



Off Menu – Ep 192 – Helen Bauer

Ed Gamble

Welcome to the Off Menu podcast. Taking the chicken of good chat, marinating it in the spices of humour, leaving it in the fridge of the internet, and then grilling it on the flames of interesting facts.

James Acaster

Tasty! My name is James Acaster, that is Ed Gamble, we own a dream restaurant. We invite a guest every single week, and we ask them their favourite ever, starter, main course, dessert, side dish, and drink. Not in that order. And this week, our guest is Helen Bauer.

Ed Gamble

Helen Bauer. A wonderful comedian, wonderful podcaster. Highly recommend the podcast that she does with another Off Menu alumni, Catherine Bohart. It's called, 'Trusty Hogs.'

James Acaster

We've both done it.

Ed Gamble

We've both been on Trusty Hogs, yes.

James Acaster

Fantastic. Do catch Helen live whenever you can. Whatever she's doing, you want to investigate it. Also, I know her from The Augment.

Ed Gamble

I beg your pardon?

James Acaster

We are, for the augmented universe of Pokemon.

Ed Gamble

Oh my god.

James Acaster

We both play Pokemon Go. We're in a crew together, with Sikisa, if you're talking about alumni.

Ed Gamble

You can't use crew.

James Acaster

Well we are crew, because we have to do the raids together.



Ed Gamble

Raids?

James Acaster

Yes, we have to take down a gym, and then we beat up a massive Pokemon, and then we all get to try and catch it. So that's, me, Sikisa, Bauer. I mean, the other people haven't been on the podcast, you might not know them as well, but there's about 7 of us. You know. Your wife is meant to be in the crew, but she never shows up.

Ed Gamble

Yes, because my wife is somehow cooler than you.

James Acaster

Yes, well, it happened. You finally found someone cooler than me, Ed. That's why you married her, I guess.

Ed Gamble

Yes, so you and Helen Bauer are one of the only remaining people in the world to play Pokemon Go.

James Acaster

Yes, and both of us, you know, because Pokemon Go came out in 2016, that's when everyone got the app, did it for a bit then.

Ed Gamble

Well of course, sorry. Now I'm realising why.

James Acaster

Then stopped doing it. Bauer and I, both got into it, you know, pretty late, 2019. You know, we were late to the party, and that's why the fire still burns bright. We're really passionate about it. So, in fact, when Bauer gets here, I've got to do a trade with her. Because I've got some regionals from America, when I was over there.

Ed Gamble

Do you want to just do that on the podcast then?

James Acaster

Yes, yes. Because she's really excited to get it. Got a torkoal for her.

Ed Gamble

A what?

James Acaster

A torkoal.



Ed Gamble

What's a torkoal?

James Acaster

It's a turtle that has a blow hole in it's shell.

Ed Gamble

Right.

James Acaster

A little orange turtle, has a blow hole in it's shell.

Ed Gamble

That was, I think that's stupid.

James Acaster

Oh, no, no, no. You wait until you see it, it kind of, it goes, 'Woah.'

Ed Gamble

No, because, if the shell is protective, why would there be a hole in the shell? Then predators are going to get to it, right?

James Acaster

It goes like, 'Ohhh.' Like it's going to have a poo, but then it blows air out of it's blow hole.

Ed Gamble

Why is it blowing air out of it's blow hole?

James Acaster

You've got a blow hole, you've got to blow out of it.

Ed Gamble

But is it a land-based creature?

James Acaster

Yes, yes, it's walking around.

Ed Gamble

So it doesn't need a blow hole, it's stupid.

James Acaster

I guess that's maybe the point. You could chuck it in water, and it could survive under there as well.



Ed Gamble

Has it got a mouth?

James Acaster

Yes.

Ed Gamble

Yes, stupid. Breath in your mouth.

James Acaster

I think that's a-, these are more questions for Professor Willow, rather than me, who's the expert. I just catch 'em all.

Ed Gamble

Who's Professor Willow?

James Acaster

He's the guy who gives you, like, you know, research tasks to do. And he's the one who's doing all of the research into the Pokemon. Sometimes he can be a bit of a jerk, and we get a bit annoyed with him. Bauer and I can slag off Willow quite a lot on the group chat.

Ed Gamble

Don't, let's not make this all about Pokemon today, James.

James Acaster

What. I don't get to see a member of the crew in person very often. It'd be quite nice to talk about it.

Ed Gamble

No. We're talking about food, that's what the podcast is about. Helen's going to do her dream meal. And, you know, I've listened to a lot of trusty hogs, and I think you're safe in terms of sweet things.

James Acaster

Yes.

Ed Gamble

She talks about choccy a lot.

James Acaster

Oh yes. Well, you know, Bauer and I once had lunch with Ania, who's been on the podcast

Ed Gamble

Oh my god.



James Acaster

I know. And what a sweet day that was. That was pudding central.

Ed Gamble

Yes.

James Acaster

That was the meal where the waitress told us that we would get worms. So, I think I'm okay with Bauer coming on the pod, when it comes to puds.

Ed Gamble

I sent Anya a hot chocolate velvetiser, to say thank you for supporting me on tour, for the dates she supported me on tour. Lovely thought, you know, a nice gift. And then her flatmate messaged me saying, 'Are you trying to kill her?'

James Acaster

Yes, like sending a toaster to a baby, for their birthday. Play with this.

Ed Gamble

I mean, it's not exactly like that.

James Acaster

Dangerous stuff.

Ed Gamble

I wouldn't send a toaster to a baby and go, 'Oh no, they're going to make toast all day long.'

James Acaster

Yes, okay, fair enough. Not quite like that, actually.

Ed Gamble

But in terms of the danger, yes, you're probably right. But we're not here to talk about Anya, we're here to talk about Helen Bauer.

James Acaster

Yes. However, even though Bauer is a member of the crew, and I respect her, if she says the secret ingredient, an ingredient which we deem to be unacceptable, we will have to kick her out of the dream restaurant. And this week, the secret ingredient is golden razz berries. Why aren't you saying it with me, Ed?

Ed Gamble

Because I forgot what it was, because it's a Pokemon thing again.



James Acaster

Listen, golden razz berries.

Ed Gamble

Are they good?

James Acaster

R-A-Z-Z-B-E-R-R-Y. Razz berries, golden razz berries. They're the main treat in the Pokemon game.

Ed Gamble

So why is it a secret ingredient then? Are they good?

James Acaster

Oh, listen, they're good for the Pokemon, but not for the trainer.

Ed Gamble

Right, the trainer can't eat them?

James Acaster

Trainer can't eat them.

Ed Gamble

Why?

James Acaster

Because they're for the Pokemon, there's Pokemon only. I've never seen a trainer eat a golden razz berry. It gives the Pokemon extra energy. So if the Pokemon is flagging, you give it the golden razz berry, if it's in a gym. If you put the Pokemon in the gym, and loads of people have beat it up, and it's energy levels are down, you can feed it a golden razz berry, and it goes right up to maximum energy again.

Ed Gamble

So it's drugs?

James Acaster

And if you're trying to catch the Pokemon in the wild, if you give it a golden razz berry, it makes it super easy to catch. But golden razz berries aren't just everywhere, they're the rarest of all the treats.

Ed Gamble

Right.

James Acaster

There's a normal razz berry, there's a nana berry, it's like a banana one. And there's the pinap berry as well. And there's silver pinap berry, which is probably my personal favourite. But golden razz berry is



the most sought after, and I think Helen would like to, because it's dream restaurant, I think Helen would like to know what a golden razz berry tastes like in real life, and might choose it.

Ed Gamble

If we have to try and kick Helen Bauer out of the restaurant, I fear this may be the last thing we do in our lives.

James Acaster

Yes, listen.

Ed Gamble

Because she's not backwards in coming forward, is Helen Bauer.

James Acaster

Yes, we were lucky that Jade was over Zoom. Because, if that was in person, Jade would've beat the shit out of us. So, Bauer, you know, it's like in The Terminator films, Jade's like the first Terminator, in the first film, and now this is T1000. This is like, you know, what's it, Robert Patrick, or whatever his name is. What's his name? The actor? Anyway, that guy, who's all liquid metal, that's what Bauer is to Jade, to Jade's army.

Ed Gamble

I don't think she's going to say golden razz berry.

James Acaster

She might do. I think she might be thinking a lot about Pokemon, it's, you know, because I'm on the pod. And she'll be like, 'Oh, I always wondered what a golden razz berry tastes like.'

Ed Gamble

I think, here's what I'm going to say, is it unfair then to talk to her about Pokemon?

James Acaster

No.

Ed Gamble

Are we not then absolutely setting her up for a trap here?

James Acaster

Well, I can't not talk about Pokemon to Bauer, so that's not an option. And, I think, I won't have a chance to put golden razz berry as another secret ingredient for someone.

Ed Gamble

Fair enough, I'm just putting it out there.



James Acaster

I've just got to do it.

Ed Gamble

Just putting it out there.

James Acaster

Just got to do it, and I will take all the blame if it happens.

Ed Gamble

Okay.

James Acaster

She'll know that you weren't involved. She'll know that you don't know what a golden razz berry is.

Ed Gamble

I don't know what a golden razz berry is. I played Pokemon Go for a bit, but we'll talk about it to Helen. This is the Off Menu menu, of Helen Bauer.

Ed Gamble

Welcome Helen to the dream restaurant.

Helen Bauer

Thank you.

James Acaster

Welcome Helen Bauer to the dream restaurant. We've been expecting you for some time.

Helen Bauer

Weeeeeee! It's a genie.

James Acaster

Thank you.

Helen Bauer

I genuinely thought there'd be a bit more to it than that.

James Acaster

What?

Helen Bauer

You just raised your arms.



James Acaster

What did you think?

Helen Bauer

At least a bit of smoke. Like something, like talcum powder.

James Acaster

We see what we want to see.

Ed Gamble

I've got a vape in my pocket, do you want to do it again?

James Acaster

Yes.

Ed Gamble

Yes.

Helen Bauer

Please.

Ed Gamble

I'll tell you when.

James Acaster

Welcome Helen Bauer, to the dream restaurant, we've been expecting you for some time.

Ed Gamble

Enjoy that?

Helen Bauer

It was actually a lot better. It was a lot better. It's just something to think about. Just workshop it, you know what I mean.

James Acaster

What flavour's that vape?

Ed Gamble

Cola.

James Acaster

Coca Cola.



Helen Bauer

Coca Cola vape?

Ed Gamble

It's like sweets, cola sweets. No?

Helen Bauer

No. I'm a traditionalist. Fags. Honestly, just like, straight hard tobacco. That's what I want. Like, I do not understand this vape stuff. It makes me feel chokey, like I'm going to choke.

Ed Gamble

Chokey?

Helen Bauer

Whereas like, I can have like 20 cigs in a row, absolutely fine. Climb a mountain if I wanted to. I don't, but I could.

Ed Gamble

Yes, that's a point that you don't though, do you?

James Acaster

Yes, you can't go up a-, and also, you couldn't.

Helen Bauer

I could, I could. I genuinely believe I've got the focus to get up a mountain.

James AcasterAfter 20 cigarettes?

Helen Bauer

After 20 cigarettes. Well, 20 packs actually.

James Acaster

Okay?

Helen Bauer

Shove me up there, shove me up there.

Ed Gamble

But that's not climbing a mountain though, is it? Someone shoving you up there?

Helen Bauer

Well like, a big lad, really doing a good push job, like.



James Acaster

You and a Sherpa going out in like some, some poor Sherpa pushing you up a mountain, while you're smoking cigarettes.

Ed Gamble

Having to pass you cigs.

Helen Bauer

Well, I'd share them. Because surely they'd want to smoke as well, because they'd be addicted by the amount of smoke coming back from me, they'd want more of it.

Ed Gamble

If you got the Sherpa addicted to cigarettes halfway up the mountain, do you not think that would then affect his ability to help you get up the mountain?

Helen Bauer

Hey look, I haven't thought it through. Obviously, I haven't thought it through. And also, define mountain, how about that?

James Acaster

What?

Helen Bauer

Define mountain. I think you guys are picturing Everest, whereas for me a mountain could just be like, a big pile of, like, candy. And that's a candy mountain, you know. Because, use your imagination.

James Acaster

Well, we weren't picturing a candy mountain, you've got us there.

Ed Gamble

Which is rare for you.

James Acaster

Yes, yes, yes.

Helen Bauer

The mountain in Inside Out, Bing Bong, and he's on like, and he goes down into the cave, and he's got to get up the mountain, and it's all of the stuff, and he's like, 'Bing bong, bing bong.'

James Acaster

And he can't, and he dies.

Ed Gamble

Yes.



Helen Bauer

That's like, you don't say that.

James Acaster

Sorry.

Helen Bauer

No, just because I'm may be a child listening.

James Acaster

What I'm saying, it helps our point here.

Ed Gamble

I bought my wife a cuddly bing bong after that film. And I kept hiding, and she'd say, 'Where's bing bong?' And I'd go, 'I don't know who you're taking about.'

Helen Bauer

Nice.

James Acaster

Really good, gaslighting his wife.

Ed Gamble

Really upset her.

James Acaster

Yes.

Ed Gamble

I've got a big cuddly Mei Mei the panda from Turning Red at the moment.

Ed Gamble

Oh yes.

James Acaster

Oh yes

Helen Bauer

Absolutely love it. Like, I tucked it up with my housemate on the sofa the other night while he was watching one of his, like, prison break films or something. I don't know what they're called, Con Air, maybe?

James Acaster

Yes maybe.



Helen Bauer

One of those ones.

James Acaster

That's a film.

Helen Bauer

It's either that or Russian dash-cam videos. And I like, tuck him up with a cuddly toy, while he watches it.

Ed Gamble

While he watches Russian dash-cam videos?

Helen Bauer

Just to make it cute, yes. Make him really, sweetly, sweetly, baby, baby. He hates me. He calls it masculinity buckaroo. Like, he'll be sitting there, and I'll light a scented candle, put a blanket on him, and then, it's when he freaks out, that's when I put on the last item of masculinity buckaroo.

Ed Gamble

Brilliant.

James Acaster

Is it fun, living with you, do you think?

Helen Bauer

Yes, really fun. Really fun. A lot of people have left me over the years, but I do think that's just because they want to live alone. But it's not because of me, it's just, you know, the way the world is, you know what I mean?

Ed Gamble

Yes.

James Acaster

Yes. Well, I guess after you, what's the point of getting another housemate. Can't top living with Helen, so I'll have to live by myself now.

Helen Bauer

Yes. I do notice, people live with me, grey quite quickly. I do think, I think some men that I've lived with have lost height. Like, which, I know sounds really bad, but they just seem to get so broken. I don't know why, it's maybe just from the bants. And like, Sunil Patel, my current housemate, he's definitely like 2 inches shorter, and greying like no-ones business.

James Acaster

Yes, I've noticed that with him.



Helen Bauer

But I think it's just from chitter chatter.

James Acaster

Yes, Sunil's kind of like, in a last crusade when they drink from the wrong cup at the end, and then they like, the guy rapidly turns into like a dead body.

Ed Gamble

Yes, so that's what living with you is like.

Helen Bauer

Could you turn that into a Disney reference for me? I don't know what you're talking about.

Ed Gamble

Yes, sorry, that's a bit universal.

James Acaster

So what's a Disney reference there?

Helen Bauer

Let's play Marvel, I don't know what that is.

Ed Gamble

Is there a Disney film where someone drinks from a cup and turns into an old man?

James Acaster

I don't think there necessarily is.

Helen Bauer

Poor snow white, she drinks from the poison chalice, the bad witchy.

James Acaster

Sure.

Ed Gamble

Yes, okay.

James Acaster

Bad witchy, drinks from the poison chalice.

Ed Gamble

Yes, so living with you is like drinking from the poison chalice?



Helen Bauer

Yes, of love. Of love, yes.

Ed Gamble

Of chitter chatter.

Helen Bauer

But he's got like, techniques of how to get rid of me. Because him and my old housemate, it's my best friend from school, and he texts Emma all the time, being like, 'Oh, like what do I do with this?' But, basically turns out Emma wasn't very good. So he got, like a lock for his door, a key and lock, and he keeps the key on him.

Ed Gamble

What, so he has a lock on his bedroom door?

Helen Bauer

Yes, because I come in for cuddy club in the morning because I think it's important to have a morning cuddle. Just the physical contact. And he does not like cuddy club. No, hates it.

James Acaster

So then, the solution has had to be that he has a lock and stuff.

Helen Bauer

Locks himself in his room.

James Acaster

Not that you, accept that cuddy club shouldn't happen to people that don't want to do it?

Helen Bauer

Well it's good for him in the long run, isn't it? It's good for him to have physical contact. It's good for people to have it.

Ed Gamble

Well, I've heard of, I mean, I'm not sure if you want to tell this story on the podcast, Helen? I heard a very funny story where the opposite happened to you in Edinburgh.

Helen Bauer

What?

Ed Gamble

You were living with a comic in Edinburgh who slept-walked.

Helen Bauer

That was, yes, but that was years ago. How did you hear that?



Ed Gamble

I heard it from Chloe Petts.

Helen Bauer

That makes sense, that makes sense. I was, right, I respect people's choices when it comes to diet in general, but there are some comics out there, who are fucking minging. And I say that having Phil Ellis on my couch last night, who, do you know Phil's diet?

Ed Gamble

No.

James Acaster

No.

Helen Bauer

Don't go on his Instagram, it's just like, all beige. He has tortilla wraps with margarine on them, and then just like a roast pheasant on, I'm not joking it, it is diabolical. He can't have colour, because it makes him feel ill.

James Acaster

What?

Helen Bauer

And I was living with one of his, like, northern comic mates, and he was only drinking beer and then eating garlic bread from a takeaway, like a pizza takeaway, every single night. And then one night, slept-walked into my room, and I was like in bed, naked, because it's nice to feel, well, you know, it's windy in Edinburgh and it's nice to feel the wind beneath your wings. And I'm lying there having a lovely time, not doing anything.

James Acaster

Yes, yes, you're not doing anything.

Helen Bauer

And he wanders in, and I'm like, 'What the fuck are you doing?' Like, holding the duvet up to me, and he's just looking at me. And I'm like, 'What are you doing?' And he was like, 'No, I'm just going to bed.' And got in my bed, and I was like, 'This isn't your room. This isn't your room. Like, your girlfriend's next door, like, no.' And he was like, 'No, I'm just going to bed, shut up.' And then layed down, and then turned around, and exploded, is the only way I can say. The gas, was like, have you ever, right. You know when you've had like, a Tuscan bean soup, and you wake up in the morning.

James Acaster

So specific.



Helen Bauer

And you leave your room, and you come back in. And the whites of your eyes sting, because of the, what the product you've produced. He did that, in a second.

James Acaster

In your bed?

Helen Bauer

It was like, a mushroom cloud. And then he turned and went, 'Wrong room.'

James Acaster

What?

Helen Bauer

'Wrong room. Wrong room.' And scuttled out, and left me like, gasping for air, like clawing at the-, it was, oh god. And I'm like, pro-fart in general.

Ed Gamble

Sure.

Helen Bauer

Like, I'm fine with it, I'm the daughter of a man who works in sewage. Like, I am poo farm daughter till I die. But it was mad, mad.

Ed Gamble

Loved that story.

James Acaster

Yes, that's. But that, you know, if anyone is new to Helen Bauer, that's all you need to know.

Helen Bauer

How is that all you need to know? I'm a multi-faceted person, I'm an Aries.

James Acaster

Yes.

Ed Gamble

And a poo farm daughter until I die.

Helen Bauer

And a poo farm daughter until I die.

James Acaster

Poo farm daughter until she dies, that's all you need to know.



Helen Bauer

But you might need my expertise on poo, because, when I was arriving in this building, apparently there's a problem with your drains, what's happening? Do you want to talk about it?

James Acaster

Well, Ben knows all the.

Helen Bauer

He's shaking his head.

James Acaster

All the details, and he refuses to talk, so.

Helen Bauer

Oh, Benito can't talk. It's only because, I'm drinking tap water, and we're all having it. But now there's a problem with your drains, I'm worried, because, tap water's a tricky one. Because, obviously, like, it's gone through people's systems about 8 times before it reaches your mouth, in London, at the moment.

Ed Gamble

But it's filtered though, isn't it?

Helen Bauer

Yes, but my dad's in charge of the filtering.

Ed Gamble

Is he still in charge of the filtering? Or is he a retired poo farmer?

Helen Bauer

Well, not for London now, no. He left poo farming, and then, he was going to dig down to the water table, in Fleet, my home town. You know, like, just dig a hole to see where the water starts.

Ed Gamble

For work, or just for a laugh?

Helen Bauer

Well, for fun, that was his retirement. And then my mum went to a dinner party and one of the woman's husbands had already done it, and she was like, 'Yes, it's like, you know, 2 foot 6.' And he was like, 'Oh, it's only-'

Ed Gamble

That was his whole retirement plan.

Helen Bauer

Went back to the poo farm.



Ed Gamble

Was to dig down to the water table? Then he found out someone else had already done it, so he went back to his job.

Helen Bauer

Yes. Well, he was going to learn how to cook. But he, made a Thai green curry and it took him all day. But then he realised he didn't know how to do rice, so he did mash potato. And my mum came home and was like, 'Absolutely not.' And then, weirdly, she did divorce him about a month after that. And then he got a different poo farm job, yes.

James Acaster

Did he connect the dots there?

Helen Bauer

Also a child of divorce, that's another side to me. What child? 25. That's pushing it a bit, isn't it.

Ed Gamble

All of the facts that you're bringing up about yourself, to describe yourself, pale in comparison to the stuff you've said immediately previously.

James Acaster

Yes, sure.

Ed Gamble

So you're dad digging down to the water table, and then making mash potato with a Thai green curry. And then you sweep that under the rug and say, 'I'm a child of divorce.'

Helen Bauer

I'm a child of divorce, been through a lot. 25. Terrible, ripped the family apart. None of us lived at home, but yes.

James Acaster

You ripped the family apart, or the divorce?

Helen Bauer

No, it was probably all of us, yes.

James Acaster

It's on you, it's on you.

Helen Bauer

We're all a bit of a nightmare.



James Acaster

I mean, we should get into talking about food, really.

Ed Gamble

We've already had a mention.

James Acaster

After we heard about a Thai green curry and the mash.

Helen Bauer

Yes, that was foody.

James Acaster

Are you a fan of food?

Helen Bauer

Yes, very pro-food.

James Acaster

Yes?

Helen Bauer

Pro-food, love it. Eat all the time. Can't stop eating. Think about it 24-7, really learning in the last year that quality and quantity are different things. But it's hard to learn, it's a hard.

James Acaster

What's the difference?

Helen Bauer

Quantity, makes you feel sick, makes you feel like you want to die. Quality, feel good, feel special, want to take a picture, very different.

James Acaster

Okay.

Ed Gamble

It's a difficult mental shift to make, I think. It's one that I've made a few years ago, but I was definitely in that, quantity over quality thing for a while.

Helen Bauer

Well, you were a buffet boy.

Ed Gamble

I was a buffet boy. I loved a buffet.



Helen Bauer

So then, when you were a buffet boy, you're pure quantity. I used to work a hotel buffet, so I get it.

Ed Gamble

Did you?

Helen Bauer

Yes, big time. 5am, every morning.

Ed Gamble

But then, if you're working it, can you attack the buffet?

Helen Bauer

Can you attack the buffet if you're working it? Come on son, yes. Yes, I would do the very clever thing, of making sure, as many people in my area knew that you could order an omelette from the chef. And then I'd go and stand and watch the omelette get made, whilst absolutely chowing down. Like no-ones business.

Ed Gamble

So you'd be on the buffet, watching the omelette chef work?

Helen Bauer

Yes. No, no, the omelette chef was in the back. So I'd have to go back to the omelette chef. We didn't have an omelette chef on display, like come on.

James Acaster

What's the omelette chef's name?

Helen Bauer

Janina, Janina.

James Acaster

Janina.

Ed Gamble

I've been to hotel buffets where the omelette chef's on display.

Helen Bauer

They're nice. This was a, it was not on display, it was like a business hotel. But a very good business hotel. I probably shouldn't say the chain, in Germany, yes.

James Acaster

In Scandinavia, Sweden



Helen Bauer

Lovely country.

James Acaster

There's a breakfast buffet, and I didn't understand what any of the little cards said, for each thing. And I had a bowl of cream.

Helen Bauer

You wanted yoghurt, I'm assuming?

James Acaster

Yes, I thought it was yoghurt to put on some fruit. And I just put, spooned all these massive things of yoghurt on it, and it was just pure, like, cream.

Helen Bauer

You've got to write it out in English as well. Because, we used to have to write what it was, and obviously, like, wrote it out in German, but then always write it out in English. Even though it's basically the same words, right.

Ed Gamble

Yes, and also, you can normally see what a food is, right?

Helen Bauer

Well, apparently not, he's thick as shit. He ended up with a bowl of whipped cream.

Ed Gamble

What was it, like, whipped cream?

James Acaster

Yes, but it looked like yoghurt.

Ed Gamble

Yes, yes, yes. No, this is what I see, for that one, you do need it written out. Because that's like,

James Acaster

Like fluffy yoghurt, like Greek yoghurt or something. I thought, 'Oh, this is nice.'

Helen Bauer

I mean, at least it wasn't a bowl of mayonnaise, because that could have been a bit, like. It's tricky, eating a bowl of mayonnaise.

James Acaster

And to be fair, my brain, because it was expecting yoghurt, it took about 3 mouthfuls to realise it was cream.



Ed Gamble

Just want to quickly circle back, you said it's tricky eating a bowl of mayonnaise.

Helen Bauer

It is. You've got to focus, like it's tough. I don't think I've had a bowl, but like, like a tub, yes.

Ed Gamble

A tub of mayonnaise?

James Acaster

More than a bowl.

Helen Bauer

Yes, yes, yes, yes. Like you know when you've got to clean your fridge, and you're like, 'Oh, I've got to eat the fridge out.' And you're like, 'I've got to get through the mayonnaise.'

James Acaster

I never eat the fridge out.

Ed Gamble

But, if I was going to get through the mayonnaise, I wouldn't necessarily just eat.

Helen Bauer

Oh, let's say we're on a time crunch though. You've got to eat the mayo.

Ed Gamble

What time crunch are you on? Is it like, just before midnight on the day it expires?

Helen Bauer

Okay, what do you want me to say? Okay, so, if I'm making something and I've got to put mayonnaise in it and I don't want to wash up the spoon, so I lick the spoon and put it in something else. So, I just have a big spoonful of mayonnaise, but if I wanted to do that five times, I'd struggle with it. Are you happy now? Is that what you want me to say? Unbelievable. But mayonnaise is like, it's a staple of my diet. Like, I'm very natural mayo-ey, so, I do think I could do it, but I think there's a focus required.

James Acaster

Would you eat Simon Mayo?

Helen Bauer

Yes, I'd eat anything at a push.

James Acaster

So, we'll start with still or sparkling water, do you have a preference?



Helen Bauer

Sparkling, please.

James Acaster

Wow, I didn't think you'd say sparkling.

Helen Bauer

Really?

James Acaster

Yes. I thought you would say sparkling as stupid and you'd have strong opinions about it and think this is stupid sparkling water and no way I want this.

Helen Bauer

You've made so many assumptions about me.

James Acaster

Yes, this is crazy.

Helen Bauer

And you know what they say? When you assume, you make a cunt of yourself. No, I love sparkling water. It's a treat. Also, I did live in Germany for many years and that is the standard there. But like, obviously, in Germany they're so into sparkling water, there's levels of sparkling and I'd like the medium because I don't want to go mad.

Ed Gamble

Oh, there's different levels?

Helen Bauer

Yes.

James Acaster

Do you want this to be German sparkling water?

Helen Bauer

Yes, go on, German sparkling water, let's go for the proper Gerolsteiner, like classic fucking, big glass bottle that I can put back in and get money back for.

Ed Gamble

Oh, so you go and buy it from the shop, then drink it and then give the bottle back and you get the money back for it?

Helen Bauer

Yes.



Ed Gamble

Sweet.

Helen Bauer

Obviously now I'm on soda streamy, but like-,

Ed Gamble

Are you?

Helen Bauer

Yes. One and a half pumps.

Ed Gamble

James couldn't work his.

Helen Bauer

Why can't you work yours?

James Acaster

It's broken. A lot of them break very easily I think and is yours broken?

Helen Bauer

No. Mines thriving if anything.

James Acaster

It might be broken though. You might want to check it when you get home, a lot of them don't work very well.

Ed Gamble

That's not true. James couldn't work out how to use it properly and it would go all over him every time because he didn't screw it in properly.

Helen Bauer

You've got to screw it fully in obviously.

James Acaster

I'm pretty sure I did. I think it's broken.

Helen Bauer

Look me in the eye and tell me you didn't put a glass under it and just think, 'Oh, this will work just for one glass if I just give it a pump.'

James Acaster

I didn't do that. I didn't do that, I followed all the instructions. It's broken.



Helen Bauer

Yes, no, I wouldn't do that. No, that would be stupid as fuck. I've done it so many times.

James Acaster

Well, I didn't do that.

Helen Bauer

But I also use mine like five times a day because I do if I want to make a statement at home. I'll hit the-, and then be like, 'Listen up bitch.' To my house mate.

Ed Gamble

So, you do it for like a-,

Helen Bauer

Yes, to punctuate things as well, a conversation.

Ed Gamble

Every time you hiss a solar stream, he gets another inch shorter.

James Acaster

Yes, pssah, he knows cuddy clubs about to happen. So, if you were going to get the-, so, what was it, did you say Gerolsteiner?

Helen Bauer

Yes.

James Acaster

Can you order it in German, please? So, we can hear you get it in Germany.

Helen Bauer

(Speaks in German) Medium, classic, bitte.

James Acaster

Would you be laughing in the shop as you ordered it as well?

Helen Bauer

Yes, (Speaks German)

James Acaster

Great, yes, love it.

Helen Bauer

Why did you need to hear that? Do you guys speak German?



Ed Gamble

No.

James Acaster

No, but it's just-

Helen Bauer

Oh right, you just need to check.

James Acaster

It's a cool thing that you can do.

Helen Bauer

Danke schoen.

James Acaster

You can speak German and you know, I think it's just fun to hear it.

Helen Bauer

It is, and they have the best sparkling water in the world, they're very focused on it. To the point where tourists get very upset there all the time because they ask for water, and they get sparkling water.

Ed Gamble

I did not know that, you know.

Helen Bauer

Yes, you've got to ask for tap water. People get very confused, very confused but big fan of sparkling water, which makes me feel bad because now I'm drinking tap water here.

James Acaster

Poppadoms or bread?

Helen Bauer

Oh my God. That actually made me shit myself.

Ed Gamble

Yes.

Helen Bauer

But I knew it was coming.

Ed Gamble

James waited until you were holding a glass of water as well.



James Acaster

Yes.

Helen Bauer

I put it down.

James Acaster

You were holding it to your lips, and I thought, 'I can get her.'

Helen Bauer

That was psychotic.

Ed Gamble

That was one of the best you've done, I think.

James Acaster

That was one of the best. That felt great because I was like, 'How am I going to do this? Because Bauer is no stranger to volume, I'm not going to be able to get her here.' And I was like-

Ed Gamble

Also, in the instant reaction of Helen there, the reflex of saying, 'I don't like it.'

James Acaster

Yes, I rarely interrupt the guests with it. I interrupt myself or you. I will never interrupt the guest with it, but I thought, 'It's the only way I'm going to get her.'

Helen Bauer

Yes, because I interrupt.

James Acaster

Well, no, the only way I'm going to be able to catch you off guard with poppadom's or bread, is by throwing it at you when you were mid sentence.

Helen Bauer

This has been-, that was traumatising, bread, but traumatising. Honestly, my mum always says that I was in the trenches in a past life and whenever something like that happens, I'm like, there's something to it because my reaction is just like, 'Oh my God, I'm going to die.'

James Acaster

Yes.

Ed Gamble

What do you mean your mum says you were in the trenches in a past life?



Helen Bauer

Oh, when I was younger, we went to the Imperial War Museum and I didn't want to go-, you know the trench experience there?

Ed Gamble

Yes.

Helen Bauer

I didn't want to go in, I just started crying and my mum was like, 'Here we bloody go.'

Ed Gamble

So, that's why your mum thought it must be a past life that you were in the trenches?

Helen Bauer

Yes.

Ed Gamble

Because as a child you didn't want to go in the trench experience at the Imperial-

Helen Bauer

Very frightened of it, yes. She felt like I was having a flashback. You look so confused.

Ed Gamble

Yes, but kids don't want to do stuff sometimes, it doesn't mean it had anything to do with their past life.

Helen Bauer

No, but she needed to justify because she'd basically gone through this whole thing, like Titanic had come out and she didn't want to see it because she thought she was on it in a past life and it would bring back too many memories. Like, she still can't listen to Celine Dione, it's a whole thing. Yes.

James Acaster

It's always nice to get an explanation that leads to more questions.

Helen Bauer

But I panicked, I fully panicked when you screamed that at me and then I'm like, clearly there's a past there.

James Acaster

Yes. Well, maybe yes, but I think it would be in the life that you have led this life. So, probably something that you've-

Helen Bauer

It's all been very gravy.



James Acaster

Yes, I don't think it is the past life, you were in trenches.

Ed Gamble

Yes.

Helen Bauer

We don't know.

James Acaster

And I think maybe the reason you cried at the War Museum is because your family are German.

Helen Bauer

What my family did.

Ed Gamble

Also, I don't think in the trenches that you got an option between poppadom's or bread.

James Acaster

No.

Helen Bauer

Do you not?

Ed Gamble

I think it was just a bit of hard bread.

Helen Bauer

Well, yes, maybe on the English side and the German side would be thriving.

James Acaster

Bratworst

Helen Bauer

(Speaking German).

James Acaster

But bread is it?

Helen Bauer

Bread, obviously, bread. I have listened to this podcast, I never understand the poppadom's as a choice. It's so specific. For me, that feels like a side to a curry. Like, you don't start with just a big plain crisp. It's pure madness.



Ed Gamble

But you would start a curry with a poppadom, right?

Helen Bauer

Yes.

Ed Gamble

You get those before the curry arrives.

Helen Bauer

Yes, obviously, but that feels like it comes-, like, I want it with the curry, so I can make like a taco of the curry.

Ed Gamble

Interesting. So, you wouldn't have the poppadom's, finish the poppadom's and then the curry comes?

Helen Bauer

No.

James Acaster

Oh, it's great. I love going there, they bring it in a big stack, all the dips. You and your friends starving, you're starving.

Helen Bauer

No one's slagging of the dips, but there's something about poppadom arriving and then you've got your curry and then you're dipping the poppadom in to finish it off, or making the taco and then you're all messy and it's like, you're flirting with the guy, and you've got your big crisp taco and you're like-,

Ed Gamble

So, you're flirting the waiter in this scenario, are you?

Helen Bauer

Yes, by showing how good a sandwich I can make out of a crisp.

Ed Gamble

And I'll quote you, eating a big poppadom taco and you're all messy.

Helen Bauer

Yes.

Ed Gamble

And going, 'Ugh.'



Helen Bauer

But in a relatable way, like a rom com.

Ed Gamble

Yes, in relatable way. Yes.

Helen Bauer

Like, 'What am I like, big messy girl. Dribbling Tikka Masala down myself, what am I like?' Put her in a film. Give her a best friend.

Ed Gamble

This guy is absolutely obsessed with you at this point.

Helen Bauer

Losing his nut, yes.

James Acaster

Yes, he's in no way getting on the phone to get a lock fitted on the kitchen door.

Helen Bauer

He's pulling tables aside so he can get his boner through. Like, 'We don't have room for everyone.'

Ed Gamble

Madam I don't know what cuddy club means.

James Acaster

A particular type of bread?

Helen Bauer

I like soft bread. I don't want to have to work for it. You know when you have a sandwich and at the end of it, your jaws tired and you're like, 'I didn't deserve that.' You know, like the bread they put around German donner kebabs.

Ed Gamble

Oh, yes.

Helen Bauer

It's called-, I know it's a Turkish bread, it's probably got a Turkish name, but fladenbrot.

Ed Gamble

Yes.

Helen Bauer

And it's like sesame on top and it's really pillowy and gorgeous.



Ed Gamble

It's like a really nice pitta, basically, it's what it sort of taste like.

Helen Bauer

Yes, like that.

Ed Gamble

Yes.

Helen Bauer

And it's like there's a bit of oil definitely involved and it's like, oh my God that, super soft and melty in your mouth.

James Acaster

And are you putting anything on the bread?

Helen Bauer

Butter, but like, I need the butter to already be melted because I don't want to waste time.

James Acaster

Okay.

Helen Bauer

Like, if the butter can be a dip like olive oil, that's easier for me.

Ed Gamble

So, like a pot of clarified butter that you can just-, yes.

Helen Bauer

I guess, yes or like a soft serve machine and it just fizzes out onto the bread.

James Acaster

Fizzes out?

Helen Bauer

Like, hot butter, obviously.

Ed Gamble

Sort of, clarified butter but from a beer draught pump.

Helen Bauer

Yes. I'm going to level with you Ed, I don't know what clarified means.



Ed Gamble

It's like just melted basically.

Helen Bauer

Just say melted then.

Ed Gamble

Come on.

Helen Bauer

Who are we showing off to? James?

James Acaster

Yes.

Helen Bauer

Oh right, sorry.

James Acaster

It worked. I was impressed.

Helen Bauer

Oh, okay. Yes, I want a hot melted bowl of clarified butter and I want to dip, I don't want to spread.

James Acaster

But you want it coming out the draught pump and it sprays out?

Helen Bauer

I think so, yes. Actually, I do definitely want a draught pump, yes.

Ed Gamble

I think we've talked about this bread before because we all went for a meal at Kudu in Peckham. And they do a bread that comes in a skillet and it's like, brioche type bread.

Helen Bauer

Stop.

Ed Gamble

So, it's like fresh baked, but then they bring another skillet with just melted butter in it with loads of bacon in it as well.

Helen Bauer

That feels dangerous.



Ed Gamble

And they do another one that's like a shrimp one and then you just sit there and dip this. It is heaven.

Helen Bauer

Okay.

James Acaster

It is exactly what you've described.

Helen Bauer

In Peckham?

Ed Gamble

Yes.

Helen Bauer

Okay, amazing, I'm going there. That sounds incredible.

Ed Gamble

It's phenomenal.

James Acaster

Yes.

Helen Bauer

Because sometimes when you spread butter, you can end up with the ratio being too thick on one end and you're talking, so you can't really focus on it the way that you want to and for me, bread and butter is binging, so it's speed, right? You're getting it in because someone else might start trying to grab at it and it becomes a whole thing because like, it's still not in this day and age socially acceptable to have your own bread basket. Like, it's still frowned upon.

Ed Gamble

That's very true, yes.

James Acaster

Yes.

Helen Bauer

Even if there's two of you and you know you're going to ask for more bread, for some reason, God forbid when you sit down, bread basket each, God forbid.

Ed Gamble

And that would be quicker.



Helen Bauer

It saves everyone a trip. Everyone's happier.

James Acaster

A trip. What's the trip?

Helen Bauer

It's madness to me.

Ed Gamble

For the waiter, I guess.

James Acaster

So, it saves the waiter a trip, not everyone a trip.

Ed Gamble

Yes, it doesn't save everyone a trip.

James Acaster

I don't think it-,

Helen Bauer

It makes me happy and that's what we're all aiming for.

James Acaster

If it makes you happy, that's what we're going for here because it's your dream, your dream meal.

Helen Bauer

It's my dream meal.

James Acaster

So, you want to make sure you've got the bread basket for you at your dream meal.

Helen Bauer

Yes.

James Acaster

Filled with those fluffy, pillowy pitas' and you've got your clarified butter coming out of a draught pump.

Helen Bauer

Yes, and I want it to melt into the bread like butter does on a crumpet.

James Acaster

Yes.



Helen Bauer

Like, that level of sponge.

James Acaster

Oh, it's made me sad now that no one's ever chose crumpets.

Helen Bauer

Can we choose crumpets, for poppadom's or bread? Oh, is crumpet a bread for you?

James Acaster

I would let people choose that.

Ed Gamble

We can throw a couple of crumpets in the basket for you.

Helen Bauer

Yes. Oh my God, and some Marmite as well because you know when you have Marmite and a butter crumpet.

Ed Gamble

Yes, it's the best.

Helen Bauer

Yes. That.

James Acaster

How thick are you spreading on the Marmite?

Helen Bauer

Reasonable. Like, you're tasting it but it's not the biggest presence in every bite. There will be butter pockets, Marmite pockets.

James Acaster

Yes.

Helen Bauer

I'll mix it in my mouth because at the end of the day, as my mum always says, it all comes out like shit. So, you know what I mean.

James Acaster

She's a wise woman.

Helen Bauer

Yes.



Ed Gamble

She's got a lot going on your mum.

James Acaster

Yes.

Helen Bauer

Yes.

James Acaster

A lot going on. You used to be in the trenches, it all comes out like shit.

Helen Bauer

Thank you mumma.

James Acaster

That sounds great.

Helen Bauer

Just thinking about it, I feel happy and I've calmed down from the shock.

James Acaster

Great.

Ed Gamble

With this draught, are you putting the bread under it and then draughting straight onto it? Or are you draughting into a little bowl and then dipping?

Helen Bauer

I want both options, please because I feel like at first, I'll be going straight on the bread and then I'm going to want to play around with dipping, double dipping, triple dipping, letting soak and then lift up because there's so many dipping techniques and I'm pretty familiar with most of them because there's soaking levels and I'd like to play around with that. Like, biscuit and tea, yes.

Ed Gamble

Yes. And you're only human, so I'm assuming you will be trying-, putting your head directly under the draught and pouring some butter directly into your mouth.

Helen Bauer

Well, yes.

Ed Gamble

Obviously.



Helen Bauer

Yes.

James Acaster

Only human.

Helen Bauer

Only human, let me be.

Ed Gamble

If someone had a butter draught and they didn't do that, I'd think they're a psychopath.

James Acaster

Really?

Ed Gamble

Yes.

James Acaster

I don't think I would do it.

Ed Gamble

You would do it, you did it at the ice cream shop you used to work at.

James Acaster

Yes, with ice cream. Yes, sure, not with butter.

Ed Gamble

This is sweet butter.

James Acaster

I did it with ice-, you know, we had the little pump for the soft serve, I'd do that directly in the mouth.

Helen Bauer

Did you not get brain freeze?

James Acaster

Yes, but that's part of the fun.

Helen Bauer

It feels like it's very medically risky as far as I'm concerned.



James Acaster

Do it with the-, well, I was young.

Helen Bauer

You were mad.

James Acaster

I'd do it with the Ice Blasts. I'd miss the Ice Blasts with the soft drinks.

Helen Bauer

Yes, you have to give it a go because it's always like, you know when you watch Charlie and The Chocolate Factory and Wonka's so shocked that Augustus Gloop is drinking out of the chocolate river? And it's like, 'As if no one's done that before.' As if the Umpa Lumpa's aren't doing that the moment your back is turned.

James Acaster

Yes.

Ed Gamble

Yes, for sure.

Helen Bauer

It's like, 'Oh, no he can't drink out of it.' And it's like, they're all bloody doing it. They're pissing into it probably, like, don't even try it.

James Acaster

It's a weirdly unfair film-, especially that one where it's like-,

Helen Bauer

Oh, when Gloop doesn't win? And yes.

James Acaster

Well, the whole thing is, 'Here's my magical chocolate factory with loads of-, everything is edible, it's all chocolate. How exciting. I'm going to invite five kids in and if they don't obey the rules, they get-.' It's like, 'What are you on about? You just invited them into the most exciting place ever and now you're going to put rules that don't drink out of that chocolate river that I've just left completely open to everyone and don't try that new chocolate bar that I've just invented over there, Mike TV', or whoever that kid is.

Helen Bauer

Don't have a gobstopper.

James Acaster

Yes.



Helen Bauer

Yes, the rules are insane, but I also just morally just have a problem with it because what the hell does Charlie Bucket, a boy that's had two chocolate bars in his life tops, know about running a choccy factory? You know, if a man knows chocolate, it's Gloop. Give it to him. He's researched it. He's dedicated his entire life to chocolate, even when he finds the Wonka bar at the beginning, they ask him, 'How do you feel?' And he just says, 'Hungry.' Like, absolute respect.

Ed Gamble

Yes, but also Gloop, you can't give Gloop the chocolate factory. A week tops that factory's lasting, he's drinking all of it, isn't it?

James Acaster

Do you think he'd drink all of it straight away?

Helen Bauer

How dare you. How dare you.

Ed Gamble

Gloop clearly can't control himself.

Helen Bauer

Look, it's like when you're faced with a buffet, you lose your mind, but the fifth, sixth day in the hotel when you're going down there, it's all different. It's different.

James Acaster

Not Gloop.

Ed Gamble

No, not Gloop.

Helen Bauer

You don't know Gloop.

James Acaster

Well, you said he felt hungry.

Ed Gamble

Literally, every day there's going to be a call going, 'Oh, yes, Gloops stuck in the tube again.'

James Acaster

Yes.



Ed Gamble

He's going to get stuck in the tube every day.

Helen Bauer

Well, then he'll remove the tube, won't he? And he'll learn how to swim in choccy river and he'll have a lovely time. Either way, Charlie Bucket's not running it well either, what's he going to do?

James Acaster

I think Charlie Bucket would, given his personality type, would take it very seriously and want to please and do it. I think in the long run, it would not be good for Charlie Bucket's mental health, working in the chocolate factory.

Helen Bauer

Really?

Ed Gamble

People don't think about Bucket's mental health.

James Acaster

And having all the pressure on him because he would care so much about doing it right and not being selfish about it, that he would take it very, very seriously from a young age and for a while, he wouldn't notice that that's bad for him because it would be such a step up from where he was living, with everyone sleeping in one bed.

Helen Bauer

Yes.

Ed Gamble

Yes, that's fucked up man.

James Acaster

But by the time he gets into his 30's or whatever, he'll have time to reflect and go, 'This actually hasn't been very good for me and all this pressure and actually, I wish I just had been like Gloop and just drank out of that river and just been a kid.' You know.

Ed Gamble

Yes.

Helen Bauer

Well, Gloop says yes to life in many ways. Also, like, Wonka gives Charlie the factory just after he's broken the ceiling. It's all fucking madness.

Ed Gamble

Roald Dahl had a real problem with fat kids, didn't he?



James Acaster

Yes.

Helen Bauer

Did he?

James Acaster

Yes.

Ed Gamble

Well, yes, they're all like greedy little fat kids.

James Acaster

Yes, it's like disgusting, it's not like there's much wrong with the world.

Ed Gamble

Bruce Bogtrotter.

James Acaster

Yes.

Helen Bauer

Oh, Bruce gets his moment, yes.

James Acaster

Everyone cheers him on though, everyone cheers Bogtrotter on.

Ed Gamble

Yes, that's true.

Helen Bauer

Bruce is loved.

James Acaster

He becomes the hero.

Ed Gamble

Have you heard of the company Get Baked?

Helen Bauer

No.



Ed Gamble

They're a bakery in Leeds and they do a cake called The Bruce.

Helen Bauer

No.

Ed Gamble

Which is like a real life version of the cake from Matildia.

Helen Bauer

Made with the blood, sweat and tears of Cookie.

Ed Gamble

They have to sell it in slices because it's so big.

Helen Bauer

No. So, good. Have you had it?

Ed Gamble

Yes.

Helen Bauer

How was it?

Ed Gamble

Oh, it's insane. It's brilliant but it took me about four to five settings to eat the whole slice.

Helen Bauer

Your eyes have lit up.

Ed Gamble

Oh my God, it's so good.

James Acaster

It's like Ed's on a sugar high from talking about it.

Ed Gamble

Yes, absolutely. It's phenomenal.

Helen Bauer

I want to go there. Leeds?

Ed Gamble

Leeds. But they deliver as well.



Helen Bauer

I'll get a delivery.

Ed Gamble

Deliver your slice of the Bruce.

Helen Bauer

No, I want to see the whole thing. They wouldn't sell me the whole thing, is it like legally they can't do it?

Ed Gamble

No, I think they'd have to get a truck to bring it in on a pallet, yes.

James Acaster

You better get onto your menu proper.

Ed Gamble

Yes.

Helen Bauer

I'm focused. I'm focused.

James Acaster

No one said you weren't.

Helen Bauer

That's how it felt.

James Acaster

Your dream starter.

Helen Bauer

I would like prawn puri.

Ed Gamble

Oh yes.

Helen Bauer

It's the best. It's the best starter. It's delicious. It's like the nicest curried prawns and it's fried-, it's more bread but I'm medically addicted to bread. Fried, doughy, roti and oh my God, I can't handle it. With like lemon that you put on the prawns.

Ed Gamble

Yes.



Helen Bauer

There's an amazing one in South London called Apollo Banana Leaf. It's like a Sri Lankan restaurant and you know it's good because they, sort of, have a menu but they don't. They just sort of go-, if you say anything they're like, 'We don't have it. We don't have it.' But then they just make up other dishes and at the end they just sort of like, guess at a price. You're like, 'Can we have the bill?' And they're like, 'Err, £20.' So, you know it's good, right? Because it's all about the food and it's just magical.

Ed Gamble

And the prawn puri is something they have on there all the time?

Helen Bauer

That is there. I have never been turned away with a prawn puri there, ever.

Ed Gamble

Great.

James Acaster

Yes, always get it.

Helen Bauer

Always get it.

Ed Gamble

I do love a prawn puri. When I was growing up, when I was living at home with my mum, that was like, when we'd order an Indian, we'd always share everything but then she'd get a prawn puri for herself and for some reason I never got a prawn puri. So, I would always be like, 'That prawn puri smells amazing.' But it was like my mums' secret treat that she would have. So, when I started ordering my own takeaways, always a prawn puri and you know what? It was worth it.

Helen Bauer

It is because it's also like the ultimate greedy person starter because everyone else just gets a simple starter. Like, they get samosas or something and then obviously, you can be like, 'Can I have a samosa?' Someone gets a bag onion bhajis, 'Give me an onion bhaji. Don't be a dick about it.' You get a prawn puri, that's coming in two separate items because you've got the prawn curry and the bread but if you order a prawn puri and a naan, everyone's chill with it but if you ordered two naans, then you're two naans Helen, you know what I mean?

James Acaster

Yes.

Helen Bauer

So, it's like you've really thought about it, you're getting two parts in one.



Ed Gamble

No one wants to be two naans Helen.

Helen Bauer

I was and it was a tough time. It's a tough time.

James Acaster

Oh, we can tell that you were. When you say it it's like that's not a risk, that's a real thing that's happened to her.

Ed Gamble

That's not universal observation.

Helen Bauer

Two naans Helen, here she comes. But now I've figured out the prawn puri trick.

Ed Gamble

Yes.

James Acaster

Yes.

Ed Gamble

I love a prawn puri.

James Acaster

One of the sweetest stories Ed's ever told, that. I don't want to gloss over it too much because like-

Ed Gamble

I only told it because I knew you'd love it.

James Acaster

When he grew up, he started ordering prawn puri's to be like his mum.

Ed Gamble

Of course. We've talked about it on the podcast before, my Pizza Express order is my Pizza Express order because I copied it off my dad.

James Acaster

Yes.

Helen Bauer

So cute. And do you feel close to them when you do it?



Ed Gamble

No.

James Acaster

Part of you must, must think of them.

Ed Gamble

Yes, prawn puri definitely, yes.

James Acaster

You think of mum.

Ed Gamble

Yes.

Helen Bauer

Did you ever confront her and be like, 'Why did I not get one?'

James Acaster

Did you ever confront her.

Ed Gamble

No, not really. I mean, obviously, I'd already-

Helen Bauer

Just Christmas day, just corner her and be like, 'What the fuck?'

Ed Gamble

I think she was probably already getting fed up with me being like, 'I don't want this and this and this and this.' So, she's like, 'Well, alright, you can have that but you're not having any of my prawn puri. We've ordered half of the restaurant already.'

James Acaster

Yes, she's got to have something for herself.

Ed Gamble

Yes.

Helen Bauer

Well, she's got her boy. That's all she needs. Her sweet little boy.

Ed Gamble

I was very much the Gloop of the Indian takeaway.



James Acaster

Yes, he wouldn't have inherited that takeaway.

Ed Gamble

No way.

James Acaster

If they brought five kids around the kitchens.

Ed Gamble

Yes, I'd be stuck in the Korma tube.

James Acaster

Ahhhhhhh, With his face pressed against the glass.

Ed Gamble

Yes.

Helen Bauer

Your mum just screaming, 'He can't swim. Augustus darling, save some room for later. He's going to the pakora room, quick, run.'

James Acaster

How quickly, the exact quotes from Charlie and The Chocolate Factory just tripped off your tongue just then, they were exactly-, I haven't thought about-, that version of it, the Gene Wilder version is one of the films I watched the most as a kid.

Helen Bauer

Yes.

James Acaster

But I couldn't directly quote it like that, you were straight in there with not only, is that word perfect, I'm pretty sure that's exactly how she sounds.

Helen Bauer

Augustus darling, save some room for later.

James Acaster

It's the whole delivery.

Helen Bauer

Very passionate about it. I'm very passionate.



Ed Gamble

Yes.

James Acaster

Yes, rightly so.

Helen Bauer

Even though I fundamentally don't like it because I still believe it's Gloops.

Ed Gamble

Yes.

James Acaster

What do you think about Slugworth?

Helen Bauer

Such a good character. Like, the way that he just arrives with all the children.

James Acaster

Not in the book.

Helen Bauer

I don't think I read the book.

James Acaster

Well, he's not in the book, Slugworth, they put him in that film.

Helen Bauer

Is he not?

Ed Gamble

Really?

James Acaster

Yes. They added him for the film. So, Roald Dahl hated Slugworth when he saw the film. He was like, 'They ruined it with this Slugworth prick.'

Helen Bauer

Really?

Ed Gamble

That bit in the tunnel, that's so scary.



James Acaster

Yes, the tunnel scene.

Helen Bauer

So good. The boat ride, sort of, thing.

Ed Gamble

Yes.

Helen Bauer

Have you been to the Shrek adventure?

Ed Gamble

No.

James Acaster

No.

Helen Bauer

There's like a magic bus ride that really makes me think about it.

Ed Gamble

Yes.

Helen Bauer

Like, it's really similar. Like, you're on this bus and it's like you're going through these different worlds and I'm like, 'Ugh.'

James Acaster

With Shrek?

Helen Bauer

Yes, with-, oh, no, Shrek's not with you, part of the adventure is you're going to get Shrek from prison. He's in prison.

James Acaster

Oh.

Helen Bauer

Awful. Why are you looking at each other like that?

James Acaster

I'm not looking at Ed.



Helen Bauer

Why, what's happened?

James Acaster

I'm putting my hand in front of Ed, so, I can't see his face. Moving onto your main course.

Helen Bauer

What has happened just then?

Ed Gamble

No, do you know James does a brilliant impression of Shrek?

Helen Bauer

No.

Ed Gamble

So, if there's anything you would like to hear Shrek say then ask James and he'll magically transform into Shrek.

Helen Bauer

Yes, obviously, Augustus darling save some room for later, but as Shrek.

James Acaster

Okay, so, okay, the line's in my head. I've just got to get into it.

Helen Bauer

No, I get it, yes.

James Acaster

I'll ramp up to it with some other words, with some stock Shrek phrases and then I'll do it after I've done that.

Ed Gamble

Some stock Shrek phrases, that's hard to say isn't it?

Helen Bauer

Ogres are like an onion, yes.

James Acaster

Yes. Oh, my name is Shrek. Oh donkey, Augustus darling you save some room for later.

Helen Bauer

What was that? Was that-,



Ed Gamble

Helen looks so disappointed.

Helen Bauer

That was disappoint-, no, come on that was-,

Ed Gamble

Devastated.

Helen Bauer

Who told you that was good?

James Acaster

Ed says it's good.

Ed Gamble

It's really good.

Helen Bauer

Is it?

Ed Gamble

Yes, that's why we make him do it on every episode.

Helen Bauer

I have never heard that before and I have listened to this podcast.

James Acaster

Maybe it gets edited out. I don't know how Benito edits these.

Helen Bauer

I'll say this babe, it's not good.

James Acaster

What?

Helen Bauer

It's actually woefully bad.

Ed Gamble

No, he's just warming up. So, do, Augustus darling, save some room-,

Helen Bauer

He did it. He said it.



Ed Gamble

Oh, did he?

Helen Bauer

But he was-,

James Acaster

I said it to Augustus Gloop, I told him, you save some room for later.

Helen Bauer

He sounds like a Texan-, like, a Texan man.

James Acaster

My name is Shrek. Donkey. Donkey.

Helen Bauer

Have you been to the Shrek Adventure?

Ed Gamble

He is the Shrek Adventure.

Helen Bauer

You are the Shrek Adventure.

James Acaster

Come with me and you'll be in our world of your imagination. My name's Shrek, I'm a bull, you can come imagination.

Helen Bauer

That's more like Donkey. No?

James Acaster

Donkey, you and me, we like chocolate in the factory.

Helen Bauer

That's a good lyric.

James Acaster

I am green, I am Shrek, I'm a big friendly ogre.

Ed Gamble

That's lovely.



Helen Bauer

That's really-, that got better because I liked the song a lot. But I'm a sucker for a song.

James Acaster

Thank you.

Helen Bauer

Thank you. That was, upsetting.

James Acaster

Dream main course?

Helen Bauer

Okay, you know how tricky this question is, right? Like, that's almost impossible, but I've decided to be true to myself and it's my go to. Domino's.

James Acaster

Domino's.

Ed Gamble

Domino's.

Helen Bauer

Domino's. I want Domino's.

James Acaster

This is a first for the pod.

Helen Bauer

I medically can't be without it. Like, I find it hard to not be close to a Domino's at any point.

James Acaster

Interesting.

Helen Bauer

Like, we never had it growing up. It was, like, this forbidden fruit, and this girl I went to school with, her dad managed three Domino's.

Ed Gamble

Oh my god.

Helen Bauer

Even over the period where you got a free Daim bar with your Domino's and her house was just Daim bars. It was incredible. So, I felt like I was so close to it, but then never got it, because there's a



Domino's in my home town, we don't have much else. I mean, it was just, like, I love it. Everything about it is just flawless. The garlic and herb dip, like, I'm a stuffed crust baby until I die. I want the double mozzarella cheese. I'm getting emotional. It is so comforting, but to the point I got so addicted to it because I'm not, like, a-, I only have it on a Tuesday, obviously two for Tuesday, I'm not that thick. But then I had notes on my phone I'd written myself about how I feel after a Domino's so I wouldn't do it again. But my writing is dog shit, like, and I say that as someone who wants to write. It is shocking.

Ed Gamble

Have you got the notes?

Helen Bauer

I actually deleted them because I thought it was probably, like, bad. But I had so many.

Ed Gamble

So, there are so many different Helen's in this situation, because there's before Domino's, like, 'can't wait for the Domino's.'

Helen Bauer

Yes.

Ed Gamble

There's Helen eating the Domino's, which is like a bridging personality-,

Helen Bauer

Oh, it's a hungry happy Helen. It's like a hungry hungry hippo.

Ed Gamble

Then there's post Domino's. Feels awful. Writes the notes.

Helen Bauer

Oh, like, gastrically, like, in a real state. And, like, I was in-, I've had the worst gastro year. I was in hospital three weeks ago because I was having this egg out my bra every day, and it had been heated up between my tits for 50 minutes.

James Acaster

What?

Helen Bauer

And I'd eat this hard-boiled egg and it turns out, don't do that.

James Acaster

What?



Helen Bauer

So, like, I was-,

James Acaster

No, what? No. That's-, okay, do you know what-,

Helen Bauer

Actually, and you're involved in this-,

James Acaster

No, no, no, listen.

Helen Bauer

What?

James Acaster

I am going to say, that is in all the times we've done the podcast, the weirdest sentence anyone has ever said.

Helen Bauer

No, it's not.

James Acaster

And the fact you are trying to gloss over this and move on-,

Ed Gamble

Helen, what I'm assuming-,

James Acaster

There is no context that you gave whatsoever there.

Ed Gamble

You didn't give any context. I'm assuming that it was a show-,

Helen Bauer

Yes, yes.

Ed Gamble

And during the show you had an egg in your bra?

Helen Bauer

Yes.



Ed Gamble

And you would get the egg out at the end of the show and eat it?

James Acaster

Right.

Helen Bauer

Correct.

Ed Gamble

Okay, so, that's the context-,

James Acaster

Sorry, for shouting at you.

Helen Bauer

You're forgiven.

Ed Gamble

But from our perspective-,

James Acaster

What the hell?

Ed Gamble

You just said, 'Every day I had this egg out my bra and it was in there for 50 minutes and then I would eat the egg.'

Helen Bauer

Yes, I can see how that's confusing.

James Acaster

Yes.

Helen Bauer

That's on me.

James Acaster

Would you put a raw egg in your bra and then it would cook.

Helen Bauer

No. I did try parboiled, but a nightmare, because movement wise, like, your yolk constantly at risk. So, it would go in hard boiled. So, I ate an egg-, well, I bit into the egg at the end of every show, but I was eating it because I couldn't find a bin that was convenient. So, I was just, like, eating the whole egg, but



it had been heated between my breasts, and sweating on stage the whole show, and then I'd eat it and it was, like, some days the egg I'd left back stage at the venue in, like, a two pack from the day before. And then one day I couldn't find an egg so I was peeling a scotch egg so it was, like, a meaty egg in between my bra. And I'd done that every day for 26 days and everyone was, like, 'Oh, don't eat an egg out your bra.' And everyone was, like, 'Are you refrigerating it?' And you were just, like, 'Oh, yes, I'm refrigerating it.' Just to-, because it's not worth the fight because-,

Ed Gamble

Just to get them off your back really, yes.

Helen Bauer

Yes, because people are always, like, 'Oh, you need to refrigerate it.' But it's, like, 'Well, you don't know that because no-one's eaten an egg out their bra every day after being in there for 50 minutes.'

Ed Gamble

Yes, feels safer though doesn't it to refrigerate-,

Helen Bauer

It was guess work isn't it, it's just that hypothetically ideas that aren't true and I'm not going to be fucking told what to do by, like, Catherine Bohart because what does she know about eggs and refrigeration. So, I was eating it and was feeling a bit queasy, and then went to do some gigs in Norway, and you messaged saying, 'Get this chocolatey treat.'

James Acaster

Get Smash, yes.

Helen Bauer

Smash.

Ed Gamble

Smash. Good. Love Smash, yes.

Helen Bauer

Oh, what the hell.

Ed Gamble

Yes, yes, yes.

Helen Bauer

And then my tummy really hurt, and then I couldn't drink anything and ended up in hospital having to get rehydrated. And they were, like, 'What have you done?' And I was, like, 'Nothing, I've just had choccy covered crisps and a banana because I was feeling a bit sick.'



Ed Gamble

Yes.

Helen Bauer

And, yes-,

Ed Gamble

Did you tell them about the egg in the bra?

Helen Bauer

I did tell them about the egg but I think they thought I was delirious because it's, like, a second language stuff, right.

Ed Gamble

Yes, I'd imagine you gave them no context whatsoever.

James Acaster

Yes, maybe you just went into, 'I've been eating an egg out my bra every day. Sometimes I peel a scotch egg and eat it and have that between my tits.'

Ed Gamble

Yes. I'm a poo farm daughter until I die.

Helen Bauer

But otherwise you have to be, like, 'Oh, I'm a comedian, I did this thing called the Edinburgh Fringe.' And then you go into that, which I eventually did tell them, then I could hear them all at the nurses station, like, watching my Live at the Apollo as I was writhing in pain in a corridor because I couldn't get into a room because there was no space.

Ed Gamble

Yes. Oh god.

Helen Bauer

But I had a lovely time on the gastro ward in Oslo.

James Acaster

That's good.

Helen Bauer

Shout out to the gals on it. Yes.

James Acaster

Shout out.



Helen Bauer

Made a lot of friends. Well, just smiling, we couldn't talk, but it was nice.

James Acaster

I hesitate to ask this, but what situation were you in where you couldn't find an egg but there was a scotch egg to hand?

Helen Bauer

That happened a couple of times. Basically, I couldn't always remember to boil an egg at home in Edinburgh, and then if I did I'd have to walk across town with a boiled in my bra which I think we're adding an extra hour.

Ed Gamble

So, hang on, you would boil them at home and put them in your bra immediately?

Helen Bauer

Well, I got lazy. I would-,

Ed Gamble

You wouldn't take them to the venue and do it just before you went on stage?

Helen Bauer

Yes, but then you've got to travel with an egg which is quite tricky, and the safest place I figured to carry an egg is between your breasts.

Ed Gamble

So, it wasn't just 50 minutes that the egg was in there?

Helen Bauer

Well, some days, yes.

Ed Gamble

Sometimes it would be a couple of hours and a long walk to the venue.

Helen Bauer

You're looking at me, like, this isn't good, but it's very nestled-,

Ed Gamble

Oh, no, I'm not.

Helen Bauer

Where does a hen keep an egg?



Ed Gamble

In her tits?

Helen Bauer

Probably.

James Acaster

I'm pretty sure that's not-,

Helen Bauer

Well, where does the hen's tits start, and when does it get round to the tummy, do you know what I mean? It's tit until the arsehole as far as I'm considered with a hen.

James Acaster

It might be tit until the arsehole, but I'm pretty sure that if a hen was able to operate a Tupperware tub-

Helen Bauer

But I didn't have a Tupperware tub in Edinburgh and I'm not going to buy one just for 25 days of egg transport am I?

Ed Gamble

That would be a really good deal, because they're pretty cheap Tupperware tubs.

Helen Bauer

Didn't do it. Didn't do it.

James Acaster

Didn't do it.

Helen Bauer

I'm trying to think about chickens with tits now. You know Clucky in Robin Hood, she's got big breasts hasn't she?

James Acaster

Has she? I can't remember-,

Helen Bauer

She plays badminton with Maid Marian. She's got big big knockers and the shuttlecock goes in between them.

Ed Gamble

Right.



Helen Bauer

Yes.

James Acaster

Okay, that sounds-

Helen Bauer

But then, some days I wouldn't have boiled the egg at home so, I'd be, like, oh, I'll go into, you know, like, Sainsbury's and Tesco all do those little, like, protein pots with two eggs in it or three eggs boiled.

Ed Gamble

Yes, grim. Yes.

Helen Bauer

Yes, they are grim actually.

Ed Gamble

I did have some from Pret yesterday actually to be fair. Yes, yes.

Helen Bauer

Yes, so, you get the egg and then you put it in, but then I would leave the pot of three eggs, so, the next two eggs at the venue back stage.

Ed Gamble

Back stage? Oh my god, Helen.

Helen Bauer

In the Bunkers. You know the Bunker bars in Edinburgh.

James Acaster

Yes, yes, they're maybe-

Helen Bauer

Yes, really warm, like, humid.

James Acaster

Yes, a lot of mould on the ceilings and stuff I would think, yes.

Helen Bauer

Oh really. I never looked up.

Ed Gamble

So, you would-



James Acaster

It's very small and damp isn't it?

Helen Bauer

And then I'd put it in my bra the next day and then eat that one, and then some days they wouldn't have the protein pots, because, you know, Edinburgh, lots of actor kids, they want their protein and I respect it. So, then I'd be peeling a scotch egg from Lidl. Yes. Real low point actually when your audience are queuing up and you're there peeling a scotch egg, trying to put it in between your tits.

James Acaster

Are you eating the meat as you're peeling it, or?

Helen Bauer

I, sort of, put the meat in the bin.

James Acaster

Right.

Helen Bauer

There's something about eating just the meat around a scotch egg that just feels wrong.

James Acaster

This is where your standards come in?

Helen Bauer

Well, I don't want to get sick do I?

Ed Gamble

Shove the meat up your arse in case you got an encore?

Helen Bauer

Just me squatting in-,

James Acaster

That's where a chicken keeps its eggs.

Helen Bauer

And then just turn to the audience, 'Where do my tits end?' They're all mad.

James Acaster

I mean, that is definitely going to be a routine for the future for Helen. Where do my tits end?

Helen Bauer

I've got to do an hour of new material on Monday, so, that will be really useful actually.



James Acaster

Did we even get your dream main course?

Helen Bauer

Domino's.

Ed Gamble

Domino's.

James Acaster

Oh, hold on.

Ed Gamble

We need more specifics than that right?

James Acaster

Hold on, we've not even got a topping. It's just Domino's. I mean, would you keep it as just that's your dream main course, is just Domino's?

Ed Gamble

We do need some specifics I think.

Helen Bauer

You know, we need to do specifics.

Ed Gamble

Yes.

James Acaster

Stuffed crust?

Helen Bauer

Right, large stuffed crust, but the problem with Domino's is when you have a large and a stuffed crust you lose a bit of the size of the pizza because they're upping the crust around. I still want the full length of slice.

Ed Gamble

Okay.

Helen Bauer

And then the stuffed crust. I want pineapple on it.

James Acaster

Yes.



Helen Bauer

Like, the proper canned dull pineapple. I don't want it freshly cut.

James Acaster

Yes, yes, great.

Helen Bauer

I'm not getting fobbed off. I want olives on it. I want Jalapenos. And then I want not Domino's ham, I want proper nice Parma ham that you'd have at, like, a fancy pizza restaurant on that. So, like, my version of the Hawaiian.

Ed Gamble

So, you're, like, customising the Domino's a bit there.

James Acaster

Yes, just-,

Helen Bauer

Well, you have to.

James Acaster

Yes.

Helen Bauer

You simply must.

Ed Gamble

Do you do that at home? Do you get a Domino's and then-,

James Acaster

Pimp it out.

Ed Gamble

Pimp it out?

Helen Bauer

No, but I think it would be better. I just haven't done it personally, you know.

Ed Gamble

No, it's fine. You don't have to have done it.

Helen Bauer

And then I want the four tubs in one garlic and herb dip.



James Acaster

Right.

Helen Bauer

But I'm not going to select it when I'm selecting my food, because I do that thing where you go, checkout now, and it goes, are you sure? And you go, yes. And then it goes, what happens if we give it to you for 80p? And you're, like, 'I'll do it now.' Because otherwise you're paying £1.99, do you know what I mean?

Ed Gamble

Oh, right, so, do they do that every time?

Helen Bauer

Yes, yes. They are idiots, like, the amount of things that you can get on discount later on.

Ed Gamble

Yes, yes.

Helen Bauer

But if I'm doing a two for Tuesday I'll get that and I'll pretend I'm getting something for my housemate. So, I'll pretend I'm getting him a nice mighty meaty or something, but then I'll eat it as well.

James Acaster

Okay.

Helen Bauer

Yes.

James Acaster

Why do you pretend? Because I would say in a very positive way you have a personality that is, like, 'I don't give a shit what you think.'

Helen Bauer

But you feel sickie, and I can't stop, like, I need to be physically removed from it, and it's diminishing returns Domino's. Like, the first four slices are amazing and then after that you're punishing yourself physically, because the dough-

James Acaster

Yes, but I just mean why are you pretending?

Helen Bauer

Because then I can trust myself and enjoy the first four slices more instead-



Ed Gamble

Because you're not looking at all of it?

James Acaster

Do you keep it to yourself as well?

Helen Bauer

I'm not looking at all of it.

James Acaster

You make yourself think, 'I'm only going to eat these.'?

Helen Bauer

Yes, I believe that-, I genuinely believe that some of it is for lunch the next day.

James Acaster

Yes.

Helen Bauer

But it's not.

Ed Gamble

It's never for lunch the next day.

Helen Bauer

It's all a lie.

James Acaster

Yes, yes.

Helen Bauer

Like, I once put some Domino's in a bin, because I was, like, 'Oh, right, I need to stop this.'

James Acaster

Oh, I don't like where this is going.

Ed Gamble

Yes.

Helen Bauer

Got it back out, because it's just bin juice. It's not the end of the world, but I physically can't be around it without finishing it, and you both look upset.



Ed Gamble

It's just bin juice. It's not the end of the world.

Helen Bauer

Just to be clear, it was my bin. It's my juice. It's my bin juice. I'm not, like, putting it in someone else's bin.

James Acaster

No. No, that's not the problem anyone's got. No-one has that problem. No-one's thinking, 'Oh no, was that someone else's bin juice?'

Helen Bauer

Yes.

James Acaster

We know it's your bin juice.

Helen Bauer

Well, you looked like you thought it was someone else's bin juice. It's my bin juice.

James Acaster

No, no, no. This is the face I make when it's any bin juice, including your own, that you're eating on a pizza.

Helen Bauer

But what is bin juice, apart from just, like, a little bit of soup?

James Acaster

It's loads of different, like, foods that are rotting at the bottom of your bin together in liquid form.

Helen Bauer

But I'm emptying my bin on the regs. It's not rotting. Like, I don't have, like-, I'm not having a maggot party 24/7 am I?

James Acaster

I just think it's all chilling out at the bottom-,

Ed Gamble

You've just been in hospital in Oslo with gastric intestinal issues.

Helen Bauer

Yes.



Ed Gamble

I have never known anyone to learn less from a situation.

Helen Bauer

But that was from the egg we think. So, I haven't put an egg in my-, well, I did actually do it for another seven dates, but-,

James Acaster

Yes.

Ed Gamble

When you went back you still did the egg bit?

Helen Bauer

Yes, but then I was boiling it at home and transferring it in a lovely glass Tupperware surrounded by kitchen roll to the Soho Theatre.

Ed Gamble

Okay.

Helen Bauer

Yes.

James Acaster

Yes, that's smart.

Ed Gamble

Yes.

Helen Bauer

Thank you, because we learn from our mistakes.

James Acaster

Yes. So, you ate the pizza out the bin.

Ed Gamble

I hate Domino's.

Helen Bauer

Why would you say it like that?

James Acaster

Why would you-, I mean, I feel like-,



Helen Bauer

That just came out of nowhere.

James Acaster

Do you know what I feel like now? I feel like whenever-, and this in past relationships, not with my current girlfriend, but whenever I've been out in town and we've gone past some really tough guys, and one of them has said something, and then my girlfriend at the time has gone, 'Yes, you can go fuck yourself.' And I'm, like, 'Right, now I'm getting beaten up.' And I feel like that with what Ed just did.

Helen Bauer

I feel like you're having a panic attack. Calm down.

James Acaster

Yes, I feel, like, we-,

Helen Bauer

This isn't between us. This is between me and Ed.

James Acaster

I feel like we were out the woods, and then you went, 'I hate Domino's.' And now we're in trouble.

Helen Bauer

What the fuck. What are you talking about?

Ed Gamble

It's nearly as bad as Papa Johns.

Helen Bauer

Wow. Wow. That was mental. That was absolutely mental. Papa Johns don't even have the same original tomato sauce at the base.

Ed Gamble

It's just bad. It's bad fast food. It's just-,

Helen Bauer

It's not bad fast food and it's not that fast, you can be up to 35 minutes of a Friday night. That's not fast.

Ed Gamble

And then you're putting pineapple on it as well.

James Acaster

I think that's one selling point that's got.



Helen Bauer

Pineapple is lovely.

James Acaster

I like pineapple on pizza.

Helen Bauer

Yes, it's really lovely.

Ed Gamble

To me that's just like pissing on a shit. Like, there's just-,

Helen Bauer

But this is-, just clearly you don't know food. You don't know food. You don't know good food.

Ed Gamble

Okay, well, fair enough. Fair enough.

James Acaster

I have a lot of respect for someone putting pineapple on pizza on their dream menu because I don't think anyone's done it yet. I always think it's nice. I'm glad it's happened. Papa Johns is definitely the bottom rung. I would put Domino's above it.

Helen Bauer

Thank you.

Ed Gamble

There you go. Just.

James Acaster

I'm struggling to think what I would put-,

Helen Bauer

Pizza Hut's minging.

Ed Gamble

No, Pizza Hut-,

Helen Bauer

It's minging, and also I don't trust Pizza Hut because they have an option on their website to remove garlic from the crust. Who's picking that as an option? No, thank you. Well, I don't want to eat somewhere where people like that eat.



Ed Gamble

People with IBS maybe?

Helen Bauer

Don't trust them. Don't trust them.

James Acaster

Well, you've definitely got it, so.

Helen Bauer

Do I?

James Acaster

Ask the people in Norway if you've got it.

Ed Gamble

Self inflicted via eggs.

James Acaster

Yes. Telling yourself and it all comes out like shit, constantly just to reassure yourself.

Helen Bauer

That was the problem, I wasn't shitting, James.

James Acaster

You weren't shitting, yes, fair.

Helen Bauer

There was nothing going in.

Ed Gamble

Yes.

James Acaster

To be fair nothing going in, nothing coming out.

Helen Bauer

Nothing going in, nothing coming out.

James Acaster

Just like Willy Wonka's Chocolate Factory.

Ed Gamble

Yes.



Helen Bauer

There we go.

James Acaster

No-one goes in, no-one comes out.

Ed Gamble

Yes. You had a Gloop stuck in your tube.

Helen Bauer

I had a fucking Gloop stuck in my tube, like, the plug Gloop. You know the Gloop that gets the rest of the Gloop out.

James Acaster

Yes.

Helen Bauer

This is disgusting, but, no, I don't want to tell you it. It's a food podcast. People will get upset. I'll tell you after though.

James Acaster

So, you would put Pizza Hut below Domino's?

Helen Bauer

Yes.

James Acaster

Ed?

Ed Gamble

I'd say, yes, Papa Johns bottom, out of the big name ones.

James Acaster

Yes.

Ed Gamble

Then Domino's.

James Acaster

yes.

Ed Gamble

Then maybe I'd go Pizza Hut above that, unless I'm missing any?



Helen Bauer

Pizza GoGo.

Ed Gamble

Oh, I'm not counting that as one of the big names.

Helen Bauer

Why aren't you counting Pizza GoGo? That's a big one.

Ed Gamble

I didn't even know they existed anymore.

Helen Bauer

That's mad. Pizza GoGo, Pizza Hut, Papa Johns, Domino's, but, like, there's the stretch between Papa Johns and Domino's.

James Acaster

Are you, just put Papa Johns above Pizza Hut?

Helen Bauer

Yes, Pizza Hut's minging. I don't trust it. It's really bad.

James Acaster

Yes, but Papa Johns is, like, gross.

Helen Bauer

I just-,

James Acaster

It's like the grossest.

Ed Gamble

That dip at Papa Johns, like, melted margarine or something, it's horrible.

Helen Bauer

That is the special garlic sauce.

James Acaster

Yes, I know what you mean, but look at who you're talking to. Look at who you're talking to.

Ed Gamble

It's so bad.



Helen Bauer

It is-, no, I'm actually with you.

James Acaster

Oh, you like it, yes-, you don't like it?

Helen Bauer

That is minging. It's minging. The special-, yes, because you do into it thinking-, obviously we like the garlic and herb dip. They trick you. But it's nothing like that.

Ed Gamble

No.

Helen Bauer

It's madness. Tell you what I like doing, putting a bit of sriracha in the garlic and herb dip from Domino's. Little spicy twist on a classic. You know what I mean. Little bit of a treat. Just international.

Ed Gamble

Yes, I just think I'm not a fan of, like-,

Helen Bauer

Happiness.

Ed Gamble

Like, very sweet American pizza, do you know what I mean?

Helen Bauer

It's not sweet. There's not sugar on it.

Ed Gamble

The dough is so sweet. There's so much sugar in that dough.

James Acaster

Tread carefully. Tread carefully.

Helen Bauer

I don't think so.

Ed Gamble

There's so much sugar in that dough.

Helen Bauer

Oh, is that actually a lot of sugar in it?



Ed Gamble

Yes.

Helen Bauer

That would be why I go mad after a Domino's. My house mate doesn't like it when I have Domino's because I go on this, like-

Ed Gamble

Yes, you just hear that lock on the door go.

Helen Bauer

Well, yes.

James Acaster

I think there's very little he does like, this guy about his life currently.

Helen Bauer

I went on an absolute rampage just running up and down. I'm scooting around on my bum like a dog. I don't know what I'm doing. Like, really-

James Acaster

How did you even have the nerve to say there wasn't sugar in it earlier?

Helen Bauer

Well, it's the same reaction I have when I have prawn cocktail crisps.

Ed Gamble

Yes.

Helen Bauer

Like, just mad, like, my pupils blow up.

Ed Gamble

I don't know why I said yes. I went, 'Yes, what?'

Helen Bauer

Like, so, over excited, like, I want to touch everything. I don't know what to do with myself. Everything's just, like, just colour. Yes. Why do you both look shorter?

James Acaster

So, what's your dream side?

Helen Bauer

Fattoush.



James Acaster

Oh nice.

Helen Bauer

Love Fattoush. You need, like, a salady thing to go with it, to cut through it don't you?

James Acaster

Yes, yes, the Domino's?

Helen Bauer

And I was, like, either Thai cucumber salad, because that is magical. I had one recently with, like, a real big chunky bit of salt in it and it just put me off. But Fattoush is so fresh. I love it.

Ed Gamble

Just a quick check, Fattoush is the one that's got bread in it, right?

Helen Bauer

Yes.

Ed Gamble

Okay, just keeping in-,

Helen Bauer

That felt like-,

Ed Gamble

I'm keeping a bread tally.

James Acaster

Just checking.

Helen Bauer

But it's not because of the bits of fried bread that are chopped up in it.

Ed Gamble

No, sure, Fattoush is delicious.

Helen Bauer

Fattoush is delicious.

James Acaster

Yes, delicious.



Ed Gamble

It's so good. But I'm keeping a bread tally.

James Acaster

There's not been a single course without bread yet.

Helen Bauer

Yes, well, sparkling water doesn't have bread in it.

James Acaster

Oh, congratulations.

Helen Bauer

Or, is that full of sugar and bread as well?

Ed Gamble

Look, I love Fattoush salad, it's so delicious.

Helen Bauer

Yes, it's so fresh.

Ed Gamble

Herby, fresh, you get the crunch from the bread.

Helen Bauer

Bit of pomegranate seed on it. Little bit of a treat.

Ed Gamble

Yes, this is a bit of a sticking point at this podcast, the pomegranate seed.

James Acaster

Hate pomegranate seeds.

Helen Bauer

Oh, you hate pomegranate seeds?

James Acaster

Hate them. They're, like-, well, Ed refers to them as baby's teeth. They taste like you're crunching little baby's teeth in your mouth.

Helen Bauer

It's a little bit of tangy fun.



Ed Gamble

Bit of tangy fun.

James Acaster

It's not tangy, it's-, no, they're not-,

Ed Gamble

I go through phases with them.

Helen Bauer

It is, it's tangy fun.

James Acaster

There's not enough flavour in there for me.

Helen Bauer

You're mad.

James Acaster

It's not worth it.

Helen Bauer

No, that was, like-, and you'd put lemon on top of it and, like, the parsley and the mint, like, so good. I used to live in, like-, it was called Little Istanbul, like, area of Berlin, but there's so many Lebanese restaurants with the best fattoush and they just fucking pile it up in this takeaway container and I would just lose my mind.

Ed Gamble

The Lebanese and Turkish food in Berlin is, like, insanely good isn't it? Yes.

Helen Bauer

Oh, it's next level, the amount of Syrian restaurants as well.

Ed Gamble

Yes.

Helen Bauer

And I was in an area called Kreuzberg and, like, Neukolln where all of that food is. And, oh my god, I was having a kebab a night for a while. Losing my mind, it's delicious.

Ed Gamble

My sister lived in Kreuzberg for a bit-,



Helen Bauer

No way.

Ed Gamble

Whenever I go and visit it's just, oh, kebabs all day.

Helen Bauer

So good. What's your favourite kebab there? Like, what's your go to order?

Ed Gamble

I think there was, like, a chicken-, just like a chicken-,

Helen Bauer

Yes, shawarma?

Ed Gamble

Shawarma, and then stick a bit of halloumi in there as well.

Helen Bauer

Stop it. Yes, the ones with the deep friend Halloumi?

Ed Gamble

Yes.

Helen Bauer

Ahaha. And do you get all the different sauces?

Ed Gamble

Oh, yes.

Helen Bauer

Yes, yes, yes.

Ed Gamble

Pile it up. Big old pickled-,

Helen Bauer

Bit of chilli flakes, squeeze of lemon, wrap it up.

Ed Gamble

Pickled chilli in there and all of that. Love it.



Helen Bauer

I can't handle it. I get the durum donner wraps, the ones that are, like, in the massive tortilla, or in the-, what's it called? The lahmacun? The Turkish pizza, is that how you pronounce it?

Ed Gamble

Yes, lahmacun, yes.

Helen Bauer

Okay. And that, oh-,

Ed Gamble

That's so good.

Helen Bauer

It's the way it melts in your mouth. It's insane.

Ed Gamble

Imagine if you picked that rather than the Domino's.

Helen Bauer

No, but it's not a Domino's. I thought about that, it's not a Domino's.

Ed Gamble

No, it's not.

James Acaster

No, it's absolutely not.

Helen Bauer

Put a Domino's inside of a kebab though, let's have a chat.

James Acaster

Yes, but when you talked about Domino's there was a lot of words, you were talking about regret. When you talked about the kebabs just then, I mean, the listeners didn't see it, they heard it, but at one point I think you genuinely pretended that someone was shagging you.

Helen Bauer

Well, it wasn't someone, it was-, I was fucking the chair, actually.

James Acaster

Okay, yes.

Helen Bauer

But I know what you meant.



James Acaster

I was just making sure. But yes, it just seemed like you were more excited about the-

Helen Bauer

Yes, but do you want me to explain what happened? Because I was thinking about this menu last night, and I can't think about Domino's and not order Domino's, so I'm currently on a Domino's downfall.

Ed Gamble

Did you order Domino's last night?

Helen Bauer

Yes, I had it last night, and for breakfast.

James Acaster

And while you've got your phone out, do you want to get that Pokémon?

Helen Bauer

Oh my god, are you serious? Can we do it now?

James Acaster

Yes.

Ed Gamble

Oh, no, I thought we'd avoided this.

Helen Bauer

Yes, 110%. I thought we were going to wait until after.

Ed Gamble

We'd got so far through the podcast without talking about Pokémon Go.

Helen Bauer

It's so magical.

James Acaster

Oh, Helen needs the last American one that I got for her.

Helen Bauer

I'm so excited.

James Acaster

I got the Torkoal.



Helen Bauer

Do you want anything special from me? I know I don't have anything good to give you.

James Acaster

No, just anything you want, really, I'm fine, you know?

Helen Bauer

Oh, my god.

James Acaster

So, opening a gift from Bauer. What's she sent me? Oh, an Ultra Ball.

Helen Bauer

You're welcome.

James Acaster

Two pinap berries, and a Max Potion.

Helen Bauer

You're welcome.

James Acaster

Much appreciated.

Helen Bauer

Did I not send you any Stardust?

James Acaster

Oh, Victini's your Buddy at the minute, that's interesting.

Helen Bauer

Oh, yes, because, you know, I'm trying to get everyone to be my Best Buddy with CP Boost. So, I'm onto, like, 70 at the moment, but I do want to get to the full 100, because then you get the extra tokens and the best rank.

James Acaster

Yes, see, Bauer is more driven by CP, whereas I'm more driven by 'dex counts.

Helen Bauer

That's Combat Power, between you and me. Yes, you put me and James in a fight, I will be winning. Oh, my god, it's happening.

James Acaster

The balls are trading now.



Helen Bauer

God bless you.

James Acaster

God bless you.

Helen Bauer

I've got a new Pokémon, guys. Are we happy for me? Why do you look so upset?

James Acaster

A new 'dex entry, new in the 'dex.

Helen Bauer

'Registered to Pokédex.'

James Acaster

You know that whenever I'm abroad, I'm going to be catching regionals for you, so don't you worry about not travelling, because I'm catching those regionals.

Helen Bauer

But I'm going to Disney World, so I can get more.

James Acaster

Oh, the Disney ones I caught when I was in Disney World for you.

Helen Bauer

But don't you believe the new year might bring us new Pokémon from the Aloha region?

James Acaster

I live with hope.

Helen Bauer

I live with loads of hope for the Aloha region, I'm not even close to doing it. Not even close, and I'm not going to, like, South America, I'm going to Florida.

James Acaster

We're just only getting started with the Aloha, and I think that's no secret.

Helen Bauer

But there's always something magical on the-, like, do you remember when we found out the Klefki you could get in Brighton because there was a fault that made it think you were in France?

James Acaster

Yes, very good day.



Helen Bauer

Like, that could happen with any point anywhere in the country, we've just got to be prepared to travel.

James Acaster

Ed, what are you doing?

Ed Gamble

Huh?

James Acaster

Don't start vaping.

Helen Bauer

Either join in-,

Ed Gamble

Hang on, just give Bonito an edit point. There you go, right, side dish.

James Acaster

Fattoush.

Helen Bauer

Fattoush.

Ed Gamble

Let's talk more about the fattoush.

Helen Bauer

I will find the name of the restaurant-,

James Acaster

Fattoush.

Helen Bauer

My best friend in Berlin is from Lebanon, and there is an amazing place that does fattoush, and I will get it for you if you go to Kreuzberg again.

Ed Gamble

Fantastic.

Helen Bauer

Fattoush!



James Acaster

Don't use that edit point, Bonito.

Ed Gamble

Sorry. I feel like I've become a virgin by proxy after that conversation. That was absolutely insane.

Helen Bauer

We've both had sex. I've fucked up to six times.

James Acaster

Yes, not with each other.

Helen Bauer

No, not with each other, no. I'd ruin him.

James Acaster

Pokémon trainers can't.

Ed Gamble

That's what Pokémon trading is.

James Acaster

Yes, it's a way-,

Helen Bauer

Yes, but I'm a very good trainer, I'm a legacy player. Like, I'm-,

Ed Gamble

I don't know what any of this means.

Helen Bauer

But, like, I do play Pokémon Go with James and the crew, but I've also got over 200 friends on it. Like James has said-,

Ed Gamble

They're not friends, Helen.

Helen Bauer

Well, I'm getting up at 3:00 most mornings to raid with some teenagers in Hiroshima. How are they not friends if I'm setting my alarm for 3:00am?

Ed Gamble

That's creepy as hell.



Helen Bauer

It's not.

Ed Gamble

You're getting up at 3:00 to groom some teenagers in Japan.

Helen Bauer

Not grooming them, we're raiding, we're battling to the death.

James Acaster

Yes.

Helen Bauer

Friends are whoever I choose them to be.

Ed Gamble

Who you choose? That's very-, that's a real insight into your life, Helen. They're who you choose them to be?

Helen Bauer

Yes. So, we're best friends, the three of us.

James Acaster

Yes.

Helen Bauer

Yes.

James Acaster

Your dream drink.

Helen Bauer

Dream drink. I do want to go with something alcoholic, but because of the Domino's I'm going to go Diet Coke, it's a classic.

James Acaster

Fair enough.

Helen Bauer

And when you drink it you lose weight.

Ed Gamble

No booze? Not booze for the dream drink?



Helen Bauer

I do-, I love booze, and, like, my instinct is to go for a bottle of wine and a couple of fags with it. That would be my ideal, sort of-,

Ed Gamble

That would be your dream drink?

Helen Bauer

Oh, stop it. Finishing a meal, and then having a bottle of wine and, like, four fags and a good conversation, yes please. But I need to cut through the grease somehow, I need to cut through it.

James Acaster

With nice clean Diet Coke.

Helen Bauer

Well, fizzy drinks cut through grease.

Ed Gamble

I know exactly what you mean.

Helen Bauer

They really do.

Ed Gamble

Yes.

Helen Bauer

Like, I can't put a milkshake on top of that.

Ed Gamble

And also burps.

Helen Bauer

Burps.

Ed Gamble

Burps help clear room.

James Acaster

Yes.

Ed Gamble

Like, when I was at university, me and my friend-, there was a takeaway down the road from us that did an 18" pizza, and one night we both got an 18" pizza, and then we went through about four cans of Diet



Coke just to clear it. Do you know what? I mean, I've probably mentioned this on the podcast, I had pepperoni on my 18 incher.

Helen Bauer

Okay.

James Acaster

I don't think you have mentioned this.

Ed Gamble

Guess what? He only had one topping. Obviously he had cheese and tomato, he only had one topping on his pizza, guess what it was.

Helen Bauer

Pineapple.

Ed Gamble

No.

Helen Bauer

Ham.

Ed Gamble

No.

Helen Bauer

Olives.

Ed Gamble

No.

Helen Bauer

Sausage.

Ed Gamble

No, you're never going to guess it.

Helen Bauer

Sweetcorn.

Ed Gamble

18" pizza, baked beans.



Helen Bauer

Come on, that's mad.

Ed Gamble

Yes.

James Acaster

Was he at your wedding? Did I meet him?

Ed Gamble

No, we were best friends at university, and when we graduated he said, 'I'm not very good at keeping in touch,' I went, 'Fair enough,' and that's the last day I saw him.

Helen Bauer

No!

Ed Gamble

Yes.

Helen Bauer

And he knew at that age, he knew at that age.

Ed Gamble

Yes, he knew. He was like, 'You know I'm not going to be able to keep this going.'

James Acaster

Yes.

Helen Bauer

That feels like something a 50-year-old says.

Ed Gamble

Yes.

Helen Bauer

Like, not a child.

Ed Gamble

Yes, he had 50-year-old energy.

James Acaster

Let's do the ranking as we always do when people say Diet Coke. So, Diet Coke, Coke Zero, Diet Pepsi, Pepsi Max.



Helen Bauer

Oh, my god, Diet Coke at the top, from the fountain, obviously, then can, then bottle last. I'd say then-,

Ed Gamble

Fountain first?

Helen Bauer

Fountain first always.

James Acaster

I think I might-, well, it depends where the fountain is from, but a good fountain I would take over a can or a bottle.

Helen Bauer

See, you always assume good fountain, never assume bad fountain.

James Acaster

Yes, sure.

Ed Gamble

No, never, we wouldn't assume bad fountain.

Helen Bauer

Yes.

James Acaster

But if someone said to me, 'There's a fountain there, a can, and a bottle,' and that's all I knew, I would go can because I wouldn't trust that the fountain is definitely going to be good.

Ed Gamble

If they said, 'This is a good fountain-,'

James Acaster

If it's a good fountain I'm-,

Ed Gamble

Good fountain, can, or bottle?

James Acaster

I'd go for good fountain.

Ed Gamble

I'd go can still.



Helen Bauer

Really?

Ed Gamble

Yes. Unless it was a freestyle machine, but then I'm not having Diet Coke, I'm mixing it all up.

Helen Bauer

Those machines are mental.

Ed Gamble

They're brilliant, aren't they?

Helen Bauer

It's too much. This is the problem with society today, too many options.

Ed Gamble

Oh, do you think too much choice?

Helen Bauer

I can't be faced with that because then I'll just start losing it, and that's how you end up picking Domino's as your main course. You're just overwhelmed by the options of the world, like, I need to be restricted.

Ed Gamble

Yes.

Helen Bauer

But then probably Diet Pepsi, then Coke Zero. I don't like the full fat fizzy drinks.

James Acaster

Well, Pepsi Max isn't full fat.

Helen Bauer

It feels like it in my head. Like, I don't know, I just didn't grow up with fizzy drinks at all, we never had it. And we had, like, skimmed milk in our house. Like, everything was watered, so the idea of it makes me feel just so unhealthy.

James Acaster

Maybe the word 'Max' makes you think it's-,

Helen Bauer

I'd rather have the fags and the wine. I just don't think I want that many bubbles, all that sugar in it, no thank you.



Ed Gamble

I think we could let you have a Diet Coke and then some booze as well, right?

Helen Bauer

Can I?

James Acaster

If you want.

Ed Gamble

Yes, a bottle of wine.

Helen Bauer

Yes, a Diet Coke and then a bottle of wine.

James Acaster

But bottle of wine at the end of the meal, you said, with some fags.

Helen Bauer

I think I do want to be a bit drunk the entire meal. Give me a bottle before the-, I'll have a bottle of wine to start with, and then I'll eat. Yes, because then I'll be loose enough that everything feels, like, insane.

Ed Gamble

Any particular wine?

Helen Bauer

Spanish red, like, a Rioja.

Ed Gamble

Nice.

Helen Bauer

Like, one of those, really lovely.

Ed Gamble

Nice.

Helen Bauer

And, like, fags-wise, Golden Virginia.

Ed Gamble

Rollies, you're doing rollies?



Helen Bauer

Yes, I'm doing rollies.

Ed Gamble

Okay, yes.

Helen Bauer

But I want someone to roll them for me next to me.

Ed Gamble

Who do you want to roll them?

Helen Bauer

My friend Francis. Yes, Francis rolls really well.

Ed Gamble

We'll get Francis in to roll your cigs.

Helen Bauer

Thank you, Francis.

James Acaster

Little update on my Diet Coke situation-,

Helen Bauer

Oh, I know this story.

James Acaster

Well, it's a good story.

Helen Bauer

Oh, okay, yes.

James Acaster

But also, just, like, for a while it was just Diet Cokes, and then I switched to the Diet Pepsis, and that was a big thing on the pod, and then I also switched then to Coke Zero. Nowadays I can change from one hour to the next which one's my favourite, and a lot of the time if I've just had a Diet Coke, for example, the next time I'll actually want, like, something different, like a Diet Pepsi, and then the next time after that I'll probably want a Coke Zero. So, I like to change it up quite a lot now. Pepsi Max as well gets a look-in on regular rotation.

Helen Bauer

Do you think you've thought about this too much, mate?



James Acaster

It's now all four of them just-, I'm just noticing my drinking habits, you know?

Helen Bauer

Okay.

Ed Gamble

Yes.

James Acaster

It's a good thing to do.

Ed Gamble

You've got to keep a tab on these things.

James Acaster

Yes.

Helen Bauer

Yes.

Ed Gamble

I'm Pepsi Max with cherry until I die.

James Acaster

Yes, I like Pepsi Max with cherry.

Helen Bauer

Okay. You didn't blink when you said that.

Ed Gamble

No, I love it.

James Acaster

Dessert.

Helen Bauer

Dessert!

James Acaster

Here we are.

Helen Bauer

Another really stressful one.



Ed Gamble

James knows he doesn't have to worry about cheeseboards in this situation, I think.

James Acaster

Yes, I know I'm absolutely fine.

Helen Bauer

Oh, you don't have to worry. Yes, I don't actually get cheeseboards full stop. Like, cheddar cheese exists, leave it. Who are we showing off to? Who are we showing off to?

James Acaster

Yes, who are we showing off to?

Helen Bauer

Like, it's mouldy, goat's cheese is rank, leave the goats alone, and I'll stand by that until the day I die. Like, yes.

Ed Gamble

So, you think Stilton, mouldy, horrible.

Helen Bauer

Don't get it.

Ed Gamble

But you eat pizza out of a bin.

Helen Bauer

Yes, but that's my juice, not my mould, it's different.

Ed Gamble

Right.

Helen Bauer

If I grew the mould I'd eat it, I'm not going to be a bitch about it, am I? Like, if it's my mould I'll eat my mould, I created it.

Ed Gamble

Probably ate your own tit mould in Edinburgh.

Helen Bauer

What's tit mould? What's tit mould when it's at home?

Ed Gamble

I don't know.



James Acaster

You should know, you've got it.

Ed Gamble

Yes.

Helen Bauer

The worst thing is my first instinct is, like, 'I should really look under my tits at some point.' Because I've got massive knockers, I don't know what's going on under there. Who's checking?

Ed Gamble

Who's checking?

James Acaster

You should be.

Ed Gamble

I mean, you should be, you should be washing and stuff, yes.

Helen Bauer

Washing underneath there?

Ed Gamble

Yes.

James Acaster

You should be washing them, you should be checking them.

Helen Bauer

Who's got the energy to lift? But I've got, like, three performances in the shower.

Ed Gamble

You must be washing under there.

Helen Bauer

Well, I do the three Fs.

Ed Gamble

What are the three Fs?

Helen Bauer

Face, fanny, and feet.



Ed Gamble

But you're not-, there must be other letters in between that you need to deal with.

James Acaster

In that order?

Helen Bauer

No.

James Acaster

You don't go to the feet after the fanny?

Helen Bauer

Face, feet, fanny. Is that wrong?

James Acaster

You're not going to touch your feet after you've-,

Ed Gamble

Yes, face, feet, fanny seems like the right way round.

Helen Bauer

I don't want, like, vaginal feet.

Ed Gamble

You don't want vaginal feet-,

Helen Bauer

No.

Ed Gamble

But you don't mind having a footy vag?

James Acaster

I would say face, fanny, feet is the way round you should do it, actually.

Ed Gamble

Yes.

Helen Bauer

Well, those are the spots you have to hit.

Ed Gamble

Yes.



Helen Bauer

And in fanny I am including asshole, like, I'm not-,

James Acaster

Okay, yes. Sorry, that gets rid of that question that we were going to ask.

Ed Gamble

You're going UK and US fanny.

Helen Bauer

What's a US fanny?

James Acaster

Well, that's what they call it.

Helen Bauer

Oh, really?

James Acaster

They call the fanny the ass.

Helen Bauer

Oh, the fanny pack, I thought that was because it was over their fanny, because you wear it at the front.

Ed Gamble

No, when they say 'fanny'-,

James Acaster

Because we call it a bum bag, right?

Ed Gamble

Yes.

Helen Bauer

Yes.

James Acaster

So, it's fanny pack so it's the same.

Ed Gamble

It's the same as a bum bag.



James Acaster

Fanny is the bum there.

Helen Bauer

Fascinating.

Ed Gamble

They don't call it a fanny pack because they're using it to cover their fanny.

Helen Bauer

Oh. I thought it was, like, 'Oh, they're on they're period, turn it to the front so that no-one can see.'

Ed Gamble

What, you-,

Helen Bauer

I thought it was, like, a period stain, and that's how it came about, and then everyone was like, 'Oh, this is a great idea for a bag.'

Ed Gamble

Helen, anyone else I would think was joking about this.

Helen Bauer

No. But do you know what I mean? Like-,

Ed Gamble

No.

James Acaster

Well, yes, I know what you mean, but, like, how do you think that's the truth?

Helen Bauer

Well, you never know, do you? You never know the origin of things.

Ed Gamble

So, what about when you see a man wearing a bum bag?

Helen Bauer

That he just copied it off a woman because he thought it looked nice, and then it just, sort of, became something that we all do. Heidi Regan's calling, I bet she'd back me up. I'm not going to answer it, but just so you know, someone else-,

James Acaster

Answer it, ask her. But ask her that question immediately.



Helen Bauer

Heidi?

Heidi Regan

Yes?

Helen Bauer

I'm on a podcast. Do you want to say hi to Ed and James?

Heidi Regan

Yes, hello.

Helen Bauer

Hello.

James Acaster

Alright?

Ed Gamble

Hi, Heidi.

Heidi Regan

Hi.

Helen Bauer

So, it's-,

Heidi Regan

Oh, wait. Do you mean you're on Off Menu?

Helen Bauer

Yes, but we're in a fight.

Heidi Regan

Oh. Okay, yes, well I-,

Ed Gamble

Are you surprised to hear that, Heidi? We're having a fight.

Helen Bauer

Are you surprised that I'm in a fight?

Heidi Regan

No, not in any way possible.



Helen Bauer

Well, that was bitchy, babe.

Heidi Regan

I'm not even that surprised that you-, I'm not surprised that you answered your phone

Helen Bauer

I asked!

Ed Gamble

Ask the question, Helen.

Heidi Regan

Well, I'll let you go.

Helen Bauer

No, I want to ask you something about fanny packs.

Heidi Regan

Oh, yes?

Helen Bauer

So, how do you think the fanny pack came into existence? Do you think (A) it's because Americans call bums fannies, or do you think (B) it's because someone bled through their outfit when they were on their period and they were like, 'Oh, my god, put this pack over it, we'll call it a fanny pack, we'll make it a fashion statement,' so they wouldn't feel embarrassed?

James Acaster

Bonus question, Heidi, guess who came up with each theory.

Helen Bauer

What, babe?

Heidi Regan

Oh, I said I think they would have called that a period pack, then.

Ed Gamble

Yes.

Helen Bauer

Okay, I'm going to hang up, I'll call you later.

Heidi Regan

Okay.



Helen Bauer

Bye. Hung up.

Ed Gamble

Yes. Love that, Heidi completely used to you.

James Acaster

Yes.

Ed Gamble

Just like, 'Of course, yes, of course you picked up a phone during a podcast. Of course you're having a full argument.'

Helen Bauer

Well, it's nice to have a chat, isn't it? I don't want to be rude-

Ed Gamble

Yes, it's nice to have a chat.

Helen Bauer

To Heidi. I'm fine being rude to the two of you.

James Acaster

Did you say your dessert?

Helen Bauer

No. So, can I please have-, I want a warm muffin.

Ed Gamble

How are you warming it up?

Helen Bauer

Microwave-y. Oh, no, fresh from the oven.

Ed Gamble

Don't give away the end of your next show. What type of muffin?

Helen Bauer

Choccy chip.

Ed Gamble

Yes?



Helen Bauer

Yes. Choccy chippy muffin, and I want that warm. And then I want ice cream in it, but I want, like, proper nice gelato from somewhere in Croatia I went called Split, and it's opposite a shop called Ruth's. I actually screenshotted the name of this place because it is so delicious. And you know when you're like, 'Oh, I found the most delicious ice cream in the world'? And me and my friend Francis went there, like, three times, and then Stanley Tucci went there in his travelling Italy show, and I was like, 'I knew I was fucking right.' It's called Sladolearnica Emiliana.

Ed Gamble

Amazing.

Helen Bauer

And it is insane. And I want the pistachio ice cream, and hazelnut ice cream, and I want that on top of the muffin, and I want to leave it for a bit and have it melted in, and then I want a crushed up Maltesers bunny on top. So cute.

Ed Gamble

So, obviously this is your invention.

Helen Bauer

Yes, but it's based off what was a BB Muffins' staple. Do you remember BB's Muffins, that chain?

James Acaster

No.

Ed Gamble

Yes, I do remember BB's Muffins, yes.

Helen Bauer

And they would do muffins, but then you could have a muffin sundae and they'd, like, use a takeaway cup for a milkshake, they'd smash a muffin into it, put ice cream in it, and then put the muffin top in it and it'd all melt down, and you'd have a spoon, and it was just the best thing of all time.

Ed Gamble

That does sound nice.

Helen Bauer

It was the best thing you could get in my hometown. Like, that was the treat.

James Acaster

What's your hometown again?

Helen Bauer

Fleet.



Ed Gamble

Fleet.

Helen Bauer

Service station.

Ed Gamble

Yes.

Helen Bauer

Yes, but behind the-

Ed Gamble

Yes, it's not the first time we've spoken about Fleet Services on the podcast.

Helen Bauer

You spoke about Fleet before?

Ed Gamble

Yes, we talked about Fleet Services with Andy Oliver about the bridge in between the-,

Helen Bauer

Scott Mills Bridge.

James Acaster

Oh, yes, we like the bridge.

Helen Bauer

Thank you very much.

Ed Gamble

It's called Scott Mills Bridge.

James Acaster

Yes.

Helen Bauer

Officially called Scott Mills Bridge, yes. It's amazing, isn't it? But that's my dream dessert.

James Acaster

Want to talk about your Maltesers Bunny before we go?

Helen Bauer

Yes, obviously talk about the Maltesers.



James Acaster

You've not chosen Maltesers, you've not chosen the little 'teasers, you've chosen quite specifically a Maltesers Bunny.

Helen Bauer

It's the right ratio of chocolate and balls of malt. It's significantly-, the Malteser is great but the chocolate is lacking in the average Malteser, it's just off.

Ed Gamble

You're so right.

Helen Bauer

Whereas the ratio of that, it's a whole different thing.

Ed Gamble

Yes, more choccy, less tease.

Helen Bauer

Thank you, more choccy, less tease.

Ed Gamble

I'm speaking like Helen now, she's absolutely done me, she's ground me down.

James Acaster

You're a little frail boy.

Helen Bauer

It's so cute. 'I want a choccy muffy ice creamy delighty.'

Ed Gamble

Choccy muffy ice creamy delighty.

James Acaster

Choccy muffy-,

Helen Bauer

Ice creamy delighty.

James Acaster

Ice creamy delighty.

Helen Bauer

Yes, please.



James Acaster

Well, is that what it's called?

Ed Gamble

Choccy muffin.

Helen Bauer

Is now. Choccy muffy.

Ed Gamble

It's like an eggy titty, but for dessert.

Helen Bauer

Yummy, yummy, yummy.

James Acaster

I'll read your menu back to you-,

Helen Bauer

Oh, and I want a sparkler on the top of it, I just suddenly thought. Sorry, can I have-, can it be, like, a treat? Like, I want it to be-, because this is a dream restaurant, isn't it?

James Acaster

Yes.

Ed Gamble

Yes, you can have a sparkler.

Helen Bauer

Can I have, like, a sparkler on the top of it? And maybe a song from the wait staff, please.

Ed Gamble

What song do you want?

Helen Bauer

Candle in the Wind, 1997 version.

Ed Gamble

Waiter, please.

James Acaster

(Singing) 'Goodbye England's rose, oh doggy we are here now, and I'm in a chocolate factory. I miss you, Princess Diana and Marilyn Monroe, you will be forever in my heart. And I miss the Queen.'



Ed Gamble

Touching.

Helen Bauer

Thank you so much.

Ed Gamble

So touching.

James Acaster

Read your menu back to you now? See how you feel about it?

Helen Bauer

Thank you.

James Acaster

You would like medium sparkling Gerolsteiner from Germany.

Helen Bauer

Yes, better.

James Acaster

Poppadoms or bread, you would like fladenbrot with melted butter.

Helen Bauer

Why not? Yes.

James Acaster

Out of a draft pump.

Helen Bauer

Yes.

James Acaster

Starter, prawn puri. Main course, Domino's large stuffed crust with pineapple, olives, jalapenos, Parma ham not from Domino's, and garlic and herb dip.

Helen Bauer

Oh, my god, yes.

James Acaster

Side dish, fattoush. Drink, Diet Coke from the fountain.



Helen Bauer

Yes.

James Acaster

Dessert, warm chocolate-, oh, sorry, you would like muffy-,

Ed Gamble

Choccy muffy.

James Acaster

Choccy muffy delighty treaty.

Helen Bauer

Yes.

James Acaster

Crushed Malteasers Bunny on the top of it, warm choc chip muffin with pistachio and hazelnut ice cream.

Helen Bauer

Pistachy and hazelnutty.

Ed Gamble

Yes.

James Acaster

Sparkler. And then at the end of all of it-,

Ed Gamble

Sparkly.

James Acaster

A sparkler on the top. And at the end of all of it, you want a bottle of Rioja with four rolled cigarettes by your friend Francis.

Helen Bauer

Yes, please. How good is that menu? I was worried when I was thinking about it.

Ed Gamble

Do you want me to tell you how good that menu is?

Helen Bauer

A ten out of ten. There'll be a lot of people going, 'That seems like a good, fun girl.'



Ed Gamble

Here's what I'd have. Prawn puri, fattoush, bottle of wine, four fags.

James Acaster

Yes.

Helen Bauer

Are you serious?

James Acaster

That's not bad.

Helen Bauer

What's wrong with the dessert? That's adorable.

Ed Gamble

Ah, yes, the dessert, yes, the dessert's pretty nice.

Helen Bauer

Honestly, lads, I've absolutely smashed that. Like, I don't want to be like, 'Oh, my god, I'm amazing,' but well done me, eh?

Ed Gamble

It's been a pleasure having you on. Benito also looks like he's been in the trenches after that.

James Acaster

Oh, Benito is-,

Helen Bauer

Boom!

James Acaster

You got me.

Helen Bauer

I did make you genuinely flinch.

James Acaster

I genuinely jumped there. That's revenge for poppadoms or bread. You actually, made me jump on the podcast.

Ed Gamble

Helen, thank you so much for coming to the dream restaurant.



Helen Bauer

Thank you so much for having me.

Ed Gamble

Well, there we are, Helen Bauer.

James Acaster

Whoa, mama.

Ed Gamble

Whoa, mama. That's what you want from an interview with Helen Bauer, to be absolutely battered into oblivion.

James Acaster

If you don't know Helen Bauer by the end of that episode, you will never know her.

Ed Gamble

So, everything she says has about five things that I want to follow up on.

James Acaster

Yes, but we can't.

Ed Gamble

We can't, we didn't chase all of those leads today.

James Acaster

It's impossible to.

Ed Gamble

It's impossible.

James Acaster

We had to talk about what Helen wants to talk about, and do you know what? I was happy to.

Ed Gamble

I wanted to delve more into the past lives thing.

James Acaster

Sure, there was that. I mean, there was a great number of things. I still don't fully understand why there was an egg in her breasts.

Ed Gamble

I think it's something in her show. It's probably a call-back at the end of the show.



James Acaster

Yes, but you know, we don't know.

Ed Gamble

We don't know, really.

James Acaster

We know it was in her show, we don't know why.

Ed Gamble

Yes. But we only found out it was in her show after some pretty heavy questioning.

James Acaster

Yes, we had to drill down to that in the first place. And we talked about Pokémon, but-, which is quite cheeky of me, really, to bring up Pokémon Go, because that could have made her think, 'Oh, actually, I'd love to eat a golden razz berry one day,' but she didn't say golden razz berry.

Ed Gamble

No, but pinap berries were mentioned.

James Acaster

They were in the gift bundle that she had sent me because we're friends on Pokémon Go.

Ed Gamble

Yes, I don't know if that will make the edit, because whatever you heard, listeners, the conversation about Pokémon Go was very long.

James Acaster

No, that was-, it was cool, I think, and I think that a lot of people will enjoy hearing about it.

Ed Gamble

Well, I was staying silent because I was like, 'I'll pick my moment, and then I'm going to say something funny,' and then it went on so long that there was absolutely no moment for me to say that.'

James Acaster

Well, I don't think it's our fault that you were unable to find a moment to be funny in it. Or that Benito zoned out. You know, that sounds like both of you not doing your jobs. We were doing our jobs very well as Pokémon trainers.

Ed Gamble

Well, no, you weren't doing your job well, because this is a comedy food podcast, and what you were saying was not about food, and not funny.



James Acaster

I'm spinning a lot of plates. So, you know, I wear a lot of hats, and at that point I was wearing two hats.

Ed Gamble

Yes.

James Acaster

But yes, I mean, she didn't say 'golden razz berry', that's the main thing.

Ed Gamble

She didn't say 'golden razz berry', no.

James Acaster

You can listen to Helen's podcast, Trusty Hogs. Make sure you-,

Ed Gamble

You should listen to Helen's podcast, Trusty Hogs.

James Acaster

And also go and see Helen do any live gig. If she's on a mixed bill, doing her own solo show, you've got to go and see Helen Bauer.

Ed Gamble

Check out her website, look at her on social media, follow her on social-,

James Acaster

Look at her?

Ed Gamble

Well, look her up on social media, follow her on social media.

James Acaster

Yes.

Ed Gamble

But yes, have a look at her, I guess that's what Instagram is, isn't it?

James Acaster

Yes, no-one's stopping you from doing that, I guess, on Instagram. It's not against the rules.

Ed Gamble

Also, there was some absolutely disgusting stuff on that episode, so I'll be interested to hear what Benito leaves in.



James Acaster

Yes, it's going to be quite interesting. If you're getting to this bit now and you're thinking, 'There wasn't anything disgusting,' then you know that he cut it all out.

Ed Gamble

Yes, because sometimes I looked over at Bonito during that and he looked absolutely gutted.

James Acaster

Yes, he was unhappy, he looked like he was going to cry.

Ed Gamble

Yes. But thank you very much to Helen for coming on, I absolutely loved that episode.

James Acaster

Yes, thank you, Helen. Absolutely loved that episode.

Ed Gamble

And we will see you, listeners, next week.

James Acaster

See you later.

Ed Gamble

We won't see you unless I look you up on social media.

James Acaster

We're not going to see you.

Ed Gamble

No. You'll hear us.

James Acaster

We won't hear you.

Ed Gamble

No. What an awful way of doing a podcast that would be.

James Acaster

If we heard them as well as them hearing us?

Ed Gamble

Yes.



James Acaster

Yes, I wouldn't like that.