James Blunt is hooked on our harissa hot wings with Stilton sauce



[theme music plays]

ANGELA HARTNETT: This week on Dish with James Blunt.

JAMES BLUNT: And I text Romesh afterwards. I managed to get his number. He wasn't giving it to me.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: *[laughs]*

JAMES BLUNT: Get his number and say, you know, I text him saying, "I know where you live."

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: I know.

JAMES BLUNT: And I have to say also, Romesh did, he donated to my charity of choice afterwards–

ANGELA HARTNETT: Brilliant.

JAMES BLUNT: –which I said, “You're not buying your way out of this, Romesh.”

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: *[laughs]* And he actually did.

JAMES BLUNT: He did, yeah-

NICK GRIMSHAW: Aw, that's nice.

JAMES BLUNT: -which is a very, very touching, touching moment. Obviously, I only use the James Blunt chairlift.

ANGELA HARTNETT: Is it quite efficient?

JAMES BLUNT: Oh, it's the best chairlift in the Alps.

[everyone laughs]

JAMES BLUNT: Last year, I installed a sound system to only play my music.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Oh.

JAMES BLUNT: And that- And the benefit of that is it keeps the queues down.

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, welcome to Dish from Waitrose. I'm Nick Grimshaw.

ANGELA HARTNETT: And I'm Angela Hartnett.

NICK GRIMSHAW: And we are here for another episode of [*sings*] 'Dish!'--

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: –Christmas edition.

ANGELA HARTNETT: Very Christmas carol-y. [*sings*] 'Dish!'

NICK GRIMSHAW: [sings] 'Di-i-ish'. Have you got Christmas at yours? Everyone coming to you?

ANGELA HARTNETT: Everyone's coming to me. At home.

NICK GRIMSHAW: Surely, you've got to have a day off.

ANGELA HARTNETT: No.

NICK GRIMSHAW: You can't be cooking on Christmas Day, Angela.

ANGELA HARTNETT: It's easy. It's less people this year, a lot less people.

NICK GRIMSHAW: Will you and Neil do it together?

ANGELA HARTNETT: Bits of it, yeah.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Who'll be in charge?

ANGELA HARTNETT: Me.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: No, Neil does loads and he's really helpful and stuff, but Neil likes to, you know, him and my brother start tucking into the vino. "Get that open, get that open."

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: And then you're like, "Oh, here we go."

NICK GRIMSHAW: Here we go.

ANGELA HARTNETT: No, it's fine. No, it's good. I'm looking forward to Christmas. It's going to be fun.

NICK GRIMSHAW: Yeah, me too. I'm excited. Uh, well, we have a great guest for you today, James Blunt is going to be on Dish. He's going to be here to talk about his new album.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: He's sold a lot of records, James Blunt.

ANGELA HARTNETT: He doesn't take himself too seriously–

NICK GRIMSHAW: No at all.

ANGELA HARTNETT: –from what I see on social media.

NICK GRIMSHAW: Not at all.

ANGELA HARTNETT: Yeah, you've met him lots, I assume.

NICK GRIMSHAW: Yeah, that's why he'd be a great guest. Yeah.

ANGELA HARTNETT: Okay, cool.

NICK GRIMSHAW: But yeah, sold a lot of records.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: I feel like lives a really nice life now.

ANGELA HARTNETT: Yes. Yeah.

NICK GRIMSHAW: Yeah, you know, like spends time in the Alps or time in Ibiza.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: That's sort of his 2 spots.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: So, we should talk mountain food. We should talk about army food.

ANGELA HARTNETT: Definitely.

NICK GRIMSHAW: Because he, uh, said that he loved the army rations.

ANGELA HARTNETT: That's good, that's good.

NICK GRIMSHAW: We should talk about that. Uh, we've got to talk about Traitors.

ANGELA HARTNETT: Oh, for sure.

NICK GRIMSHAW: Excellent on Traitors.

ANGELA HARTNETT: And you've won money, haven't you? I owe you cash. We all owe you cash.

NICK GRIMSHAW: Oh, you do owe me cash.

ANGELA HARTNETT: You and Tom.

NICK GRIMSHAW: Yes, because we did a Traitors sweepstake.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: I got Romesh. Yeah. Tom got Sebastian.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: And Romesh and Sebastian were the winners.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Of course.

ANGELA HARTNETT: And of course, none of us have put our money in, so.

NICK GRIMSHAW: No.

[crew laughs]

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Come on. How much was everyone putting in? £100 each? How much?

[crew laughs]

ANGELA HARTNETT: That's gone up. I think it was a fiver.

NICK GRIMSHAW: Fiver? I think it was more than that.

ANGELA HARTNETT: Maybe I'll bring it in 1p coins. [*laughs*]

NICK GRIMSHAW: That'd be amazing. Please do.

ANGELA HARTNETT: £2.50 each. [*laughs*]

NICK GRIMSHAW: Yeah, please. In pennies.

ANGELA HARTNETT: In pennies.

NICK GRIMSHAW: Well, we look forward to that, don't we, Tom?

ANGELA HARTNETT: There you go.

NICK GRIMSHAW: We will accept that.

ANGELA HARTNETT: You can put it together and get a half pint each. Yeah, there you go.

NICK GRIMSHAW: Very excited.

ANGELA HARTNETT: You'll accept any currency.

NICK GRIMSHAW: Just cough up, everyone. Okay, before we get James Blunt in, we're actually gonna settle a debate that's been raging for nearly 2 decades.

ANGELA HARTNETT: Wow.

NICK GRIMSHAW: So, this is quite a serious one, actually. It's to do with chicken and pasta and a marriage, and it comes from Julia. Julia says: “Hi Nick and

Angela, I've been listening to the podcast for the last few years. I love listening whilst I'm either cooking tea on a Friday night or whilst pottering around doing chores around the house. I've been married to my husband for almost 20 years, and we've had this argument for most of that time. My husband is a better cook than I am, but I do the planning of the weekly menu and the shopping. He hates having the same dish over and over again, so I'm always looking for new dishes. The argument is chicken pasta dishes. My husband is adamant that true Italians would never have pasta and chicken in the same dish, therefore he won't make it. I tell him that A, he's not Italian, he's from the Northeast-

[crew laughs]

NICK GRIMSHAW: -and B, that chicken and pasta in the same dish must be a dish somewhere in Italy. Angela, please settle this for us. Is chicken and pasta in the same dish a complete no-no, and is my husband right, or is it actually something in parts of Italy that does exist and he should just eat what I plan?"

ANGELA HARTNETT: Oh gosh, I hate to come between a husband and his wife, but chicken and pasta as a main course dish is how I presume, she's absolutely wrong. It's a no-no. You just wouldn't have it because you basically, how the Italian menu works, you have your antipasti, you have your primi, which is your pasta. Then you have your secondi, which is meat and vegetables, maybe an odd bit of potato, and then you have maybe cheese and dessert. So, your carbohydrate is in your pasta dish.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: However, you can have a pasta dish that is filled with a chicken filling and in a lovely chicken broth. So, you're slightly right, but you're not right in having it as a main course, I'm sorry to say.

NICK GRIMSHAW: So, you'd have maybe like a–

ANGELA HARTNETT: You'd have a chicken dish like a chicken cacciatore-

NICK GRIMSHAW: Right.

ANGELA HARTNETT: -or roast chicken or chicken in tomato sauce, but you would never have it with a side of pasta.

NICK GRIMSHAW: So, you wouldn't do chicken pasta bake?

ANGELA HARTNETT: No.

NICK GRIMSHAW: No.

ANGELA HARTNETT: No.

NICK GRIMSHAW: Tuna pasta bake?

ANGELA HARTNETT: Never.

NICK GRIMSHAW: No, no.

[crew laughs]

NICK GRIMSHAW: No, no.

ANGELA HARTNETT: No.

NICK GRIMSHAW: No.

ANGELA HARTNETT: Doesn't happen. Sausage pasta bake?

NICK GRIMSHAW: No.

ANGELA HARTNETT: No.

NICK GRIMSHAW: It doesn't happen.

ANGELA HARTNETT: Nothing, no.

NICK GRIMSHAW: Do you bake pasta?

ANGELA HARTNETT: You can bake pasta.

NICK GRIMSHAW: You do bake pasta? Yes, yeah.

ANGELA HARTNETT: Yeah, that does happen, but then that's served as its own course.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: What I would say is he should just eat what she plans, but it's no good being critical and then not, not cooking yourself. You can't sit there and when she's planning the whole week going, I'm not having that, or this is–

NICK GRIMSHAW: Not doing that.

ANGELA HARTNETT: Come on, hubby, you've got to be a bit supportive.

NICK GRIMSHAW: I will say that's quite a good arrangement–

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: –because–

ANGELA HARTNETT: That's you and Mesh.

NICK GRIMSHAW: –I think figuring out the– That is not me and Mesh. That is me finding the recipe, me getting the ingredients–

ANGELA HARTNETT: *[laughs]*

[crew laughs]

NICK GRIMSHAW: –me cooking it, him eating it. Mesh does the cleaning.

ANGELA HARTNETT: Oh, that's good on Mesh.

NICK GRIMSHAW: To be fair.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah. Um, if you do have an argument that you need settling–

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: –uh, send it our way.

ANGELA HARTNETT: Divorce lawyers here.

NICK GRIMSHAW: You can email us dish@waitrose.co.uk if you want to get in touch. Um, okay, should we get James Blunt in?

ANGELA HARTNETT: Let's do it.

[theme music plays]

[cheering and applause]

NICK GRIMSHAW: Hello, James.

ANGELA HARTNETT: Hey, James.

JAMES BLUNT: Hey.

NICK GRIMSHAW: Hi. Welcome. How are you?

JAMES BLUNT: Very well. Hello.

ANGELA HARTNETT: How are you? Are you well?

JAMES BLUNT: Yeah, good indeed. How are you?

ANGELA HARTNETT: Yeah, very well, thank you.

NICK GRIMSHAW: Well, we're excited you're here.

JAMES BLUNT: Well, thanks so much for having me.

ANGELA HARTNETT: Yeah very excited.

NICK GRIMSHAW: Yeah, of course.

JAMES BLUNT: I am absolutely starving.

NICK GRIMSHAW: I love that.

JAMES BLUNT: I haven't eaten for days.

NICK GRIMSHAW: Oh, good.

ANGELA HARTNETT: For days!

[crew laugh]

JAMES BLUNT: Knowing I was coming here.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Oh, well, let's get on with it.

ANGELA HARTNETT: Well, let's hope it's all right then. Yeah.

NICK GRIMSHAW: Come on in-

ANGELA HARTNETT: Come thought.

NICK GRIMSHAW: -and I'll get you a drink.

JAMES BLUNT: Great.

NICK GRIMSHAW: Come take a seat.

ANGELA HARTNETT: Have a few nuts to keep you sustained.

NICK GRIMSHAW: Yeah, have a little to take the edge off.

JAMES BLUNT: I think I'm not gonna touch them. I'm gonna wait for the real event.

NICK GRIMSHAW: Well, that's good. We want a hungry guest.

JAMES BLUNT: Yeah.

NICK GRIMSHAW: That's for you as well.

JAMES BLUNT: Great. That's a gin and tonic, is it?

NICK GRIMSHAW: Vodka tonic.

JAMES BLUNT: This is heaven.

NICK GRIMSHAW: It's real.

JAMES BLUNT: This is really, I've died and gone to heaven.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: It's real, James.

[theme music plays]

NICK GRIMSHAW: It's time to welcome our guest, Angela.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Um, everybody listening and watching, attention please, because we have a faithful in our midst.

ANGELA HARTNETT: We do.

NICK GRIMSHAW: A musician and a singer described by Jerry Hall as, and I quote: 'Smooth like butter dripping off hot corn.'

ANGELA HARTNETT: *[laughs]*

[crew laughs]

NICK GRIMSHAW: Quite the description. It's James Blunt, everybody!

[cheering and applause]

JAMES BLUNT: Thank you so much.

NICK GRIMSHAW: Hi, James.

JAMES BLUNT: Thank you. Oh, Jerry, I miss her so much.

NICK GRIMSHAW: No, I loved Jerry Hall.

JAMES BLUNT: Yeah.

NICK GRIMSHAW: I thought I would, and I did.

JAMES BLUNT: She's amazing, isn't she?

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Amazing.

JAMES BLUNT: She's wonderful.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: She's so great.

JAMES BLUNT: We got on very well.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Mm.

JAMES BLUNT: She said, she said, “James, I'll take you home in your wetsuit.”

NICK GRIMSHAW: Oh-

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: -thank you, Jerry.

[crew laughs]

JAMES BLUNT: Yeah.

ANGELA HARTNETT: That was an invitation.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah, there was a moment earlier when we were talking and Angela did a great Jerry Hall impression, and I was like, "Please do it on the podcast." And she was like, "Absolutely not." No?

ANGELA HARTNETT: No.

[crew laughs]

NICK GRIMSHAW: Maybe at the end, maybe at the end.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: But welcome, James. Thanks for coming to see us.

JAMES BLUNT: It's so nice to be here.

ANGELA HARTNETT: Thank you for coming, yeah.

JAMES BLUNT: I'm absolutely thrilled. And as I say, I haven't eaten for days because-

NICK GRIMSHAW: *[laughs]*

JAMES BLUNT: -because I know that you're a great chef. I don't know exactly what I'm going to get with you but-

NICK GRIMSHAW: No, nothing from me.

ANGELA HARTNETT: *[laughs]*

JAMES BLUNT: -I'm looking forward to the results.

[crew laughs]

NICK GRIMSHAW: No

ANGELA HARTNETT: This!

NICK GRIMSHAW: Nothing really.

ANGELA HARTNETT: There you go.

JAMES BLUNT: Yeah.

NICK GRIMSHAW: A vodka tonic for you to start with.

JAMES BLUNT: That's so kind.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Pleasure.

JAMES BLUNT: This is actually, for me, one of the most exciting days ever.

NICK GRIMSHAW: *[laughs]*

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Oh, well, we we're so excited to have you on.

ANGELA HARTNETT: Yeah, very happy.

NICK GRIMSHAW: How's life for you at the moment? It must be quite nuts.

JAMES BLUNT: It's good. It's been so, so exciting, really. I've, you know, I've been, I've been, I'm flogging music.

NICK GRIMSHAW: Mm-hm.

JAMES BLUNT: I've got an album out. It took me a year and a half to record that. It took me 20 years, really, to make a decent album, like this. Um-

NICK GRIMSHAW: *[laughs]*

ANGELA HARTNETT: Oh, stop it.

JAMES BLUNT: -and, uh, and now I'm out, uh, flogging it, and I've got a tour, so I'm practicing for that.

ANGELA HARTNETT: Wow.

NICK GRIMSHAW: Wow.

JAMES BLUNT: I'm in rehearsals with my band.

ANGELA HARTNETT: When does the tour start?

JAMES BLUNT: Uh, tour kicks off in February. We always like to practice on the Europeans first before we get to the important people.

ANGELA HARTNETT: *[laughs]*

[crew laughs]

ANGELA HARTNETT: Which, Europeans are you practicing on?

JAMES BLUNT: Practice on the Belgians.

NICK GRIMSHAW: Yeah.

[everyone laughs]

NICK GRIMSHAW: How has it been since leaving Traitors? Because it is truly one of those shows that–

JAMES BLUNT: Oh, Traitors, I remember that.

NICK GRIMSHAW: Do you remember it? You were in it.

ANGELA HARTNETT: You were in it.

JAMES BLUNT: I remember that TV show.

NICK GRIMSHAW: What's it like now in the street? I imagine it's quite chatty for you in the street anyway–

JAMES BLUNT: I–

NICK GRIMSHAW: –but in the post-Traitors world, must be nuts.

JAMES BLUNT: Very much so. I walked through, I came off the train in Paddington Station the other day and I had to text my wife because I couldn't even get out of the station. I couldn't even, my laces were undone and I was being asked by so many people, you know, for questions about Traitors and for selfies, and I couldn't even do my shoelace up, you know, just, and I text my wife, saying: "I'm so famous right now."

[everyone laughs]

JAMES BLUNT: Um, it's been really funny, like, you know, children's school events where I've turned up and I'm just surrounded by children asking me, like, why did you throw in the red bag?

[everyone laughs]

ANGELA HARTNETT: Oh yeah, they all wanna know how that went wrong.

NICK GRIMSHAW: We actually are going to ask that. Yeah.

JAMES BLUNT: And then me explaining, "Listen, kid, wasn't it obvious, what you know?"

ANGELA HARTNETT: Yeah, yeah, yeah.

NICK GRIMSHAW: *[laughs]*

[crew laughs]

ANGELA HARTNETT: Romesh betrayed me!

NICK GRIMSHAW: *[laughs]*

JAMES BLUNT: Yeah. No, but it's been an amazing, amazing experience, and the timing of it with an album out seems to have worked perfectly.

[crew laughs]

NICK GRIMSHAW: Absolutely perfect.

JAMES BLUNT: Who would have thought–

ANGELA HARTNETT: Who would have thought?

JAMES BLUNT: –that.

NICK GRIMSHAW: Well, we want to talk about the album Airplane Mode-

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: –and we want to talk about Traitors a little bit–

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: --but we always like to keep it–

JAMES BLUNT: Thank you, but we'll talk about the album more.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Album more.

ANGELA HARTNETT: *[laughs]*

JAMES BLUNT: And first.

NICK GRIMSHAW: And then we'll mention Traitors.

JAMES BLUNT: You know what, if you buy the album, I'll tell you about Traitors.

ANGELA HARTNETT: Oh.

NICK GRIMSHAW: That's a good deal.

JAMES BLUNT: Yeah.

NICK GRIMSHAW: That's a good deal. Um, before we do that though, we always like to start with our food likes and dislikes of our guests.

JAMES BLUNT: Okay.

NICK GRIMSHAW: Um, I loved receiving this. ‘Let's start with pizza.’ Is how it begins. Um, open brackets, ‘Delivered.’ Close brackets.

JAMES BLUNT: Absolutely.

NICK GRIMSHAW: Yeah [*laughs*]

JAMES BLUNT: I'm not gonna be able to make it myself.

NICK GRIMSHAW: Not gonna make one.

JAMES BLUNT: But also, that defeats the purpose of the whole pizza because you're hungover.

NICK GRIMSHAW: Yeah.

JAMES BLUNT: And so, you need it delivered.

NICK GRIMSHAW: You need it delivered.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Do you have a go-to place? Where are you ordering your pizza from?

JAMES BLUNT: I do. Um, well, Top's Pizza would be my number one-

NICK GRIMSHAW: Yes.

JAMES BLUNT: -but you know, but Domino's is, is the one that can deliver to where I am.

NICK GRIMSHAW: Yeah.

JAMES BLUNT: Tops is, I'm out of range–

NICK GRIMSHAW: Mm-hm.

JAMES BLUNT: –for Tops. But Tops I had a beautiful relationship with because I could just call, my number would come up on their system, and they would go: "Yes, James, it's on its way."

NICK GRIMSHAW: They know.

ANGELA HARTNETT: Wow.

JAMES BLUNT: They knew it was me. They knew it was pepperoni, onion, and sweet corn. I mean, maybe 3, maybe 4 a week. Um, and then what I found myself doing is, because it would arrive with a can of Coke, and I eventually, what I did is I then asked them if they could change my order to add 2 cans of Coke, so it looked at least like I had a friend.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Yeah, not alone in doing so.

JAMES BLUNT: I don't think they, I don't think they fell for that.

NICK GRIMSHAW: Have you ever done that thing when you've ordered quite a lot of takeaway food and you pretend that someone else is in? So, you're like "It's here."

[everyone laughs]

NICK GRIMSHAW: I have; I have done that. Like, "Foods here, guys!"

JAMES BLUNT: Wonderful.

NICK GRIMSHAW: Um, next up, burgers. But I think, Angela, I feel like you should read this one out because I just love the amount of detail.

ANGELA HARTNETT: There's a lot of detail.

NICK GRIMSHAW: Yeah, I love this. I feel like we need a chef on this.

ANGELA HARTNETT: So, you like a burger, a smashed burger–

JAMES BLUNT: Specifically.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: –with cheese, lettuce, tomato, jalapeños.

JAMES BLUNT: Yes, please.

ANGELA HARTNETT: Yeah. And you say the best burger in the world other than the Fox and Pheasant Pub in Chelsea.

JAMES BLUNT: Which is an amazing pub.

NICK GRIMSHAW: Amazing pub.

ANGELA HARTNETT: Why's that? Why do you know about that pub?

JAMES BLUNT: Incredible pub called the Fox and Pheasant in Chelsea and just think it's just the best pub in the world.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: It is the best. I have their menu here.

NICK GRIMSHAW: Why have you got their menu there?

JAMES BLUNT: Oh really?

NICK GRIMSHAW: Because it's owned by James Blunt.

ANGELA HARTNETT: It's owned by James Blunt. Full transparency.

NICK GRIMSHAW: Yeah, we got the menu from the Fox and Pheasant. When I got in today, I thought Dish, I was like, “Wow, we're having a lot of stuff today.”

ANGELA HARTNETT: Hold on it hasn't- Where's the burger?

[crew laughs]

NICK GRIMSHAW: And then I realised it was–

ANGELA HARTNETT: Where's our burger?

JAMES BLUNT: Well, that's, I tell you what, you've just gone from our à la carte menu where we, we do–

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: Oh. Okay.

JAMES BLUNT: –have, we have a, you know, pub's classic menu. See, I sent our chef out to where I found the best burger in the world.

ANGELA HARTNETT: Which is The Shed in Verbier.

JAMES BLUNT: The Shed Burger in Verbier is absolutely amazing. They have an, they have a burger called the Blunty McBluntface-

NICK GRIMSHAW: Love that.

JAMES BLUNT: -um, which is just the perfect burger.

NICK GRIMSHAW: Absolutely.

ANGELA HARTNETT: And the other point is the resort has the James Blunt chairlift as well.

JAMES BLUNT: I basically, I can live there, happy man.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: How often are you going there that you have a chairlift and a burger?

JAMES BLUNT: We go and base ourselves. I take my family and we base ourselves–

NICK GRIMSHAW: Right.

JAMES BLUNT: –there in the winter.

NICK GRIMSHAW: Okay.

JAMES BLUNT: So, my kids are based in school there.

NICK GRIMSHAW: Uh-huh.

JAMES BLUNT: And we'd go skiing every day, but obviously I only use the James Blunt–

ANGELA HARTNETT: Right okay.

JAMES BLUNT: –chairlift.

ANGELA HARTNETT: Is it quite efficient? It's up and down very quickly.

JAMES BLUNT: Oh, it's the best chairlift in the Alps.

ANGELA HARTNETT: Ok.

[everyone laughs]

JAMES BLUNT: I'm serious. No, statistically it is. It's the only, it's got, it's a heated chair.

ANGELA HARTNETT: Oh yeah.

JAMES BLUNT: It's got a cover which comes down in the snow.

ANGELA HARTNETT: Oh, Ok, yeah. Music playing in the background?

JAMES BLUNT: No, more than this. Last year I installed a sound system to only play my music.

NICK GRIMSHAW: Oh!

ANGELA HARTNETT: *[laughs]*

JAMES BLUNT: And that, the benefit of that is it keeps the queues down.

[everyone laughs]

JAMES BLUNT: And that's the only chair that I ride.

ANGELA HARTNETT: Ok, brilliant.

JAMES BLUNT: I've had some amazing moments where I come in also, because, you know, as you go through on a chairlift and you keep your thing, you know, you beep your lift pass.

ANGELA HARTNETT: Yeah.

JAMES BLUNT: They gave me, when I opened the chairlift, I had to, you know, cut a ribbon, smash a bottle of champagne against the first pillar-

NICK GRIMSHAW: Mm-hm.

JAMES BLUNT: -and said, "I name this chairlift James Blunt. God bless, God bless her and all who ride me."

NICK GRIMSHAW: *[laughs]*

JAMES BLUNT: And they gave me this lifetime ski pass. And as you go through and it goes beep, with me it goes, *[hums James Blunt song]*.

[everyone laughs]

JAMES BLUNT: And on I get. And that's the only chairlift I use. And as I've got on, I've had a moment where I got on and sat in and I've got my helmet and I've got my goggles on, and we put the cover on and the seat's warming our bottoms. And there is a couple beside me who hadn't spotted me. And this guy lent over to his friend or girlfriend; I don't know who she was. And he said, "Did you know?" He said, "This is the James Blunt chairlift." And she went, "Oh right, that's so amazing. You know, how strange." And he said, "Yeah, do you know what? Apparently next year he's installing a sound system to only play his music." She

said, “Oh.” And he said, “I bet that'll keep the queues down.” And I lifted my goggles–

NICK GRIMSHAW: *[laughs]*

JAMES BLUNT: –and said, “That's my f****** joke.”

[everyone laughs]

JAMES BLUNT: And he shat himself. He was so frightened. He didn't know what to do. It was absolute silence.

NICK GRIMSHAW: What the-

JAMES BLUNT: But these are life goals. If you can, you had a chairlift named after you and then a burger in the same resort named after you.

NICK GRIMSHAW: Alongside burger as loves, we have buffalo hot wings with ranch sauce, carrots, and celery. Um, you said you will travel the world to have these.

JAMES BLUNT: Absolutely.

NICK GRIMSHAW: And you have.

JAMES BLUNT: I really, really have.

ANGELA HARTNETT: Where's the best place you've had them?

JAMES BLUNT: The best place, uh, I flew once with my guitarist. We flew from Los Angeles to Albuquerque, New Mexico, um, to find on the side of a freeway, um, and I think it was called Wing Basket.

ANGELA HARTNETT: Yeah.

JAMES BLUNT: We flew in, we got a taxi there, we had the wings, they were absolutely, you know, to kill for. Um, got a taxi back to the airport and flew back to Los Angeles.

NICK GRIMSHAW: *[laughs]*

JAMES BLUNT: So, the environmental footprint–

ANGELA HARTNETT: Yes.

JAMES BLUNT: –was worth it.

NICK GRIMSHAW: Right.

ANGELA HARTNETT: *[laughs]*

JAMES BLUNT: Every step of the way.

NICK GRIMSHAW: You planted a couple of trees to balance it out.

ANGELA HARTNETT: Yeah, exactly, yeah.

JAMES BLUNT: They do hot wings, but they did TNT–

NICK GRIMSHAW: Mm-hm.

JAMES BLUNT: –and it was, you know, enough to blow your head off, but absolutely delicious. But it also, a hot wing is a healthy choice because as you say, it comes with celery and it comes with carrot sticks. And so, I think, yeah, they're, you know–

ANGELA HARTNETT: That's traditionally what they serve them with, is it.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

JAMES BLUNT: Exactly. If I could feed them to my kids, that's what I would say. It's a healthy, rounded meal.

NICK GRIMSHAW: They're a healthy–

ANGELA HARTNETT: Okay yeah.

NICK GRIMSHAW: –rounded meal. Well, that's led us onto what we're gonna eat today.

ANGELA HARTNETT: We've got harissa hot wings with Stilton sauce.

JAMES BLUNT: Wow.

ANGELA HARTNETT: Yes.

JAMES BLUNT: That's gonna be great.

ANGELA HARTNETT: With celery on the side.

JAMES BLUNT: Amazing.

NICK GRIMSHAW: We also actually, before we go into the dislikes as well, the way that you like tuna, we loved as well. This was, I really–

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: –I love a bit of detail in this.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Uh, you said, uh, you like it tinned with onions, sweet corn, and mayonnaise. That's what keeps me alive on a daily basis.

JAMES BLUNT: Yeah.

NICK GRIMSHAW: Uh, my wife works in ocean conservation, so this is an issue at home. I often sneak to the supermarkets to stockpile tins of it and bury them around the back of the house.

JAMES BLUNT: And this is true. She's, she is, she's always very angry if she can tell that I've had tuna, eaten tuna. She can smell it on my breath.

ANGELA HARTNETT: Right.

JAMES BLUNT: It's weird because it's not the only thing I've buried around the back of my garden. I've also buried a mannequin in a, in a wedding dress. Um, but that's a whole different, story.

ANGELA HARTNETT: That's more sinister.

NICK GRIMSHAW: Yeah, why?

JAMES BLUNT: Yeah.

NICK GRIMSHAW: Yeah. Do we need to–

JAMES BLUNT: No, let's move on from that shall we?

ANGELA HARTNETT: *[laughs]*

JAMES BLUNT: She was, I've got a night, you know this, I've got a nightclub at the end of my garden–

NICK GRIMSHAW: Yes.

JAMES BLUNT: –and she was the girl on the door with a clipboard of all her names. And then my mate Billy, broke her back. She was the last girl standing, and so he broke her back. And so, I had to bury her in the garden–

ANGELA HARTNETT: Oh, of course, yeah.

JAMES BLUNT: –get myself a new mannequin.

NICK GRIMSHAW: Oh.

JAMES BLUNT: It's a shallow grave with her fingers just sticking out.

NICK GRIMSHAW: Oh, I did know that you had a mannequin doing the door.

JAMES BLUNT: The wedding dress actually–

NICK GRIMSHAW: Yeah.

JAMES BLUNT: –people asked, where did you get the wedding dress from? That was from an ex-girlfriend–

NICK GRIMSHAW: Uh-huh.

JAMES BLUNT: –which is why she became an ex-girlfriend, because she turned up with a wedding dress.

NICK GRIMSHAW: Woah.

JAMES BLUNT: So, I put the mannequin in the wedding dress, shallow grave beside the tuna, and it all makes sense.

NICK GRIMSHAW: It all makes sense, Angela.

ANGELA HARTNETT: In your head.

JAMES BLUNT: Yes, exactly.

NICK GRIMSHAW: It all makes sense.

ANGELA HARTNETT: *[laughs]*

JAMES BLUNT: Anyway, you want another drink?

[everyone laughs]

NICK GRIMSHAW: Uh, the dislikes, yeah, were actually a fear. You were scared of pulses, James. Uh, what is it about pulses that have–

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: –given you a fear?

JAMES BLUNT: Yeah, they just feel wrong. Pulses generally, aren't they? They're just, I, I don't know. You know, as a smaller man, I feel insecure about myself generally. You know, I've joined the army for the uniform, I have a big motorbike because I need something bigger between my legs, and I picked up a guitar to try and, you know, make myself into anyway attractive. Pulses seem like the opposite of all.

ANGELA HARTNETT: Okay.

[crew laughs]

NICK GRIMSHAW: Are you much of a chef yourself, James? Are you someone that likes to cook?

JAMES BLUNT: No, I'm not. Um, I did do Celebrity Bake Off and I, uh, actually did come second-

NICK GRIMSHAW: Mm-hm.

JAMES BLUNT: -but only because out of the 4 contestants who were on with me, 2 of them were hospitalised.

NICK GRIMSHAW: *[laughs]*

ANGELA HARTNETT: They were? Are you joking?

JAMES BLUNT: No, they really were.

NICK GRIMSHAW: No, they were not. What happened?

JAMES BLUNT: Cutting their fingers and they're getting–

NICK GRIMSHAW: Oh.

JAMES BLUNT: –trapped in machines.

ANGELA HARTNETT: Oh, I see.

NICK GRIMSHAW: Oh okay. Wow.

JAMES BLUNT: And so, Alison Hammond came first and I came, I was a runner-up out of the 2 remaining.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Congratulations. I guess, yeah.

ANGELA HARTNETT: Well, done. Well done.

JAMES BLUNT: No, no, I'm not very good in the kitchen. I can, I know how the machinery works.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Yeah.

JAMES BLUNT: Um, but otherwise, um, but I can cook a bowl of cereal.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

JAMES BLUNT: And that's it. Yeah.

NICK GRIMSHAW: I would like to now talk about something that you don't like to cook, but one of your delicacies.

JAMES BLUNT: Okay.

NICK GRIMSHAW: Which we have hidden under this beautiful, uh, cloche-

ANGELA HARTNETT: Whoop.

JAMES BLUNT: Ah!

NICK GRIMSHAW: –which is, uh–

JAMES BLUNT: Oh my God.

NICK GRIMSHAW: –the James Blunt pork pie and taramasalata.

JAMES BLUNT: This is surf and turf.

ANGELA HARTNETT: Surf and turf.

[everyone laughs]

NICK GRIMSHAW: Tell us, uh, how this came to life and–

JAMES BLUNT: Well, this is just a–

NICK GRIMSHAW: –what we're about to experience.

JAMES BLUNT: This is a twist on a British delicacy.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Right.

JAMES BLUNT: Isn't it? It's traditional, uh, with a modern twang. Um, you know, this Waitrose taramasalata–

NICK GRIMSHAW: Yes.

JAMES BLUNT: Um, is, is the only one I choose, obviously.

ANGELA HARTNETT: Well, done, well done.

NICK GRIMSHAW: Obviously.

ANGELA HARTNETT: Yeah, brilliant. Well said.

JAMES BLUNT: And it's zesty–

NICK GRIMSHAW: Mm-hm.

JAMES BLUNT: –fishy.

NICK GRIMSHAW: Yeah.

[crew laughs]

JAMES BLUNT: And if you're not allowed to eat tuna at home, it's another it's a good substitute.

ANGELA HARTNETT: it's a good substitute.

NICK GRIMSHAW: Yeah, good substitute for sure.

ANGELA HARTNETT: Okay.

JAMES BLUNT: And all you need to do is just dip in.

NICK GRIMSHAW: Well, you guys get into this. Uh, yeah, Angela, have you ever had this before?

ANGELA HARTNETT: No, ever this combination.

NICK GRIMSHAW: Do you think this would work in your experience?

ANGELA HARTNETT: And you just dip in, you don't cut?

JAMES BLUNT: Oh, well, just dip it in, because the nice thing is I can dip it in–

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

JAMES BLUNT: –and I know she doesn't like fishy things. And if I do anyway, she wouldn't be able to eat it because it has gluten in it.

NICK GRIMSHAW: Yes.

ANGELA HARTNETT: Oh God, you're quite a selfish eater, aren't you, James?

[everyone laughs]

ANGELA HARTNETT: No share and care in there.

NICK GRIMSHAW: There's 2 things she can't eat. Yeah, I feel like it would work. Pork pie's dry. Oh yeah.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: I feel like I can taste that. I can definitely smell it.

ANGELA HARTNETT: Mm.

JAMES BLUNT: So good.

[crew laughs]

JAMES BLUNT: Isn't it fantastic?

ANGELA HARTNETT: It's not as bad as I thought it was going to be.

JAMES BLUNT: You can have more if you want. I think you need a bit more taramasalata to go.

NICK GRIMSHAW: Yeah, really go for it.

JAMES BLUNT: It's really, this is a vehicle.

NICK GRIMSHAW: Mm-hm.

JAMES BLUNT: It's not really about the pork pie. It's really a vehicle just to get the taramasalata in you.

ANGELA HARTNETT: Did you discover this after a really bad night out? It feels like–

JAMES BLUNT: [*laughs*] When there's only 2 things left in the fridge.

ANGELA HARTNETT: This is what it feels like.

JAMES BLUNT: 'Cause you know, it does feel that the pork pies need something.

ANGELA HARTNETT: Mm.

JAMES BLUNT: Maybe some people will go for mustard.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

JAMES BLUNT: I've just struck gold.

NICK GRIMSHAW: Yeah.

[crew laughs]

[theme music plays]

NICK GRIMSHAW: How long have you had the pub now, James?

JAMES BLUNT: I think I've had about 7 or 8 years.

NICK GRIMSHAW: And did you always wanna be a landlord?

JAMES BLUNT: No, I didn't. I wanted to be a customer.

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

[crew laughs]

JAMES BLUNT: Um, it was my local. It was absolutely going under. And it was such a beautiful 170-year-old pub. And then we would sit in there and have a kind

of play a game of what would you do if you owned this pub? And that's, you know, like the loos, you wouldn't go into loos for anything, literally anything. It's just such a mess. Um, and the smoking area was kind of awful. And we just played this game of; I know what I'd do over the smoking area. I'd put a conservatory roof which opened and closed and leather booths and ivy and olive trees. And then I was out on the town drunk with a friend of mine who is a commercial estate agent. He said, "Your local's up for sale and these people are bidding on it to turn it into flats or, you know, or a house." And I said, "Well, you know what? This is every pop star, minor pop star's dream-

NICK GRIMSHAW: *[laughs]*

JAMES BLUNT: -is to save their local."

NICK GRIMSHAW: Yeah.

JAMES BLUNT: And so, and so I've absolutely loved it. It's so much fun to own.

NICK GRIMSHAW: Mm-hm.

JAMES BLUNT: And you know, there are dying-

NICK GRIMSHAW: Yeah, totally are.

JAMES BLUNT: -thing aren't they but they're such an important place, you know, in our modern world where politicians try and drive us apart, where social media is anything but social, isn't it? We just go on our phones now to argue with strangers.

NICK GRIMSHAW: Mm-hm.

JAMES BLUNT: Um, pubs bring strangers together, and I really love that. And also, when a friend says, you know, “Where are we gonna go tonight?” Well-

NICK GRIMSHAW: Let's go to my pub.

JAMES BLUNT: I own a pub.

NICK GRIMSHAW: Yeah.

JAMES BLUNT: It's all free.

NICK GRIMSHAW: Yeah, let's go.

[crew laughs]

NICK GRIMSHAW: I've tried to mention opening a pub with Angela before.

JAMES BLUNT: I mean, that would be amazing.

NICK GRIMSHAW: Yeah.

JAMES BLUNT: You guys would kill it.

NICK GRIMSHAW: Yeah, I have mentioned it to her before and she's like, “No.”

JAMES BLUNT: You two would nail it.

NICK GRIMSHAW: Yeah.

JAMES BLUNT: You know, Clarkson's nailed a pub.

NICK GRIMSHAW: Yes, I've not been to his pub.

JAMES BLUNT: His turns over an absolute bomb.

NICK GRIMSHAW: Yeah.

JAMES BLUNT: But they can be, you know, well, ours is a profitable venue-

NICK GRIMSHAW: Mm-hm.

JAMES BLUNT: -and I think it's worth telling people that they can be profitable because in a business, in a business model that people have been worried that isn't working and that they're closing down–

NICK GRIMSHAW: Mm-hm.

JAMES BLUNT: –it's, it needs good people like yourselves to say, "Come on, let's, let's keep our local pubs open."

[theme music plays]

NICK GRIMSHAW: Okay, the food is here. Wings for James Blunt.

ANGELA HARTNETT: Yes.

JAMES BLUNT: Yeah, now, so wings are not a thing you should really eat being filmed in any way.

ANGELA HARTNETT: No, no, no.

NICK GRIMSHAW: We're gonna have to do hands.

ANGELA HARTNETT: You don't worry about it.

JAMES BLUNT: It's an ugly thing to eat.

NICK GRIMSHAW: It is.

JAMES BLUNT: And you really don't wanna have them on a date, do you?

NICK GRIMSHAW: No.

JAMES BLUNT: For all kinds of reasons.

ANGELA HARTNETT: No.

NICK GRIMSHAW: No. [*laughs*] Oh wow.

JAMES BLUNT: That would, that could be very ouchy.

NICK GRIMSHAW: Okay, so fill us in what we have here, Angela. How do you make these excellent wings?

ANGELA HARTNETT: So we have, harissa hot wings with Stilton sauce. And so, you take your chicken wings, pat them dry, and then roll them in loads of cornflour, season them up. And then in a hot tray from the oven, just place them all on the hot tray and then a touch of oil on top and then back in the oven for about 45 minutes, turning halfway through till they get really lovely golden brown and crispy. Then in the meantime you make your harissa sauce, which is basically rose

harissa and clear honey, mix those both together. And then we make this lovely sour cream and Stilton sauce, which is sour cream, Stilton cheese, pomegranate molasses. Mix that all through, it doesn't matter if there's a few little lumps, but I gave it a little whisk at the end. And then when the hot wings are done, bring them out of the oven and then pour all the sauce in a bowl with them and just really give them a good old marinade, toss them around in it. And then finish with some spring onions and I've put a little bit of lime on the side, and we've served it with a little slaw, you know, just raw vegetables, bit of mayonnaise, bit of lime juice, seasoning.

JAMES BLUNT: These are absolutely delicious.

ANGELA HARTNETT: Thank you, James.

JAMES BLUNT: And by your description as well, quite healthy as well. In real terms, this is healthy.

ANGELA HARTNETT: In real terms, it's not too bad.

NICK GRIMSHAW: Yeah, it's a healthy–

ANGELA HARTNETT: It's not too bad.

NICK GRIMSHAW: And cornflour we used before when you made something else it was, you mean you made like a great Chinese dish?

ANGELA HARTNETT: I think what it does, it helps with the coating–

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: --and the crispiness, you see. That's why it works–

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: –on that sense. So that's what's a good thing about it. You happy, James? Would you fly on a plane to come and eat these again?

JAMES BLUNT: I would, particularly with you guys.

ANGELA HARTNETT: Aw.

NICK GRIMSHAW: Oh, James.

JAMES BLUNT: I'm just saying, it actually generally for me really tastes like quite a healthy option rather than, I normally feel like maybe I'll have a heart attack, but it's worth the risk.

[crew laughs]

NICK GRIMSHAW: [*laughs*] Worth it.

JAMES BLUNT: Whereas, whereas this is delicious.

NICK GRIMSHAW: Yeah, these are good. And that Stilton sauce is quite crazy as well.

ANGELA HARTNETT: Yeah. That’s good.

NICK GRIMSHAW: Really love it. It works with the chicken, doesn't it? What's the history of a celery stick? It's such an odd–

JAMES BLUNT: Well, this is the health side, isn't it? This is the vegetables.

NICK GRIMSHAW: Is that what it is?

ANGELA HARTNETT: Mm-hm.

JAMES BLUNT: The greens?

NICK GRIMSHAW: It must be like a reason.

ANGELA HARTNETT: It's not. Teresa Bellissimo.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Invented the original Buffalo wings in 1964 at the Anchor Bar in Buffalo, New York.

JAMES BLUNT: I've been there.

ANGELA HARTNETT: Okay.

NICK GRIMSHAW: No way.

ANGELA HARTNETT: So, she served the first fried wings with blue cheese dressing and celery sticks simply because that's what she had available at the time in the kitchen.

JAMES BLUNT: So, I've been there to that, 'cause you know, obviously it's the birthplace–

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: Mm-hm.

JAMES BLUNT: –of Buffalo wings. Which is really exciting. They have a whole range, but actually, although that's the famous place in Buffalo, down the road is a place called Duff's, which is just absolutely immaculate wings. And Obama, Obama flew there to go and have the Duff's wings as well. They're kind of famously the best ones in Buffalo.

ANGELA HARTNETT: Wow.

NICK GRIMSHAW: Wow. They're good. Thank you, Angela.

JAMES BLUNT: It's a messy affair, isn't it?

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: But they promised us they're not filming this bit, so.

[crew laughs]

JAMES BLUNT: *[laughs]*

ANGELA HARTNETT: And we have a wine pairing. So, it's a No. 1 Beaujolais Villages, which is a Gamay, which is lightly chilled, which matches the harissa hot wings because it's a light body with low tannins.

JAMES BLUNT: It's working. And also, because it's got a bit of spice, it helps you down the wine.

NICK GRIMSHAW: Mm.

[crew laughs]

JAMES BLUNT: Which is–

ANGELA HARTNETT: I love your motivation.

NICK GRIMSHAW: Straight to it.

JAMES BLUNT: Yeah.

ANGELA HARTNETT: Exactly.

NICK GRIMSHAW: Straight to it.

JAMES BLUNT: And then it pushes you on.

NICK GRIMSHAW: Carries you on, yeah. If you wanna create this at home, all the ingredients are available on waitrose.com/dishrecipes. The wine pairing is on there.

ANGELA HARTNETT: Everything's there.

NICK GRIMSHAW: The how-to. Did you do a how-to video?

ANGELA HARTNETT: Yes, we did. Always video.

NICK GRIMSHAW: Oh yes. We'll be watching the video.

ANGELA HARTNETT: Very good.

ANGELA HARTNETT: *[theme music plays]*

NICK GRIMSHAW: We should talk about your album, James.

JAMES BLUNT: Oh, go on then.

NICK GRIMSHAW: Your 8th studio album.

JAMES BLUNT: 8th, I know, I've been around a long time.

NICK GRIMSHAW: *[laughs]*

JAMES BLUNT: You and I have known each other really.

NICK GRIMSHAW: Yes.

JAMES BLUNT: In this business for a long time.

NICK GRIMSHAW: For a long time.

JAMES BLUNT: And to still be alive in this business.

NICK GRIMSHAW: It's unbelievable.

JAMES BLUNT: It really is.

NICK GRIMSHAW: It's unbelievable.

JAMES BLUNT: We're kicking ourselves, aren't we.

NICK GRIMSHAW: We're clinging in there. Um, it's called Airplane Mode.

JAMES BLUNT: Exactly.

NICK GRIMSHAW: Can you tell us how you landed on the, on the title and the, the idea between them?

JAMES BLUNT: Well, I wanted to call it James Blunt: Reason to Die.

NICK GRIMSHAW: Right. [*laughs*]

JAMES BLUNT: Um, but my manager but my, for some reason, my label and my management were against that.

NICK GRIMSHAW: Mm-hm.

JAMES BLUNT: Um, so, so–

NICK GRIMSHAW: I love Reason to Die.

JAMES BLUNT: Exactly.

NICK GRIMSHAW: It's fab.

JAMES BLUNT: Exactly. James Blunt, Reason to Die.

NICK GRIMSHAW: Really good.

JAMES BLUNT: And people go, yeah, that makes sense.

NICK GRIMSHAW: Mm-hm. [*laughs*]

NICK GRIMSHAW: *[crew laughs]*

JAMES BLUNT: Uh, but no, Airplane Mode, you know what, my first album was called Back to Bedlam, and it's about the madness of the mind, really. You know, that voice that you hear. And Airplane Mode is kind of the same thing. You switch off the noise of the world, and you're left with one voice. And it's, you know, that's the voice you spend your life arguing with. That voice knows, your, the truth, you know, your good bits and your bad bits, the highs and the lows, the things you're most brave about but the things you're most afraid of too.

ANGELA HARTNETT: Yeah.

JAMES BLUNT: And Airplane Mode is, yeah, the isolation and the loneliness. And some of its melancholic and sad. Lots of it, I actually really set out, I said to my record label and to my family, "Listen, I'm trying to write these happy radio songs," and really, it's not what I do best. So, this album, I'm just gonna set out and write a miserable album of miserable songs. misery sells, you know. You don't buy, you don't hire James Blunt to play at a wedding, you hire me to play at a funeral,

NICK GRIMSHAW: Right. [*laughs*]

JAMES BLUNT: Um, and so let's cash in on, on the, on the misery. So, so I really–

[crew laughs]

NICK GRIMSHAW: *[laughs]*

JAMES BLUNT: –set out to write music that moves, that moves me, and I, and I think I've done that here. And along the way, there are songs of great celebration. If you can find them.

NICK GRIMSHAW: [*laughs*] There was a thing on your website where you said something like, I can look you in your eye and tell you this is the best James Blunt album?

JAMES BLUNT: Yeah, absolutely. Well, you know, it's pretty easy if you look at the last one.

[crew laughs]

JAMES BLUNT: We're not setting the bar that high there, are we?

NICK GRIMSHAW: But that must be quite nice feeling that and being like, this is actually, this is good.

JAMES BLUNT: Definitely. You know what, I, it's a weird thing being in the business so long, and you will have interviewed loads of different singers and musicians and bands, is that, you know, I set out as a young man with a dream, um, and I made an album just on my own. Now I'm an old man with a nightmare–

NICK GRIMSHAW: *[laughs]*

JAMES BLUNT: --going on. But I was, I had this dream, it came true. I wrote songs for the first time myself without anyone in mind. I was just telling the truth to myself. And then you suddenly have huge exposure and suddenly everyone is

judging what you put out. My second album was a very lonely album. I was going through a minor backlash in the UK, whereas I was in exile in a very lonely place called Ibiza. And I wrote a very sad album called All the Lost Souls. And you know, and I was very much, the songs were isolated and lonely. But then I really became part of the music business, writing songs to try and, you know, get you to play them on radio, which you didn't.

[everyone laughs]

ANGELA HARTNETT: Why didn't you play them, Nick?

NICK GRIMSHAW: It was a playlist decision. [*laughs*]

JAMES BLUNT: Come on, I sent the money. I offered you my body. Uh, anyway, I just, you know, I, I was part of the music business, and, and I, it's taken me a long time to get away from the music business and get back to the music.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

JAMES BLUNT: Um, and to not write– Just if you're writing a song and you know someone else is going to judge it, that's incredibly hard. And if you know the record label's going to say, well, this isn't quite loud and fast and, uh, you know, with all the bells and whistles for radio, and then they're going to look down on it, it's just very hard to write honestly–

NICK GRIMSHAW: Mm-hm.

JAMES BLUNT: –at that stage. And even if you're writing honestly, you know, you're going to say some things to yourself, you know, here's the thing, I'm talking to you and I want you to like me vaguely, um, and I'm hoping the makeup is working and I look vaguely, uh, nice to you. Um, it's only when I go, you know, next door and you look in the mirror are you having an honest, truthful conversation. To write that down in music, into words, and know that people are going to listen to that and know who you really are, who, what you're really afraid of, and your little, your weaknesses rather than your strengths, is, it takes quite a lot to find yourself comfortable enough to do that.

NICK GRIMSHAW: Yeah, of course.

ANGELA HARTNETT: It must take so much out of you as a person.

JAMES BLUNT: Absolutely. And, you know, I put these songs out and people say, well, describe exactly what you mean. And it's like, I don't want to describe what it means. I just mean I'm you know, you, I see my own imperfections and my own frailties and my own failings as a, as a father, as an adult, you know, spinning a lot of plates and juggling a lot of balls. And, and there's things that we can all relate to.

NICK GRIMSHAW: What's like your relationship with Your Beautiful, now? Because you've, you've heard it once or twice.

ANGELA HARTNETT: Yeah.

JAMES BLUNT: Yeah.

NICK GRIMSHAW: Yeah. And how has it been? Because it was, you know, the song that cut through.

JAMES BLUNT: Why do you want to– What do you, what do you mean? What's your relationship with it?

NICK GRIMSHAW: Well, we still love it, but are you like, “Not this bloody song again?”

JAMES BLUNT: I actually love it.

NICK GRIMSHAW: You must have a love for it.

JAMES BLUNT: I absolutely love it. You know, it's, uh, it will always be my biggest, most commercial, commercially successful song. I'm thrilled to have that. So lucky to have it on my first album.

ANGELA HARTNETT: Mm.

JAMES BLUNT: You know, everyone wants a global hit.

ANGELA HARTNETT: Yeah.

JAMES BLUNT: Rolling Stones are still out there touring, you know, looking miserable, looking for their big hit.

[everyone laughs]

JAMES BLUNT: I nailed it.

NICK GRIMSHAW: He nailed it.

JAMES BLUNT: I nailed it on album 1.

NICK GRIMSHAW: *[laughs]*

ANGELA HARTNETT: I need to have a word with Mick, don't you, yeah.

NICK GRIMSHAW: *[laughs]*

JAMES BLUNT: [*laughs*] And, uh, he just can't get a smile on his face, can he? Whereas I'm grinning ear to ear. Um, I've also learned, you know, with an audience, give them what they want. We call this tour that I'm going on, we call it the Airplane Mode Tour because I'm flogging an album called Airplane Mode. But it really should be called The Greatest Hits Tour-

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Right.

JAMES BLUNT: -where, you know, obviously I play the songs that people know: You're Beautiful.

NICK GRIMSHAW: Yeah [*laughs*]

JAMES BLUNT: And other songs that they know. You know, you give the audience what they wanna hear. And all those songs are highlights. And I'm lucky enough to have, of course, that's my most commercially successful song. But those who are, like my fan, like some other songs too.

NICK GRIMSHAW: Yeah, yeah, yeah, yeah.

JAMES BLUNT: She likes some other songs.

NICK GRIMSHAW: She likes some other ones.

ANGELA HARTNETT: So, you play some other songs.

JAMES BLUNT: And so, there are other songs on the album. Goodbye My Lover is a deeper, richer song. 1973 is a song. Bonfire Heart is a great celebration, and Monsters is a really touching song. So I have others that are highlights, but you know, I, I love that song, and thank God, it's brought me my home in Ibiza.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Yeah.

JAMES BLUNT: Thank God for that.

NICK GRIMSHAW: Thank God. I can remember seeing it on the telly on a Saturday morning on the album chart show, and someone's saying, we're going to introduce this new, I don't think there was a presenter, I think it was voiceover, but it was like, we have something new for you now. And it was the video, and I can, I actually can really remember seeing the video-

ANGELA HARTNETT: Wow.

JAMES BLUNT: Yeah, you can.

NICK GRIMSHAW: Yeah.

JAMES BLUNT: I was stripping off my clothes.

NICK GRIMSHAW: Yes.

JAMES BLUNT: You can remember that.

NICK GRIMSHAW: I can remember that.

ANGELA HARTNETT: *[laughs]*

JAMES BLUNT: Quiet, um, big nipples in that video. It was very, very chilly outside, um, winter in Mallorca, and it was raining–

ANGELA HARTNETT: Yeah. Not the best, no.

NICK GRIMSHAW: Yeah.

JAMES BLUNT: –and so I was freezing. So yeah, big up here and smaller down there.

NICK GRIMSHAW: *[laughs]*

JAMES BLUNT: Uh, and, and yeah, and they threw me. It was weird because I was on a cliff and they'd said, uh, are you prepared to do the stunt yourself and jump off the cliff?

NICK GRIMSHAW: Uh-huh.

JAMES BLUNT: And I said, sure I am, no problem.

NICK GRIMSHAW: Come on.

JAMES BLUNT: I just left the army. And they said, how high a cliff will you jump off? And I said, as high as you can find.

ANGELA HARTNETT: *[laughs]*

JAMES BLUNT: Um, and they found this cliff in Mallorca, and they built a platform up on top of it. And I arrived and thought, "Oh f***!"

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: No, that.

JAMES BLUNT: What have I done? And all the, all the locals came to watch. They'd heard this–

[everyone laughs]

JAMES BLUNT: –idiot pop star was gonna jump off, uh, this cliff. And everyone had harnesses to make sure they were safe other than me.

NICK GRIMSHAW: No!

ANGELA HARTNETT: *[laughs]*

JAMES BLUNT: And I was just running around going, and then you watch it, you know, it's fairly-

NICK GRIMSHAW: Mm-hm.

JAMES BLUNT: -it's not quite one take, but it's nearly. So, you know, I just, I'm singing the song trying to mouth the words in time with the music thinking, "F******* hell."

[everyone laughs]

JAMES BLUNT: And then I'll just run and jump and splat. And, and I came, you know, f****** high. Um, it's like a 55-foot jump.

ANGELA HARTNETT: Wow.

JAMES BLUNT: Came back up, there's a diver in the water, they dragged me out and I got it, you know, how was it? And the director said, "Sorry, James, you're about an inch and a half too far to the right."

NICK GRIMSHAW: No!

JAMES BLUNT: "Let's do it again." Off I jump, I split my lip the second time around.

ANGELA HARTNETT: Oh, jeepers.

JAMES BLUNT: It explains why my voice is so high now because, as I hit the water, it was very painful.

[everyone laughs]

JAMES BLUNT: Um, and–

ANGELA HARTNETT: How many times did you have to do it?

JAMES BLUNT: Only twice.

NICK GRIMSHAW: Only twice. They were like that's a bit–

ANGELA HARTNETT: That's enough.

JAMES BLUNT: I wasn't going to get it wrong a second time.

NICK GRIMSHAW: Please believe it. Yeah, no–

ANGELA HARTNETT: Yeah, yeah.

NICK GRIMSHAW: –nailed it the second time.

JAMES BLUNT: Um, but yeah, and it was, it was a great, it was a great little video to do.

[theme music plays]

NICK GRIMSHAW: Can we ask you about the journey? Because I always remembered like the army story and, and us–

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: –finding that out when you were breaking through as an artist.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: But what was the journey? Because I, I heard there was like a, a moment where you were, you'd left the army, you were trying to make music, you'd met Carrie Fisher.

ANGELA HARTNETT: Yeah.

JAMES BLUNT: Yeah, you know, um, it was a time where just to know how to get into the music business is so daunting.

NICK GRIMSHAW: Uh-huh.

JAMES BLUNT: Who do you, who do you talk to if you, you know, if you come from—

ANGELA HARTNETT: So, you were in the army and thought, actually, I don't want this anymore, I wanna be a musician?

JAMES BLUNT: Well, no, I'd always said I was gonna do music.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Right, okay.

JAMES BLUNT: Um, and in fact, you know, I'd said since I was 14, I was gonna do music. And I think it's a really good example of what you should do is just tell everyone what your dream is, and eventually what they'll do is say, “Please stop talking about it.”

ANGELA HARTNETT: Yeah, just do it.

JAMES BLUNT: “Please go and do it.” And eventually those guys, my mates in the army, just said, “James, please.”

ANGELA HARTNETT: We're so sick of hearing you.

JAMES BLUNT: Go now. Go.

NICK GRIMSHAW: Mm-hm.

JAMES BLUNT: And so, I started my final job. I'd been on operations in the Balkans. They then said, you know, “You can have any job you like. Like, you know, you can have your Top Gun moment. Where do you wanna go?” And I said, “I'd love to work in London as the Queen's ceremonial bodyguard, riding on a horse beside Her Majesty.” And I could do that in the day. But at night I could do concerts in London, kind of in those little bars and clubs in London. And I was trying to get a record deal, which is the wrong thing to do, actually. The way to do it is play those gigs, get an audience, but then fundamentally find a manager. And the manager I got then is my manager today.

NICK GRIMSHAW: Wow.

ANGELA HARTNETT: Oh, wow.

JAMES BLUNT: And that relationship, you know, is the most important. And he's a very, very dear friend to me. And he's guided me through the shark-infested waters. And anyway, then once I met him, I walked into my commanding officer, chucked up a salute, and said, “Colonel, I'm leaving to become a musician.” He said, “Good luck.”

ANGELA HARTNETT: *[laughs]*

JAMES BLUNT: And off I went and then I got turned down within the UK, but I did play the South by Southwest Music Festival in Austin, Texas, and only to 20 people. I wasn't even in the, I wasn't even really in the whole thing, the whole festival. I was on the fringes in the Ramada Hotel, the 20th floor, played to 20 people. And this woman stormed through at the end and said, I'm Linda Perry. Didn't mean anything to me, but she's the lead singer of Four Non Blondes.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Oh, wow.

JAMES BLUNT: She gave me a record deal. And as I was travelling out to America, as I was leaving really, I was having lunch in Notting Hill in a restaurant called 192 with some friends, and at the same table was Carrie Fisher, the actress. We were introduced and she said, "What do you do?" And I said, well, I've just left the army. I'm travelling to Los Angeles now. I've got a record deal. And she said, "Well, where are you gonna live?" And I said, "I have nowhere to live yet." She said, "You know what? You're gonna come and live with me."

ANGELA HARTNETT: Oh, that's incredible.

JAMES BLUNT: And I moved in with Carrie, and she is the most beautiful human being on the planet. I lived in cabin 2. Cabin 1 was a chap called Charlie Wessler who'd produced Dumb and Dumber and There's Something About Mary. And Debbie Reynolds, who's Carrie's mother, um, lived on the property too. She'd come out every morning and shout at me, "Hey, Charlie, you want a drink?" And I'd say, "Hey, Debbie, I'm not Charlie."

[everyone laughs]

JAMES BLUNT: She'd say, “Oh well, you want a drink anyway?” And, uh, and yeah, it was a very, very special place. And Carrie was very, you know, it's called, my album's called Back to Bedlam really because of the madhouse. You know, I was dealing with what was going on in my little head, but the madhouse that we were living in.

NICK GRIMSHAW: Mm.

ANGELA HARTNETT: Yeah.

JAMES BLUNT: Um, you know, as, and she really has an integral part on the start of my career. And wasn't it mad? I thought, I've just left the army and I've got to, I have this dream. And now this woman, Linda Perry, has given me the opportunity. And now I'm living with Carrie Fisher. Like, of course this is gonna work. It has to work. That kind of, it was just an amazing–

ANGELA HARTNETT: You couldn't write it, yeah.

NICK GRIMSHAW: You truly couldn't.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: It's such a nuts story.

JAMES BLUNT: Very lucky.

NICK GRIMSHAW: I love that. And that's so cool of her to like–

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: –meet someone and be like, oh-

ANGELA HARTNETT: Come and stay.

NICK GRIMSHAW: -like take a chance. Come and stay at mine.

ANGELA HARTNETT: Mm, yeah.

JAMES BLUNT: Yeah, absolutely incredible.

ANGELA HARTNETT: I love it. Having 1, 2 and 3.

JAMES BLUNT: And she became, you know, the dearest, dearest friend to me.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

JAMES BLUNT: It was really so sad when she died too young.

ANGELA HARTNETT: Yeah, of course.

JAMES BLUNT: But she had an absolutely magical mind, um, and she was such a bright, bright woman, such an incredible human being.

NICK GRIMSHAW: Mm-hm.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Were you there a lot throughout the years? When you got back to LA, would you go back?

JAMES BLUNT: That's where I'd live. That was my home.

NICK GRIMSHAW: Yeah.

JAMES BLUNT: I mean, I would live there 4 months of the year with her. I mean, I wrote, um, uh, You're Beautiful. I, you know, finished off, um, out there. We recorded Goodbye My Lover in her bathroom because she had a piano in the bathroom.

ANGELA HARTNETT: Oh my gosh.

JAMES BLUNT: And it was just a very, very special place–

ANGELA HARTNETT: Yeah.

JAMES BLUNT: -to me.

[theme music plays]

NICK GRIMSHAW: Could we talk a little bit about army food?

ANGELA HARTNETT: Mm.

JAMES BLUNT: Let's do that.

NICK GRIMSHAW: Because I've read that you'd said that actually you quite enjoyed it.

JAMES BLUNT: I really liked army food, you know, and that's the same on aeroplanes. I like airplane food.

NICK GRIMSHAW: I quite like airplane food.

JAMES BLUNT: Yeah-

NICK GRIMSHAW: Yeah.

JAMES BLUNT: -actually, you know, that ties in with a new album I've got selling.

NICK GRIMSHAW: Yeah, Airplane Mode.

[crew laughs]

NICK GRIMSHAW: Yeah. Available now before an arena tour next year.

JAMES BLUNT: jamesblunt.com

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: *[laughs]*

JAMES BLUNT: But absolutely, you know, aeroplane food, army food in the rations. Weirdly with army rations, they're designed So obviously they're–

ANGELA HARTNETT: So, this is when you're out, not at base camp.

JAMES BLUNT: Exactly.

NICK GRIMSHAW: Right.

JAMES BLUNT: And then they're in, you know, these kind of metallic bags and then you boil them in water. But they're designed in such a way that you can just heat it up any way you like. So, you know, if you can't do anything, if you're in a place where you have to really hide, you can just literally stick it under your armpit and get it to body temperature. And that's all the cooking you need to do.

NICK GRIMSHAW: And didn't you say like the Italians–

ANGELA HARTNETT: Do the best.

NICK GRIMSHAW: Food was the best?

JAMES BLUNT: Absolutely. And as you would totally imagine, Italians have the best ration packs. They literally will have in their ration packs really good, Espresso coffees. They'll have grappa, which is madness. I mean, you've got alcohol and you're in a war zone.

NICK GRIMSHAW: Wow.

ANGELA HARTNETT: Yeah.

JAMES BLUNT: And guns. This is incredibly dangerous.

ANGELA HARTNETT: It's quiet.

JAMES BLUNT: Civilised. Well, it's not civilised, 'cause what they would do is if they've got one shot of grappa every day to keep them happy, well, they won't have it every day. They'll stockpile it until the end of the week and then take it all.

ANGELA HARTNETT: Oh, right, okay, yeah.

JAMES BLUNT: But we would then try and trade. I'd meet Italian soldiers and try and trade our ration packs for theirs, and they wouldn't take ours, but they would gift some of theirs.

ANGELA HARTNETT: They'd gift you.

JAMES BLUNT: They'd say, you have that, but we don't want, we don't want the British one.

NICK GRIMSHAW: No, we don't.

ANGELA HARTNETT: I went out to Afghanistan with Gordon.

JAMES BLUNT: Amazing.

ANGELA HARTNETT: We cooked for the troops. Like we went out on, I think the 20th of December, did a whole Christmas lunch on the 23rd.

JAMES BLUNT: God that's good of you.

ANGELA HARTNETT: And, you know, we flew out and like literally, you know, 48 hours. And I was so impressed with the food out there. But as they said, it was their, they need, they could not do poor food because this was morale.

JAMES BLUNT: Absolutely.

ANGELA HARTNETT: You know, that's what everyone ate. That's what they had to do.

NICK GRIMSHAW: Mm-hm.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: But I did love the fact, 'cause on the way back we flew back by an American airbase. And the British airbase was pretty good, but the American, it was like just going to Disneyland.

JAMES BLUNT: Absolutely.

ANGELA HARTNETT: They had everything.

JAMES BLUNT: Everything on offer.

ANGELA HARTNETT: It was nuts.

JAMES BLUNT: Yeah.

ANGELA HARTNETT: But it was, I was, I thought the food, I came back and had a go at all my chefs about staff food.

JAMES BLUNT: Really?

NICK GRIMSHAW: No way!

ANGELA HARTNETT: No, no. I said, “They're in a desert, in a desert, and they are producing food of this level. We are in a kitchen in Mayfair. We can do better than that.”

JAMES BLUNT: Amazing.

ANGELA HARTNETT: And it's true.

JAMES BLUNT: And they are, they really can, you know, set up anywhere.

ANGELA HARTNETT: Mm. Yeah.

JAMES BLUNT: Deliver to hundreds, if not thousands of people.

ANGELA HARTNETT: It's incredible.

JAMES BLUNT: Anywhere.

ANGELA HARTNETT: Yeah.

JAMES BLUNT: It's incredible that they do it with under pressure. And also, you know, an army marches on its stomach, so you've really got to keep them, that's where morale is set.

[theme music plays]

NICK GRIMSHAW: Should we do the fast food quiz with James Blunt?

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Should we do this? James, please tell us your favourite way to eat eggs.

JAMES BLUNT: Scrambled.

ANGELA HARTNETT: Favourite sandwich filling?

JAMES BLUNT: Tuna. We know about this.

ANGELA HARTNETT: Tuna, on everything.

JAMES BLUNT: From the garden. Tuna fresh from the garden.

NICK GRIMSHAW: *[laughs]*

[crew laughs]

NICK GRIMSHAW: What is your favourite form of potato?

JAMES BLUNT: Actually, it's carb. I won't have it.

NICK GRIMSHAW: No?

JAMES BLUNT: No.

ANGELA HARTNETT: You don't have carbs?

NICK GRIMSHAW: No carbs.

JAMES BLUNT: No.

NICK GRIMSHAW: Oh, wow.

ANGELA HARTNETT: So, you won't have crisps then?

JAMES BLUNT: I don't just work in radio.

NICK GRIMSHAW: No. [*laughs*]

ANGELA HARTNETT: *[laughs]* Okay.

JAMES BLUNT: I mean, I need to keep, I need to watch the calories.

NICK GRIMSHAW: You look good. You're doing good, yeah.

ANGELA HARTNETT: What's your favourite fruit then?

JAMES BLUNT: My favourite fruit? I'll take a banana, please.

ANGELA HARTNETT: A banana. Just a banana, please.

NICK GRIMSHAW: Do you eat crisps?

JAMES BLUNT: Yeah, I do. Prawn cocktail.

NICK GRIMSHAW: Yeah, okay, great.

ANGELA HARTNETT: Oh okay. Favourite pasta you won't eat? Nut?

JAMES BLUNT: Pasta, I will actually have.

[crew laughs]

ANGELA HARTNETT: It's carbohydrate.

JAMES BLUNT: Is pasta a carbohydrate?

NICK GRIMSHAW: Oh, big time.

JAMES BLUNT: Oh, God.

[crew laughs]

JAMES BLUNT: Oh, well-

ANGELA HARTNETT: I'm skipping crisps.

JAMES BLUNT: -that's off the list now.

ANGELA HARTNETT: You know.

JAMES BLUNT: That's off the list. Do you know my local restaurant in Ibiza has a paccheri culpo di lupara?

NICK GRIMSHAW: Oh.

ANGELA HARTNETT: Oh, lovely.

JAMES BLUNT: That's probably the only time I'd bend the rules.

ANGELA HARTNETT: You have pizza.

JAMES BLUNT: Is that carbs?

ANGELA HARTNETT: *[laughs]*

[crew laughs]

JAMES BLUNT: Oh God. Now you're gonna tell me there's carbs in beer as well.

[everyone laughs]

NICK GRIMSHAW: No, I think that's fine. I think that's fine. It's a drink.

ANGELA HARTNETT: It's a drink. It's liquid.

NICK GRIMSHAW: Um–

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: A personal one. Do you have a favourite kitchen utensil?

JAMES BLUNT: Well, a knife.

NICK GRIMSHAW: Right.

ANGELA HARTNETT: Okay.

[crew laughs]

JAMES BLUNT: I always carry one with me.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Right, great.

JAMES BLUNT: Yeah.

[crew laughs]

NICK GRIMSHAW: For the army.

JAMES BLUNT: Yeah, exactly.

ANGELA HARTNETT: And what's your favourite cheese?

JAMES BLUNT: I'm not going to say.

ANGELA HARTNETT: Why?

JAMES BLUNT: I'm not going to say for personal reasons.

NICK GRIMSHAW: Right, fair.

ANGELA HARTNETT: Right, okay. All right. Fair enough.

JAMES BLUNT: Um, there, because there's a chap called Joe Bangles-

NICK GRIMSHAW: Yeah.

JAMES BLUNT: -online who asks me every day, what is your favourite cheese?

ANGELA HARTNETT: Does he?

JAMES BLUNT: And I'm not gonna answer because if I told you, he'd stop messaging me and then I'd have no one messaging me.

[crew laughs]

NICK GRIMSHAW: I remember this. How long's Joe Bangles been asking you about cheese?

JAMES BLUNT: No, he-

NICK GRIMSHAW: How long's he been asking

JAMES BLUNT: And I love the feel.

NICK GRIMSHAW: What has been going on Twitter for the past 2 years?

ANGELA HARTNETT: Why but why–

NICK GRIMSHAW: Years, absolutely years

ANGELA HARTNETT: Why does Joe want to know? Is he a cheese merchant or something?

JAMES BLUNT: That's all he does, he asks. He will have asked you.

ANGELA HARTNETT: Oh, he asks people?

NICK GRIMSHAW: He does, yeah.

ANGELA HARTNETT: Okay.

JAMES BLUNT: And you can't get that out of me.

NICK GRIMSHAW: Yeah. It's been, I'd say, 10, 15 years he's been asking people about cheese.

ANGELA HARTNETT: That is nuts.

JAMES BLUNT: Yeah, I hold that secret–

NICK GRIMSHAW: Yeah.

JAMES BLUNT: –very dear to my chest.

ANGELA HARTNETT: Okay, all right.

NICK GRIMSHAW: Yeah. But hello to Joe.

ANGELA HARTNETT: Yeah.

NICK GRIMSHAW: Finally, what's the best thing to eat or drink at Christmas?

JAMES BLUNT: Well, I wouldn't drink it, but I'd eat a firm, young parsnip.

NICK GRIMSHAW: Mm.

[crew laughs]

ANGELA HARTNETT: Firm, young parsnips.

NICK GRIMSHAW: Yeah.

JAMES BLUNT: Yes, exactly.

NICK GRIMSHAW: They're delicious.

JAMES BLUNT: I think that's the highlight of Christmas. I mean, I also like the bread sauce because–

ANGELA HARTNETT: Yeah.

JAMES BLUNT: –that again, it's a bit of child's food.

NICK GRIMSHAW: Mm.

JAMES BLUNT: But a parsnip and some bread sauce and I'm happy chappy.

ANGELA HARTNETT: You're happy?

NICK GRIMSHAW: You're happy. yeah.

ANGELA HARTNETT: No meat, no nothing else?

JAMES BLUNT: No, I'll take the meat as well.

ANGELA HARTNETT: Okay, but the parsnip.

JAMES BLUNT: But the meat is a vehicle to get—

ANGELA HARTNETT: To the parsnip.

JAMES BLUNT: The sauce in.

NICK GRIMSHAW: The sauce.

ANGELA HARTNETT: Yeah.

JAMES BLUNT: But a Christmas drink-

NICK GRIMSHAW: Oh yeah, Christmas drink.

JAMES BLUNT: –I would say a tequila.

ANGELA HARTNETT: Tequila.

NICK GRIMSHAW: Teq- Very festive.

JAMES BLUNT: Yes, exactly.

[crew laughs]

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: A Christmas classic.

ANGELA HARTNETT: A shot.

JAMES BLUNT: A Christmas classic.

[theme music plays]

NICK GRIMSHAW: Should we talk about Traitors?

ANGELA HARTNETT: Oh, come on.

NICK GRIMSHAW: Shall we? We've gotta talk about Traitors.

JAMES BLUNT: Let's talk about Traitors.

NICK GRIMSHAW: What's the gap between filming it and it coming out? Six months?

JAMES BLUNT: I think we filmed in May–

NICK GRIMSHAW: Mm-hm.

JAMES BLUNT: –until October. And then I was very good. I didn't tell anyone what had happened. You can figure out when, how well you've done vaguely by how, when you come home. 'Cause it's filmed over 3 weeks. And if you come home after 3 days, you haven't done very well.

NICK GRIMSHAW: Right.

ANGELA HARTNETT: Obviously, yeah.

JAMES BLUNT: Richard E. Grant.

NICK GRIMSHAW: Yeah.

JAMES BLUNT: And so, my family obviously knew that I'd stayed for a healthy period of time. But when we watched the show back and watched that final and I didn't win, my wife looked at me and said, “I thought you'd won.”

ANGELA HARTNETT: *[laughs]*

JAMES BLUNT: And she was so disappointed. Not in, she was disappointed in me.

[everyone laughs]

JAMES BLUNT: She literally looks down like, you lost. So at least I'm very good at keeping that secret.

ANGELA HARTNETT: Yeah, very good.

JAMES BLUNT: But I feel like, wow, God, I didn't realise this was gonna be judged.

ANGELA HARTNETT: You were absolutely brilliant.

NICK GRIMSHAW: You were so good on it. So good. I liked how serious you took it as well.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: I like when someone wants to play.

ANGELA HARTNETT: Mm.

NICK GRIMSHAW: And I love when someone throws theories out there.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: No, it's definitely this.

ANGELA HARTNETT: Yeah.

JAMES BLUNT: And I was, yeah, yeah. Let's talk about that.

ANGELA HARTNETT: You were wrong a lot, but then you got it right.

NICK GRIMSHAW: Yeah.

JAMES BLUNT: Well, I think that was the edit.

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: Yeah, it was probably the edit.

[crew laughs]

ANGELA HARTNETT: “I’ve known the 3 traitors from the beginning-

JAMES BLUNT: Yes.

ANGELA HARTNETT: –and they just didn't put it in.”

JAMES BLUNT: Exactly.

ANGELA HARTNETT: *[laughs]*

JAMES BLUNT: I think they will be studying my strategy–

NICK GRIMSHAW: *[laughs]*

ANGELA HARTNETT: *[laughs]*

JAMES BLUNT: –for years to come because, you know, how can you get it wrong literally every day? "I've got a theory. I've got a theory. Him, he's out." And then they'd banish that person and then I'd just go, "Oh God, I'm so sorry, I'm so sorry." And then come in the next day, "Right, her."

ANGELA HARTNETT: Yeah, yeah, yeah.

[everyone laughs]

JAMES BLUNT: The right thing is to shut up and not say anything. And I hadn't really twigged–

NICK GRIMSHAW: Mm-hm.

JAMES BLUNT: –to that.

ANGELA HARTNETT: Yeah.

JAMES BLUNT: So, yeah.

ANGELA HARTNETT: Yeah, but you stayed in long.

NICK GRIMSHAW: Yeah, exactly.

ANGELA HARTNETT: You know–

JAMES BLUNT: Thank you.

ANGELA HARTNETT: –it was only Romesh that, you know, sold you down.

JAMES BLUNT: But do you know what? I do think it was a lovely ending. You know, we caught the traitors, we tied up the loose ends. It was a really dramatic, and, you know, and the 3 final traitors, James Acaster was a brilliant traitor. You know, he was really under the radar. And Maya and my friend Kenny were–

ANGELA HARTNETT: Aw Kenny.

JAMES BLUNT: You know, they were brilliant, brilliant traitors. And it was a great twist to have it that, you know, all the twists and turns make for great emotional TV.

NICK GRIMSHAW: Yeah, you need the twists and turns for sure.

JAMES BLUNT: Yeah. And I texted Romesh afterwards. I managed to get his number. He wasn't giving it to me.

ANGELA HARTNETT: *[laughs]*

JAMES BLUNT: Get his number and say, you know, I text him saying, “I know where you live.”

NICK GRIMSHAW: I know.

JAMES BLUNT: And I have to say also, Romesh did, he donated to my charity of choice–

ANGELA HARTNETT: Brilliant.

JAMES BLUNT: –afterwards, which I said, “You're not buying your way out of this, Romesh.”

ANGELA HARTNETT: *[laughs]*

NICK GRIMSHAW: [*laughs*] And he actually did.

JAMES BLUNT: But he did, yeah, which is a very, very touching, touching moment.

NICK GRIMSHAW: I loved as well, you know, when they have the scenes of when someone's talking about someone and they're like, “Maybe it's James.” And then they cut to you and you were showering with like a sort of like a–

JAMES BLUNT: loofah.

NICK GRIMSHAW: A loofah, yeah, with a shower cap?

ANGELA HARTNETT: *[laughs]*

JAMES BLUNT: Yeah, I brought them from home.

NICK GRIMSHAW: Yeah.

JAMES BLUNT: Um, and you know, I think if you really need to get into your nooks and crannies.

NICK GRIMSHAW: Right.

[crew laughs]

JAMES BLUNT: Uh, then a firm brush–

[everyone laughs]

JAMES BLUNT: –will do this. And also, I was having a very good hair day.

NICK GRIMSHAW: Yeah.

JAMES BLUNT: So, I needed, I needed, I needed a shower cap.

JAMES BLUNT: *[theme music plays]*

NICK GRIMSHAW: We have your end of the show question here, James, uh, for your chance to win the Waitrose goodie bag.

JAMES BLUNT: Ooh.

NICK GRIMSHAW: All you've got to do is answer the following question: does Richard E. Grant deserve a second chance on Celebrity Traitors next year? It's been discussed.

ANGELA HARTNETT: Have they, oh wow.

NICK GRIMSHAW: People are like, he's only is in it a minute, you should put him back in.

ANGELA HARTNETT: Wow.

NICK GRIMSHAW: What do you think?

JAMES BLUNT: Richard E. Grant deserves anything he asks for because he is the most amazing and beautiful human being, and I loved meeting him and getting to know him. Um, and as we arrived, before they took my phone from me, um, I said, hi, can I have 10 more minutes with my phone, please? And so, I sent my wife flowers. I sent myself flowers.

ANGELA HARTNETT: *[laughs]*

JAMES BLUNT: And then I said, and I text Richard saying, "What room are you in?" And he wrote back saying, "Room 303." And so, I sent him some funeral flowers.

NICK GRIMSHAW: *[laughs]*

ANGELA HARTNETT: *[laughs]*

JAMES BLUNT: And then the joy of being on a show with Richard is my favourite movie in the world is his cult movie Withnail and I.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah, sure.

JAMES BLUNT: And so, I couldn't help, whenever I was with him, just be quoting Withnail lines.

ANGELA HARTNETT: Yeah, yeah, yeah.

JAMES BLUNT: You know, we've come on holiday by mistake, which we had.

NICK GRIMSHAW: Yeah.

ANGELA HARTNETT: Yeah.

JAMES BLUNT: In Castle, and then we were like, of nowhere in Scotland. Um, and he's a lovely human being. You can give him the chance of going on Traitors a second time, I don't think he'll do it.

NICK GRIMSHAW: No.

JAMES BLUNT: I think, I think, and in many ways, he nailed it.

ANGELA HARTNETT: Yeah.

JAMES BLUNT: He was on the show of his dreams.

ANGELA HARTNETT: They're still talking about it.

JAMES BLUNT: And he was on there for a day and got the hell out of dodge.

NICK GRIMSHAW: Yeah, he did.

JAMES BLUNT: We were all paid the same amount of money.

NICK GRIMSHAW: Yeah.

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

[crew laughs]

JAMES BLUNT: Actually, that's the other thing I did do is I told all the other contestants that I've been paid more.

ANGELA HARTNETT: *[laughs]*

JAMES BLUNT: And I did it, I complained about how much I've been paid, saying, this isn't worth it. And then I named my price and they were really angry because our phones had been taken off them. They couldn't call their agents.

[everyone laughs]

NICK GRIMSHAW: That is brilliant.

ANGELA HARTNETT: That is really good.

NICK GRIMSHAW: James, I feel the goodie bag–

ANGELA HARTNETT: Definitely.

NICK GRIMSHAW: –has to be yours.

[applause]

JAMES BLUNT: Ah! Thank you so much.

NICK GRIMSHAW: That is so funny.

JAMES BLUNT: I will treasure this until Christmas–

ANGELA HARTNETT: *[laughs]*

JAMES BLUNT: –and then I'll explain to my wife, I just love you, darling.

NICK GRIMSHAW: There you go, it's Waitrose.

ANGELA HARTNETT: *[laughs]*

[theme music begins to play]

NICK GRIMSHAW: Um, James, thank you so much for coming to see us.

JAMES BLUNT: Thank you so much for having me.

NICK GRIMSHAW: Congratulations on Traitors.

ANGELA HARTNETT: Yes.

NICK GRIMSHAW: Congratulations on the album. Uh, James Blunt, everybody.

[cheering and applause]

JAMES BLUNT: Thank you so much. Lovely to meet you.

ANGELA HARTNETT: You've been so funny!

JAMES BLUNT: Thank you so much. So good to see 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 wanna 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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