

**Emilia Fox, a butternut and toasted pumpkin seed risotto, and a vodka martini**



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

*[theme music plays]*

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

**ANGELA HARTNETT:** And I'm Angela Hartnett.

**NICK GRIMSHAW:** And here we are, Ange, the final episode of the year.

**ANGELA HARTNETT:** 2025.

**NICK GRIMSHAW:** That's the year. This is it.

**ANGELA HARTNETT:** This is it

**NICK GRIMSHAW:** The last one.

**ANGELA HARTNETT:** How's your year been? Has it been good? Are you happy?

**NICK GRIMSHAW:** Its been great.

**ANGELA HARTNETT:** Yeah?

**NICK GRIMSHAW:** It's been really good. It's been busy.

**ANGELA HARTNETT:** Busy, yeah.

**NICK GRIMSHAW:** So tired, but really good, yeah.

**ANGELA HARTNETT:** Excellent, good.

**NICK GRIMSHAW:** Have you had a nice year, do you think?

**ANGELA HARTNETT:** Yeah, it's been very busy. It's come around very quickly actually.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Neil and I were thinking, it's our friend Tom's birthday. It was just before Christmas and the other week we said, 'God, it's Tom's birthday already.'

**NICK GRIMSHAW:** Already.

**ANGELA HARTNETT:** It's gone- [*clicks fingers*]

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** -like that.

**NICK GRIMSHAW:** It has gone quick.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** I feel like Glastonbury, which was six months ago, was like maybe six weeks ago.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Like if you said, 'It was probably about a month ago.' I'd be like, 'Yeah, probably.'

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Yeah, it's gone quick. We're recording this, not live, obviously.

**ANGELA HARTNETT:** Thank the lord [*laughs*].

**NICK GRIMSHAW:** [*laughing*] It's a couple of weeks before New Year's Eve. But we're actually going to be together on New Year's Eve.

**ANGELA HARTNETT:** I know, spooky [*laughs*].

**NICK GRIMSHAW:** Yeah, not spooky. Real nice.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Um, do you like New Year's Eve?

**ANGELA HARTNETT:** I do. Yeah, I do actually. I do.

**NICK GRIMSHAW:** Yeah, not obsessed.

**ANGELA HARTNETT:** I'm not obsessed with it. Um, there have been nights where I've spent it with mates and my mum-

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** -over a bottle of wine, which would be brilliant. This is probably the first new year that I've really planned.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** You know, like I've got a group of people together. You've got a group of people together, a little bit organised.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** There's text messages galore going around and emails.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** So, well, yeah, it should be fun.

**NICK GRIMSHAW:** Yeah, I'm excited. I think I, I do like it. I'm the same as you, but take it as it comes.

**ANGELA HARTNETT:** Yeah. Bring your swimming suit or your swimming-

**NICK GRIMSHAW:** Oh, yeah, because you want-

**ANGELA HARTNETT:** A dip in the ocean

**NICK GRIMSHAW:** -to do a New Year's Day swim.

**ANGELA HARTNETT:** Yeah, I've got to.

**NICK GRIMSHAW:** Do we?

**ANGELA HARTNETT:** Yes.

[crew laugh]

**ANGELA HARTNETT:** Come on, you'll feel so much better-

**NICK GRIMSHAW:** Right yeah

**ANGELA HARTNETT:** - after a 10 second dip in the ocean.

**NICK GRIMSHAW:** That's true.

**ANGELA HARTNETT:** You will.

**NICK GRIMSHAW:** Okay.

**ANGELA HARTNETT:** You'll feel so much better, honestly.

**NICK GRIMSHAW:** Okay, I will.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Do we need to bring a wetsuit?

**ANGELA HARTNETT:** No, I'm sure [laughs]. No, wetsuit. Come on.

**NICK GRIMSHAW:** It's going to be cold.

**ANGELA HARTNETT:** I know, but we're not, you know, it's not the Antarctic [laughs].

**NICK GRIMSHAW:** [laughs] Might as well be.

**ANGELA HARTNETT:** It's Cornwall.

**NICK GRIMSHAW:** Okay, all right then. All right, I'll bring my swimming trunks. [laughs]

**ANGELA HARTNETT:** [laughs] You can borrow my dry rope.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** There you go. I'll share it. You can borrow my dry rope.

**NICK GRIMSHAW:** Lend us that. Lend us that. Oh, I wanted to ask you about this. This is what I wanted to ask. Have you heard of a f-first footer?

**ANGELA HARTNETT:** Um no.

**NICK GRIMSHAW:** So a first footer, popular Scottish New Year's tradition-

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** -where the first person to enter the house after midnight brings good fortune. Ideally, a tall, dark-haired male bearing symbolic gifts like coal, shortbread, whiskey, salt, and a coin for prosperity, warmth, and cheer.

**ANGELA HARTNETT:** We've done that. We've been to a neighbour's house and our gift was a lump of coal. That I've heard of.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** I didn't know it was called a first footer.

**NICK GRIMSHAW:** First footer.

**ANGELA HARTNETT:** Oh, okay then.

**NICK GRIMSHAW:** So I wonder who'll be our first footer.

**ANGELA HARTNETT:** Oh, right. Okay.

**NICK GRIMSHAW:** Yeah. I feel like Neil could take on that role.

**ANGELA HARTNETT:** He's definitely Scottish, isn't he.

**NICK GRIMSHAW:** He's Scottish, yeah.

**ANGELA HARTNETT:** Just give him a bag of coal and go to everyone's, you know, [*knocks*] knock on the door.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Yeah, there you go.

**NICK GRIMSHAW:** I feel like Neil should be our first footer. I had a really nice time with Neil the other day.

**ANGELA HARTNETT:** Oh, you were at the French house?

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Yeah, fun.

**NICK GRIMSHAW:** We went for our team, like radio team lunch.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** And it was fantastic.

**ANGELA HARTNETT:** All Neil did was come back and tell me stories that you repeated about me to him.

**NICK GRIMSHAW:** What?

**ANGELA HARTNETT:** I don't know what you were saying. She goes, 'Oh, she said something about my text messaging.'

**NICK GRIMSHAW:** Oh, yeah, the text messaging.

**ANGELA HARTNETT:** I said, 'Oh Neil, you be on the end of it. It's quite annoying.'

**NICK GRIMSHAW:** Yeah, Neil was team you for that.

**ANGELA HARTNETT:** [*laughs*]

**NICK GRIMSHAW:** So, I will text separate lines for each thought.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** And Angela, I messaged her the other day and she just wrote back going, 'Why can't you just write in one text message?' [*laughs*]

**ANGELA HARTNETT:** [*laughs*]

**NICK GRIMSHAW:** But like didn't reply. And then a screenshot of Miquita had also texted you in that same way.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** And she was like, 'Here's another one!'

[*crew laughter*]

**ANGELA HARTNETT:** You and your mates.

**NICK GRIMSHAW:** I don't know why we did that.

**ANGELA HARTNETT:** You'll go 'Hi.' And then you go, 'How are you?' And so you look at your phone and you go, oh, six text messages. And they're all from the same person, just different sentences.

**NICK GRIMSHAW:** I don't know why I do that.

**ANGELA HARTNETT:** Anyway

**NICK GRIMSHAW:** My mum tells me I'm from that as well.

**ANGELA HARTNETT:** So we were chuckling. But then Neil did pay you a very good compliment.

**NICK GRIMSHAW:** What?

**ANGELA HARTNETT:** He said, you know, he knows his food, doesn't he? He likes his food.

**NICK GRIMSHAW:** Yeah, but I just ate it. I didn't make it [*laughs*].

**ANGELA HARTNETT:** No, but, no, but, in the sense that he was judging you all from what you ordered. You obviously placed a good order.

**NICK GRIMSHAW:** Oh right, okay, yeah.

**ANGELA HARTNETT:** You know, there weren't any well-done beefs or anything or-

**NICK GRIMSHAW:** Oh no.

**ANGELA HARTNETT:** -anything like that. You know, fish cooked correctly.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** He was impressed that you all had steak tartare.

**NICK GRIMSHAW:** Steak tartare.

**ANGELA HARTNETT:** Yeah, loved it.

**NICK GRIMSHAW:** And then they had like a, like a squash salad-

**ANGELA HARTNETT:** Squash salad.

**NICK GRIMSHAW:** -to start, which was really good.

**ANGELA HARTNETT:** Yeah, yummy yeah.

**NICK GRIMSHAW:** And then a steak tartare and then loads of nice cheeses.

**ANGELA HARTNETT:** Yeah, lovely.

**NICK GRIMSHAW:** Okay, today on the show, we have Emelia Fox.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** So Emelia Fox is here to talk to us. A brand new series of Silent Witness.

**ANGELA HARTNETT:** Yep, yeah.

**NICK GRIMSHAW:** Sort of good New Year telly.

**ANGELA HARTNETT:** How many- I mean, what is it?

**NICK GRIMSHAW:** Series 29.

**ANGELA HARTNETT:** That's incredible, isn't it?

**NICK GRIMSHAW:** Series 29.

**ANGELA HARTNETT:** I mean, she hasn't been in all of them, but she's done a fair amount.

**NICK GRIMSHAW:** She's done it, yeah, since 2004.

**ANGELA HARTNETT:** That is amazing.

**NICK GRIMSHAW:** Where were you in the world in 2004?



**ANGELA HARTNETT:** 24. I was at the Connaught.

**NICK GRIMSHAW:** Yes.

**ANGELA HARTNETT:** Were you Radio 1?

**NICK GRIMSHAW:** No, no.

**ANGELA HARTNETT:** T4? No, no.

**NICK GRIMSHAW:** No. I was at uni.

**ANGELA HARTNETT:** Oh, all right.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Oh, yeah, you are quite a lot younger than me, I forget that.

**NICK GRIMSHAW:** Because I would have gone to uni in 2002.

**ANGELA HARTNETT:** Oh, right.

**NICK GRIMSHAW:** Yeah. Well, in 2004, great year, when Myspace reached 1 million users. Did you ever have a Myspace?

**ANGELA HARTNETT:** No.

**NICK GRIMSHAW:** Loved Myspace. It was when Strictly Come Dancing started.

**ANGELA HARTNETT:** God, is it?

**NICK GRIMSHAW:** And it was when Friends finished.

**ANGELA HARTNETT:** Oh.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Friends finished. That's when I did, uh, Hell's Kitchen with Gordon that year then.

**NICK GRIMSHAW:** Why?

**ANGELA HARTNETT:** Because I remember that because we were doing that on ITV.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** And the final was the same night Friends went out on Channel 4.

**NICK GRIMSHAW:** Oh, yeah.

**ANGELA HARTNETT:** And our ratings, this is how when people watch TV, got 10 million.

**NICK GRIMSHAW:** Whoa.

**ANGELA HARTNETT:** And beat the final Friends.

**NICK GRIMSHAW:** Shut up.

**ANGELA HARTNETT:** Shut up. Gordon Ramsay-

**NICK GRIMSHAW:** Wow.

**ANGELA HARTNETT:** -Hell's Kitchen, did that.

**NICK GRIMSHAW:** Uh-huh. Wow.

**ANGELA HARTNETT:** There you go.

**NICK GRIMSHAW:** Come on.

**ANGELA HARTNETT:** I know.

**NICK GRIMSHAW:** Wow. Good times.

**ANGELA HARTNETT:** That's nuts, isn't it?

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Doesn't happen anymore [*laughs*].

**NICK GRIMSHAW:** Does not, does not happen anymore. Well, Emelia Fox will be here to, one, talk about Silent Witness.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Two, I think we should have a little reminisce of 2004.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** And also, she loves food.

**ANGELA HARTNETT:** She does.

**NICK GRIMSHAW:** She particularly loves seasonal food as well.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** So I think she's going to be a fantastic guest.

**ANGELA HARTNETT:** She'll be- She'll chat away.

**NICK GRIMSHAW:** She's actually done such a long list of likes and dislikes-

**ANGELA HARTNETT:** We have a booklet.

**NICK GRIMSHAW:** We've made it into a booklet. Yeah. Sort of, a bit like a hymn book.

**ANGELA HARTNETT:** It does feel like. It feels like something you get at church.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Or something you have at mass or Christmas. And she comes from a very um, acting family, her father-

**NICK GRIMSHAW:** Yeah

**ANGELA HARTNETT:** -her brother, her mum, all of them and her cousins-

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** -and uncles, no, she's a great heritage, excited to meet her.

**NICK GRIMSHAW:** Yeah, me too.

[*theme music plays*]

[*studio applause & cheering*]

**NICK GRIMSHAW:** Hi!

**EMILIA FOX:** Hello.

**NICK GRIMSHAW:** Hi.

**EMILIA FOX:** How are you?

**NICK GRIMSHAW:** How are you? Welcome to Dish.

**EMILIA FOX:** Aw nice to see you.

**ANGELA HARTNETT:** Lovely to see you.

**EMILIA FOX:** Hello, lovely to see you.

**ANGELA HARTNETT:** Come in.

**EMILIA FOX:** Thank you for having me.

**ANGELA HARTNETT:** Oh we're so excited.

**NICK GRIMSHAW:** Come on in.

**EMILIA FOX:** Very thrilled.

**NICK GRIMSHAW:** The risotto is on.

**EMILIA FOX:** [*gasps*]

**NICK GRIMSHAW:** It is happening.

**EMILIA FOX:** This is the best!

[*laughter*]

**NICK GRIMSHAW:** I know. I love a risotto day.

**ANGELA HARTNETT:** I know, let's get you sat down.

**NICK GRIMSHAW:** Yeah, come in and sit down and we'll get you a drink as well.

**EMILIA FOX:** Thank you. I've actually got you both a present, from Italy 'cause I've just got back from Rome. –

**ANGELA HARTNETT:** Oh wow, were you filming or?

**EMILIA FOX:** I was filming out there so I thought I'd arrive with a present but it's not a glamorous present.

**NICK GRIMSHAW:** Okay.

**EMILIA FOX:** But it's just a discovery.

**NICK GRIMSHAW:** Okay.

**ANGELA HARTNETT:** Okay.

**EMILIA FOX:** Do you like coffee?

**ANGELA & NICK:** Yes.

**EMILIA FOX:** You do?

**NICK GRIMSHAW:** Yes.

**EMILIA FOX:** Okay.

**NICK GRIMSHAW:** [*gasps*]

**EMILIA FOX:** This is the discovery of all discoveries.

**NICK GRIMSHAW:** Oh my god.

**ANGELA HARTNETT:** What's it called-

**ANGELA & NICK:** Pocket coffee?

**EMILIA FOX:** As I say, not glamorous-

**NICK GRIMSHAW:** Oh my god pocket coffee-

**EMILIA FOX:** -but a real find.

**ANGELA HARTNETT:** So is it, is it like little sachets or something?

**EMILIA FOX:** No, no, no. Try one now.

**NICK GRIMSHAW:** Oh, it's like a little chocolate.

**EMILIA FOX:** Yeah.

**ANGELA HARTNETT:** Oh, it's a chocolate, oh-

**NICK GRIMSHAW:** Oh, pocket coffee.

**EMILIA FOX:** Pocket coffee.

**NICK GRIMSHAW:** Do you want pocket coffee?

**ANGELA HARTNETT:** Yeah, let's go for it.

**EMILIA FOX:** [laughs]

**NICK GRIMSHAW:** Wait, how does, how-

**EMILIA FOX:** I've never seen them here.

**ANGELA HARTNETT:** Let's try one.

**NICK GRIMSHAW:** I've never seen pocket coffee.

**ANGELA HARTNETT:** Never it feels like-

**NICK GRIMSHAW:** I love saying it though.

**EMILIA FOX:** Pocket coffee.

**ANGELA HARTNETT:** It feels like something that was made 20 years ago.

**NICK GRIMSHAW:** Yeah.

**EMILIA FOX:** Yeah [*laughs*].

**ANGELA HARTNETT:** The style of it, the design.

**EMILIA FOX:** I know.

**ANGELA HARTNETT:** Let's give it a go.

**NICK GRIMSHAW:** Oh, yeah.

**ANGELA HARTNETT:** In for a penny.

**NICK GRIMSHAW:** Mm. Oh, my God.

**EMILIA FOX:** That's good, isn't it?

**NICK GRIMSHAW:** Yeah.

**EMILIA FOX:** Yeah.

**NICK GRIMSHAW:** Wow, it's a proper coffee.

**EMILIA FOX:** Yeah.

**NICK GRIMSHAW:** Pocket coffee?

**EMILIA FOX:** *[laughs]*

*[crew laughter]*

**NICK GRIMSHAW:** Got to get it in one.

**ANGELA HARTNETT:** It's real liquid.

**NICK GRIMSHAW:** Liquid Santa.

**EMILIA FOX:** It's not, it's not fancy, is it? Because you can get it in the supermarket.

**NICK GRIMSHAW:** No, I love that.

**EMILIA FOX:** But-

**ANGELA HARTNETT:** Yeah. You know what I think would be great?

**NICK GRIMSHAW:** What?

**ANGELA HARTNETT:** If you froze one. And ate it frozen-

**EMILIA FOX:** Mm.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** I think that would be good as well.

*[theme song plays]*

**NICK GRIMSHAW:** Well, should we welcome our guest, Angela?

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** I think it should happen, right? Um, time to welcome our guest, an actress known for her incredible work as a pathologist in *Silent Witness*, here to eat, drink, and then deliver her own post-mortem.

**ANGELA & EMILIA:** *[laughs]*

**NICK GRIMSHAW:** It's the one and only Emelia Fox, everybody!

*[studio cheers and applause]*

**NICK GRIMSHAW:** Hi!

**EMILIA FOX:** Thank you!

**ANGELA HARTNETT:** Thank you.

**NICK GRIMSHAW:** Welcome.

**ANGELA HARTNETT:** Welcome.

**EMILIA FOX:** Thank you, so much.

**NICK GRIMSHAW:** How are ya?

**EMILIA FOX:** I'm so good. I'm so excited to be here.

**NICK GRIMSHAW:** Aw, thank you for being with us.

**ANGELA HARTNETT:** Yeah, definitely.

**NICK GRIMSHAW:** Our last one of the year.

**EMILIA FOX:** I know. I feel very honoured. Thank you.



**NICK GRIMSHAW:** Well, thanks for being with us on New Year's Eve. Do you like, we were just chatting before you came in about New Year's Eve, the night itself.

**EMILIA FOX:** Yeah.

**NICK GRIMSHAW:** Do you enjoy, do you put pressure on? Is it something you look forward to?

**EMILIA FOX:** I really look forward to it-

**NICK GRIMSHAW:** Mm-hm.

**EMILIA FOX:** -but I take all the pressure off because Christmas is always like you're busy, busy, busy to the finish line, aren't you really?

**ANGELA HARTNETT:** Sure.

**NICK GRIMSHAW:** Mm-hm.

**EMILIA FOX:** And getting all of that organised and then I like New Year to be quiet and family.

**NICK GRIMSHAW:** Yes.

**ANGELA HARTNETT:** Yeah-

**NICK GRIMSHAW:** Uh-huh.

**ANGELA HARTNETT:** -nice

**EMILIA FOX:** And with Rose, my 15-year-old-

**NICK GRIMSHAW:** Uh-huh.

**EMILIA FOX:** -and probably with family and a walk on the beach or something.

**NICK GRIMSHAW:** Oh yeah nice.

**ANGELA HARTNETT:** Oh, lovely.

**NICK GRIMSHAW:** Will you do resolutions either of you? Or like, maybe not a resolution, but like a new thing, or a? Because it's always a quite good time to start something new.

**ANGELA HARTNETT:** I think it's good to do something new-

**NICK GRIMSHAW:** Yes.

**EMILIA FOX:** Yes.

**ANGELA HARTNETT:** -but not one of those resolutions that I'm, I don't know, I'm never going-

**NICK GRIMSHAW:** No peas or something.

**ANGELA HARTNETT:** -or something.

**EMILIA FOX:** Yeah.

**ANGELA HARTNETT:** But sort of try something new because I think that's good for your brain-

**NICK GRIMSHAW:** Yes.

**EMILIA FOX:** I agree.

**ANGELA HARTNETT:** -and to get you, you know, whether learn a language or, you know, like something.

**NICK GRIMSHAW:** Mm. I did do that!

**ANGELA HARTNETT:** We were talking about this.

**EMILIA FOX:** What did you do?

**NICK GRIMSHAW:** I, I, I started Spanish lessons.

**EMILIA FOX:** On Duolingo?

**NICK GRIMSHAW:** Uh, Duolingo and also on Zoom with a teacher.

**EMILIA FOX:** Oh, yeah. Advanced levels.

**NICK GRIMSHAW:** And I'd have like once a week, yeah.

**EMILIA FOX:** Yeah.

**NICK GRIMSHAW:** And I could do it for the hour we were on Zoom and I could do it like the hour after and then I'd forget it by the next Thursday.

**EMILIA FOX:** Yeah.

**NICK GRIMSHAW:** I had it every Thursday. So she was like, 'You really need to be doing it every day.'

**ANGELA HARTNETT:** Yeah.

**EMILIA FOX:** I know.

**NICK GRIMSHAW:** So, I was just like.

**ANGELA HARTNETT:** You need to be speaking it every day. Every day.

**NICK GRIMSHAW:** Yeah, yeah, yeah. So maybe I'll try again this year.

**EMILIA FOX:** *[laughs]*

**NICK GRIMSHAW:** What about you? Is there anything that you'll start this year?

**EMILIA FOX:** Well, I'm a great believer, like you, in taking up things rather than giving up things.

**ANGELA HARTNETT:** Yeah.

**EMILIA FOX:** That seems easier. I've been trying to do my Italian. You'd think that I'd be fluent-

**NICK GRIMSHAW:** Uh-huh.

**EMILIA FOX:** -having done three series-

**ANGELA HARTNETT:** Yeah.

**EMILIA FOX:** -in Italy and being surrounded by it and having my pocket coffee.

**NICK GRIMSHAW:** Hello, pocket coffee *[laughs]*

**ANGELA HARTNETT:** Yes.

**EMILIA FOX:** So I'm going to keep going with that and I've also taken up learning sign language because I thought

**NICK GRIMSHAW:** Oh wow.

**ANGELA HARTNETT:** Oh, that's interesting, yeah.

**EMILIA FOX:** Yeah, so I like taking things up-

**ANGELA HARTNETT:** Hm.

**NICK GRIMSHAW:** Yeah.

**EMILIA FOX:** -and learning things but who knows whether I'll manage to keep it up

**NICK GRIMSHAW:** And how is your Italian, 'cause Angela-

**ANGELA HARTNETT:** I'm okay, I'm okay.

**NICK GRIMSHAW:** -obviously speaks Italian.

**ANGELA & NICK:** Yeah.

**NICK GRIMSHAW:** You could do this episode in Italian, if you want.

**ANGELA HARTNETT:** No, no.

**EMILIA FOX:** I wish. I wish.

**ANGELA HARTNETT:** Yeah.

**EMILIA FOX:** But, uh, I feel like I can understand it, but maybe not speak it.

**ANGELA HARTNETT:** But they're very forgiving, the Italians. They're so appreciative if you try and speak it.

**EMILIA FOX:** [*gasps*]

**ANGELA HARTNETT:** You know, they love it. You know, I always think I speak a lot better because they're like, engaged. I think, I'm sure they don't actually understand a word I'm saying.

**EMILIA FOX:** I went to the supermarket-

**ANGELA & NICK:** Mm.

**EMILIA FOX:** -and it was such a heavenly experience being in their supermarket. Not like, 'Oh, I've got to go to the supermarket.'

**ANGELA HARTNETT:** Yeah.

**EMILIA FOX:** So I did my shop, went round, then I um, tried to ask for some bags, in Italian-

**ANGELA HARTNETT:** Mm-hm.

**EMILIA FOX:** -and she was so delighted that I'd used Italian that she blew me kisses as I left.

**ANGELA & NICK:** Aw.

**EMILIA FOX:** And I thought, I can't wait to go back to the supermarket.

**NICK GRIMSHAW:** Go back and see your mate.

**ANGELA HARTNETT:** So sweet.

**EMILIA FOX:** So that is the key to a good supermarket.

**ANGELA HARTNETT:** Yeah

**NICK GRIMSHAW:** What's bag in Italian?

**EMILIA FOX:** Posso avere una borsa.

**NICK GRIMSHAW:** Oh, yes.

**EMILIA FOX:** Per favore.

**ANGELA HARTNETT:** And wh- where were you in Italy?

**EMILIA FOX:** In Rome.

**ANGELA HARTNETT:** Oh, wow, fabulous.

**NICK GRIMSHAW:** Because is it in France, sac?

**ANGELA HARTNETT:** Sac?

**NICK GRIMSHAW:** Yeah.

*[studio laughter]*

**NICK GRIMSHAW:** Like when you ask for a bag in a shop, it's sac.

**EMILIA FOX:** *[laughs]*

**NICK GRIMSHAW:** And I love that. 'Have you got a sac? Have you got a le sac?' Anyway, we're going to have a martini-

**ANGELA HARTNETT:** Yep, yeah.

**EMILIA FOX:** Oh yes!

**NICK GRIMSHAW:** -because New Year's Eve and we heard it's your favourite.

**ANGELA HARTNETT:** Mm-hm.

**EMILIA FOX:** What a treat.

**NICK GRIMSHAW:** So cheers. And welcome.

**EMILIA FOX:** Thank you.

**NICK GRIMSHAW:** Cheers. Cheers. Cheers. Cheers. Cheers. We've done it with a twist.

**ANGELA HARTNETT:** Lovely, Nick.

**NICK GRIMSHAW:** Oh, yeah.

**EMILIA FOX:** Oh, that is delicious.

**NICK GRIMSHAW:** Do you know it's nice after a pocket coffee.

**ANGELA HARTNETT:** *[laughs]*

**EMILIA FOX:** Oh that is so good.

**NICK GRIMSHAW:** That is real nice, yeah.

**EMILIA FOX:** That's perfect.

**NICK GRIMSHAW:** Mm so good. Before we get into our menu for today-

**ANGELA HARTNETT:** Mm.

**EMILIA FOX:** Yes.

**NICK GRIMSHAW:** -I guess we should do your food likes and dislikes.

**EMILIA FOX:** Oh yeah.

**NICK GRIMSHAW:** We always ask our guests what they love, what they don't love. Yours were so amazing.

**EMILIA FOX:** *[laughs]*

**NICK GRIMSHAW:** Um, we've actually published them into a book.

**EMILIA FOX:** *[laughs]*

**ANGELA HARTNETT:** There we go. There's your booklet.

**EMILIA FOX:** Oh, wow. Thank you.

**ANGELA HARTNETT:** I'm just checking one thing, I will be back.

**NICK GRIMSHAW:** They really were, quite something because, you know, I think this was the way that you wrote about your food was poetic. It was beautiful.

**EMILIA FOX:** I love food.

**NICK GRIMSHAW:** We know. We've got the booklet! We've got the booklet! So some of our favorite sections that I thought we could go through. You love a good olive oil.

**EMILIA FOX:** Yeah.

**NICK GRIMSHAW:** You love drinking it off the spoon. Is this a daily sort of ritual? You have the olive oil or just when you're cooking? Or just, you're-

**EMILIA FOX:** If someone offered it as a daily ritual-

**NICK GRIMSHAW:** Yeah.

**EMILIA FOX:** -I would do it.

**ANGELA HARTNETT:** Would you like some now?

**EMILIA FOX:** Yes, please.

**NICK GRIMSHAW:** Oh, will you have it as a shot or a little, just as-

**EMILIA FOX:** Before the next pocket [*laughs*] coffee.

**NICK GRIMSHAW:** Yeah, so it's a simple diet.

**EMILIA FOX:** And a sip of martini.

**NICK GRIMSHAW:** Martini, pocket coffee, and some olive oil. Yeah.

**EMILIA FOX:** This is what we're taking up for the new year.

**NICK GRIMSHAW:** This is what we are gonna do. Well, it's very good for you now.

**ANGELA HARTNETT:** I think that- I've heard that people do have a thing- Neil did it the other day, my husband, he was just giving himself a spoon of olive oil.

**NICK GRIMSHAW:** Oh, I want one.

**ANGELA HARTNETT:** Apparently it's a good thing to do. It's good for you, a little spoon of olive oil. It's good for you.

**NICK GRIMSHAW:** Oh wow, it's-

**EMILIA FOX:** It's just so delicious.

**NICK GRIMSHAW:** Mm.

**EMILIA FOX:** And that's got a real, like, pepper-

**NICK GRIMSHAW:** Mm-hm.

**EMILIA FOX:** -taste at the end.



**NICK GRIMSHAW:** Yeah.

**EMILIA FOX:** Isn't that delicious?

**NICK GRIMSHAW:** Yeah, delicious. Are you having one, Ange?

**ANGELA HARTNETT:** Um, I've got so much going on. Martini, pocket coffee, olive oil.

**EMILIA FOX:** That's going to be good for you, though, hasn't it?

**ANGELA HARTNETT:** It is, yeah. Without a doubt.

**NICK GRIMSHAW:** And is it- it's better for you like that, isn't it, rather than cooked olive oil?

**ANGELA HARTNETT:** Yes, I think so, yeah.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** Mm.

**EMILIA FOX:** I could definitely do that every day.

**NICK GRIMSHAW:** Mm-hm. Let's do it, 2026.

**EMILIA FOX:** And different flavours.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** Mm-hm.

**EMILIA FOX:** Olive oil tasting.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Yeah.

**EMILIA FOX:** That's what we're going to take up.

**NICK GRIMSHAW:** That's what we're going to do.

**ANGELA HARTNETT:** Okay, let's-

**EMILIA FOX:** Yeah, looking forward to it. Thank you so much. This is just the most pleasurable morning I've had.

**NICK GRIMSHAW:** Mm, delicious.

**EMILIA FOX:** *[laughs]*

**NICK GRIMSHAW:** You also love herbs and spices. You love how they can just obviously change the flavour and the identity of a dish so much.

**EMILIA FOX:** Yeah.

**NICK GRIMSHAW:** You love chillies, all vegetables. You love eating seasonally-

**EMILIA FOX:** Yeah.

**NICK GRIMSHAW:** -something that Ange, you are very hot on.

**ANGELA HARTNETT:** Hot on.

**NICK GRIMSHAW:** And you also love, I want to know about the puntarella. What's the puntarella?

**EMILIA FOX:** Puntarella!

**NICK GRIMSHAW:** What's puntarella?

**EMILIA FOX:** Can we discuss puntarella?

**ANGELA HARTNETT:** *[laughs]*

**NICK GRIMSHAW:** Please. Fill me in.

**ANGELA HARTNETT:** It's the chicory, it's part of the chicory family.

**NICK GRIMSHAW:** Oh okay, yeah. I love all that

**ANGELA HARTNETT:** It's huge like this-

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** -and the roots can be very spiky-

**EMILIA FOX:** Yeah.

**ANGELA HARTNETT:** -but then they have these beautiful bitter leaves you would like it.

**NICK GRIMSHAW:** Mm-hm, I love a bitter leaf.

**ANGELA HARTNETT:** And you can either have it- I think the best way personally puntarella is you prep all the leaves, cut them fine- finely down, not finely, but chop and then you make an anchovy dressing with it-

**EMILIA FOX:** Yeah, delicious.

**ANGELA HARTNETT:** -and I think that's absolutely stunning.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** Or you can cook-

**EMILIA FOX:** And I'm not a mega fan of the anchovies-

**ANGELA HARTNETT:** Yeah.

**EMILIA FOX:** -but there is something when you put the two things together-

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** Yeah.

**EMILIA FOX:** -it's so good.

**ANGELA HARTNETT:** Yeah.

**EMILIA FOX:** And I think it's so exciting-

**ANGELA HARTNETT:** Mm.

**EMILIA FOX:** -'cause you don't find it very often.

**NICK GRIMSHAW:** Yeah.

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

**EMILIA FOX:** And you have to wait for it to be in season. So if you go too early and say, 'Have you got any puntarella?' 'No.'

**NICK GRIMSHAW:** No.

**ANGELA HARTNETT:** No exactly.

[laughter]

**ANGELA HARTNETT:** [*speaks Italian*]

[laughter]

**ANGELA HARTNETT:** Actually, I'm thinking about it now. I haven't had a good puntarella salad this year.

**NICK GRIMSHAW:** What is the peak month for a puntarella?

**ANGELA HARTNETT:** It's coming. It's this sort of autumn time.

**EMILIA FOX:** December?

**ANGELA HARTNETT:** Yeah, exactly.

**EMILIA FOX:** January, yeah.

**ANGELA HARTNETT:** Yeah, this is it.

**NICK GRIMSHAW:** Well, another thing we can do in January.

**EMILIA FOX:** It's mouth-watering.

**ANGELA HARTNETT:** Yes-

**NICK GRIMSHAW:** Oh, I'm ready.

**ANGELA HARTNETT:** -you'd like it.

**NICK GRIMSHAW:** You're also a fan of chestnuts, pistachios, pine nuts, pecans, walnuts, sunflower seeds, wild rice. Love a wild rice.

**EMILIA FOX:** Yeah.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** Lemons, ginger and lemongrass. You also said you can eat chicken every day of the week.

**EMILIA FOX:** Yeah, I could.

**NICK GRIMSHAW:** Angela Hartnett.

**ANGELA HARTNETT:** Yeah, I could do that as well.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** I love chicken.

**EMILIA FOX:** Yeah-

**ANGELA HARTNETT:** Yeah.

**EMILIA FOX:** -it's definitely the thing which I look forward to. Whereas one year they very kindly said in catering, what would you like to eat on Silent Witness, which we filmed for seven months. And I went 'Uh, fish?' And I ate it for seven months every single day.

**ANGELA HARTNETT:** Ooh, yeah.

**NICK GRIMSHAW:** Mm, mh-hm.

**EMILIA FOX:** And I didn't want to see fish again for a bit.

**ANGELA HARTNETT:** Yeah, sure.

**NICK GRIMSHAW:** No, fair.

**EMILIA FOX:** But chicken, everyday-

**ANGELA HARTNETT:** Yeah, I could eat chicken everyday.

**NICK GRIMSHAW:** Mm-hm. I could do. Yeah, yeah. Um, your verdict on chorizo cooked through in a risotto was yum.

**EMILIA FOX:** Yeah.

**NICK GRIMSHAW:** You most love fish, particularly white fish, although not every single day for seven months, please.

**EMILIA FOX:** Not everyday.

**NICK GRIMSHAW:** Can't beat a good parmesan is what you said.

**ANGELA HARTNETT:** No you can't.

**NICK GRIMSHAW:** You can't. That I could eat just, and I do-

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** -just with a knife off of Angela's chopping board.

**EMILIA FOX:** Me too.

**NICK GRIMSHAW:** That does happen a lot. All types of pasta. You definitely see it as a treat and something that's not part of your everyday eating.

**EMILIA FOX:** Yeah.

**NICK GRIMSHAW:** I mean, can't go wrong with it. Oh, tell us about your tomato risotto. When did you have that?

**EMILIA FOX:** Well, I had that the other day in a restaurant.

**NICK GRIMSHAW:** Okay.

**EMILIA FOX:** And I'd never heard of a tomato risotto. No.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** Yeah. And did they put, was it all, did, because we make one in the restaurants and we then put like a basil oil and basil through it and then anchovies on top.

**EMILIA FOX:** Oh, delicious.

**ANGELA HARTNETT:** Which is really nice, yeah.

**EMILIA FOX:** Because I always think of tomato with pasta, obviously.

**ANGELA HARTNETT:** Sure, yeah.

**EMILIA FOX:** But I'd never had it in a risotto.

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** Do you ever make a risotto?

**EMILIA FOX:** I don't have the best confidence with doing a risotto.

**NICK GRIMSHAW:** Me too.

**EMILIA FOX:** Because I know there are different ways of doing it.

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

**EMILIA FOX:** So there's either that you put it in and then you leave it, walk away. Or stir, stir, stir, stir, stir. So I have a bit of a crisis about what to do.

**NICK GRIMSHAW:** Yeah, I'm with you. Someone said to me, it was actually my friend Fifi, who's a great cook. When I, she would sort of have everyone over to hers on a Sunday and do a roast or whatever. And she, you know, she's still a great cook. And I remember her once saying to me when we were like 22 or something, 'Oh, risotto it's a pain in the arse. It takes ages.' And I've just like never done it-

**ANGELA HARTNETT:** Never touched it since.

**NICK GRIMSHAW:** -ever since. Because I'm like, I'll never do it. But is that true? Is it a stir-a-thon?

**ANGELA HARTNETT:** It takes 20 minutes, but you don't have to.

**NICK GRIMSHAW:** Oh, okay, I can do that.

**ANGELA HARTNETT:** We've- I've started one now. But because I know the pan's non-stick and I know enough stock is in there-

**EMILIA FOX:** Yeah

**ANGELA HARTNETT:** -I'm sort of leaving it up and down. But normally I would stand there because I actually find it quite therapeutic-

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** -to just be stirring, listening to the radio-

**EMILIA FOX:** Yeah lovely.

**ANGELA HARTNETT:** -sipping a glass of wine. It's 20 minutes that you just have. You don't have to talk to anyone.

*[crew laugh]*

**ANGELA HARTNETT:** Text messages from him, you know, five times. It's quite nice. Shut up.

**NICK GRIMSHAW:** *[laughing]* Shut up.

**ANGELA HARTNETT:** He's always moaning at me because I'm anti-social.

**EMILIA FOX:** You need to know when to take it off, don't you? Because-

**ANGELA HARTNETT:** Yeah, well, you time, time-

**EMILIA FOX:** Time, time.

**ANGELA HARTNETT:** -time.

**NICK GRIMSHAW:** Yeah, time.

**ANGELA HARTNETT:** Once you put, yeah. And on that note, I'm going to go and finish up.

**NICK GRIMSHAW:** Oh my God, is it actually time?

**ANGELA HARTNETT:** Well, no, it will still be another five minutes.

**NICK GRIMSHAW:** Okay, okay. Should we do your dislikes? It's towards the back of the book.

**EMILIA FOX:** Oh yeah, yeah

**NICK GRIMSHAW:** We're just skim reading. You can buy Emilia's book.

*[studio laughter]*

**NICK GRIMSHAW:** No, um, your dislikes. Chickpeas, straight in with chickpeas. You don't love the texture?

**EMILIA FOX:** No, I don't love the texture.



**NICK GRIMSHAW:** No, no.

**EMILIA FOX:** And I don't really get the flavour. I can see that they're probably useful in hummus and things like that, which I do like.

**NICK GRIMSHAW:** Yes.

**EMILIA FOX:** But without the garlic.

**NICK GRIMSHAW:** Yeah. Because you're allergic to garlic.

**EMILIA FOX:** Yes?

**NICK GRIMSHAW:** No? Intolerance?

**EMILIA FOX:** Well, I don't know what the difference is.

**NICK GRIMSHAW:** Right.

**EMILIA FOX:** The allergy or the intolerance. Yeah. It just makes me feel sick if it's not like cooked through.

**NICK GRIMSHAW:** Okay. Uh-huh.

**EMILIA FOX:** And onions. If they're not cooked through.

**NICK GRIMSHAW:** Yes.

**EMILIA FOX:** I feel really sick.

**NICK GRIMSHAW:** Yeah. Okay. So we'll avoid those. Yeah.

**EMILIA FOX:** Yeah.

**NICK GRIMSHAW:** You've also never been able to eat baked beans because of the texture.

**EMILIA FOX:** No, I really don't like them.

**NICK GRIMSHAW:** Mm.

**EMILIA FOX:** An- and I did try as a child because they're, you know, the easiest thing to give.

**NICK GRIMSHAW:** Mm-hm.

**EMILIA FOX:** I can't do them. And the thought of them now is like [*grits teeth*].

**NICK GRIMSHAW:** I can see that. I've had my own bean journey.

**EMILIA FOX:** Oh have you?

[*crew laughs*]

**NICK GRIMSHAW:** Yeah.

**EMILIA FOX:** Where are you on it? [*laughs*]

**NICK GRIMSHAW:** Do you know what? We're in a great place at the moment.

[*crew laughs*]

**EMILIA FOX:** Are you?

**NICK GRIMSHAW:** Yeah. I actually, yeah, I was very like you, like the thought of them.

**EMILIA FOX:** Yeah.

**NICK GRIMSHAW:** Like, even if other people eating them, I had a real aversion to beans as a child.

**EMILIA FOX:** Yeah.

**NICK GRIMSHAW:** But, I had beans on toast on Friday night for my tea.

**EMILIA FOX:** Did you?

**NICK GRIMSHAW:** Yeah.

**EMILIA FOX:** And you liked them?

**NICK GRIMSHAW:** And I was like, I know what I want for my tea. And I got up and I walked to my corner shop and I got beans and I did beans on toast. And then I had beans yesterday.

**EMILIA FOX:** Oh.

**NICK GRIMSHAW:** Yeah, that's double beans.

**EMILIA FOX:** Okay.

[*crew laugh*]

**NICK GRIMSHAW:** Yeah. So I had them yesterday as a fry up.

**EMILIA FOX:** I-I-I might follow in your bean footsteps.

**NICK GRIMSHAW:** Yeah, yeah. And then I was like, love beans.

**EMILIA FOX:** [*laughs*]

**NICK GRIMSHAW:** Salmon is a dislike for you. Well-

**EMILIA FOX:** Well, I'm just a bit eh about some-

**NICK GRIMSHAW:** Yeah.

**EMILIA FOX:** I love smoked salmon.

**NICK GRIMSHAW:** Yes

**EMILIA FOX:** I love wild salmon.

**NICK GRIMSHAW:** Mm-hm.

**EMILIA FOX:** But it doesn't thrill me.

**NICK GRIMSHAW:** Yes.

**EMILIA FOX:** And I love food. I love thinking about food. I love talking about food.

**NICK GRIMSHAW:** Mm-hm.

**EMILIA FOX:** But I haven't got much to say about the salmon.

**NICK GRIMSHAW:** No. Have you got anything to say about the salmon, Ange?

**ANGELA HARTNETT:** I think the salmon's good with a lot of Asian spices and flavours.

**NICK GRIMSHAW:** Yes.

**EMILIA FOX:** Yes

**ANGELA HARTNETT:** I think that's where it's good.

**EMILIA FOX:** Yes.

**ANGELA HARTNETT:** But if you don't, would you like trout?

**EMILIA FOX:** Oh, yes, yes.

**ANGELA HARTNETT:** See, you know, that's an alternative if you like that. But I think Asian spices or cured.

**EMILIA FOX:** Yes.

**ANGELA HARTNETT:** I think if you don't like it cooked, cured with some soya sauce-

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** sesame, bit of chilli on there, I think it would work.

**EMILIA FOX:** You've instantly made it more appealing.

**ANGELA HARTNETT:** There you see, yeah.

**NICK GRIMSHAW:** Yeah.

**EMILIA FOX:** Yeah, yeah.

**NICK GRIMSHAW:** It's a no to roast beef.

**EMILIA FOX:** Yeah.

**NICK GRIMSHAW:** Yeah, I'm not mad for roast beef as well.

**EMILIA FOX:** Of all the roasts, it's not the one I would choose to have.

**NICK GRIMSHAW:** Did you have it as a kid a lot?

**EMILIA FOX:** No.

**NICK GRIMSHAW:** Oh, right.

**EMILIA FOX:** And maybe that's why, because I had chicken and lamb as a child, but not really roast beef and it just feels a bit too much for me.

**NICK GRIMSHAW:** Yeah, we used to have roast beef like every Sunday.

**EMILIA FOX:** Oh did you?

**NICK GRIMSHAW:** And my dad had one of them, you know, an electrical.-

**EMILIA FOX:** Oh, yes.

**NICK GRIMSHAW:** -knives.

**EMILIA FOX:** Yes.

**NICK GRIMSHAW:** Are they still around, Ange?

**ANGELA HARTNETT:** My mum had one of them. I used to use them. I can't believe as a 12-year-old I'd be given that knife [*laughs*].

**EMILIA FOX:** What?

**ANGELA HARTNETT:** Well, I used to help my mum make the roast dinner-

**NICK GRIMSHAW:** Oh yeah.

**ANGELA HARTNETT:** -you know, lunch and stuff. And so, I'd have that.  
[*makes electric knife sound*]

**EMILIA FOX:** You just reminded my, my grandmother, who was not a good cook. Sorry, but she was not. I once found an enormous builder's nail in the chicken pie.

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

**EMILIA FOX:** But she used to make something called, and it's a very odd thing to call something, but 'Cut and come again.'

**NICK GRIMSHAW:** Oh.

**EMILIA FOX:** Do you know that?

**NICK GRIMSHAW:** No.

**EMILIA FOX:** I think it was-

**ANGELA HARTNETT:** ‘Cut and come again?’

**EMILIA FOX:** -the bits that are left [*laughs*]

[*studio laughter*]

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

**EMILIA FOX:** Um, I think it might have been the bits that were left over-

**NICK GRIMSHAW:** Uh-huh.

**EMILIA FOX:** -that all got smushed together-

**NICK GRIMSHAW:** Uh-huh.

**EMILIA FOX:** -and then had to be sawed through-

**NICK GRIMSHAW:** Right.

**EMILIA FOX:** -with the electric carving knife.

**NICK GRIMSHAW:** Yeah.

**EMILIA FOX:** The thought of that is awful.

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

**EMILIA FOX:** It looked akin to something that you might give the dogs.

**NICK GRIMSHAW:** Yeah yeah, I just remember it was quite-

**EMILIA FOX:** [*laughs*]

**NICK GRIMSHAW:** Grey.

**EMILIA FOX:** Grey.

**NICK GRIMSHAW:** Quite grey.

**EMILIA FOX:** Yeah.

**NICK GRIMSHAW:** Yeah. So I'm with you. I'm not obsessed with roast beef.

**EMILIA FOX:** I would say 'Cut and don't ask me again.'

*[studio laughter]*

*[Dish theme song plays]*

**NICK GRIMSHAW:** When we were doing our research, we found out that you did some waitressing.

**EMILIA FOX:** Yeah.

**NICK GRIMSHAW:** Back in the day.

**EMILIA FOX:** A lot of waitressing.

**NICK GRIMSHAW:** A lot of waitressing.

**EMILIA FOX:** Yeah.

**NICK GRIMSHAW:** And how did you enjoy that? Were you a good waitress, would you say?

**EMILIA FOX:** I thought I was a great waitress.

**NICK GRIMSHAW:** Yes.

**EMILIA FOX:** But I don't, I still to this day, I'm not quite sure why, but I kept being fired from- Because my mum and dad always said you have to go and work in the holidays-

**NICK GRIMSHAW:** Mm-hm.

**EMILIA FOX:** -to earn your own pocket money.

**NICK GRIMSHAW:** Mm-hm.

**EMILIA FOX:** So from 14, I was like in the local, you know, tea rooms.

**NICK GRIMSHAW:** Mm-hm.

**EMILIA FOX:** Then in London, I was in like, you know, different establishments, pubs-

**NICK GRIMSHAW:** Mm-hm.

**EMILIA FOX:** -and cafes and things like that. And I was always fired or demoted. I was demoted in one establishment from being a waitress to cleaning glasses-

**NICK GRIMSHAW:** Mm-hm.

**EMILIA FOX:** -to cleaning loos.

**NICK GRIMSHAW:** Oh.

**EMILIA FOX:** And I thought that was really unfair.

**ANGELA HARTNETT:** What, why?

**EMILIA FOX:** Well, apparently, I talk to the customers too much.

**NICK GRIMSHAW:** That's fantastic.

**CREW MEMBER:** Oh.

*[crew laughter]*

**EMILIA FOX:** Is that bad?

**NICK GRIMSHAW:** I want to Chatty Cathy. Yeah, go on, Ange. What do you think as the boss?

**EMILIA FOX:** Yeah!

**ANGELA HARTNETT:** No, I don't think it's bad. But I think if you're there at one table too long, you're neglecting your other tables.

**EMILIA FOX:** Other tables.

**ANGELA HARTNETT:** Did you know what my cousin, who I love to death, would go to the tables, talk to them so much, forgot to take the order. He'd go in the kitchen and say, 'Where's the order?'

**EMILIA FOX:** Maybe.



**ANGELA HARTNETT:** And they'd go, 'We didn't get it' [*laughs*].

**EMILIA FOX:** Maybe. That might have been it [*laughs*].

**NICK GRIMSHAW:** That might've happened.

**EMILIA FOX:** But I'm, I'm a good cleaner and I like cleaning. So to be demoted from glass cleaning-

**NICK GRIMSHAW:** Yeah.

**EMILIA FOX:** I will, will try again probably one day. Then there was, I worked in a, in a pub and I was demoted from being a waitress to being a hostess, which is literally saying, here is your table-

**NICK GRIMSHAW:** Yeah

**EMILIA FOX:** -madam.

**NICK GRIMSHAW:** Yeah.

**EMILIA FOX:** But, um, and then-

**NICK GRIMSHAW:** But you enjoyed it, you just were maybe-

**EMILIA FOX:** I really enjoyed it.

**NICK GRIMSHAW:** -too chatty for the owners likes.

**EMILIA FOX:** And then I was told by, it was friends of my parents who had this pub, um, The Engineer, do you remember The Engineer in Primrose Hill?

**NICK GRIMSHAW:** Yeah, I do, yeah.

**EMILIA FOX:** Yeah, really nice.

**NICK GRIMSHAW:** Yeah, great pub.

**EMILIA FOX:** And they said, "Maybe you should think about doing something else."

**NICK GRIMSHAW:** Oh.

**EMILIA FOX:** So that was the end of my waitressing.

**NICK GRIMSHAW:** Maybe I'll just be an actor.

**EMILIA FOX:** *[laughs]*

**NICK GRIMSHAW:** Maybe I'll just be a great actor instead. And you were working as a waitress when you got your role in *Pride and Prejudice*.

**EMILIA FOX:** Yes.

**NICK GRIMSHAW:** Uh-huh.

**EMILIA FOX:** So I was preparing for my next job application in the holidays.

**NICK GRIMSHAW:** Wow.

**EMILIA FOX:** And then I, um, got offered an audition-

**NICK GRIMSHAW:** Mm-hm

**EMILIA FOX:** -for *Pride and Prejudice*. And so I thought, okay, well, I'll give that a go. Got offered the job in *Pride and Prejudice* and thought, well, I don't have to go back to waitressing. So, and that was that.

**NICK GRIMSHAW:** Yeah. And you were happy?

**EMILIA FOX:** I was happy.

**NICK GRIMSHAW:** They were happy.

**EMILIA FOX:** I was happy. I didn't really know what I was doing, but I thought, oh, this is going better. I wasn't fired off it, so-

**NICK GRIMSHAW:** Yes. And then tell us about one thing that we found out was about you having soup with Victoria Wood.

**EMILIA FOX:** Oh, yeah.

**NICK GRIMSHAW:** Can we hear that story, please?

**EMILIA FOX:** Aw Wood.

**NICK GRIMSHAW:** Because Victoria Wood was so important to my childhood-

**EMILIA FOX:** Yeah.

**NICK GRIMSHAW:** -and some of my strongest memories of just watching Victoria Wood on the telly with my family.

**EMILIA FOX:** Yes. She was the best.

**NICK GRIMSHAW:** How did you enjoy soup together?

**EMILIA FOX:** So we did a show called Ballet Shoes together and we talked about our lack of cooking abilities, but that we could both do soup and so I would go up to hers to have soup and she would make a really good bread roll. And I really remember her coming over, like I'm literally wincing about it, thinking about it. And I decided to reciprocate and make bread rolls. They were solid.

**NICK GRIMSHAW:** Oh no.

**EMILIA FOX:** Solid and definitely joke worthy.

**NICK GRIMSHAW:** Oh no. Oh-

**EMILIA FOX:** So we laughed a lot about that. But she was the best, yeah.

**NICK GRIMSHAW:** Yeah.

**EMILIA FOX:** She was lovely.

*[theme music plays]*

**EMILIA FOX:** Wow! Thank you so much. *[gasps]*

**NICK GRIMSHAW:** Wow. Thank you so much, Ange, thank you.

**EMILIA FOX:** Please will you tell us about this deliciousness?

**ANGELA HARTNETT:** So it's a butternut and toasted pumpkin seed risotto, but instead of butternut, because Delica pumpkin is in season at the moment, which is that really bright, small orange pumpkin-

**EMILIA FOX:** Yes

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** -really dense, I've used that instead.

**EMILIA FOX:** [*gasps*]

**ANGELA HARTNETT:** And the key I think with this one is you chop up all the pumpkin or butternut and you cook it in your vegetable stock and then you drain your pumpkin off because you add that in at the end and then use that stock to cook the base of your risotto.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** So in the base we've got very well cooked onions to the point they're soft to soft. You can add garlic if you want to but we've obviously left it out today.

**EMILIA FOX:** Thank you.

**ANGELA HARTNETT:** Roast it off with a touch of chopped thyme leaves. Add your risotto in there, that's roasted off with your butter and then your hot stock, make sure your stock's really hot and then you start to cook your risotto for about 18 minutes. And then towards the end, just as you finish cooking it, when you think it's ready, you re-add in that pumpkin that's already cooked.

**NICK GRIMSHAW:** Mm.

**EMILIA FOX:** Mm.

**ANGELA HARTNETT:** So that's soft and just goes in right at the end. And then we've made a, because I know you like texture.

**EMILIA FOX:** Yes.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** And because pumpkin can be, you know, soft, we've made a pangrattato, which is toasted breadcrumbs. I've added some walnuts into there, the pumpkin seeds as well, and then a touch of sage leaves on top. So you get that crunchiness when you eat into it. And then this recipe says, uh, pecorino, but I worry sometimes that can be a bit salty-

**EMILIA FOX:** Yeah.

**ANGELA HARTNETT:** -because it's a different type of cheese to parmesan. And you love parmesan.

**EMILIA FOX:** Yeah, I love it.

**ANGELA HARTNETT:** So I've just done parmesan instead.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** Finish with a little bit of butter and parmesan and more parmesan on top.

**NICK GRIMSHAW:** Mm-hm.

**EMILIA FOX:** This is the greatest treat of the year.

**ANGELA HARTNETT:** Oh, thank you.

**NICK GRIMSHAW:** That's so good

**EMILIA FOX:** What a way to start a new year.

**ANGELA HARTNETT:** Yeah, fabulous. And we're serving it with a Barbera Rosso from Piedmonte, which is an Italian fruity wine.

**NICK GRIMSHAW:** Mm.

**EMILIA FOX:** Mm.

**ANGELA HARTNETT:** Bursting with juicy cherry note.

**EMILIA FOX:** Mm.

**ANGELA HARTNETT:** You both were nervous about making risotto.

**NICK GRIMSHAW:** We were. We are

**ANGELA HARTNETT:** And I think the key is, um, this recipe doesn't call for white wine. It says put white wine vinegar at the end. But in a classic risotto, you toast off your rice, then you add your wine and that's your first lot of liquid. And then put your timer on for 20 minutes. And as long as you follow your timer, you pretty much can't get it wrong.

**EMILIA FOX:** Okay.

**ANGELA HARTNETT:** And make sure your stock is hot.

**EMILIA FOX:** Okay.

**ANGELA HARTNETT:** I think they're the two things people do.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** If it's a cold stock, all it does is take your temperature of your risotto rice down.

**EMILIA FOX:** Yes.

**ANGELA HARTNETT:** And therefore it's all going to be out of sync as you're cooking.

**NICK GRIMSHAW:** This might be a stupid question, but the white wine-

**ANGELA HARTNETT:** Yeah?

**NICK GRIMSHAW:** -that shouldn't be cold.

**ANGELA HARTNETT:** No, but yeah that's the first thing going in-

**NICK GRIMSHAW:** Okay, so that's okay.

**ANGELA HARTNETT:** -because that will evaporate off.

**NICK GRIMSHAW:** Okay.

**ANGELA HARTNETT:** You want it in a way, once it hits that hot pan-

**NICK GRIMSHAW:** Okay so that's okay

**ANGELA HARTNETT:** -then the alcohol evaporates off. So that's fine.

**NICK GRIMSHAW:** Okay.

**ANGELA HARTNETT:** Yeah, that doesn't need to be hot.

**NICK GRIMSHAW:** Okay.

**EMILIA FOX:** Top tips. Thank you.

**ANGELA HARTNETT:** So there you go.

**NICK GRIMSHAW:** Why do people go wrong? Overcooking it?

**ANGELA HARTNETT:** I think overcooking it. Yeah, you should be able to tip it from a pan. It should be loose.

**EMILIA FOX:** Yeah.

**ANGELA HARTNETT:** Um, and then I think, you know, and I think also if you're trying to learn, stick to things like a mushroom risotto or a pumpkin risotto or a tomato-

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** -vegetable ones that won't cost a lot of money if it suddenly goes wrong. And I think vegetable-based risottos are delicious anyway.

**NICK GRIMSHAW:** So delicious.

**EMILIA FOX:** If it goes wrong, can you salvage it in the moment?

**ANGELA HARTNETT:** Well, it's hard to salvage if you overcooked it, but you can make it into little arancini balls.

**EMILIA FOX:** Okay, okay.

**ANGELA HARTNETT:** So if you filmed in the south, you'll see them everywhere in Sicily.

**EMILIA FOX:** Right yeah.

**ANGELA HARTNETT:** They do them like this sort of, I don't know what that shape is, like pyramid shapes.

**NICK GRIMSHAW:** Like coney.

**ANGELA HARTNETT:** Cones, that's the word. And they fill them sometimes with meat fillings. And saffron is a very popular one there.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** So, you know, we make risotto to make arancini balls, but every time, like we've had some events recently and there's a few ladles, I'm like, don't throw that away. Either eat it-

**EMILIA FOX:** Yes

**ANGELA HARTNETT:** -or arancini balls.

**EMILIA FOX:** Yes.

**ANGELA HARTNETT:** Never waste it, you see.

**NICK GRIMSHAW:** Mm.

**EMILIA FOX:** 'Cause don't like waste.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** No, there you go.

**EMILIA FOX:** But also look at the colour of it.

**NICK GRIMSHAW:** I love the colour.

**ANGELA HARTNETT:** Oh, yeah.

**EMILIA FOX:** Isn't that just the-

**ANGELA HARTNETT:** It's that, that Delica pumpkin.

**EMILIA FOX:** -blissful winter colour.

**NICK GRIMSHAW:** I mean, I've ate mine, unfortunately.

**ANGELA HARTNETT:** You have [*laughs*].

**EMILIA FOX:** I've nearly finished mine.

**ANGELA HARTNETT:** Well, guys, you can tuck in.

**NICK GRIMSHAW:** It was really good. Thank you, Ange. If you want to try this recipe at home, um, all the ingredients are available in your local Waitrose or you can get it online, [waitrose.com/dishrecipes](https://www.waitrose.com/dishrecipes).



**ANGELA HARTNETT:** Dish recipes. Perfect.

**NICK GRIMSHAW:** You can get the recipe on there. Maybe I will try this as a new year.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** New year, new me, new Risotto.

**ANGELA HARTNETT:** Yeah.

**EMILIA FOX:** Yeah.

**NICK GRIMSHAW:** Yeah, I'm not being scared of Risotto.

**EMILIA FOX:** No.

**NICK GRIMSHAW:** No way.

**EMILIA FOX:** We're gonna seize the day.

**NICK GRIMSHAW:** Not anymore.

**ANGELA HARTNETT:** It's rice.

**EMILIA FOX:** *[laughs]*

**NICK GRIMSHAW:** It's just rice.

**ANGELA HARTNETT:** See, I'm scared of making basmati rice and rice that you make for like Chinese-

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** -because I'm rubbish at that.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** But I can do this. We all have our things.

**NICK GRIMSHAW:** Let's not be scared of rice.

**ANGELA HARTNETT:** Let's not be scared of rice. Let's hold hands.

**NICK GRIMSHAW:** Let's not be scared

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** We're okay.

**EMILIA FOX:** New Year resolution.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Right.

**EMILIA FOX:** Mm

**ANGELA HARTNETT:** Cheers.

**EMILIA FOX:** Mm, cheers and thank you so much.

**NICK GRIMSHAW:** This is so good.

**EMILIA FOX:** And happy New Year.

**ANGELA HARTNETT:** Well, happy New Year to you.

**NICK GRIMSHAW:** Cheers and happy New Year.

**EMILIA FOX:** Thank you.

**NICK GRIMSHAW:** Cheers.

**EMILIA FOX:** Cheers.

*[theme music plays]*

**NICK GRIMSHAW:** Hey, should we talk about Silent Witness?

**ANGELA HARTNETT:** Yes!

**NICK GRIMSHAW:** We have to talk about Silent Witness because it's in its 30th anniversary-

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** -as a show, 29th season, and 21 years since you took the role.

**EMILIA FOX:** Mm-hm.

**ANGELA HARTNETT:** That's just-

**NICK GRIMSHAW:** Wow.

**EMILIA FOX:** *[laughs]*

**ANGELA HARTNETT:** You don't actually look old enough, Emilia, to have done 21 series.

**NICK GRIMSHAW:** Yeah, that is true.

**ANGELA HARTNETT:** You really don't. When did you start? In pigtails?

**EMILIA FOX:** No *[laughs]*. How many series have you done now?

**NICK GRIMSHAW:** I actually don't know.

**ANGELA HARTNETT:** Eight. We're in eight series.

**NICK GRIMSHAW:** Eight? Eight.

**EMILIA FOX:** If you enjoy doing something-

**ANGELA HARTNETT:** Yeah, that's true.

**EMILIA FOX:** -you don't think of it as that-

**ANGELA HARTNETT:** Mm.

**EMILIA FOX:** -length of time-

**NICK GRIMSHAW:** Mm-hm.

**EMILIA FOX:** -because I really, really still love doing it.

**NICK GRIMSHAW:** Mm-hm.

**EMILIA FOX:** Um, and it's been, you know, every bit of it I find interesting. So it's very rare to have that experience of getting to play a character for so long and to really explore all the corners of her.

**NICK GRIMSHAW:** Mm.

**EMILIA FOX:** She's been the character has been like a sort of best friend and ally in my life through all the things that life-

**ANGELA HARTNETT:** Sure.

**NICK GRIMSHAW:** Mm-hm.

**EMILIA FOX:** -throws at you and the challenges and the ups and the downs and, and then I've known that she's there with me and-

**ANGELA HARTNETT:** Mm.

**EMILIA FOX:** -and I've really loved going back every year.

**NICK GRIMSHAW:** People have, you know, fallen in love with Silent Witness-

**EMILIA FOX:** Mm-hm.

**NICK GRIMSHAW:** like the whole country has and falls in love with it. And now it's inspired a generation of people to be pathologists-

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** *[laughs]* -which I'm obsessed with, like, I'm going to do this.

**EMILIA FOX:** Yeah. Well, when you see, you know, like when you have like young students come up and say, 'Oh, because I, you know, I grew up watching Silent Witness with my family and, um, and so then I thought, oh, I'd like to go into forensics or pathology.' That's such a lovely-

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** Mm-hm.

**EMILIA FOX:** -thing to hear that a fictional crime story-

**NICK GRIMSHAW:** Yeah.

**EMILIA FOX:** -can inspire someone to follow that in their real life.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Yeah.

**EMILIA FOX:** Because maybe they haven't thought about-

**ANGELA HARTNETT:** Yeah.

**EMILIA FOX:** -going into that profession.

**NICK GRIMSHAW:** Yeah.

**EMILIA FOX:** So I find that very satisfying to do.

**NICK GRIMSHAW:** I bet, yeah. I imagine it's quite a hardcore day learning the scripts.

**ANGELA HARTNETT:** Yeah.

**EMILIA FOX:** Oh my gosh.

**NICK GRIMSHAW:** A lot of terminology.

**ANGELA HARTNETT:** Mm.

**EMILIA FOX:** Yeah.

**NICK GRIMSHAW:** A lot of, you know, language-

**ANGELA HARTNETT:** Do you- Do you-

**NICK GRIMSHAW:** -that you would only use in that field.

**ANGELA HARTNETT:** Because I always wanted, like they always ask the question, 'If you weren't a chef, what would you be?'

**EMILIA FOX:** Yeah.

**ANGELA HARTNETT:** And I always say, I'd love to have been a pathologist.

**EMILIA FOX:** Really?

**ANGELA HARTNETT:** No, seriously.

**NICK GRIMSHAW:** Really, wow.

**ANGELA HARTNETT:** I just think it's- I think it's amazing that you can see a crime scene and someone can go in, 'Well, they must have done it with the left hand.'

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** The blood splatter-

**EMILIA FOX:** Yeah.

**ANGELA HARTNETT:** -you know, all of those. You know, I love watching crime stuff-

**EMILIA FOX:** Yeah.

**ANGELA HARTNETT:** -not true crime necessarily-

**EMILIA FOX:** Yeah.

**ANGELA HARTNETT:** -but I do like shows like that. So this is a weird question-

**NICK GRIMSHAW:** Do you do crime?

**ANGELA HARTNETT:** -do you hear stuff on the news and sort of go, 'Ooh, I think I know how that was done.'

**NICK GRIMSHAW:** Oh, yeah.

*[crew laughs]*

**ANGELA HARTNETT:** Because you must see, it must be ingrained in you now after this time-

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** -because it's real what you're learning.

**EMILIA FOX:** Yeah.

**ANGELA HARTNETT:** You know, you have to follow it properly.

**EMILIA FOX:** I do think about it and-

**ANGELA HARTNETT:** Yes.

**EMILIA FOX:** -I do ask the experts that we have-

**ANGELA HARTNETT:** Do you?!

**EMILIA FOX:** -help us on the show, like ‘What would you be looking for here and-’

**ANGELA HARTNETT:** Yes, yeah.

**EMILIA FOX:** -yeah um and so that is a very useful phone a friend for-

**NICK GRIMSHAW:** Mm, yeah.

**EMILIA FOX:** -when you want to um get a bit more detail um-

*[laughter]*

**EMILIA FOX:** -and they're with us, obviously they do the advising-

**ANGELA HARTNETT:** Sure.

**EMILIA FOX:** -on the scripts but they're also with us when we're doing the post-mortems-

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** Mm.

**EMILIA FOX:** -so that we try, try and get it as true to life.

**ANGELA HARTNETT:** Of course.

**EMILIA FOX:** I mean, you know, post-mortem take much longer.

**ANGELA HARTNETT:** Sure, sure. Yeah.

**EMILIA FOX:** But they take us through the movements. They take us through understanding what we're saying-

**ANGELA HARTNETT:** Mm.

**EMILIA FOX:** -because otherwise some of it is like a-

**ANGELA HARTNETT:** Yeah.

**EMILIA FOX:** -completely different language.

**NICK GRIMSHAW:** Mm-hm.

**EMILIA FOX:** I need Duolingo for pathology really.

**ANGELA HARTNETT:** [*laughs*]

**NICK GRIMSHAW:** [*laughs*]

**EMILIA FOX:** And just the pronunciations of it.

**ANGELA HARTNETT:** Yeah.

**NICK GRIMSHAW:** Mm-hm.

**EMILIA FOX:** But um-

**NICK GRIMSHAW:** And how are you at learning that? Because we've got some lines here that the team wanted us to read to you.

**EMILIA FOX:** Oh, great.

[*crew laughs*]

**ANGELA HARTNETT:** So you can tell us what they mean.

**NICK GRIMSHAW:** Thanks guys.

**EMILIA FOX:** [*laughs*]

**NICK GRIMSHAW:** But yeah, how do you go? Is it quite hard to be learning? It basically is another language.

**EMILIA FOX:** I have to learn it in like riddles.

**NICK GRIMSHAW:** Right.

**EMILIA FOX:** So I'm like, there are two Ds in this sentence.

**NICK GRIMSHAW:** Right

**EMILIA FOX:** And um you know, like I associate it with other words.



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

*[tense music plays]*

**ANGELA HARTNETT:** All right- ‘Could you tell the doctor that she's fractured the left orbital rim and possibly the exterior maxillary wall and the radius and ulna are fractured in her left arm?’

**EMILIA FOX:** Oh my gosh.

**NICK GRIMSHAW:** Mine says: ‘A high binding affinity with alpha-2-

**EMILIA FOX:** Oh my god.

**NICK GRIMSHAW:** -adrenergic and M1-muscarinic receptors.

**EMILIA FOX:** Yeah. I mean, literally that brings me out in a sweat.

**ANGELA HARTNETT:** *[laughs]*

**EMILIA FOX:** I remember I had to say that line so many times.

**NICK GRIMSHAW:** It's a high binding affinity with alpha-2 adrenergic and M1-muscarinic-’

**ANGELA HARTNETT:** God, you're there.

**NICK GRIMSHAW:** I can't do it. I was nearly there. A few more takes.

**EMILIA FOX:** Do you know what it's like? It's like being on a horse and seeing a jump coming up.

**NICK GRIMSHAW:** *[laughs]* You're like, it's coming.

**EMILIA FOX:** And it's coming, it's coming, it's coming. Oh, it's there.

**NICK GRIMSHAW:** It's coming.

**EMILIA FOX:** Oh, I just got over it. And if you do get over it, it's such a relief.

*[tense music ends]*

**NICK GRIMSHAW:** Mm. And are they, um, real people sometimes lay down pretending to be dead.

**EMILIA FOX:** Oh, yeah.

**NICK GRIMSHAW:** Or is it prosthetics or both, I guess?

**EMILIA FOX:** Both. Yeah. So, but, you know, and it's quite vulnerable making, I think, for the actors who are having to lie on the mortuary slab if they're real and not prosthetic.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Yeah.

**EMILIA FOX:** Apart from anything, you know, you've got a whole crew of people who are all really, like, considerate-

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Mm-hm.

**EMILIA FOX:** -to what the experience is. But you're also having to imagine yourself dead, which I imagine is a weird experience.

**NICK GRIMSHAW:** Yeah.

**EMILIA FOX:** So I try and make it like a spa day-

**NICK GRIMSHAW:** Mm.

**EMILIA FOX:** -and say, you're now going to have your nails done by me.

**ANGELA HARTNETT:** Yes.

**EMILIA FOX:** And then I, like, fiddle about-

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

**NICK GRIMSHAW:** Aw, think of it as a spa day.

**EMILIA FOX:** This is going to be the massage moment.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** And do people, when you're doing that, jump occasionally because they've, you know, you've knocked a nerve or something?

**EMILIA FOX:** Oh, yeah.

**ANGELA HARTNETT:** I'd be like that, wouldn't you? Don't you? If someone massages, I'm always twitching.

**EMILIA FOX:** Or tickly bits.

**ANGELA HARTNETT:** Yeah, exactly, yeah.

**EMILIA FOX:** So if you're having to look at their feet-

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** Yeah

**EMILIA FOX:** -and they feel tickly, but I would be hopeless.

**NICK GRIMSHAW:** No-

**ANGELA HARTNETT:** I'd be rubbish, yeah.

**NICK GRIMSHAW:** -I actually would love to play dead body.

**EMILIA FOX:** Would you?

**ANGELA HARTNETT:** Should we do it?

**EMILIA FOX:** In the next series.

**NICK GRIMSHAW:** I would love to. I'm serious. Yeah. Um, well, because you've been playing Nikki for so long, 21 consecutive years-

**ANGELA HARTNETT:** Mm.

**NICK GRIMSHAW:** -we wanted to look at other actors that have played characters for a long time.

**EMILIA FOX:** Oh yes please.

**NICK GRIMSHAW:** And we wanted to know whether or not these actors, we wanted you to tell us if these actors have played these characters for a longer or a shorter stint than you have with Nikki.

**EMILIA FOX:** Okay.

**NICK GRIMSHAW:** Okay. First up, Jennifer Aniston as Rachel Green in Friends. Longer or shorter than you?

**EMILIA FOX:** Well, I think it was shorter because I think they did a decade.

**NICK GRIMSHAW:** Correct.

**EMILIA FOX:** Is that right?

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** Absolutely correct.

**EMILIA FOX:** Oh wow.

**NICK GRIMSHAW:** Shorter.

**ANGELA HARTNETT:** Angela Lansbury as Jessica Fletcher in Murder She Wrote?

**NICK GRIMSHAW:** Oh.

**EMILIA FOX:** Oh I think longer.

**ANGELA HARTNETT:** Correct. 22 years.

**EMILIA FOX:** Ah yes.

**NICK GRIMSHAW:** 22 years. You're close.

**EMILIA FOX:** Legend. Legend.

**NICK GRIMSHAW:** Nancy Cartwright as Bart Simpson in The Simpsons.

**EMILIA FOX:** Oh, that is hard.

**NICK GRIMSHAW:** Longer or shorter than you?

**EMILIA FOX:** Longer.

**NICK GRIMSHAW:** Longer. Since 1987.

**EMILIA FOX:** Wow.

**NICK GRIMSHAW:** That's a nice cheque, isn't it?

[laughter]

**NICK GRIMSHAW:** Like a voiceover-

**ANGELA HARTNETT:** She's doing alright.

**NICK GRIMSHAW:** -for like nearly 40 years.

**ANGELA HARTNETT:** That's nuts.

**NICK GRIMSHAW:** Yeah.

**ANGELA HARTNETT:** Um, Kelsey Grammar as Frasier Crane in Cheers and Frasier.

**NICK GRIMSHAW:** Mm.

**EMILIA FOX:** Mm.

**NICK GRIMSHAW:** Oh, because it was the same guy. Yes.

**ANGELA HARTNETT:** Mm it was

**NICK GRIMSHAW:** Sorry. Yes.

**EMILIA FOX:** Longer.

**ANGELA HARTNETT:** Shorter.

**EMILIA FOX:** Shorter?

**ANGELA HARTNETT:** Yes.

**EMILIA FOX:** How many years?

**ANGELA HARTNETT:** It was 20 consecutive years between 1984 and 2004.

**NICK GRIMSHAW:** Wow. Wow.

**ANGELA HARTNETT:** There you go.

**NICK GRIMSHAW:** I loved Frasier's apartment.

**ANGELA HARTNETT:** I did.

**EMILIA FOX:** Yeah.

**ANGELA HARTNETT:** I loved it, yeah.

**NICK GRIMSHAW:** Oh, so good. Okay. And finally, William Roach as Ken Barlow.

**EMILIA FOX:** Oh, longer.

**NICK GRIMSHAW:** Longer.

**EMILIA FOX:** Longer.

**ANGELA HARTNETT:** Oh yeah.

**NICK GRIMSHAW:** Longer.

**EMILIA FOX:** Much longer.

**NICK GRIMSHAW:** 500 years.

*[studio laughter]*

**NICK GRIMSHAW:** Unbelievable. Unbelievable. Well, the brand new series of Silent Witness starts very soon. So early 2026.

**EMILIA FOX:** Mm-hm, yeah.

**NICK GRIMSHAW:** So not long to wait.

**ANGELA HARTNETT:** Mm.

*[theme music plays]*

**NICK GRIMSHAW:** Emilia Fox, it is time for your fast food quiz.

**EMILIA FOX:** Yes.

**NICK GRIMSHAW:** Tell us, please, your favourite way to eat eggs.

**EMILIA FOX:** Scrambled.

**ANGELA HARTNETT:** What's your favourite sandwich filling?

**EMILIA FOX:** Um, chicken.

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

**EMILIA FOX:** Baked.

**ANGELA HARTNETT:** Your favourite herb?

**EMILIA FOX:** Rosemary.

**ANGELA HARTNETT:** Oh I like that

**NICK GRIMSHAW:** Your favourite crisp?

**EMILIA FOX:** Salt and vinegar.

**NICK GRIMSHAW:** I like how quick you are.

*[applause]*

**ANGELA HARTNETT:** You're very good.

**NICK GRIMSHAW:** This is good.

**ANGELA HARTNETT:** This is the best fast quiz.

**NICK GRIMSHAW:** This is how it should be everyone.

**ANGELA HARTNETT:** We're slowing up actually.

**NICK GRIMSHAW:** Okay.

**ANGELA HARTNETT:** Favourite kitchen utensil?

**EMILIA FOX:** A spoon.

**ANGELA HARTNETT:** Nice answer, I like that answer.

**NICK GRIMSHAW:** Favourite pasta?

**EMILIA FOX:** Um, tagliatelle.

**ANGELA HARTNETT:** What's your favourite item on a roast?

**EMILIA FOX:** Um, my favourite item on a roast?

**ANGELA HARTNETT:** On a roast, yes, lunch or supper. The potatoes.

**EMILIA FOX:** Oh, roast parsnips.

**NICK GRIMSHAW:** Mm.

**ANGELA HARTNETT:** Parsnips, yeah good choice.

**NICK GRIMSHAW:** What is the best nut?

**EMILIA FOX:** Ooh at the moment, a pistachio.

**NICK GRIMSHAW:** Mm-hm.

**ANGELA HARTNETT:** What's your favourite topping for toast?

**EMILIA FOX:** Marmite.

**NICK GRIMSHAW:** And finally, what is your go-to pizza order?

**EMILIA FOX:** Um, margarita.

**NICK GRIMSHAW:** Oh, yes.

**EMILIA FOX:** Just keep it simple.

**NICK GRIMSHAW:** That's all you need. That's all you need. Now that is how you're meant to do the fast food quiz.

**ANGELA HARTNETT:** Yes.

**EMILIA FOX:** Yeah!

**ANGELA HARTNETT:** We need to show people that every time.

**NICK GRIMSHAW:** That was fast. That was fast.

*[theme music plays]*

**NICK GRIMSHAW:** We come to the end of the show.

**EMILIA FOX:** Aw.

**NICK GRIMSHAW:** Thank you for being our last guest of the year-

**ANGELA HARTNETT:** Yes, thank you so much.



**NICK GRIMSHAW:** -of 2025. A perfect finale, I think.

**ANGELA HARTNETT:** I know, you've been lovely.

**EMILIA FOX:** I loved it.

**NICK GRIMSHAW:** Yeah, thank you so much. This is for your chance to win this Waitrose goodie bag.

**EMILIA FOX:** [*gasp*]

**NICK GRIMSHAW:** **NICK GRIMSHAW:** All you've got to do is open this envelope, answer the question, and that goodie bag will be yours.

**EMILIA FOX:** Woo!

**NICK GRIMSHAW:** So here we go.

**EMILIA FOX:** How exciting.

**NICK GRIMSHAW:** End of the show question but thank you so much for being with us.

**EMILIA FOX:** I hope I can answer the question though.

**NICK GRIMSHAW:** Same, same.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** Same.

**EMILIA FOX:** Okay.

**NICK GRIMSHAW:** Okay.

**EMILIA FOX:** I've got to put my glasses on, hang on. [*laughs*] 'Hi Emilia, thank you for being our last guest of 2025. You are also the first guest we've had with a family motto, "To the brave, nothing is difficult." True. We are quite jealous of that. To win the Waitrose goodie bag, would you please issue Dish-

**NICK GRIMSHAW:** [*gasps*]

**EMILIA FOX:** -with its own motto?

**ANGELA HARTNETT:** *[laughs]*

**NICK GRIMSHAW:** Oh yes.

**EMILIA FOX:** Thanks, Team Dish.'

**NICK GRIMSHAW:** Okay.

**ANGELA HARTNETT:** Oh, that's quite a question.

**NICK GRIMSHAW:** No pressure, just a motto.

**ANGELA HARTNETT:** Yes.

**NICK GRIMSHAW:** Wait, so what's your family motto? "To the brave, nothing-

**EMILIA FOX:** "Nothing is difficult."

**ANGELA HARTNETT:** Oh, that's fabulous.

**EMILIA FOX:** "To the brave-

**ANGELA HARTNETT:** -Nothing is difficult."

**NICK GRIMSHAW:** Oh yeah, that's good. "Food's nice."

**ANGELA HARTNETT:** *[laughs]*

**NICK GRIMSHAW:** "Hey, ever tried food?"

**EMILIA FOX:** Um.

**NICK GRIMSHAW:** Okay.

**EMILIA FOX:** How about.

**NICK GRIMSHAW:** Yes.

**ANGELA HARTNETT:** Yeah.

**EMILIA FOX:** "No dish is too difficult for those who are adventurous in the kitchen."

**ANGELA HARTNETT:** Yes!

**NICK GRIMSHAW:** Yes!

**ANGELA HARTNETT:** I love that

**NICK GRIMSHAW:** That is good, that is good, that is good.

**ANGELA HARTNETT:** That is brilliant.

*[studio applause]*

**NICK GRIMSHAW:** That is good.

**EMILIA FOX:** The pressure, the pressure.

**ANGELA HARTNETT:** We need a neon sign there.

*[theme music plays]*

**NICK GRIMSHAW:** Yeah, we need a sign there. Angela, be a nice tattoo for the new year for you.

*[laughter]*

**NICK GRIMSHAW:** Yeah, um Emilia, thank you so much. The goodie bag is yours.

**ANGELA HARTNETT:** Thank you, Emilia.

**EMILIA FOX:** Oh wow! Thank you so much.

**NICK GRIMSHAW:** Emilia Fox, thank you so much. Emilia Fox everybody.

*[studio applause]*

**ANGELA HARTNETT:** Yeah! Thank you.

**EMILIA FOX:** Thank you, thank you.

**NICK GRIMSHAW:** That was so fun.

**EMILIA FOX:** Thank you so much.

**ANGELA HARTNETT:** Fabulous.

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

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

**NICK GRIMSHAW:** Email your questions, thoughts and suggestions to [dish@waitrose.co.uk](mailto:dish@waitrose.co.uk).

**ANGELA HARTNETT:** Dish from Waitrose is a Cold Glass production.

**VOICEOVER:** Waitrose, the home of food lovers.