of that going on.

ANGELA HARTNETT: Yeah, yeah, yeah.

ROB BECKETT: And, you know, everyone, as you watch it, you'll be arguing, I would do that, I wouldn't do that.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Mm-hm.

ROB BECKETT: But you see starving people walking through the jungle and then there's a Greggs.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

[crew laughs]

NICK GRIMSHAW: I think you do. I think watching it on the telly, you're quite like, oh no, just deal with it.

ROB BECKETT: Yeah.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: But I reckon when you're doing it-

ANGELA HARTNETT: Yeah, it's different.

NICK GRIMSHAW: -and it's like day 6 and it's boiling hot.

ROB BECKETT: It's so hot.

NICK GRIMSHAW: And it's hot and you've had like a shitty night's sleep.

ANGELA HARTNETT: So, if one person takes, says, I wanna do the, you know-

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: -stay in that villa.

ROB BECKETT: Yeah.

ANGELA HARTNETT: Everyone else sacrifices.

NICK GRIMSHAW: Yeah.

ROB BECKETT: Well, yeah, it comes out the prize pot that gets split at the end.

ANGELA HARTNETT: But they all stay in the villa or just the one person who said they wanted to.

ROB BECKETT: One person could just do it.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: You're right. Okay.

ROB BECKETT: So, for all of them-

ANGELA HARTNETT: Okay.

ROB BECKETT: -so one person could just do this or just do that.

ANGELA HARTNETT: Yeah, yeah, yeah.

ROB BECKETT: And then you get a few people that are a little bit maybe-

ANGELA HARTNETT: Mm.

ROB BECKETT: -more selfish than others.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

ROB BECKETT: Then you get people that are like, I'm not doing anything, I'm going to the end spending nothing. Then all of a sudden-

ANGELA HARTNETT: Yeah.

ROB BECKETT: -something pops up-

NICK GRIMSHAW: Mm-hm.

ROB BECKETT: -and they do it. So, they kick off and argue a little bit. So, it's really good fun.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Human nature isn't it.

ROB BECKETT: It's a beautiful island, Langkawi, but it's like, it's so hot-

ANGELA HARTNETT: Mm.

ROB BECKETT: -it's like 35 degrees, humidity.

ANGELA HARTNETT: Mm.

ROB BECKETT: There's these monkeys that bully you.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Oh.

[crew laughs]

NICK GRIMSHAW: Oh.

ROB BECKETT: I was coming home from work and I had some lunch. They saw me holding lunch-

ANGELA HARTNETT: Mm.

ROB BECKETT: -and they chased me.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: *[laughs]*

ROB BECKETT: And then one, this— and I think it was the one in charge because he was massive and had this giant pink bollocks-

[everyone laughs]

ROB BECKETT: -like spreading out at me, like, look at that, give me that.

ANGELA HARTNETT: Yeah, yeah, yeah.

ROB BECKETT: He slaps it out my hand.

ANGELA HARTNETT: Yeah.

ROB BECKETT: Food went on the floor and then they're just like all around eating it. Anyway, so I went to my room and I was like— and the next day I come back, he's out my door-

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: No.

ROB BECKETT: -waiting for me. And then anyway-

NICK GRIMSHAW: He knows.

ROB BECKETT: -so this— a lot of them kept on. I had to get in the hotel to get these monkeys away from-

ANGELA HARTNETT: Yeah, yeah.

ROB BECKETT: -like my room. Then I found out that with monkeys, if you show your teeth to them-

ANGELA HARTNETT: Mm.

[crew laughs]

ROB BECKETT: -that's aggression.

NICK GRIMSHAW: Right.

ANGELA HARTNETT: Right, yeah.

ROB BECKETT: So that's like, what do you want?

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah, yeah, yeah.

ROB BECKETT: I'm rolling around, 'cause I've got a default smiley face.

ANGELA HARTNETT: Yeah. *[laughs]*

[crew laughs]

ROB BECKETT: So, I'm rolling around like that. I basically, I'm walking around starting on all the monkeys.

[everyone laughs]

ROB BECKETT: So now I'm in a turf war with these monkeys. It was horrible.

NICK GRIMSHAW: He's like, I'm just smiling.

ROB BECKETT: I had to get like, security from like— I say security, just the bloke behind reception.

[everyone laughs]

NICK GRIMSHAW: With a broom or something.

ROB BECKETT: Yeah, just, oh, it was horrible.

NICK GRIMSHAW: *[laughs]*

ROB BECKETT: But like that, that's me trying to get back to my resort. They're in the jungle with this.

ANGELA HARTNETT: Yeah. Oh my God.

NICK GRIMSHAW: Jesus.

ROB BECKETT: Yeah. So, it's been on for a few weeks now-

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm.

ROB BECKETT: -so you can catch up and watch this, that's series 3. So, there's the other series as well. So, but it's really good. It's really fun. And like, it was like exciting to go to work every day just to see what had happened.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yes.

ROB BECKETT: 'Cause you know what they've done and then they go back into camp and have to explain it.

ANGELA HARTNETT: Yeah.

ROB BECKETT: And some of them are hilarious. They're just so, such amazing characters.

ANGELA HARTNETT: Yeah.

ROB BECKETT: We're like, just slap, like first day, just slapping back loads of like, drinks and bread.

ANGELA HARTNETT: Well, there was that clip we watched that there's obviously someone, she took the chocolate, this woman, and then someone has a go at her and she goes, I can't believe you're doing that. You're eating the chocolate in front of us. She goes, well, just turn your head. Don't look at me then.

NICK GRIMSHAW: Amazing.

[everyone laughs]

ROB BECKETT: She's incredible.

NICK GRIMSHAW: Amazing.

ROB BECKETT: She's like-

ANGELA HARTNETT: Oh my God.

NICK GRIMSHAW: Just turn your head.

ANGELA HARTNETT: Don't look at me.

NICK GRIMSHAW: And imagine when you're with strangers-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: -and all hot and wound up.

ANGELA HARTNETT: Yeah, it's just like she doesn't care, that one.

ROB BECKETT: She's, she's-

ANGELA HARTNETT: She's frightening.

ROB BECKETT: She's hilarious.

ANGELA HARTNETT: Yeah.

ROB BECKETT: She told them, which wasn't true-

NICK GRIMSHAW: Mm.

ROB BECKETT: -that she had to have a steak bake under medical advice.

NICK GRIMSHAW: No.

[crew laughs]

NICK GRIMSHAW: That's really good.

ROB BECKETT: And they believed her, but it was great.

NICK GRIMSHAW: Dr. Greggs-

ROB BECKETT: Yeah.

NICK GRIMSHAW: -said. Oh my God.

ROB BECKETT: So yeah, it was great. Some brilliant, brilliant characters.

ANGELA HARTNETT: So yeah, I bet. I bet.

NICK GRIMSHAW: What do you think would drive you into temptation if you were on a hike? Remember when you were back, like, imagine you're back in Peru.

ANGELA HARTNETT: Oh, I think it'd be, it would be the shower thing, I think.

NICK GRIMSHAW: Oh no, I wouldn't be bothered.

ANGELA HARTNETT: I just wanted to-

ROB BECKETT: No.

ANGELA HARTNETT: That would- that would be.

ROB BECKETT: They did stink because I used to go into-

ANGELA HARTNETT: Yeah.

ROB BECKETT: -camp and say like hello-

ANGELA HARTNETT: Yeah.

ROB BECKETT: It's like-

ANGELA HARTNETT: Yeah.

ROB BECKETT: You don't want to be rude, but I'm like, this is hardcore.

NICK GRIMSHAW: Wow.

ANGELA HARTNETT: Yeah.

[crew laughs]

NICK GRIMSHAW: There's like 12 of them.

ANGELA HARTNETT: No, because when we did the trek in Jordan, we're camping every night and then we're trekking like 15 kilometres.

ROB BECKETT: You trekked in Jordan?

ANGELA HARTNETT: Yeah.

ROB BECKETT: I didn't know this.

ANGELA HARTNETT: A charity thing. So, you did it over 5, 6 days and to the end-

ROB BECKETT: Yeah.

ANGELA HARTNETT: -when they said, we've got a surprise for you, 'cause it was quite rough this trek-

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: -'cause they had bad weather. And they basically put us in a camp with showers-

ROB BECKETT: Ah.

ANGELA HARTNETT: -and I was like, oh my God.

NICK GRIMSHAW: Aw.

ANGELA HARTNETT: That was just, you know, after 5 or 6 days camping-

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: -putting your tent up, all of that, it's quite nice.

ROB BECKETT: It was a cold drink that people really wanted-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah.

ROB BECKETT: -that icy cold-

NICK GRIMSHAW: Cold drink.

ROB BECKETT: -you know, when you're hot.

ANGELA HARTNETT: Yeah, yeah, yeah.

NICK GRIMSHAW: Yeah.

ROB BECKETT: Or that really cold pint-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Oof.

ROB BECKETT: -that you think is amazing-

ANGELA HARTNETT: Mm.

ROB BECKETT: -but when you're that dehydrated and hungry-

ANGELA HARTNETT: Yeah.

ROB BECKETT: -you're on your ass for an hour and a half.

NICK GRIMSHAW: *[laughs]*

[crew laughs]

ANGELA HARTNETT: Yeah, yeah.

NICK GRIMSHAW: I feel like, yeah, you'd want something like, something-

ANGELA HARTNETT: What would you get? KFC?

NICK GRIMSHAW: Um, uh-

ANGELA HARTNETT: Oh, hesitation.

NICK GRIMSHAW: -I think I'd want something like a mango, like, um, like-

ANGELA HARTNETT: Lassi or something.

NICK GRIMSHAW: -piña colada or something.

ANGELA HARTNETT: Oh.

ROB BECKETT: Oh yeah.

NICK GRIMSHAW: Yeah 'cause imagine when you're hot.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: So, like thick and sweet.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Ice cold.

ROB BECKETT: I did find that the KFC was quite a— it's quite a challenge-

ANGELA HARTNETT: That's quite a weird-

ROB BECKETT: -in the heat.

ANGELA HARTNETT: Yeah. Yeah.

ROB BECKETT: I can't eat KFC over 28 degrees.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: No.

[crew laughs]

NICK GRIMSHAW: Well, yeah.

ANGELA HARTNETT: Yeah.

ROB BECKETT: Just can't, can't do it.

NICK GRIMSHAW: Just can't do it.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Just can't do it.

ROB BECKETT: Not doing that.

NICK GRIMSHAW: Can't do that.

ANGELA HARTNETT: *[laughs]*

ROB BECKETT: I'm sorry, but I'm not doing that.

NICK GRIMSHAW: Just, no.

ANGELA HARTNETT: Put that in my contract.

ROB BECKETT: Yeah, that's in the contract.

ANGELA HARTNETT: It's not gonna happen. Yeah.

NICK GRIMSHAW: It's not gonna happen.

ANGELA HARTNETT: Yeah, yeah, yeah.

NICK GRIMSHAW: Uh, well, you can see it right now.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: The new series is out right now. You can see it on Channel 4.

[theme music plays]

NICK GRIMSHAW: Should we talk about, uh, your tour? Because you just come off the back of-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -quite a big tour, *Giraffe*.

ROB BECKETT: Yes.

NICK GRIMSHAW: It's hardcore, a comedian's tour. When I always see the dates and it's like, bloody—

ROB BECKETT: Yeah, it's brutal.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: It's a lot. How many nights away were you last year on tour?

ROB BECKETT: I was away for nearly 200— 180 to 200 nights last year-

NICK GRIMSHAW: Wow.

ROB BECKETT: -including all like filming work as well.

ANGELA HARTNETT: Wow.

ROB BECKETT: Um, but the tour I think was about 150, 160 dates.

NICK GRIMSHAW: Oh wow.

ROB BECKETT: But I love it. It's my favourite thing to do-

ANGELA HARTNETT: Mm.

ROB BECKETT: -but it's just the travel.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Yeah.

ROB BECKETT: Getting places.

NICK GRIMSHAW: Uh-huh.

ROB BECKETT: You know, the, the easiest part of the tour is the gig.

ANGELA HARTNETT: Yeah, yeah.

ROB BECKETT: But the moving from here to there, hotels-

NICK GRIMSHAW: Uh-huh, uh-huh, uh-huh.

ROB BECKETT: -being away from the kids, missing-

ANGELA HARTNETT: Mm.

ROB BECKETT: -missing all the school plays and all that-

ANGELA HARTNETT: Yeah, yeah, sure, yeah.

ROB BECKETT: -that's the hard, the hard part. The gig's the fun bit, you know?

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: When you started out doing it, 'cause it sounds like, that sounds like, for me, that sounds so terrifying that you would just go on stage and like, let's just see what happens.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: But is that how it felt when you began?

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Like, was that the thing that you were sort of chasing at the beginning, I guess?

ANGELA HARTNETT: It's an adrenaline rush in a way, isn't it?

ROB BECKETT: Well, so at the beginning, I just loved comedy-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah.

ROB BECKETT: -and I used to go and watch loads-

ANGELA HARTNETT: Mm.

ROB BECKETT: -but it got to the point where I could guess the open spots' punchlines.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Right.

ROB BECKETT: And I found it a bit boring because-

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Mm.

ROB BECKETT: -at a certain level I was like, this isn't funny to me because I'm just—I can see the workings here.

ANGELA HARTNETT: Yeah.

ROB BECKETT: And I thought, hang on, they're going up and doing that. Why don't I do my version of that as almost like a bucket list skydive thing?

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Right.

ROB BECKETT: So, I went up, did it, sort of bit of fun. And then I just—I loved listening to it. I used to like— same way you were with music or you were with cooking-

NICK GRIMSHAW: Mm.

ROB BECKETT: -I was just like that with comedy.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Mm.

ROB BECKETT: I'd listen to comedy all the time-

ANGELA HARTNETT: Mm.

ROB BECKETT: -record it off a VHS Combi TV onto a MiniDisc. That's how old I am. And listen to it. So, I was obsessed with it, and then I just started— I wasn't good at anything at school, right? I always tried really hard but was crap. And I found actually I was quite good at this-

ANGELA HARTNETT: Mm.

ROB BECKETT: -'cause I started getting through competitions to the semifinals and finals.

ANGELA HARTNETT: Mm.

ROB BECKETT: Other people said, come to my club. And I was like, oh, hang on, I'm all right. And then people were going, here's a tenner, come to mine.

ANGELA HARTNETT: Yeah.

ROB BECKETT: I'm like, I'm not even—

NICK GRIMSHAW: Mm-hm.

ROB BECKETT: I'm getting money here. So, it sort of snowballed like that. But with regards to just, I had an idea of what I wanted to do when I first started, but when I got up there, the best stuff just came out.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm-hm.

ROB BECKETT: And I think, I don't have that fear about being prepared because I found out I was dyslexic about 2, a year ago, but I didn't know all the way through school.

ANGELA HARTNETT: Right.

ROB BECKETT: So, I've got no working memory. And so, what that means is like, it's much harder for me to remember what I plan to do. So, I've built a sort of coping mechanism of-

ANGELA HARTNETT: Mm.

ROB BECKETT: -being able to just think on the spot all the time.

ANGELA HARTNETT: Yeah.

ROB BECKETT: And I didn't realise how much of an asset that was in live performance-

NICK GRIMSHAW: Yeah.

ROB BECKETT: -until I got into it.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Mm-hm.

ROB BECKETT: But I spent years trying to do comedy the way everyone else was doing it.

ANGELA HARTNETT: Yeah.

ROB BECKETT: By writing it all out, practising it. And actually, I thought, no, all I need is a bullet point, and do loads of gigs and work from there. So, my show, there's no script, there's no— I haven't got anything to show you apart from 10 bullet points.

ANGELA HARTNETT: Yeah.

ROB BECKETT: And then that might be a 10-minute routine. And then over time that sort of disappears and leaves my mind. And I used to worry about that, but no, actually, if it goes, then it can open up space for new stuff.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

ROB BECKETT: Yeah. And it's an organic, real thing that comes from here straight to there.

ANGELA HARTNETT: So, you don't really try it out beforehand? You hear a lot of comedians will go to like smaller clubs.

ROB BECKETT: No, I will do that.

ANGELA HARTNETT: You do all that, okay?

ROB BECKETT: So, I'll be up, I'll do loads of those-

ANGELA HARTNETT: Yeah.

ROB BECKETT: -but without any notes.

ANGELA HARTNETT: Right, okay.

ROB BECKETT: And just work it out on stage.

NICK GRIMSHAW: Yeah.

ROB BECKETT: And then, then it will be a set-

NICK GRIMSHAW: Mm-hm.

ROB BECKETT: -but then it will come out. But I couldn't write it down for you.

ANGELA HARTNETT: Yeah, yeah, yeah.

ROB BECKETT: I couldn't tell you what was in it-

NICK GRIMSHAW: Uh-huh.

ROB BECKETT: -but it's just by muscle memory.

ANGELA HARTNETT: Yeah.

ROB BECKETT: It becomes a thing-

NICK GRIMSHAW: Yeah.

ROB BECKETT: -and then you go out-

ANGELA HARTNETT: Mm.

ROB BECKETT: -and then over the 150 nights, that's why I can do so many. It's constantly evolving. You know, it's not an end. It's a— on my first night, that's not the end show, but that's a good enough show for the money. And then as it progresses, it evolves. And that's the fun bit for me.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Do you have a reliably good city that is up for a laugh? Like, is there a place where-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -you go to and they're like-

ANGELA HARTNETT: That's a good question, yeah.

NICK GRIMSHAW: -they just get it and they're up for it?

ROB BECKETT: Yeah, so there's certain places like, you know, Newcastle's always good.

NICK GRIMSHAW: Yeah.

ROB BECKETT: All the traditional places, like Liverpool's good if they love you.

NICK GRIMSHAW: Yeah.

ROB BECKETT: And Glasgow's good if they love you, but you have to really prove yourself.

NICK GRIMSHAW: *[laughs]*

ANGELA HARTNETT: Right.

ROB BECKETT: 'Cause everyone's funny. So, the first few times you go up there, it's a little bit arms crossed.

ANGELA HARTNETT: Yeah.

ROB BECKETT: Sort of really, 'cause if you're from Glasgow-

ANGELA HARTNETT: Prove it yeah.

ROB BECKETT: -you wanna love Kevin Bridges.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah. of course. Yeah.

NICK GRIMSHAW: Yeah.

ROB BECKETT: He's the GOAT. He's amazing. So, you don't really want a geezer from South East London to be your favourite comic.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Yeah.

ROB BECKETT: You know what I mean? Same with Liverpool. Ideally-

NICK GRIMSHAW: Uh-huh.

ANGELA HARTNETT: Yeah, yeah, yeah.

ROB BECKETT: -you want it to be a Liverpudlian.

ANGELA HARTNETT: Yeah.

ROB BECKETT: But if you constantly go and prove you can do it-

ANGELA HARTNETT: Yeah, yeah.

ROB BECKETT: -then eventually. And then Liverpool, it's like once you've got them on side, they're so supportive.

ANGELA HARTNETT: They'll be loyal forever.

NICK GRIMSHAW: Yeah.

ROB BECKETT: They're amazing and they're great crowds. So yeah, so it's like you've got to prove yourself in certain ones, but when you do, it's incredible.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Mm-hm.

ROB BECKETT: But Newcastle was really friendly from the start.

ANGELA HARTNETT: Yeah.

ROB BECKETT: You know, so Portsmouth's quite rowdy.

ANGELA HARTNETT: Yeah.

ROB BECKETT: Cambridge is very quiet. They're loving it, but they politely awkwardly laugh inwards.

NICK GRIMSHAW: *[laughs]*

[crew laughs]

ANGELA HARTNETT: Yeah, yeah, yeah.

ROB BECKETT: They can't possibly laugh out loud-

[everyone laughs]

ROB BECKETT: -be uncouth, like, and you just go *[bleep]* laugh! Just please let it out. Express yourself. It don't matter.

ANGELA HARTNETT: *[laughs]*

ROB BECKETT: Honestly. And that could— somebody can have a whole room laughing sometimes-

ANGELA HARTNETT: Yeah, yeah.

ROB BECKETT: -but then for some reason there'll be a bloke just like that.

[everyone laughs]

ROB BECKETT: And he's actually enjoying it.

NICK GRIMSHAW: Love that.

ANGELA HARTNETT: *[everyone laughs]*

ROB BECKETT: He'll be like-

ANGELA HARTNETT: Yeah, yeah.

ROB BECKETT: -'huh huh'.

[everyone laughs]

ROB BECKETT: I'm like, *[bleep]* hell, mate, 90 minutes I'm doing here. Give me something.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: *[laughs]* We need to get Ange along for those ones.

NICK GRIMSHAW: Get Ange in the Cambridge one.

ANGELA HARTNETT: Oh my God.

NICK GRIMSHAW: Take the edge off. And do the family come?

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Does Lou come and the kids come?

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Do they come on the road with you?

ROB BECKETT: Yeah, no, occasionally they came-

ANGELA HARTNETT: Yeah, yeah.

ROB BECKETT: -out when I was in Australia. So, I was there for a long time.

NICK GRIMSHAW: Oh, they go on like the holiday ones.

ROB BECKETT: Yeah, they like the holiday ones. But no, they always come when I do London or Bromley.

NICK GRIMSHAW: Mm-hm.

ROB BECKETT: They always come.

ANGELA HARTNETT: Yeah of course, yeah.

ROB BECKETT: And then the girls always come out on stage on one of the last ones.

NICK GRIMSHAW: Aw.

ANGELA HARTNETT: Aw, sweet.

ROB BECKETT: So, like, it was really sweet at the end of Giraffe. Like I filmed it the week before and they came and they had these inflatable giraffe suits.

ANGELA HARTNETT: Mm.

ROB BECKETT: And they'd come out dancing and stuff and wanted to tell a joke. And then that was really sweet-

NICK GRIMSHAW: Mm-hm.

ROB BECKETT: -because the Palladium's such an amazing venue.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

ROB BECKETT: I did Bromley the year before. My daughter was like 5 or a couple of years before, and wanted to come out and tell a joke, right? And, you know, about 1,000 people in Bromley. My 5-year-old had come out to tell her squirrel joke, which is, why do squirrels swim on their back? To keep their nuts dry.

NICK GRIMSHAW: That's good.

ANGELA HARTNETT: *[laughs]*

ROB BECKETT: A little bit of fun.

NICK GRIMSHAW: It's good. A little bit of fun.

ROB BECKETT: A little bit naughty, but a little bit of fun.

ANGELA HARTNETT: Yeah, yeah, yeah.

ROB BECKETT: And anyway, so she walks out, I went, oh, you know, it was a lot of end of the run, a bit of fun like that. I've done this show. I did Oprah with it.

ANGELA HARTNETT: Yeah.

ROB BECKETT: And as she walks out, and then someone shouted, '*Get on with it!*'

NICK GRIMSHAW: *[scoffs]*

ANGELA HARTNETT: No!

NICK GRIMSHAW: No.

ROB BECKETT: South East London, at the homecoming gig.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: No! Get on with it!

ROB BECKETT: She's 5!

NICK GRIMSHAW: Oh my God, and she's 5! Jesus Christ.

ROB BECKETT: Bromley's brutal.

[theme music plays]

NICK GRIMSHAW: We love you with Romesh.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: We really do, you guys. I mean, you've got some great pairings with Romesh, and with Josh Widdicombe as well.

ROB BECKETT: 'Cause of my job, like, and I met those guys years ago, like 15 years. We're all mates really that have progressed together. I'm in a position now where I have access to and I'm friends with some of the funniest people-

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

ROB BECKETT: -in the world.

ANGELA HARTNETT: Mm.

ROB BECKETT: Why on earth would I wanna do a show on my own?

NICK GRIMSHAW: Yeah.

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

ROB BECKETT: Do you know what I mean? Like, it's more fun to be with-

NICK GRIMSHAW: Yeah.

ROB BECKETT: -someone funny-

NICK GRIMSHAW: Mm-hm.

ROB BECKETT: -and mess about. So, I love working with people-

ANGELA HARTNETT: Mm.

ROB BECKETT: -and collaborating and stuff like that.

ANGELA HARTNETT: Yeah.

ROB BECKETT: So, like, we're like a little family really. Same with like Lloyd Griffith. I do a lot of-

NICK GRIMSHAW: Oh, I love Lloyd.

ANGELA HARTNETT: Yeah.

ROB BECKETT: -stuff with Tom Allen-

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Mm.

ROB BECKETT: -and stuff like that. So real good friends that I love doing shows with.

ANGELA HARTNETT: Mm.

ROB BECKETT: So yes, I'm so lucky.

NICK GRIMSHAW: And you've just done Traitors-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: -with Romesh.

ROB BECKETT: Yes.

NICK GRIMSHAW: So, what happened at the end? No, I'm joking.

ROB BECKETT: Well.

[everyone laughs]

NICK GRIMSHAW: Well, no, I know. So, they're mad strict on it, aren't they?

ROB BECKETT: Yes, yeah.

NICK GRIMSHAW: Like obviously 'cause-

ROB BECKETT: So yeah, yeah, because you sign NDAs.

NICK GRIMSHAW: Yes.

ROB BECKETT: About what happened.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

ROB BECKETT: And NDAs about how it's filmed.

NICK GRIMSHAW: Yep.

ANGELA HARTNETT: Wow.

NICK GRIMSHAW: And, and also, we don't want to obviously talk about the end because I love it-

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: -so I can't wait to watch it.

ROB BECKETT: Mm.

NICK GRIMSHAW: But what's a good vague question? Did you have a nice time?

ROB BECKETT: I'm gonna quote José Mourinho on this-

NICK GRIMSHAW: Yes.

ROB BECKETT: -where he said, I prefer not to speak, because if I speak, I get into big trouble.

ANGELA HARTNETT: Oh.

NICK GRIMSHAW: Oh yes.

ROB BECKETT: And I don't wanna be in big trouble.

NICK GRIMSHAW: No, don't wanna be in big trouble.

ANGELA HARTNETT: Right.

NICK GRIMSHAW: Well, I can't wait to watch.

ANGELA HARTNETT: We're gonna do a sweepstake here.

ROB BECKETT: Oh really?

ANGELA HARTNETT: See who we think's gonna win.

NICK GRIMSHAW: Oh, are we? Okay.

ANGELA HARTNETT: Yeah. We decided that when we were filming this recipe-

ROB BECKETT: Is there money on the line?

ANGELA HARTNETT: Yeah. A bit of money.

NICK GRIMSHAW: You can't be in. *[laughs]*

[crew laughs]

ANGELA HARTNETT: You can't be in it.

ROB BECKETT: No, but—

ANGELA HARTNETT: Yeah.

ROB BECKETT: Sure, I can find someone who don't mind me backing them silently.

[everyone laughs]

[theme music plays]

NICK GRIMSHAW: Yeah. Let's do Rob Beckett's fast food quiz.

ANGELA HARTNETT: Yes.

ROB BECKETT: Yes.

NICK GRIMSHAW: Rob, quickfire answers please.

ROB BECKETT: Okay.

NICK GRIMSHAW: What is the best way to eat eggs?

ROB BECKETT: Poached.

ANGELA HARTNETT: What's your favourite sandwich filling?

ROB BECKETT: BLT.

ANGELA HARTNETT: Nice.

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

ROB BECKETT: Fry.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Fry. What's your favourite herb?

ROB BECKETT: Coriander.

NICK GRIMSHAW: What's the best crisp?

ROB BECKETT: Something salt and vinegar kettle chip vibe.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: What's your favourite kitchen utensil?

ROB BECKETT: Oh, hello.

ANGELA HARTNETT: Hello. *[laughs]*

[crew laughs]

ROB BECKETT: I don't know what it's called, but I can explain it.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: *[laughs]*

ROB BECKETT: Sort of like, wood handle and then like a plasticky bit that's sort of like a bit wobbly that you might use it to whip stuff around with.

NICK GRIMSHAW: Yeah.

ROB BECKETT: So, it's like a -

ANGELA HARTNETT: Spatula?

NICK GRIMSHAW: No, it's not as flat as a spatula. I know what you mean.

ROB BECKETT: Yeah, yeah, yeah.

NICK GRIMSHAW: But it's a bit thick.

ROB BECKETT: Come round, I'll show you it.

[crew laughs]

NICK GRIMSHAW: Yeah. What's the best chocolate bar on the market?

ROB BECKETT: So, the best, and this is left field-

NICK GRIMSHAW: Mm-hm.

ROB BECKETT: -a Goo Goo Cluster from Nashville.

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: Oh wow.

ROB BECKETT: I was there working and I had one. You can't get it anywhere else in America-

NICK GRIMSHAW: Uh-huh.

ROB BECKETT: -but it is unbelievable. It's like chocolate caramel nougat.

ANGELA HARTNETT: Oh.

ROB BECKETT: It's like about that big, quite chunky, sort of a wagon, slightly smaller than a wagon wheel.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Oh wow.

ROB BECKETT: And it is amazing.

NICK GRIMSHAW: Why are they, could they not expand if it's so amazing.

ROB BECKETT: What? The size or the operation.

NICK GRIMSHAW: No, the region.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: The operation.

ROB BECKETT: I don't know.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: They don't want to, just Nashville.

ROB BECKETT: I've not got in Dragon's Den in them.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

ROB BECKETT: I'm just a customer.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: I'd love to know. It's called the what?

ROB BECKETT: The Goo Goo Cluster.

NICK GRIMSHAW: The Goo Goo Cluster.

ROB BECKETT: So good.

ANGELA HARTNETT: The Goo Goo Cluster.

ROB BECKETT: I should have brought one.

ANGELA HARTNETT: Yeah.

ROB BECKETT: I got one. Lou went for a 40th and brought me some back.

ANGELA HARTNETT: Yeah.

ROB BECKETT: Next time.

NICK GRIMSHAW: Next time.

ROB BECKETT: I'll bring one in 4 and a half years' time.

NICK GRIMSHAW: Thank you. Wonderful.

[crew laughs]

ANGELA HARTNETT: Thanks.

NICK GRIMSHAW: Thanks, Rob.

ANGELA HARTNETT: Yeah. What's your favourite Sunday roast?

ROB BECKETT: Beef.

ANGELA HARTNETT: Beef. Nice choice.

ROB BECKETT: Or that porchetta thing they sometimes-

ANGELA HARTNETT: Oh yeah.

NICK GRIMSHAW: Oh yes.

ANGELA HARTNETT: Yeah, yeah.

ROB BECKETT: -do at Christmas in certain supermarkets.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

ROB BECKETT: That's good.

NICK GRIMSHAW: And finally, what is your favourite dish from your childhood? What takes you back for fond memories?

ROB BECKETT: Fond memories would be a big barbecue.

NICK GRIMSHAW: Mm-hm.

ROB BECKETT: We'd do big barbecues and we, as much, we used to get these minted lamb chops that were amazing.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah.

ROB BECKETT: And just, we also had a load of McDonald's patties.

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: Oh.

ROB BECKETT: Someone brought that, I think they had stolen them-

NICK GRIMSHAW: Right.

ANGELA HARTNETT: From McDonald's, yeah, I was gonna say.

ROB BECKETT: And we had McDonald's-

NICK GRIMSHAW: Oh.

ROB BECKETT: -patties at home.

ANGELA HARTNETT: Wow.

NICK GRIMSHAW: Wow.

ROB BECKETT: It felt so naughty.

NICK GRIMSHAW: Wow.

ANGELA HARTNETT: God, that is, yeah.

NICK GRIMSHAW: That is good. Yeah, I mean, it's not good, but it's good.

ROB BECKETT: Well, no, yeah, yeah, stealing's wrong-

NICK GRIMSHAW: But.

[crew laughs]

NICK GRIMSHAW: -but better than wasting.

ROB BECKETT: Also, you can't get done for handling stolen goods if you're eating it.

NICK GRIMSHAW: No.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: What officer?

ROB BECKETT: That's- Yeah—

ANGELA HARTNETT: Yeah. Don't know what you're talking about.

ROB BECKETT: Where's your evidence?

NICK GRIMSHAW: Yeah, where?

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Don't know what you're talking about.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Um, well, there you go. That is the end of your fast food quiz.

ANGELA HARTNETT: Thank you.

NICK GRIMSHAW: You passed it.

ROB BECKETT: Oh, did I?

NICK GRIMSHAW: You did.

[theme music plays]

NICK GRIMSHAW: Okay, Rob.

ROB BECKETT: Mm.

NICK GRIMSHAW: Time for the end of the show question.

ROB BECKETT: Okay, ready?

NICK GRIMSHAW: Your chance to win this Waitrose goodie bag here.

ROB BECKETT: Oh.

NICK GRIMSHAW: Oh!

ROB BECKETT: There you go. Look at that.

NICK GRIMSHAW: Look at that. Do you love it?

ROB BECKETT: Yeah, yeah, yeah.

NICK GRIMSHAW: Oh.

[crew laughs]

ROB BECKETT: I'll pair that with the next time I eat a Refresher.

NICK GRIMSHAW: *[laughs]*

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: To win the Waitrose goodie bag, uh, we would like you to tell us why, contrary to opinion, that a birthday on January 2nd is actually the best dates to celebrate. Yours is the 2nd of January.

ROB BECKETT: Yes. Right, okay, well, it's not. So the challenge is for me to make up a reason why?

NICK GRIMSHAW: Yeah.

ROB BECKETT: Okay.

NICK GRIMSHAW: Yeah.

ROB BECKETT: There's loads of sales.

NICK GRIMSHAW: Yeah!

ROB BECKETT: After Christmas-

NICK GRIMSHAW: *[laughs]*

ROB BECKETT: -you know, and if you wanna go away, it's a bit cheaper.

NICK GRIMSHAW: Yes.

ROB BECKETT: You can't 'cause the kids go back to school the 6th.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Oh nightmare.

ROB BECKETT: But let's just keep it positive. It's nice and cosy so you can stay in.

NICK GRIMSHAW: Yes.

[everyone laughs]

ROB BECKETT: Everyone's skint and gone sober for the month.

NICK GRIMSHAW: Yeah!

ROB BECKETT: So, no one wants to go out. Sometimes you actually go to the pub and it's shut without telling you.

NICK GRIMSHAW: No!

ROB BECKETT: Once your mum forgot it was your birthday and then went down to Sainsbury's and bought a whisk.

NICK GRIMSHAW: No!

ROB BECKETT: And you had that for your 15th birthday party.

NICK GRIMSHAW: Oh!

ROB BECKETT: Yeah.

NICK GRIMSHAW: So, it's a tough time. You need that bag.

ROB BECKETT: Oh God, I need that goodie bag, I need it.

NICK GRIMSHAW: You need the goodie bag. It's a tough time. He needs those anchovies and the miso paste, please.

ANGELA HARTNETT: Yeah, he does. He does.

NICK GRIMSHAW: The bag is yours, Rob.

ROB BECKETT: Oh!

[applause]

NICK GRIMSHAW: Finally.

ROB BECKETT: Thank you.

NICK GRIMSHAW: The bag.

[theme music begins to play]

ROB BECKETT: Thank you.

ANGELA HARTNETT: Oh brilliant.

NICK GRIMSHAW: Thank you so much, round of applause-

ROB BECKETT: Thank you.

NICK GRIMSHAW: -for Rob Beckett, everybody. *[laughs]*

[cheering and applause]

ROB BECKETT: No, thank you though, thank you.

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

ANGELA HARTNETT: If you want to make any of the meals I cook on Dish, head to waitrose.com/dishrecipes 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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