



Off Menu – Ep 167: Rina Sawayama

Ed Gamble

Welcome to the Off Menu podcast. Taking the chickpeas of conversation, the olive oil of humour, the lemon of chat and the tahi-, there's more ingredients in hummus than I remembered.

James Acaster

Quite a lot isn't there?

Ed Gamble

Yes.

James Acaster

It's not as simple as people think.

Ed Gamble

The tahini of friendship. Putting it in the blender of the internet and whizzing it up to produce one wonderful podcast.

James Acaster

That is it Gamble? My name is James Acaster and I didn't know tahini was in hummus and this is the Off Menu podcast. We own a dream restaurant, we invite a guest in every week and we ask them their favourite ever. Starters main course, desserts, side dish and drink. Not in that order and this week our guest is Rina Sawayama.

Ed Gamble

I don't think tahini has to be in hummus but it can be.

James Acaster

Oh yes, optional. Rina Sawayama is a fantastic musician. I'm a big fan. I'm excited for this episode.

Ed Gamble

Yes. Very excited. It's not often we get musicians on, James.

James Acaster

No and you know, more fool us.

Ed Gamble

More fool us also i9 just think sometimes musicians don't want to come on our podcast because we're so cool.

James Acaster

You know what I think?

Ed Gamble

Go on.

James Acaster

Never Mind the Buzzcocks has really damaged comedians when it comes to getting musicians to approach them.

Ed Gamble

Yes.



James Acaster

Because it used to be, back in the day, you'd go on Buzzcocks and they'd just take the absolute piss out of you and now any time musician hears, 'Oh do you want to go on this thing? It's comedians.' They go, 'Nope because we know what's going to happen on that shit.' And you know, I'm always aware of it when I interview a musician, talk to a musician on TV or a podcast or whatever. I'm aware that they see me as some cocky little shit whose strutting in the room ready to try and make them look silly and I wholeheartedly grateful that any musician comes anywhere near me.

Ed Gamble

Well bad luck because I'm going to tear her a new one.

James Acaster

No. No.

Ed Gamble

I'm absolutely going to-, I'm going to take her apart mate.

James Acaster

Oh god.

Ed Gamble

I'm going to roast her.

James Acaster

Well good cop bad cop I guess. But listen, I am going to be nice as peach pie. however if Rina says the secret ingredient. An ingredient which we deem to be gross usually then we do have to kick her out the dream restaurant. That's the format.

Ed Gamble

So sorry Rina. And today the secret ingredient is Banana Yop.

James Acaster

Banana Yop.

Ed Gamble

No thank you.

James Acaster

This is your suggestion? This is from you from your heart.

Ed Gamble

Yes.

James Acaster

You don't like banana Yop?

Ed Gamble

I don't like banana Yop. Never really a fan of banana flavoured things as we've discussed before.

James Acaster

I love banana flavoured things.



Ed Gamble

But Yop especially like that sort of milkshake you can buy from a newsagent. Always, always hated it.

James Acaster

Is Yop made of yoghurt? It is isn't it.

Ed Gamble

Is it?

James Acaster

I think Yop is a yoghurt milkshake.

Ed Gamble

Oh god.

James Acaster

So that is why it's worse.

Ed Gamble

It's a yogshake.

James Acaster

It's a yogshake and you know, I had some Yop maybe when I was an open spot comedian. I used to drink Yop every now and again.

Ed Gamble

Yes, of course. (talking over each other) I can imagine you walking around town, really early in a town because you had to get the early train ticket because it was cheaper, big back pack on. Strutting around with not a normal sized bottle of Yop. A 1.5 litre bottle of Yop.

James Acaster

Yes.

Ed Gamble

Just swigging it from the bottle.

James Acaster

Yes.

Ed Gamble

Like, just going walking around town.

James Acaster

I was once walking around London drinking a Yop and this is right in my first year of being a-, this is 2008 this would be, walking down the street drinking a Yop and a car of youths slowed down beside me and one of them leant out and said, 'Drinking Yop like a tough guy.' And then they drove away.

Ed Gamble

Right well, so Yop should be your suggestion as well.

James Acaster

Yes, well I didn't like it when that happened and I especially didn't like it because I tried to turn it into material at the time and everyone thought that I'd like, made up an inconsequential silly weird thing that had been said to me. So I was doubly annoyed because I was an open spot desperate for



some material. Told them that someone was shouting that at me and they were all like, 'yes, whatever.'

Ed Gamble

But then because of course 2008 was the era of people making up things. Anecdotes. Also I did an Edinburgh show. Peacock and Gamble heartthrobs in 2013 where we were sponsored by a butter company and we had to plug the butter throughout the show and Ian had to eat some of the butter but the conceit was that he left it too late so it was all melted by the end and he had to drink it and that was always banana Yop. So it was supposed to be, it's disgusting he's drinking all this melted butter but by the end of it all I smelt, for the whole show, was just this hot banana Yop.

James Acaster

Oh jeez.

Ed Gamble

And Ian had to drink it and quite often he would be sick.

James Acaster

Yes okay. So I can see why you don't like banana Yop.

Ed Gamble

Banana Yop.

James Acaster

Yes. Well that is it then. If banana Yop comes up. I don't think I ever want to drink it again after hearing that.

Ed Gamble

No.

James Acaster

Then Rina will be out but hopefully that wont happen.

Ed Gamble

I'm not sure it will.

James Acaster

Rina's also got her new album out. Hold the Girl.

Ed Gamble

Hold the Girl.

James Acaster

It's out now. You should all buy it. Listen to it.

Ed Gamble

She's got a hot sauce.

James Acaster

A hot sauce?

Ed Gamble

A hot sauce called This Hell.



James Acaster

That's very exciting. You had some for lunch. You said it was delicious.

Ed Gamble

Very, very nice.

James Acaster

I mean, and is going on tour soon. So there's ever-, it's all go.

Ed Gamble

You can listen to the album while swigging the hot sauce and watching her live.

James Acaster

Yes.

Ed Gamble

Bit weird to listen to the album while you're watching her live.

James Acaster

Listen to the album on the way to the gig. Listen to this podcast during the gig.

Ed Gamble

Yes.

James Acaster

And then that's-,

Ed Gamble

I'm sure she'll be fine with that.

James Acaster

For the completists.

Ed Gamble

Yes.

James Acaster

Yes.

Ed Gamble

We'll ask her. This is the Off Menu Menu of Rina Sawayama.

Ed Gamble

Welcome Rina to the dream restaurant.

Rina Sawayama

It's beautiful. The ambience is amazing. Who did the design?

James Acaster

Welcome Rina Sawayama to the dream restaurant. We've been expecting you for some time.

Rina Sawayama

I'm so happy to be here.



Ed Gamble

Who did the design was the question James. Who did the design on the Dream restaurant?

James Acaster

Me. Was it?

Rina Sawayama

Not Laurence Llewelyn-Bowen?

James Acaster

It was. It was. I always lie and say it was me but it was Llewelyn-Bowen.

Rina Sawayama

Yes I can tell.

Ed Gamble

You can see right through him then (talking over each other)

Rina Sawayama

Oh yes.

Ed Gamble

Well it used to be you right? You designed it and then he came in with the Changing Rooms team.

James Acaster

Yes. I-, no. You lot had arranged for me to go out and I thought I was having a nice day out. Then I turned up and everyone was like, 'What do you think of this?'

Rina Sawayama

That's all velvet on the floor.

James Acaster

Yes. Purple velvet.

Rina Sawayama

It's very comfortable.

James Acaster

Is that how you're visualising your dream restaurant? Has it got a lot of purple velvet.

Rina Sawayama

No we're in the dream restaurant right now and I can feel the purple velvet between my toes.

James Acaster

But you know that the dream restaurant is all from your-, it's all conjured up from your brain. Every one sees a different restaurant. So it's your dream here.

Rina Sawayama

Yes and you're in it. Why you guys in it? What are you doing here?

Ed Gamble

Sorry about that. Can we stay?

Rina Sawayama

Yes.



James Acaster

Hope we can. Llewelyn-Bowen man.

Rina Sawayama

That was not the name I was thinking of like, you know, manifesting into the universe this morning but I don't know. It just came out so it must have been in my conscious.

Ed Gamble

Look you're at the cutting edge of music and the first person you've come up with is Laurence Llewelyn-Bowen.

James Acaster

But he's quite, you know, I would say he's the TV equivalent of like hyper pop and stuff like that.

Ed Gamble

Would you?

James Acaster

Llewelyn-Bowen yes.

Rina Sawayama

That is such an incredible statement. Laurence Llewelyn-Bowen is the TV equivalent of hyper pop.

James Acaster

Yes, yes. He's everything turned up to the max.

Rina Sawayama

That is true. We took him for granted in Changing Rooms I feel like. You know?

Ed Gamble

Surely Timmy Mallet is more turned up to the max than Llewelyn-Bowen?

James Acaster

Yes maybe. Maybe like Llewelyn-Bowen is more like, more sophisticated. Llewelyn-Bowen is like Sophie and Timmy Mallet is like -

Ed Gamble

Okay. Just loads of things I haven't heard of.

Rina Sawayama

This conversation.

James Acaster

Just throwing things at Ed that he doesn't know.

Ed Gamble

I know Timmy Mallet.

James Acaster

Yes, yes. You know Timmy Mallet. (talking over each other)

Ed Gamble

That's where my brain is now.



James Acaster

I think I've nailed it there.

Rina Sawayama

Um, kind of. Yes. Yes.

Ed Gamble

Even Rina doesn't know what to say.

James Acaster

Yes, yes. Actually doesn't agree with it.

Rina Sawayama

No it's just like, I don't-, I'm so careful about being cancelled by hyper-pop fans so I feel like any comparison of Laurence Llewelyn-Bowen to any hyper-pop girlies is going to get me cancelled today.

Ed Gamble

That could do it.

James Acaster

Is that all it takes in the hyper-pop community?

Rina Sawayama

Oh yes. It can be anything and then my entire career is shot. But at least we're in the dream restaurant so I'm happy.

James Acaster

You'd think you'd be cancel=proof within your own dream restaurant but apparently not. Well let's see what happens to me I guess.

Ed Gamble

Just remember-,

James Acaster

I think most of them would be quite pleasantly surprised to hear that I know those people. So I think I'm probably okay.

Rina Sawayama

Very cultured.

Ed Gamble

Yes, he's a cultured guy.

James Acaster

I'm a cultured guy. I don't get enough credit for it. So, Hold the Girl is your new album out now. What can people expect? It's very exciting because you've evolved with every album. I think that's fair to say, you've changed it up.

Rina Sawayama

Yes, well I mean the first record that came out in 2020 during lockdown, I just did whatever the hell I wanted basically. John revised like, production and song writing wise I just, you know. I didn't have a label at the time and then I took the record to labels to be like, 'Hey, do you want this album?' So it was kind of fully fleshed out. So I wanted to continue that spirit with this record but obviously I'm no



longer the person that I was back then. For me as a songwriter I just want to write bigger pop songs. So it's still got that like, heart of exciting production, maximalist sounds but with pop hooks.

James Acaster

Great.

Rina Sawayama

And it's a lot of, the references are like, country music, there's some garage, stadium rock, 2000's pop rock. I also have Brit-MD like Block Party and stuff. It's definitely more rock leaning but it's still a mish mash.

James Acaster

Are you cutting between the genres on the same song because that's what I like about a lot of your stuff is that it kind of goes, you're in one genre one second and then BAM there's a burst of another one and then your back in the original one again. Or are you blending the genres into a seamless new thing?

Rina Sawayama

In my opinion I think it's a little bit more refined this time where it is a little bit more of a seamless blend but I think songs like Hold the Girl where it's just so obvious where the first chorus is very stadium rock and then like the following is garage and then the next is like Don't Tell Me by Madonna. That kind of pop. Yes, it's still got the essence of experimental production which is what excites me about the whole process but what excites me on the song writing side and the melody and the lyric writing side is writing like the most refined pop song.

James Acaster

Right, yes yes. I put one of your songs on a friend's-, there's a friends birthday that I cant make at and they asked me to do some DJing at it but I cant make it. So, I've had to make the playlist remotely and send it to them. I put Excess on the playlist and I'm quite excited to see how it goes down.

Rina Sawayama

Oh my god. I'd be so curious.

James Acaster

It's coming up soon.

Ed Gamble

It's how in demand you are as a DJ man. You're not even going to be there. You're remotely DJing a party.

James Acaster

I'm quite worried about not being there for the DJ sets cause people can really quite openly slag it off and go, 'This guy, he doesn't know how to put a playlist together.' Whereas if I was there I think they'd probably be a bit more delicate about it but this could be.

Rina Sawayama

But if they're complaining, you're not there so you don't know.

Ed Gamble

But he'll worry about it.

James Acaster

It'll all I'll be thinking about.



Rina Sawayama

Oh god.

Ed Gamble

Be sleepless nights.

James Acaster

Yes, yes yes. Every single night till it happens. And then I'm seeing the birthday girl the next day so I can ask her.

Ed Gamble

No you're not.

Rina Sawayama

If she's in tears.

Ed Gamble

No you're not.

Rina Sawayama

Huh? I'm not?

Ed Gamble

No. She's going to cancel.

James Acaster

Oh she's going to cancel on me. Yes that's true. That's how I'll know. You're going on tour. Because your first album came out in 2020 and you had an EP out before that yes?

Rina Sawayama

I did but that was released independently so my first studio like, kind of, with budget album was 2020 but it obviously like, fell within peak Covid lockdown and so back then our expectations were not as high. We were just like, 'Well you know people are going to want new music so let's just put it out.' And then it kind of had a life of it's own and did way better than we expected but couldn't tour for two years and the moment that the world opened up and I could do all these festivals and these tours but I still couldn't, - I really haven't performed it more than like, 30 times the record and now I've had to move on to the next one and just cut a bunch of the old ones out of the set-list because they just won't fit.

Ed Gamble

That must have been so weird like, releasing something in lockdown and seeing it grow with the amount of people listening to it and stuff but not knowing the fanbase was growing in that sense and then doing the gig just like, landing on your feet and they're all in front of you.

Rina Sawayama

Oh it-, like none of it felt real. None of it felt real because it was all online and you know, even when my follower numbers were going up, when you're not actually meeting people in real life or performing to people and you're not actually seeing the kind of, number of people in the venues grow, you don't-, I never used to get recognised and then it was only after like, two and a half years after the record came out that, because the world started opening up, that's when I started to get recognised. It was so weird because I went from seeing no one, thinking that nothing was real. To then things opening up and everything was a bit scary.

James Acaster

Yes because I think everyone's had a bit of a shock to coming out of lockdown to readjust to



everything being busy and full on. Let alone if before lockdown you were anonymous and could just walk around, and now after it all suddenly people are stopping you in the street. It's a lot to deal with all at once.

Rina Sawayama

Yes, it was very anxiety inducing I actually like, re-entered therapy because of it because I got such serious imposter syndrome and I was just completely-, I had just bad anxiety about Covid anyway because I had to work during Covid so there was some times like, we had to film Jimmy Fallon performance during Covid but it was this fear of like, anyone on set getting Covid because it could get shut down and all this. There was so much Covid related anxiety but obviously I had to keep working so then the anxiety definitely remained as we left Covid and-, but no. Now I feel fine.

James Acaster

(talking over each other) Sorry.

Rina Sawayama

I did eventually.

James Acaster

Yes?

Rina Sawayama

Yes I did.

Ed Gamble

You say that you were in lockdown and then you came out of lockdown you had all these extra fans, we did it the other way round.

James Acaster

Yes, yes.

Ed Gamble

We went in with loads of fans and just shed them. Throughout lockdown.

Rina Sawayama

Now they're completely gone.

Ed Gamble

Now no one recognises us.

James Acaster

No one recognises us as human beings.

Rina Sawayama

Is this true?

Ed Gamble

No.

Rina Sawayama

Oh my god I was going to say.

Ed Gamble

We maintained our exact level. (talking over each other)



James Acaster

Don't be modest Ed. Fucking massive.

Ed Gamble

Just trying to be a laugh.

James Acaster

Absolutely humongous.

Ed Gamble

Just trying to be a laugh.

James Acaster

Any collabs on the new album?

Rina Sawayama

No collabs.

James Acaster

Well there is a collab we want to talk about though.

Rina Sawayama

Which one?

James Acaster

And that is this hot sauce. This Hell.

Rina Sawayama

Yes. That is the only collab I have.

James Acaster

This is a collab you've done with Lou's.

Rina Sawayama

Yes.

Ed Gamble

Lou's Hot Sauce. I've had Lou's Hot Sauce before and I've just tasted this.

Rina Sawayama

What do you think?

Ed Gamble

Fantastic.

Rina Sawayama

Thank you!

Ed Gamble

Really, really good.

Rina Sawayama

My favourite is Lou's Louisiana Hot Sauce so I really wanted it to be that spice level, that heat level but then I was like just put something Asian in there as well and just call it a day. It tastes really good. I actually don't know what's in it but it tastes really good.



James Acaster

You done um, you don't Hot Ones?

Rina Sawayama

No.

James Acaster

Would you do it?

Rina Sawayama

Yes. I would.

James Acaster

Where would you-,

Rina Sawayama

I think it's very humbling moment.

James Acaster

Where would it go?

Rina Sawayama

Oh that would be like, a zero surely?

James Acaster

Your one would be the first one.

Ed Gamble

It's very quaffable is what I thought. It's definitely got a spice kick but I was glugging it.

Rina Sawayama

Yes. Oh it's meant for glugging.

Ed Gamble

Eggs. I'm going to take this bottle home and I'm going to have it on eggs in the morning.

Rina Sawayama

Yay, great. Oh my god I'm so glad you enjoy it.

Ed Gamble

Really good.

Rina Sawayama

Have you tried the Hot Ones thing? Do you have enough-,

Ed Gamble

You've tried the-,

James Acaster

I've had the Bomb. I've tried the bomb a few times.

Rina Sawayama

What does it taste like?



James Acaster

The first time that I had it I was so sparing with it I thought, 'This isn't anything. I don't know why people make a big deal of it.' And then the next time I had it I was kind of a bit more liberal and I had it after a gig I done for Benito actually. Benito promotes a gig in Hackney, I did that gig. Went to by girlfriends place nearby. We ordered a pizza. I put loads of Da Bomb on it and absolutely, what had been a triumphant evening very quickly became quite regretful.

Rina Sawayama

Oh no.

Ed Gamble

Any hot sauce with a stupid name is going to be bad.

James Acaster

Yes, yes.

Rina Sawayama

It is even tasty though when it gets that hot? What's the point?

James Acaster

No it tastes very bad and I think the deliberate thing is is that it's just meant to be painful and I've managed to get my nephew so obsessed with Da Bomb, they've never had it before. They're like both you know, pretty young but they're so obsessed with Da Bomb that they threaten each other with it all the time now. So they'll always go, 'If you don't leave my toys alone I'm going to feed you Da Bomb in you're sleep.' And it's like that all the time.

Rina Sawayama

That's such a peak culture reference again. Your entire family is so cultured. (talking over each other)

Ed Gamble

Your family is so online man. So online.

James Acaster

Yes 'Listen, listen. Listen up. If you don't put my Charlie XCX album back in it's sleeve I'm going to put Da Bomb in your cereal.' That's what they say to each other. We always start with still or sparkling water.

Rina Sawayama

I'm going to say still. Which I know is like, boring but, okay because I'm always like talking right? I don't want to be gassy. So like before shows and stuff I cant have anything gassy because it will come up in the first song and I will have to do a really slick, off the mic, hair flick but it's a burp.

Ed Gamble

Oh that's what people are doing.

Rina Sawayama

That's what it is. Every time I do a hair flick it's a burp. So that's not something I enjoy doing. It's really stressful because you know that feeling like, when it's rising (talking over each other) and you can feel it.

Ed Gamble

When it's a bubble.



Rina Sawayama

Yes when it's a bubble and you're like, 'oh no.' And you're singing, you have to keep singing but then you'll have one break in a sentence and you can just burp and then come back to the show and be a pop star.

Ed Gamble

I love that you've choreographed your burps though. That's great.

Rina Sawayama

Oh yes but it's on the fly. Yes you can't-, so that's why I stopped drinking fizzy stuff before shows.

James Acaster

If I was a vocalist who used a lot of you know, some vocalists have a lot of effects on their voice and autotune live. It's got all that sound if I had a burp going id be very tempted just to burp into the mic just to see how it sounds. (talking over each other)

Ed Gamble

You know, in the spirit of experimentation I think next time you feel a burp coming on stage you should just let it go.

Rina Sawayama

Yes and also I'll find some sort of autotune plug in and like, the most extreme distortion and maybe some sort of metal scream distortion.

Ed Gamble

I'm on board.

Rina Sawayama

And then just in the middle of the most beautiful ballad, just crack on with it.

James Acaster

I think it would go down well.

Rina Sawayama

I think so too.

Ed Gamble

There's got to be a death metal band somewhere that the vocals are just all burps.

Rina Sawayama

I always think that about death metal singing. Isn't it kind of the same feeling? The same sensation as burping?

Ed Gamble

It's like a gravelly burp I guess.

Rina Sawayama

Yeah.

Ed Gamble

You've got to bring it up from somewhere down deep.

Rina Sawayama

We've cracked it. There we go.



James Acaster

You've definitely played me some stuff before that just sounds like someone's just burping all the way through it.

Ed Gamble

I love it.

James Acaster

Yes yes. You love that kind of stuff when someone's doing that stuff with the (gurgles)

Ed Gamble

What like Mongolian throat singing?

James Acaster

Yes but it's like ugh for the whole song. So basically their doing that.

Rina Sawayama

But with a bit more like, grit.

Ed Gamble

Yes yes, a big old burp.

James Acaster

A big long burp.

Rina Sawayama

What's your favourite genre?

Ed Gamble

My favourite genre is definitely burp metal. Burp Death. Burp Core. It would be Burp core wouldn't it? It'd be burp core, Belch core something like that.

James Acaster

Popadoms or bread!? Popadoms or bread!?

Rina Sawayama

I knew that was coming but it was still scary.

Ed Gamble

You did it well though man.

James Acaster

Thank you.

Rina Sawayama

That was really good. You didn't even take a breath. I'm going to say, yes right, bread. But Joe and the Juice sandwich bread. You cant find it anywhere it's just on the Joe and the Juice sandwich.

James Acaster

The bread that they use on the sandwich.

Rina Sawayama

Yes.



James Acaster

You want that without the sandwich? Without the filling?

Rina Sawayama

Maybe like a thin slice of prosciutto.

James Acaster

Yes yes.

Rina Sawayama

But nothing else and maybe pesto. Is that bread? That's just a sandwich.

Ed Gamble

So they don't sell the bread separately?

Rina Sawayama

No.

Ed Gamble

Have you ever found yourself buying Joe and the Juice sandwich and scraping out the filling and just taking the bread home?

Rina Sawayama

No but I feel that 100% the best part about that sandwich is the bread. 100%.

Ed Gamble

What, talk me through it. I don't think I've ever had a sandwich from Joe and the Juice.

James Acaster

I've only had-

Ed Gamble

Juice.

James Acaster

And sometimes Joe.

Rina Sawayama

Fair enough.

Ed Gamble

Oh is that supposed to be coffee?

James Acaster

Yes.

Ed Gamble

I assumed it was a guy called Joe.

James Acaster

No it's not a guy called Joe.

Rina Sawayama

Oh I thought it was a guy called Joe too.



Ed Gamble

(talking over each other) Yes, Joe and the Juice.

James Acaster

No, it references the fact that they do coffee there. So it's Joe and the Juice. So they do coffee and juice.

Rina Sawayama

Oh, wow.

Ed Gamble

But the UK hasn't really taken on the term 'Joe.' No no one's going around saying, 'I'll have a cup of Joe.'

Rina Sawayama

Isn't it a Swedish company? Have I just made that up? It's not an American company.

Ed Gamble

Yes, it's Scandinavian.

Rina Sawayama

Yes, Scandinavian.

Ed Gamble

They're everywhere in Copenhagen.

James Acaster

I'll tell you what though, the worst one I've ever had was in Copenhagen.

Ed Gamble

Really?

James Acaster

Yes.

Rina Sawayama

Is it not where it's from?

James Acaster

Yes. Here's my order currently. It's a green gains all the time. I have a green gains.

Ed Gamble

Because you're-,

Rina Sawayama

Gaining.

Ed Gamble

Yes, you're gaining, right?

James Acaster

I'm putting on mass, I'm going to be real and muscly.

Ed Gamble

Would be funny.



James Acaster

Yes, it'd be pretty funny if I turned into one of those comics. But you know, all the muscly comedians tend to have some views that, I mean.

Ed Gamble

Some dark stuff going on.

James Acaster

Let's just say the hyper pop community wouldn't enjoy them. They'd be cancelled immediately.

Ed Gamble

I didn't know that was a correlation. It makes sense though.

James Acaster

Oh it is. All muscly comics, don't trust them. They suddenly get very tasty. But green gains, it's a very delicate balance with it. It's like a veggie kind of smoothie and it has dates in it, but the difference between a good green gains and a bad one is how much they blend the dates in there. Some people, you end up with whole dates just sitting at the bottom of the green gains.

Rina Sawayama

No, blocking the straw.

James Acaster

I want them all chopped up, nice all the way through so it gets that sweetness because there's a lot of avocado goes into a green gains. I don't just want it to taste like I'm drinking guacamole.

Rina Sawayama

Good point.

James Acaster

So in Copenhagen, that is the worst green gains I've ever had.

Ed Gamble

Why are you throwing the horns?

James Acaster

Because I'm a belch-core. I'm a belch-core fan.

Ed Gamble

For the listener, James is making a point by putting devil horns up.

James Acaster

Devil horns, one with each hand.

Rina Sawayama

Both hands, yes.

James Acaster

I love belch-core. (talking over each other) drinking the green gains and then singing my favourite song. But it's the worst Joe and the Juice, and you know what? It varies everywhere you go. I always order the green gains. Sometimes it's my favourite drink ever. Sometimes it's the worst thing I've had. I'm always happy to roll the dice, but I was stunned that Copenhagen was the worst one.



Rina Sawayama

How British are you in that sense? Would you go back and say, 'Sorry, this is not good enough.'

James Acaster

No, no, I will drink it all. Also what I know is that if it's a bad green gains, I'm like, 'Well, that's because all the sugary, sugary dates are all at the bottom.' So to be fair, this is now better for me. So I'm just going to drink it, leave the dates at the bottom.

Ed Gamble

You aren't leaving the dates at the bottom. Who are you kidding?

James Acaster

I leave the dates at the bottom.

Ed Gamble

You're not leaving the dates at the bottom.

Rina Sawayama

You're not mixing in?

James Acaster

I'm not eating dates, no. I'm not just eating the dates, no, because they're whole dates at the bottom now, I'm not just chewing on them. That's mad.

Ed Gamble

I'd say I've used Joe and the Juice for the toilet almost 90% of the time.

Rina Sawayama

They're very generous with their toilets.

Ed Gamble

Yes. Love the toilets, never really investigated the Joe or the juice.

Rina Sawayama

When you order a sandwich, just in terms of thickness of sandwich versus price, it's shocking, the ratio, it's a very, very slim sandwich.

Ed Gamble

Right. Okay, so it's the wrong ratio.

Rina Sawayama

The wrong ratio. But, I mean, everything's very expensive at Joe and the Juice, but their bread is insane. And, like, please try the sandwich just for the bread.

James Acaster

Because I'll be honest with you. Not only have I never had a sandwich from Joe and the Juice. I don't think I've ever seen anyone order a sandwich from Joe and the Juice. I've never seen it. I've seen it on the video screen because they've got a video screen behind the counter to advertise all their products and they show the sandwiches being made, and it's interesting you say about how thin they are because they show the process aerial shot, so you can't see the dimensions of it.

Rina Sawayama

So smart.



Ed Gamble

Really smart.

James Acaster

So now I know why that is, but I've never seen anyone have a sandwich before. It's interesting to hear that the bread is so good.

Rina Sawayama

Yes, give it a go. Honestly.

Ed Gamble

it depends which branch you go to though, because the one in Copenhagen I saw some and all the filling was just down at the bottom.

James Acaster

What the hell? Just Copenhagen, just makes me absolutely sick. I'm furious about this. They get the sandwiches wrong as well?

Ed Gamble

What sort of bread? Is it white bread?

Rina Sawayama

I don't know anything about Nordic rye bread, but if I knew something about Nordic rye bread, it would be that. Yes.

Ed Gamble

Is it, like, quite dark bread?

Rina Sawayama

Dark, crispy. Like not a crisp bread, but very crispy. Got holes in them.

James Acaster

Dimply Joe and the Juice bread.

Rina Sawayama

Exactly, and then I don't think they use butter.

Ed Gamble

Oh, wow. Okay, I'm into that.

Rina Sawayama

They use pesto. Yes. It's good, like, it's really, really good. I actually had one this morning.

Ed Gamble

Do you want pesto on the bread as well?

Rina Sawayama

I think I just want the Joe and the Juice sandwich.

Ed Gamble

You can have that, can we do that?

James Acaster

Yes, you can do that. Yes. It's a little nice bread product, and you're having the ham on there as well?



Rina Sawayama

I think my favourite one is the one that doesn't have any cheese on it. It was just the Joe's Club Sandwich, which is chicken and avocado.

James Acaster

Great.

Rina Sawayama

Slaps?

James Acaster

Yes, yes.

Ed Gamble

This is the first time someone's had a sandwich as a bread course.

James Acaster

Shame, isn't it? Because that should be a nice loophole that everyone should take advantage of.

Rina Sawayama

Oh, there's more loopholes coming.

Ed Gamble

Great.

James Acaster

Yes?

Rina Sawayama

Oh, yes.

James Acaster

Your starter. Your dream starter.

Rina Sawayama

Okay. But before we start the starter, we have to get a pill and crush it and snort it, because I'm very, very lactose intolerant, so we have to snort some lactose.

James Acaster

Lactose, okay. Yes. And snorting them?

Ed Gamble

And snorting?

Rina Sawayama

Snorting is the best way.

Ed Gamble

Okay, what are you talking about?

Rina Sawayama

You've just got to take some lactase. It's the enzyme that breaks down lactose.



James Acaster

We've got friends who take lactose pills before they eat, we've seen it before. I've not seen them crush it and snort it.

Rina Sawayama

Wow, they're not taking it right.

James Acaster

So you're snorting them?

Rina Sawayama

Yes.

James Acaster

Gets into your system quicker that way, right?

Rina Sawayama

Yes, because if you can't wait half an hour, you've got to wait half an hour before it kicks in.

Ed Gamble

When you were talking about pills and snorting, I was like, 'Just another musician on talking about drugs.' We had Mike Skinner on and he just talked about drugs the whole time.

Rina Sawayama

Do you have to cut that stuff out?

Ed Gamble

No, no.

Rina Sawayama

Oh, great.

Ed Gamble

No, we can talk about whatever we want on here.

Rina Sawayama

Oh, that's good.

James Acaster

This is freedom, true freedom.

Rina Sawayama

It's a free country.

James Acaster

When you said, first of all, 'We need a pill, we need to crush it up and snort it.' I was like, 'Okay, this is going to be some drugs. We'll have some drugs chat.'

Ed Gamble

I felt James try and go into cool James mode.

James Acaster

Yes, yes.



Rina Sawayama

'Oh, yes, yes. Cool, yes. Pestle and mortar, yes, I've done that.'

James Acaster

Yes, I do drugs.

Ed Gamble

That does make a sandwich taste nicer.

James Acaster

Yes. Never done drugs in my life. I don't know. But I know enough people who do do drugs that, you know, if I'm ever at a drugs party, I can, yes, I can get by with the chat. Make small talk about it and then make my excuses and run away.

Ed Gamble

What sort of small talk you got?

James Acaster

'Hey, were you doing some drugs there? You know, in some countries, that's illegal. I don't care. I don't care myself.'

Ed Gamble

Yes, I mean, every single party if you said that you'd be kicked out for being a narc.

James Acaster

No, no, no way.

Ed Gamble

Checking you for a wire if you came up to me and said, 'Do you know, in some countries that's illegal, but I'm cool with it.'

James Acaster

'Hey, you know who I hate? The popo.' Say that to them as well.

Ed Gamble

You hate the Pope?

James Acaster

The Pope. Actually, anyone who does drugs hates the Pope, the Catholic Church. We talk about the film Spotlight. Yes, big, big stuff.

Ed Gamble

Great.

Rina Sawayama

I didn't see a drug connection in that movie, but yes, 100%.

James Acaster

Yes, yes. Well, it's there.

Rina Sawayama

It's there. The underbelly of the movie.

James Acaster

They talk about the pope enough. So you have a lactose, you're just having one single lactose pill?



Ed Gamble

It's not a lactose intolerant pill. That would be an awful thing to take.

Rina Sawayama

No, you don't want to ingest lactose. It's lactase.

James Acaster

This is lactase?

Rina Sawayama

Yes, my one has a little cow on it.

Ed Gamble

Really?

Rina Sawayama

Yes. I got it from Amazon.

Ed Gamble

It should have a cow with a line through it, I think.

Rina Sawayama

Shouldn't buy pills from Amazon.

Ed Gamble

No, with cows on.

Rina Sawayama

Yes.

Ed Gamble

Sounds like the sort of thing that would be on the news in the 90s. 'Don't take this pill with a cow on it.'

Rina Sawayama

Yes, also don't snort lactase, obviously. Goes without saying.

Ed Gamble

Feels a bit dangerous to me to call it lactase, it's too similar to lactose.

Rina Sawayama

Yes, I know. It's just one letter. Who'll know? But anyway, so it's got a cow on it and it's like, there's different strengths of it. So some are, like, weaker than others, but I get the really strong shit from Amazon.

Ed Gamble

Is it a different animal for different strengths? Or does the cow get bigger?

Rina Sawayama

I think the lactase is a mainly cow problem. I don't want to discriminate, but it's mainly a cow problem. So that's why.

Ed Gamble

Calf, cow, bull would be good.



James Acaster

Calf for the week one, cow for the regular, bull for the super strong one.

Ed Gamble

I don't know what dairy you're getting out of a bull, really.

Rina Sawayama

I know, that's what I was going to say.

James Acaster

Well, we know.

Rina Sawayama

It's not factually accurate.

James Acaster

We're not all going to say it, but everyone knows what the standard joke is.

Ed Gamble

Don't think that's dairy.

James Acaster

I don't know. Benito, Google, 'How much calcium is in cum.'

Rina Sawayama

He's refusing. He said no.

Ed Gamble

I just need to take my pill before I have this big old cup of bull cum.

James Acaster

Disgusting, Ed. Very dirty.

Ed Gamble

Yes, thank you.

Rina Sawayama

Anyway, sorry, I was going to then talk about a very upmarket establishment.

Ed Gamble

Yes, please, please.

James Acaster

Sorry for where we took you. That was rude. So you snorted it.

Rina Sawayama

I snorted it.

James Acaster

And now you're ready for your starter.

Rina Sawayama

I'm ready for all sort of-,



James Acaster

Which I guess has milk in it.

Rina Sawayama

Cheese. It's a cheese soufflé from Le Gavroche.

James Acaster

Oh, lovely.

Ed Gamble

So up market.

Rina Sawayama

So up market.

Ed Gamble

We've gone so posh, so quick.

Rina Sawayama

Listen, I don't like paying a lot for my food. But when someone else is paying, love it. Absolutely love it. I went to Gavroche with my ex boyfriend who's, like, quite rich. And so I think as a graduation present or something, his family took him to Gavroche which is, like, it's like a three Michelin star, isn't it?

James Acaster

Is it?

Rina Sawayama

Oh, it's insane.

Ed Gamble

It's a big boy place.

Rina Sawayama

Oh, it's like, I mean, but they have this cheese soufflé. They're famous for this cheese soufflé. But because I haven't been in, like, eight years, I don't know if it still exists, but I'm pretty sure it still exists. But it's just this amazing, fluffy, just the most refined cheese soufflé you've ever tasted, because soufflé is just a bit like, just a bit air, isn't it?

Ed Gamble

That's often my issue with soufflés, like, just a big old bit of air.

Rina Sawayama

You wait ten minutes and it's just air.

Ed Gamble

Just hot air.

James Acaster

A good one though, dessert soufflés changed my life.

Ed Gamble

Changed your life?



James Acaster

Yes, the first time I had a raspberry dessert soufflé from Greenaways in Edinburgh, I was like, 'I didn't know this could be that good.' And I wouldn't have ordered it, I had it because I was doing a cooking competition. He'd teach us how to make these raspberry soufflés, so I had to eat it for that. Absolutely I was like, 'Oh now, every time I see it on the dessert menu, any sort of dessert soufflé, I'm getting it.' Because, incredible.

Ed Gamble

I don't like dessert soufflés really, because I can taste the egg.

Rina Sawayama

It's very eggy.

Ed Gamble

Eggy, and I don't want eggy taste, whereas savoury soufflé?

Rina Sawayama

Makes sense.

Ed Gamble

Don't mind a bit of egg and cheese, lovely. Raspberry and egg? No thank you.

James Acaster

No, I like it.

Ed Gamble

You like raspberry and egg?

James Acaster

Well I did at the time. Raspberry soufflé, and we sang raspberry soufflé to the tune of Raspberry Beret all the time.

Rina Sawayama

Is it not white egg, white egg?

Ed Gamble

It's white egg. It's white egg.

Rina Sawayama

What is it called?

Ed Gamble

Egg white.

Rina Sawayama

Egg white.

Ed Gamble

You're so close.

James Acaster

Not white egg.

Ed Gamble

It's a lactase, lactose problem.



Rina Sawayama

Yes, exactly, yes. I was getting mixed up. White egg.

Ed Gamble

It is white egg.

Rina Sawayama

It's white egg.

Ed Gamble

Yes, whipped up.

Rina Sawayama

Whipped up white egg and raspberry.

James Acaster

So your ex boyfriend's family took you to this place. Do you want to, like, give a shout out to him and say, 'Thanks for the free food, sucker.'

Rina Sawayama

My free, amazing.

James Acaster

Call him a sucker. Call him a poor, poor sucker. Say, 'Thanks for giving me that great food, you sucker.'

Ed Gamble

You sucker.

Rina Sawayama

No, we're still friends so I don't want to.

Ed Gamble

Fair enough, sorry.

Rina Sawayama

But that was a very memorable meal.

James Acaster

Sorry to say that about your friend. Sounds good. Was there anything in particular? Because if beforehand you were thinking, 'Oh, soufflés are just airy and boring.' What was it that made this one so good?

Rina Sawayama

It's like, as with any kind of establishment that just does something really well it's really hard to say why it's so good. But it's, like, the best version of that thing that you've ever eaten in your life and you know that it's never going to get any better. That's what it felt like.

Ed Gamble

Does that make you feel sad as well though? Because if you know that it's the best one, you're just going to have to go back to Le Gavroche to have that experience again.



Rina Sawayama

Yes. I haven't been back since, so yes, maybe it makes me a bit nostalgic. But again, I can't, I mean, I can with the help of some lactase, but I can't really anymore.

Ed Gamble

Did you go to the toilets to snort the lactase, or did you do it at the table?

Rina Sawayama

Oh, I didn't need, I wasn't dependent on lactase at the time.

Ed Gamble

Oh really? This is a relatively new thing?

Rina Sawayama

I wasn't a lactase addict at the time.

James Acaster

This is what made it happen.

Rina Sawayama

I just had IBS.

James Acaster

Yes. Tell you what, I've had a burp just there for the whole thing.

Rina Sawayama

Do a hair flick.

James Acaster

That we were talking about. No, I've just burped. Just did it. Didn't want to announce it until I knew it was out the system.

Rina Sawayama

Fair enough.

Ed Gamble

Great song man, great song.

James Acaster

Yes, yes. Go back and autotune that bit, Benito. I wish you had just crushed up the lactose and did it in front of the family. That would have been fun.

Rina Sawayama

That would have been amazing.

James Acaster

But this was pre those times.

Rina Sawayama

I mean, I'm sure that the Gavroche would just have been totally fine with that as well.

Ed Gamble

They would have been fine.



James Acaster

I mean, let's just say those Michelin star restaurants probably have people snorting a lot of stuff.

Rina Sawayama

On the table.

James Acaster

Yes, a lot of big lawyers go in there ordering the best food.

Rina Sawayama

For lunch.

James Acaster

Snorting God knows what off every available surface.

Ed Gamble

You coming over going, 'Hey, that's pretty cool, man.'

James Acaster

'Hey. Hey, you're a lawyer. That's cool. Doing a bit of nose candy?'

Ed Gamble

'The old Bolivian marching powder, yes. Wow.'

James Acaster

'Let it snow, that's what I say.'

Rina Sawayama

'Hey, do you know that's still illegal, though?'

James Acaster

'Yes, yes, yes. Illegal some nights. You're a lawyer.'

Ed Gamble

'You're a lawyer, you should know that really, but, you know.'

James Acaster

'You know the law better than me, anyway, I'm going to have the soufflé.' Did you tell everyone at the table it was good? Did you turn to the parents and the boyfriend and go, 'This is great.'

Rina Sawayama

Yes, 'This is amazing.' I mean, it was in my early twenties and I, like, genuinely didn't have any money. So it was a taste of not only cheese, but wealth.

James Acaster

Not only cheese but wealth.

Ed Gamble

Those are the flavour notes, cheese and wealth.

Rina Sawayama

Cheese and wealth.

James Acaster

That'd be a good advert.



Rina Sawayama

I think that's why it tasted good. It tasted of wealthy people.

James Acaster

The taste of wealth for the first time. Ed doesn't know, because you've had it your whole life, wealth, so you don't know what the difference is.

Rina Sawayama

What the notes are.

James Acaster

You've always tasted it.

Ed Gamble

I don't know what the differences between the different cheese soufflés. I only know the taste of wealth.

Rina Sawayama

You'll just go to Gavroche and be like, 'Oh, this is average.'

Ed Gamble

Yes, totally. I'd flip the table. 'This tastes normal.'

Rina Sawayama

That's what wealthy people do.

James Acaster

'What's the fuss about.'

Ed Gamble

Just to let our listeners know, I'm not an oligarch.

James Acaster

No, no. He's not really. I'm heightening it for comedy.

Rina Sawayama

Is that what oligarchs say when they're not impressed with their food? 'This tastes normal.'

Ed Gamble

'This tastes normal to me. Why can't I find anything special in my life anymore?'

James Acaster

I can only tell the difference between different green gains. That's all I can do.

Rina Sawayama

That's all you need.

James Acaster

Your dream main course. Are we getting out the lactase again?

Rina Sawayama

No, lactase is taking a break.



James Acaster

That's it.

Ed Gamble

Would you have to though? It's not a pill a course, is it? If you take it once.

Rina Sawayama

I think it is a pill a course.

Ed Gamble

Is it?

Rina Sawayama

I don't think there's official guidance on it.

Ed Gamble

No, because you bought it from Amazon.

Rina Sawayama

Yes, exactly.

Ed Gamble

You have to check the little questions at the bottom of the Amazon page.

Rina Sawayama

Yes, exactly, yes.

James Acaster

It's not got a name just a picture of a cow and you bought it off Amazon, I mean.

Rina Sawayama

I know, so the risks are there. No, I feel like it's because the way, I'm just making shit up, but like, the way enzymes work, which is completely factually accurate, is that there's the enzyme and then you need to put the food on top of it and the enzyme gobbles up the lactase.

Ed Gamble

Gobbles up the lactase.

Rina Sawayama

Gobbles up the lactase. I'm making enzyme fingers right now. And then the reciprocal-,

Ed Gamble

You need to do, like, an enzyme sandwich, really.

Rina Sawayama

Yes, I feel like it's an enzyme smooch, like a smash burger, and then it gets carried into your digestive tract. So that lactase is now gone, do you know what I mean?

Ed Gamble

So then you need another one for the next.

Rina Sawayama

You need another, like, you need another bottom bun for the top lactose bun. Does that makes sense?



Ed Gamble

Yes.

James Acaster

Yes.

Ed Gamble

Complete sense.

James Acaster

Makes more sense than any science I know. Not like I know anything. We had Brian Cox on this podcast once and I basically understood what he said as much as I understand-,

Rina Sawayama

Oh, he doesn't know anything though.

James Acaster

No, that's true.

Ed Gamble

No, no.

James Acaster

He's a liar.

Ed Gamble

He makes it all up. I think he used the word smooosh at some point, as well.

James Acaster

He said smooosh a lot.

Ed Gamble

Space smooosh.

James Acaster

Everything smoooshes together. He couldn't tell us, you know, what was evil in space and what wasn't. So I think he is a liar.

Rina Sawayama

That's all we want to know.

James Acaster

Are enzymes evil?

Rina Sawayama

No.

James Acaster

No, well there you go, see? Good to get a straight answer.

Ed Gamble

Yes, there we go.

James Acaster

Brian Cox just, yes, umm-ed and ahh-ed.



Rina Sawayama

I'd rather get an unscientific straight answer.

Ed Gamble

Yes, right. That's the world we're living in. You'll sell more records if you say stuff like that.

Rina Sawayama

Huh?

Ed Gamble

You'll sell more records if you say stuff like that.

Rina Sawayama

Really?

Ed Gamble

That you hate science. Yes.

Rina Sawayama

Okay.

James Acaster

(talking over each other) Yes, you'll get a lot of people backing you up on that.

Rina Sawayama

If you talk about enzymes, do you get further up the charts, do you think? As a pop star?

Ed Gamble

I think you basically need to say that you don't believe in experts. Because at the moment with all this sensible stuff you're saying, you're really cutting off quite a large part of society.

Rina Sawayama

That's so true, the non believers.

Ed Gamble

It's all about broadening the audience, right? Regardless of the quality. of the audience.

Rina Sawayama

Yes, flattening of the audience.

Ed Gamble

So yes, you need to start denying science and then you'll get some cool listeners.

James Acaster

Weirdly I think the unresearched enzyme chat will get you audiences just across the board. People who like science, they'd like 'Oh, she's heard of enzymes,' But then people who hate science go, 'Well that's clearly bullshit, so we like her,' So everyone will come and buy your records. So I think that alone, that whole breakdown you did, that's, like, five times as many album sales instantly.

Rina Sawayama

Wow, that's amazing.

Ed Gamble

And you know, we're not asking for a percentage, but-,



James Acaster

No, it's implied.

Ed Gamble

We'll chat about it.

James Acaster

This dream main course, no lactase happening. There's no dairy in it.

Rina Sawayama

No lactase. Okay, so like I said before, I don't like to pay a lot of money for food. Because I'm Asian. Sorry, I'm just saying shit again. But in my mind, if you're Asian, like, because in Asia, food is cheap. I don't like paying a lot for what actually, doesn't cost that much. Do you know what I mean? Like, fine dining, I get. I don't like going to restaurants where it just like, you know, shouldn't be this expensive. Anyway, there's this place just outside of LA in Pasadena called 'Mr. Dragon's Noodle House,' And is literally the best Chinese food I've ever had in my whole life, and it was such a random stop because we were meant to go to a hotpot place nearby but it was closed, so then we went to this Mr. Dragon's Noodle House, which is just the best name ever.

Ed Gamble

Yes, oh, it's great. I mean, it sounds like the name of a restaurant in a film. It sounds like someone's made that up. Mr. Dragon's Noodle House. I mean, someone has made it up.

Rina Sawayama

Mr. Dragon did.

Ed Gamble

Mr Dragon.

Rina Sawayama

The Dragon dynasty. What are you talking about?

Ed Gamble

So sorry.

Rina Sawayama

It was completely empty this restaurant, and they have these beef rolls where it's, like, I think it's layers of pancake, they're very, very thin pancakes and like, very, very thin beef and egg I think and then it's rolled up. And it's, like, crisp on the bottom and the top and it's got loads of herbs in it. Oh, my God. I've had a couple of, like, beef rolls before, but this was the best and they also do, I think, do they do hand pulled noodles? But it was like a noodle soup. Huge. All the portions, because it's America, are fucking huge, ridiculous. And I ordered an iced tea and they brought an iced green tea that, I kid you not, was like, three, four pints per portion. What is it called when you, like, go to Germany and go to a beer-,

James Acaster

Like a stein? Is that a stein?

Ed Gamble

Stein. Yes.

Rina Sawayama

It looks like a mug, but big.



James Acaster

Massive boot with a foot on it.

Ed Gamble

A stein is correct.

James Acaster

Yes, yes. I felt that.

Rina Sawayama

I'm not a beer connoisseur.

Ed Gamble

Big cup.

Rina Sawayama

Big cup.

Ed Gamble

Big cup.

James Acaster

I'm not a beer connoisseur either, but I've learned the terms so I can blend in them when I turn up at beer festivals. 'What's that, a stein?'

Ed Gamble

'You know that's illegal in some countries?'

James Acaster

Toodaloo.

Rina Sawayama

Yes, and I kid you not, it has like a cup of sugar in it. Which is, again, very American. They just hide a lot of sugar everywhere.

Ed Gamble

Just dump a load of sugar in stuff, yes.

Rina Sawayama

It was insane.

Ed Gamble

These beef rolls sound great.

Rina Sawayama

]It was just emotional, and they do these dumplings. You know, you get a lot of, like, dim sum that is steamed or pan fried, but this is both and it's got a very crispy bottom but it's, kind of, like, slightly more doughy at the top, it's just the best. And you crack it open. It's got so much juice in it.

Ed Gamble

Oh, I love it.

Rina Sawayama

Just anything there. So again, I have, kind of, cheated a bit.



James Acaster

So you want everything that you had.

Rina Sawayama

Everything that I had that day.

James Acaster

At Mr. Dragon's noodle shop or whatever.

Rina Sawayama

Yes, Noodle House.

Ed Gamble

Noodle House.

Rina Sawayama

It's his house.

Ed Gamble

It's his house.

James Acaster

It's his house, not shop.

Ed Gamble

Is it his house or is it his noodle's house? Does he live somewhere else and his noodles live in the house?

Rina Sawayama

Or is it the dragon's noodles?

Ed Gamble

Or is it the dragon's noodles? Well, it's Mr. Dragon, right?

James Acaster

Mr. Dragon.

Rina Sawayama

It's 100% Mr. Dragon.

James Acaster

What do you think his first name is?

Ed Gamble

I don't know why I thought Donnie straight away.

James Acaster

Donnie Dragon.

Rina Sawayama

Oh, Donny Dragon.

James Acaster

Mr Donnie Dragon.



Rina Sawayama

I love the name Don, Donnie.

James Acaster

Yes?

Rina Sawayama

Yes. I'm trying to make my manager adopt the name Don.

Ed Gamble

That's a real power play, to try and get your manager to change his name.

Rina Sawayama

Yes, his name is Will.

Ed Gamble

Yes, that's not at all similar.

Rina Sawayama

It's not Don, but his middle name is Donald and I've been telling him that it's way more showbiz if it's Don Frost. Doesn't that sound like a manager?

James Acaster

Don Frost, yes.

Ed Gamble

It doesn't sound like a good manager's name.

James Acaster

No, it's a bit skeezy.

Ed Gamble

It sounds like in 25 years there's going to be a court case with Don Frost.

James Acaster

And no one will be surprised.

Ed Gamble

Yes.

Rina Sawayama

Yes, it's like, 'Well, it's Don.' I mean, when you've got a name like Don Frost, is what the headlines will say.

Ed Gamble

Don Frost has been creaming a lot off the top, I think.

James Acaster

Yes. Don Frost isn't to be trusted.

Rina Sawayama

No. The accountant's found something bad in Don Frost's accounts.

Ed Gamble

Will Frost? Great.



Rina Sawayama

Very trustworthy.

James Acaster

Yes, William Frost. Lovely, lovely person.

Ed Gamble

Billy Frost?

Rina Sawayama

Wholesome.

James Acaster

Billy Frost, what a nice guy.

Rina Sawayama

But I'm trying to get him to migrate over to Don Frost by firstly doing, in his email, like, signature, saying, 'William,' and then in inverted commas. 'The Don, The Don, Frost.'

Ed Gamble

William 'The Don' Frost sounds like a wrestler. People are going to start thinking you're managed by a wrestler.

Rina Sawayama

Yes, but that's showbiz.

Ed Gamble

That's not showbiz.

Rina Sawayama

That's showbiz, baby.

James Acaster

I mean, unless the comedy world is completely removed from the rest of showbiz.

Ed Gamble

Which I think it is to some extent.

James Acaster

Yes, it often is. Whenever we talked about it, it's like, we've got it pretty easy in the comedy world.

Ed Gamble

William 'The Don' Frost.

Rina Sawayama

Yes, he's literally next door. He's probably listening to this.

James Acaster

The yes. Yes. I mean, I guess we'll get sued by him after this, The Don.d

Ed Gamble

Yes, I'd imagine so.



James Acaster

The Don taking us to court.

Ed Gamble

Yes. The Don's very litigious, I think.

Rina Sawayama

See that's, again, showbiz. Sounds showbiz to me.

James Acaster

Yes, we're getting taken to court by The Don. Get She Hulk to defend us.

Ed Gamble

Sometimes I can tell when James has been watching something or listening to something because he'll try and get it into conversation immediately.

James Acaster

That's my favourite lawyer.

Ed Gamble

It's at the front of his brain.

James Acaster

That's the best lawyer in town.

Ed Gamble

'Get She Hulk to defend us.'

Rina Sawayama

Is it good?

Ed Gamble

It's brilliant. I love it.

Rina Sawayama

Is it? Oh, I need to watch it.

James Acaster

She would defend us in court, the She Hulk.

Rina Sawayama

I didn't know she was a lawyer.

James Acaster

Yes.

Rina Sawayama

Was the original Hulk a lawyer?

Ed Gamble

No.

James Acaster

Huh? The original Hulk? Bruce Banner's a doctor, but in the comic books, She Hulk is a lawyer. So



she's his cousin, she was a lawyer all the time, and then she became a Hulk and she carried on being a lawyer as a hulk.

Rina Sawayama

A lawyer. What kind of lawyer is she?

James Acaster

She is in the superhuman law division. So it's all those kinds of things.

Ed Gamble

She talks down the camera a lot, I don't know if I've told you this. I've been calling it Flea Hulk.

James Acaster

That's funny. That is good.

Ed Gamble

Yes, yes.

James Acaster

Because I'm not on social media anymore I don't know, have people done that joke?

Ed Gamble

No, as far as my I'm aware it's just me.

James Acaster

You want to tweet that right now because Rina's going to do that after if you're not careful. If you're not careful. Someone's got an album to promote over there, so that's getting tweeted.

Rina Sawayama

I can connect anything to my album promo and I will connect that to my album.

James Acaster

Yes, 'Flea Hulk says, 'Buy my album.'"

Rina Sawayama

Yes, exactly.

James Acaster

So you want the beef rolls, the dumplings.

Ed Gamble

The noodle soup.

Rina Sawayama

Noodle soup. And there was a green bean side dish. Everything was perfect. Everything was perfect. Like, the best version of wherever I've had it and it was so cheap. And there was so much to take home.

James Acaster

Yes, I think that's fine as her four main courses.

Ed Gamble

I mean, it sounds absolutely delicious. Talk to me about hotpot, though, because I'm slightly obsessed with hotpot.



Rina Sawayama

Love hotpot.

James Acaster

We've recorded some other episodes today and in the previous one hotpot came up as well.

Ed Gamble

I really tried to reach out to our guest about hotpot and she was like, 'No, I don't like hotpot.' So I'm desperate to talk to someone about hotpot.

James Acaster

He really wants to bond with someone over hot pot.

Rina Sawayama

I love hot pot.

Ed Gamble

It's so good.

Rina Sawayama

This is what I feel that Asians have that the Westerns don't have. Do you say westerns? I don't think that's the craze.

James Acaster

Yes, I call myself a western.

Ed Gamble

Western, yes.

Rina Sawayama

A westerner.

Ed Gamble

Let's go with Westerns.

Rina Sawayama

A westerner? The Westerns. I'm just making shit up today. Sorry guys.

James Acaster

The westies. Good old westos.

Rina Sawayama

The Westos. You guys don't have, like, an occasion around making the food together, whereas in Japan it's normal to make gyoza together and then you pan fry the gyoza together in a grill at the table. And hotpot is one of those things where it's an occasion and you come together and you make the meal together. And that's, like, it gives you something to do and it gives you something to talk about and discuss.

Ed Gamble

It's just great. Same with any, like, Korean barbecue place, actually having the grill in the middle of the table. And you can, like, chat as you do it. It's fantastic.

Rina Sawayama

Oh yes. What's your favourite thing to put in hotpot?



Ed Gamble

I mean, I'm a meaty boy. But actually, when we went to Haidilao a couple of months ago, Leicester Square, and the shrimp, like, the shrimp balls, it's a shrimp paste. Like, the little balls of that, put that in there and just watch that cook away and just watch that cook away. And yes, absolutely delicious.

Rina Sawayama

The unidentified shrimp balls.

Ed Gamble

Yes, yes. So good, into the really spicy tallow broth that when some drips on the thing and it dries, you see how much fat's in it.

Rina Sawayama

Oh, it's just pure fat on top.

Ed Gamble

Yes, pure fat.

Rina Sawayama

Asians aren't scared of fat at all.

Ed Gamble

And why would you be?

James Acaster

I've tried many a time to scare an Asian person with some fat. Never works. Never scared.

Ed Gamble

I remember.

James Acaster

Yes, try all the time.

Ed Gamble

Chased after Mr. Dragon with a pot of peanut butter, didn't you?

James Acaster

Yes. 'Hi Mr. Dragon, good to meet you, have some fat.'

Ed Gamble

He didn't bat an eyelid, that guy. He was fine.

James Acaster

'Do you want a seat or what?'

Ed Gamble

'Do you want some noodles?'

James Acaster

Yes. 'Sit down, you're not scaring me with that. Why are you carrying around a jar of fat with you?'

Ed Gamble

You got to stop doing that, man.



James Acaster

Yes, I should stop but like, one day. One day, I'll get someone. I'll get someone.

Rina Sawayama

You just need to tweak the fat.

James Acaster

Yes, yes. How I'm presenting it. There's something going on and I'll find the right way.

Rina Sawayama

Yes, they're definitely not scared of sesame oil.

James Acaster

No. Tell me about it.

Rina Sawayama

No, vegetable oil.

James Acaster

Tell me about it, I've been down that road.

Rina Sawayama

You remember that one time?

James Acaster

Yes, yes, I've been down that road.

Ed Gamble

Yes, threw a bottle at Phil Wang. Didn't even duck.

James Acaster

Yes. 'Take this, Phil Wang.' Just caught it. Bam, drunk it. 'Thanks for the sesame oil.' 'Oh, shit. Phil, that was quite expensive.' So is your dream side dish part of this, or have you got a different dream side dish?

Rina Sawayama

The side dish was the green beans.

Ed Gamble

How are the green beans prepared?

Rina Sawayama

The green beans are definitely wok fried, which I believe is the most superior way of cooking vegetables, but it has to be a proper wok with, like, a jet engine underneath. Normal, like, you can't do wok meals on an electric stove or an induction, just not hot enough. You need to put an actual, like, jet engine Boeing flame underneath. Otherwise it's not wok, you don't get the wok hei, which is the smokiness you get from the wok.

Ed Gamble

Oh, the sort of hazy, like, proper yeah actual heat. Yes.

Rina Sawayama

Yes, so that remains on the food and it's called wok hei. That's what gives it that, like, natural smoky flavour.



James Acaster

Oh, cool. This isn't more made up science, is it? Am I falling for it again like the enzymes?

Rina Sawayama

I'm just making it up. No, I'm joking. It's for real.

Ed Gamble

She's trying to confuse the Westerns.

James Acaster

She's got us.

Rina Sawayama

Yes. I can say anything to you guys.

James Acaster

I've never heard about that before. That's great.

Rina Sawayama

Yes. And then I think it had, like, some minced meat around it. Basically like what cooking should be. Everything's under a minute. You know, it's just, like, super quick and it makes sure that it's very crisp, it's all very well cooked, but the inside's still crispy. Like, perfect. My worst nightmare is overcooked vegetables. Like, worst nightmare. I really think it's like, if you're born prior to 1990, I feel like your entire childhood is just over-boiled vegetables.

James Acaster

I know the pain of over boiled vegetables.

Rina Sawayama

Do you know what I mean? And then I think nowadays, people know how to cook it a bit better and you shouldn't boil broccoli for, like, ten minutes, you know what I mean? But like, before, I think we all grew up with over boiled vegetables.

Ed Gamble

School dinners.

Rina Sawayama

Oh, just wet.

Ed Gamble

Wet, over boiled veg.

Rina Sawayama

Carrots.

James Acaster

I think still to this day, the most amped up I've ever seen my mother is when she got a steamer and we started having steamed. And we were too young to appreciate that it was a big deal, and she would really hype it up to us. Like, 'I steamed these,' 'Yes, yes, yes.'

Rina Sawayama

She's like, 'It's nutritionally superior.'

James Acaster

'What's for pudding, mum? You know what the question is at the Acaster table.'



Ed Gamble

'Unless you're steaming a sticky toffee pudding right now, we don't care you got a steamer.'

James Acaster

I don't care that you steamed the broccoli.

Rina Sawayama

But now do you appreciate it?

James Acaster

Yes, yes, I get why she was excited about it now and I apologise to her. I'd like to formally apologise on the podcast to my mother for not being excited about it.

Ed Gamble

Have you got a steamer?

James Acaster

No, no, because I hated having to wash that up.

Rina Sawayama

It's a nightmare to wash up. Yes.

James Acaster

As a kid, you know, we're taking it in turns to washing up, drying up, and every time she used that steamer I was like, 'I've got, like, three stories of plastic here that I now need to wash up for you.'

Ed Gamble

When you saw her using it on your wash up night, is it annoying on dry up night as well?

James Acaster

Yes, I still didn't enjoy drying it.

Ed Gamble

Yes.

James Acaster

I was like, 'That's so much more work than if you just boiled it in a little saucepan. Now I've got to do all these layers of stuff. Disgusting.' Hated it.

Rina Sawayama

That's the thing about gadgets, isn't it though? Convenient until you have to wash it up. I have a mini chopper which is my favourite gadget.

Ed Gamble

Talk me through it, mini chopper.

Rina Sawayama

Mini chopper is, like, £10. My one's from Tefal and it's got a white lid and a green pulley. It's got a string, and it's got two blades inside, so it's not electrical, like, you don't have to plug it in. It's, like, tiny, and then you just pull loads. Does that make sense?

James Acaster

Like a motorboat.



Rina Sawayama

Yes.

James Acaster

Yes.

Rina Sawayama

And then, it chops up everything really fine.

Ed Gamble

Does it look, sort of, uniform the way it chops it up?

Rina Sawayama

Absolutely not (laughter).

Ed Gamble

Oh no. It's a disaster.

Rina Sawayama

No, it's a disaster, but does it save time?

Ed Gamble

But then, you end up making something with loads of different sized cubes in it and stuff.

Rina Sawayama

Yes, but then you have to clean it.

James Acaster

So, you put stuff in there.

Rina Sawayama

Well, you've just got to do it so much that it's pulverised, you know, and then it's consistent finally because you can't-,

Ed Gamble

But then, it's a paste, right?

Rina Sawayama

Then it's just a paste.

Ed Gamble

Yes, it's sounds awful, Rina, to be honest.

James Acaster

Yes, your favourite gadget-,

Rina Sawayama

But it's my favourite.

James Acaster

Okay.

Rina Sawayama

It's my favourite. Also, you know, like, if you have to wash the lid which contains the string in it, think about it. Think about the wet string.



James Acaster

Yes, I get it. I'm never getting that.

Rina Sawayama

No.

Ed Gamble

No.

James Acaster

The thought of washing it up alone would make me never buy that.

Rina Sawayama

Yes.

Ed Gamble

Yes. Does it go in the dishwasher?

Rina Sawayama

No, hell no.

Ed Gamble

Of course not. You can't put string in the dishwasher, what am I thinking?

Rina Sawayama

No.

Ed Gamble

The amount of times I've tried to wash a load of string.

James Acaster

Yes.

Ed Gamble

Yes. Nightmare.

Rina Sawayama

All tangled.

Ed Gamble

Trying to wash my string vest in the dishwasher.

James Acaster

In the dishwasher.

Ed Gamble

Yes.

Rina Sawayama

It's all tangled.

Ed Gamble

Yes, all tangled up. Got to buy a new string vest.



James Acaster

Yes, I'd like this to carry on please (laughter).

Rina Sawayama

I've just learnt how to load a dishwasher though.

Ed Gamble

Okay, what are you talking about?

Rina Sawayama

No, like, properly. I bet no one knows how to actually load.

James Acaster

We don't usually ask guests their age, but earlier you said people born before 1990, and I was like, 'As if?'

Rina Sawayama

Yes.

James Acaster

I didn't believe that you were born-,

Rina Sawayama

Yes, I was born in 1990.

James Acaster

You were born dead on.

Rina Sawayama

Dead on 1990.

James Acaster

Dead on, but you've only just learnt how to load a dishwasher.

Rina Sawayama

Properly.

James Acaster

Properly, so you've been doing it wrong your whole life.

Rina Sawayama

There is a science. Yes.

James Acaster

Okay.

Ed Gamble

So, do you think we're not going to know this?

Rina Sawayama

You're not going to know this. I just know.

Ed Gamble

Okay. Let's hear it.



Rina Sawayama

The direction of the plates, like, do you do it against the angle? Do you know what I am talking about? You know the little spikes in the bottom? You're meant to do it with the angle on the spikes. Just visualise it.

Ed Gamble

So, you've got to flip them around basically.

Rina Sawayama

Well, flip them round, so they're really tilted.

Ed Gamble

Now, I think we're talking about different dishwashers here because I've got, like, a little half size one and there's no angle on one line.

Rina Sawayama

Is it just straight like that?

Ed Gamble

So, they sit quite straight up for the plate.

Rina Sawayama

Okay.

Ed Gamble

And my plates are quite thick. Not showing off.

Rina Sawayama

Has it got a rim?

Ed Gamble

They've got big old rims, so I've got to leave the space in between each one.

Rina Sawayama

So annoying.

Ed Gamble

And that's actually perfect for that one, but the others are slanted, and I've been doing it the wrong way I think for the little plates and bowls.

Rina Sawayama

You're not standing it up in a cupboard. That's not the way. It should be really slanted because that is how, like, the water shoots up and properly cleans it.

Ed Gamble

What are you putting on the top shelf of the dishwasher? What's going on there?

Rina Sawayama

Glass and bowls.

Ed Gamble

Glass and bowls.

Rina Sawayama

Yes, little bowls.



Ed Gamble

I never know what to put up there.

James Acaster

Yes, I put in plates east facing, bowls south facing, and then I just, like, dump the cutlery in when it's mid cycle (laughter).

Rina Sawayama

That's what the manufacturers would want.

James Acaster

Yes, got to do it as you go. Top shelf, mainly just, you know, lemon juices.

Ed Gamble

Yes. Well, you get through a lot of them, don't you?

James Acaster

All my lemon juices on the top there.

Rina Sawayama

Things that you're not really meant to put in the dishwasher you should put on top, like knives, micro-planes.

James Acaster

micro-planes.

Rina Sawayama

Oh yes.

Ed Gamble

There's no point putting a micro-plane in the dishwasher, is there? It's not doing the job.

Rina Sawayama

Probably no.

Ed Gamble

It's not. If you've taken a micro-plane to a bit of ginger, you're not getting those hairs out.

Rina Sawayama

No, that's true.

Ed Gamble

It comes out looking hairier, if anything.

Rina Sawayama

Yes, it's true.

James Acaster

You have a beard.

Ed Gamble

Yes.



Rina Sawayama

And you pull it out and it's a string vest.

Ed Gamble

Yes.

James Acaster

Yes. Perfectly woven. (Interlude) Your dream drink.

Rina Sawayama

This is a Japanese drink and it's called a Sudachi Sour. And sudachi is a type of citrus fruit that is, again I'm making shit up, native to Japan.

James Acaster

Wow.

Rina Sawayama

I don't think that's true.

James Acaster

No, so that's just a lie.

Ed Gamble

But you can tell us that and we'll believe it.

Rina Sawayama

Yes, okay fine. It's native to Japan.

James Acaster

The thing is that before you say your lies, you T it up with, 'I'm making this up.'

Rina Sawayama

Yes.

James Acaster

Which makes it hard to fall for the lie.

Rina Sawayama

Which makes it more believable.

James Acaster

Okay, yes.

Ed Gamble

I have fallen for that one though.

Rina Sawayama

Is that how it works?

James Acaster

Yes, if you, like, flag it up with, 'This is bullshit.' And then you tell them a lie-,

Rina Sawayama

And then people think it's bullshit.



James Acaster

Then people will not believe it, I guess.

Rina Sawayama

Okay, that's interesting.

Ed Gamble

I think we find in comedy sometimes, for a long time I'd start my jokes by saying, 'This is really funny.' And people don't believe it.

Rina Sawayama

Yes, right. Okay.

James Acaster

And that's a very difficult-

Ed Gamble

You've got to sneak up on them with it, otherwise-

James Acaster

If you say, 'Here's the funny bit.'

Ed Gamble

Yes.

Rina Sawayama

So, sudachi is a Japanese citrus that is native totally to Japan. It doesn't exist in your house.

Ed Gamble

Wow.

James Acaster

Sold. I believe it. What's it like?

Rina Sawayama

It's a much more bitter version of a lime. It's, kind of, close to yuzu, but it's more limey, and then you mix vodka and then it's just sparkling water, but that is my favourite. There's a lot of different variations of sours and there's also one of my other favourites which is the Japanese plums sour. Have you ever tried a Japanese plum?

Ed Gamble

Umeboshi.

Rina Sawayama

Umeboshi, yes. Very, very, very sour, but you, like, squash it at the bottom, and then you just pour vodka, and then pour fizzy water.

Ed Gamble

Nice.

Rina Sawayama

And I think that, you know, just the vodka and fizzy water is really taboo. You have to add another, like, actual fruit in it and I think that's when it tastes good.



James Acaster

See, when I think of sours, like, I can have whiskey sours or whatever, and they've always got in egg in them to froth them up, and I like that.

Rina Sawayama

Soufflé.

Ed Gamble

It's a soufflé drink.

James Acaster

I guess we're coming back to, is that too eggy for you? Because you guys don't like egg in the eating, egg in your desserts, do you like egg in your cocktails?

Ed Gamble

Raw egg white doesn't taste as eggy as cooked egg white for me.

James Acaster

White egg if you please.

Rina Sawayama

That's so true actually.

Ed Gamble

White egg. Sorry, white eggs.

Rina Sawayama

White eggs.

Ed Gamble

Yes, if you're eating white egg cooked, it tastes eggy.

Rina Sawayama

That's so true.

Ed Gamble

The raw stuff whipped up, no it's not eggy.

James Acaster

So, you're both okay with that.

Ed Gamble

Yes.

Rina Sawayama

Yes, totally fine.

James Acaster

Is there egg white in these drinks you're talking about now or not?

Rina Sawayama

No, it's very refreshing.

James Acaster

So, it's just a refreshing sour.



Rina Sawayama

So, refreshing. I really don't drink that much. In fact I had two drinks yesterday and I have a hangover this morning.

James Acaster

Do you?

Rina Sawayama

It's very sad. I used to drink, like, a bottle at pre-drinks at university, and then go out, and then drink another bottle of wine, and now I'm just one glass.

Ed Gamble

What's happened? What's gone wrong?

Rina Sawayama

I think I actually don't possess the enzyme to break down alcohol.

Ed Gamble

Is it time to get on Amazon?

Rina Sawayama

Maybe there is something for that.

James Acaster

Little pill with a pint on it.

Rina Sawayama

Great. There we go. If there isn't, then I'm making one for sure. So dangerous.

Ed Gamble

They do have pills that are supposed to prevent hangovers.

Rina Sawayama

Does it work though?

Ed Gamble

No, I'm almost certain they don't work.

Rina Sawayama

No, I've started drinking biodynamic wines because I've heard-,

Ed Gamble

Yes, that's bullshit.

Rina Sawayama

Is it?

Ed Gamble

Yes.

Rina Sawayama

All my pop girl friends tell me that it's real.



Ed Gamble

People love saying that.

James Acaster

Pop girl friends.

Rina Sawayama

No, like, the pop girls, who are my friends they all say, 'Yes, biodynamic wine, it's amazing. Doesn't give you a hangover.'

Ed Gamble

I think people think that because it's often lower alcohol.

Rina Sawayama

Oh okay.

Ed Gamble

So, it's compared to, like, you might get a bottle of red wine that's 13.5% or something, and then a lot of natural and biodynamic wines are 10%, 9% some of them, and you feel, like, I'm having a bottle of wine, but you're not, you're having, like, half a bottle of wine.

Rina Sawayama

Oh, and that's why it doesn't give you as much of a hangover.

Ed Gamble

Yes, I think so, but also I've managed to get some pretty horrible hangovers on biodynamic wine.

Rina Sawayama

Biodynamic wine.

James Acaster

Who's up for a challenge with this one?

Ed Gamble

Yes.

James Acaster

He'll do it.

Rina Sawayama

Let's do it. Let's take some shots right now.

Ed Gamble

I'm the science for you.

James Acaster

Yes, all in the name.

Ed Gamble

I'll disprove it. Let's do the experiment.

Rina Sawayama

Yes, let's do it. That's what I want. I want to know if that's true or not honestly because I mean, I can't drink normal wine anymore.



Ed Gamble

That's devastating.

Rina Sawayama

I know, but the thing is I couldn't even tell the difference between any of the different-, you know when people are like, 'This is the best one you've ever had.'? Or they'll, I don't know, it's, like, a celebration moment and they're bringing out this incredibly old wine or whatever, can't taste it, can't taste the difference, sorry. And coffee as well for me, I can't, I'm just, like, Starbucks or Artisan coffee, I can't taste the difference.

Ed Gamble

So, that's interesting that you can taste wealth in food, but not drinks.

James Acaster

Oh yes.

Rina Sawayama

No, absolutely not.

James Acaster

No wealth there.

Rina Sawayama

No.

James Acaster

Interesting, so I guess that's a challenge that one day you might have a drink and you can taste the wealth.

Rina Sawayama

Yes.

Ed Gamble

You know what I do? I take a sip of expensive wine, I go, 'This is normal to me.'

James Acaster

Yes.

Rina Sawayama

You just spit it.

Ed Gamble

I spit it.

Rina Sawayama

Across the table.

Ed Gamble

Smash the bottle. Normal.

James Acaster

Who are your best friends who are also musicians?

Rina Sawayama

I don't have a lot of, like, best friends in the industry, but I mean, I speak to Charli XCX a lot.



James Acaster

I referenced her earlier.

Ed Gamble

Yes.

Rina Sawayama

Queen of hyper pop. Queen of everything. But she can drink.

James Acaster

Tell you what, that playlist I made.

Rina Sawayama

What's it got in it?

James Acaster

I run you into Charli XCX.

Rina Sawayama

Which song?

James Acaster

Clause.

Rina Sawayama

Love it.

James Acaster

Bam bam.

Rina Sawayama

You need the ultimate test as Vroom Vroom by Charli XCX. That's Charli and Sophie.

James Acaster

Is that an EP?

Rina Sawayama

What album's that from?

James Acaster

I think it's an EP, but I might be wrong. I might be wrong there and that's it now, all my credentials that I've built up on this episode are gone.

Rina Sawayama

I'm really bad at remembering. I think it was an EP.

Ed Gamble

I feel, like, a pretty old man right now.

Rina Sawayama

I should know. Again, I'm going to be cancelled by Hyper Fox.

James Acaster

But, you like Belphegor.



Ed Gamble

I like Belphegor. That's true.

James Acaster

So, don't forget.

Ed Gamble

I like Lou's old band. Lou used to be in a band.

James Acaster

Lou from the hot sauce company was in a band.

Ed Gamble

He was in a band called Pine. He's not in Pine anymore, but they're an excellent metal band.

Rina Sawayama

Cool.

Ed Gamble

Yes.

James Acaster

It was an EP, yes.

Rina Sawayama

It was an EP.

James Acaster

Dream Dessert.

Rina Sawayama

Okay. Again, snorting time.

Ed Gamble

Okay, snort away.

Rina Sawayama

Snort away.

James Acaster

(snort) Different snort.

Rina Sawayama

Different snort. Sorry, that wasn't the right sound.

Ed Gamble

Do yours again?

James Acaster

(Snort).

Ed Gamble

Yes, that's not-,



James Acaster

That's what I do when I go to the drug parties, 'Let me have some of that.'

Rina Sawayama

The drug parties.

James Acaster

Hey guys.

Ed Gamble

You know when people snort cocaine? They don't do it like pigs.

James Acaster

I'm going to bump of that cocaine (snort) (laughter). Benito hates this.

Rina Sawayama

Oh God.

James Acaster

That's how I snort the cocaine, but I waddle away.

Ed Gamble

You trying to fit in. People all crowded round.

Rina Sawayama

Hey guys, what's that?

Ed Gamble

Do the lines. Do you want to snort a line, James? 'Yes, cool. I've done loads tonight, but here we go. (snort) what the fuck are you doing?

James Acaster

Thanks guys. Hey, you know for years I didn't cocaine for five years, and then started doing diet cocaine, but it tastes just like normal cocaine.

Ed Gamble

So, the lactose is back out.

Rina Sawayama

Lactose is back out because honestly, desserts without lactose is hell.

Ed Gamble

Sure. Are we off to creamy town? What's going on?

Rina Sawayama

Oh, onto creamy town. This is again another unrelatable Japanese food that I'm going to introduce.

James Acaster

Okay.

Rina Sawayama

I love Japanese convenience stores. I don't know if you've been to a convenience store in Japan.

James Acaster

Oh yes. Not in Japan.



Rina Sawayama

I mean, I think across Asia it's just a-

James Acaster

Ben finds certain things quite funny, and he found it funny that when you said, 'I don't know if you've been a convenience store.' I was about to say yes because I've been to one in London, and when you said, 'In Japan.' I went, 'Not in Japan.' Which made me look like it was a stupid thing I was about to-, and he likes those moments a lot.

Rina Sawayama

It tickled him.

James Acaster

Yes, he's done so many of these episodes that the things he finds funny and stuff, that even if someone had listened to every single episode of Off Menu, they wouldn't get to the tiny things that Ben notices.

Ed Gamble

He's a weird guy as well.

James Acaster

So, his favourite thing is me going to go, 'Yes. Oh no.'

Rina Sawayama

Oh no.

James Acaster

If I look stupid, he enjoys it.

Rina Sawayama

Oh okay. Fair enough.

Ed Gamble

The 7-Eleven's in Japan are insane.

Rina Sawayama

Insane.

Ed Gamble

What's the other?

Rina Sawayama

Lawson.

Ed Gamble

Yes.

Rina Sawayama

But they have, like, the natural versions, so there's Natural Lawson which is the more organic one. It's very direct. Lawson or Natural Lawson, and they have a Family Mart which the food is just insane. Anyway, so in Natural Lawson, I was staying at this hotel in Akasaka which is where I wrote one of my songs on my old album called Akasaka Sad. There was this Natural Lawson across the road and they have this, do you know what a mochi is?



Ed Gamble

Yes.

James Acaster

Yes.

Rina Sawayama

Imagine, like, the mochi skin, but very, very thin, inside that is a layer of cream, and inside that is a very, very thin but soft layer of sponge, and then inside that is more cream, and then in the middle of that is a strawberry.

Ed Gamble

Oh wow. Yes. What the fuck. What. (laughter)

Rina Sawayama

It's fucked.

James Acaster

Wow. How big is this thing?

Rina Sawayama

Palm of your hand size.

James Acaster

So, like a tennis ball.

Rina Sawayama

Yes.

James Acaster

Yes, wow.

Rina Sawayama

It's got the texture of a cake, but it's got the pull of the mochi.

Ed Gamble

I wouldn't know how to go about eating that in a dignified way.

Rina Sawayama

Because it has lots of powder on and-

Ed Gamble

So, there's the powder and then the cream.

Rina Sawayama

Then the cream.

Ed Gamble

And, you've got to get to the strawberry.

Rina Sawayama

Then they've got the sponge, and they've got the cream, and then the strawberry in the middle.

Ed Gamble

I'm going to eat that alone in the toilet.



Rina Sawayama

Yes.

James Acaster

Yes.

Rina Sawayama

Oh, it's amazing.

James Acaster

I'll eat that alone in the toilet.

Rina Sawayama

Crying.

James Acaster

I'll eat that with you in the toilet, Ed, if you'll have me.

Ed Gamble

Yes, I never got over-, I never had one because I couldn't bring myself to get over the weirdness of it was, like, a sando with cream and strawberry in them.

Rina Sawayama

Yes, fruit sando.

Ed Gamble

And I would love it, but it just feels so strange.

James Acaster

I'd do it straight away. I didn't even know it exists until you just said, but if I saw one of them-, I want to go to Japan so much. I've never been.

Ed Gamble

Oh man.

Rina Sawayama

The food it just insane.

James Acaster

And I'd go and do you know what?

Rina Sawayama

And so cheap.

James Acaster

I'd pack. Just one suitcase, but full of fat. I'd go to Japan and then I'd be like, 'Anything to declare?' Yes, fat party. How do you like this? I want to see if I scare them finally.

Rina Sawayama

And then they'll arrest you.

Ed Gamble

No, they wouldn't be scared.



James Acaster

Well, we'll see. We'll see how scared they are.

Rina Sawayama

Japan's not great from jail.

James Acaster

Oh yes. Pretty bad in jail. Still though, that would really help me put, you know, my scaring skills to the test. If I can scare prisoners, then I can scare anyone, so if I go to prison, smuggle some fat in up my ass, and then scare everyone.

Ed Gamble

Yes. I mean, your fingers are being chopped off straight away. You'd get absolutely achoozered as soon as you bring in a bottle of olive oil to a Japanese prison (laughter).

Rina Sawayama

They might be quite novel, you know, that's a new thing.

James Acaster

Yes.

Rina Sawayama

I've never heard anyone do that as a tactic.

James Acaster

They might like me.

Ed Gamble

They might like you (laughter).

Rina Sawayama

Honestly though.

Ed Gamble

I like this guy.

James Acaster

He's weird.

Rina Sawayama

Honestly, there's going to be a script writer who's listening to this podcast that's just like, 'Wow, wait a minute. That's a great superhero joke.'

James Acaster

It's West, you know, who goes to Japan and tried to scare people with fat and ends up prison smuggling olive oil up his ass (laughter). What's this dessert called?

Rina Sawayama

I don't know.

James Acaster

Benito.

Rina Sawayama

Mochi cake.



James Acaster

Mochi cake with a strawberry in the middle.

Rina Sawayama

Mochi cake with a strawberry in the middle. Their desserts in Natural Lawson and Lawson convenience stores are very descriptive, so they probably could be mochi cake with cake in the middle.

Ed Gamble

I think mochi was the last food that I had that genuinely surprised me, and I never had anything like it before.

Rina Sawayama

Yes.

Ed Gamble

Texturally, there's nothing like it. It's crazy.

Rina Sawayama

It's pounded rice. It's just so much rice.

Ed Gamble

Yes, and the way it as well.

Rina Sawayama

Insane.

Ed Gamble

The hammer lads just going for it, it's great.

Rina Sawayama

It's dangerous though.

Ed Gamble

Yes.

Rina Sawayama

People die.

James Acaster

It's something that-,

Ed Gamble

Yes, because they have to have the exact right rhythm, right?

Rina Sawayama

Oh, not that. I mean, people die eating it.

Ed Gamble

Really?

Rina Sawayama

Yes, because if you're, like, a kid or an old person, and you eat a bit-, because the mochi that we have in Japan is a square of mochi, and you put it in the, that they call an oven toaster, which is



basically a grill, and then you wait until it, kind of, explodes. When it gets hot, then it's fully soft and chewy, but you have to be careful. You have to chew it little by little because otherwise it can get blocked in your throat.

Ed Gamble

So, people just choke to death on it.

Rina Sawayama

People choke to death. Every year there's casualties.

Ed Gamble

That's when you know something's good.

James Acaster

What?

Rina Sawayama

Because it's a delicacy that you eat in, like, the New Year's Day celebrations, so people die.

James Acaster

So, some people on New Year's Day.

Rina Sawayama

Yes, I know.

Ed Gamble

That's how good it is, that people are like, 'I'm still going to eat it.'

Rina Sawayama

Risk it all.

James Acaster

They'll think, won't they? I hear that certain amount of people die from this every year, but it can't be me, the likelihood of that, but I guess while it's happening, they must be thinking in their head, 'It's me this year. I can't believe it's me this year.'

Ed Gamble

I was arrogant. I said it wasn't going to be me.

James Acaster

It's me this year.

Rina Sawayama

This little, tiny white square.

James Acaster

I'm the mochi. I'm a statistic. I'm going to read your menu back to you now see how you feel about it.

Rina Sawayama

Yes, go on.

James Acaster

Still water.



Rina Sawayama

Yes.

James Acaster

Poppadoms and bread. You want Joe and the Juice, Joe's Club.

Rina Sawayama

Yes.

James Acaster

Your starter. First of all, you want to snort a lactose tablet.

Rina Sawayama

Lactase.

James Acaster

Lactase tablet.

Ed Gamble

James, you've got to get this right man.

Rina Sawayama

Every time.

James Acaster

Got to stop. If I'm going to blend in at these drug parties, I've got to learn my terminology. Your starter, a cheese soufflé from Le Gavroche. Am I saying that right?

Rina Sawayama

Le Gavroche.

James Acaster

Main course, you want to go to Mr Dragon Noodle House and have beef rolls, dumplings, noodle soup, and side dish also from Mr Dragon Noodle House of the wok-fried green beans. Drink, a sudachi sour.

Rina Sawayama

Yes.

James Acaster

Dessert, this mochi cake with strawberry in the middle from Natural Lawson.

Rina Sawayama

Yes.

James Acaster

How do you feel about that hearing it back? It sounds pretty good to me.

Ed Gamble

Yes.

Rina Sawayama

Yes, sounds really good. Sounds bloaty, but that's the best, kind of, meals.



James Acaster

I mean, you're having a thin sandwich to start.

Rina Sawayama

I mean, having a sandwich to start is not real, it's not normal.

Ed Gamble

Do you want to-,

James Acaster

(Talking over each other).

Ed Gamble

Do you want to crush up a Renee and snort that at the end?

Rina Sawayama

Yes.

Ed Gamble

Yes, I think at the end we're just going to have to bring you a massive mirror with all sorts of digestive pills just all crushed up into lines and you go for it.

Rina Sawayama

Everything. Renee, yes.

James Acaster

Yes.

Rina Sawayama

And then just, like, some Pepto-Bismol. It's a liquid, so you just (talking over each other).

Ed Gamble

Yes, that's not going to be dignified.

Rina Sawayama

Yes.

James Acaster

Yes, you can snort everything on the mirror, and then when the mirror's clear, you'll just see a reflection of me standing behind you with a jar of fat (laughter).

Ed Gamble

That's the only way you're going to do it.

James Acaster

I think that scares people.

Ed Gamble

It's not the fat.

Rina Sawayama

That is actually very scary.

Ed Gamble

That is you who's scaring them.



James Acaster

Yes, suddenly there's someone behind them. I won't count that as a win.

Ed Gamble

Worth a go though.

James Acaster

Yes. Worth a try.

Ed Gamble

Let's end this episode now.

Rina Sawayama

With a disclaimer. Please do not snort any digestive aids.

Ed Gamble

Don't order pills off Amazon.

Rina Sawayama

Do. No, actually don't. Sorry, I don't want to endorse anything.

Ed Gamble

Rina, thank you very much for coming to the dream restaurant.

Rina Sawayama

Oh my goodness. Thank you so much for having me.

Ed Gamble

There we are, lovely chat with Rina.

James Acaster

Brilliant. Brilliant menu.

Ed Gamble

Yes.

James Acaster

Lovely chat and no mention of banana Yop.

Ed Gamble

No mention of banana Yop, but I seem to remember I said I'd put a string vest in a dishwasher.

James Acaster

You did say that. You were high as a kite at the time. I guess you wouldn't remember. You crushed up a load of lactase tablets and snorted them up your butt, so you won't remember that you spoke about that.

Ed Gamble

What?

James Acaster

But you did say you'd put a string vest in a dishwasher.



Ed Gamble

And I'd make one out of ginger string.

James Acaster

And you would make one out of the ginger string as well, so you were really buzzing man. You were really on something.

Ed Gamble

I'm a crazy guy, man. I'm a crazy guy.

James Acaster

Also, that's another good reason why banana Yop wasn't in there because that would have required a lot of lactase pills.

Ed Gamble

Oh my God, that's a whole packet. You'd have to get one of those subscriptions from Amazon for that.

James Acaster

Yes. You'd have to get a full year's worth subscription and do them all at once.

Ed Gamble

You'd have to take a pill so big, it would have a full-sized cow printed on it.

James Acaster

Yes, it's to scale.

Ed Gamble

Yes, a scale cow. Not a scaly cow.

James Acaster

Not a scaly cow. That's a fish.

Ed Gamble

Yes.

James Acaster

I don't know what a scaly cow would be, a manatee.

Ed Gamble

Yes, a manatee.

James Acaster

But have they got scales?

Ed Gamble

No.

James Acaster

No.

Ed Gamble

Don't forget that Rina's new album is out now, Hold the Girl.



James Acaster

Hold the Girl, and her hot sauce this hell.

James Acaster

And she's on tour.

Ed Gamble

So many things going on.

James Acaster

Absolutely no excuse for you not to have more Rina Sawayama in your life.

Ed Gamble

Yes, go get it. I'm on tour as well. Go and see me on tour, Ed Gamble, Electric, edgamble.co.uk for tickets.

James Acaster

I've got a book out, **James Acaster's** Guide to Quitting Social Media: being the best you can be and saving yourself from loneliness volume one.

Ed Gamble

I've not read it yet, but I've put it at the front of my shelf as, like, a lovely ornament.

James Acaster

Yes. Look, and people don't have to read it. That's what people who bring out books don't tell you. I'm happy for you to use it as an ornament. I get paid the same either way.

Ed Gamble

Yes. Audio book out?

James Acaster

Yes.

Ed Gamble

I'd listen to that.

James Acaster

Yes, just listen to it.

Ed Gamble

Yes.

James Acaster

I mean, you hear my voice a bit too much. I wouldn't really expect you guys to go anywhere near the book or the audio book actually, the two of you.

Ed Gamble

That's a shame.

James Acaster

You need a break.

Ed Gamble

If I wrote a book and neither of you read it or listened to it, I'd be gutted.



James Acaster

Yes, I'd read yours, but, you know, I'd read it in Benito's voice, so I feel, like, I've got both of you around.

Ed Gamble

My name's Ed Gamble, and I was born in Wimbledon. I've got diabetes, but it's okay. I used to be fat, but now I'm a bit less fat. I do a podcast with my best friend James. He's cooler than me.

James Acaster

Slap both of you at once. Oh well, it's boiling in here.

Ed Gamble

Yes, hate it.

James Acaster

It's boiling hot. We've got another record to do today and that guest is going to go away with an opinion that I stink.

Ed Gamble

Thank you for listening. Oh God, what happened to my fucking voice?

James Acaster

Ben again.

Ed Gamble

Thank you for listening.

James Acaster

Thank you for listening. Bye.

Ed Gamble

I'm the Great Benito. Thanks for listening to Ed and James' Off Menu podcast. Don't go hungry.