



Off Menu – Ep 170: Babatunde Aléshé

Ed Gamble

Welcome to the Off Menu podcast, taking the oats of humour, pouring in the milk of the internet, putting into a big, lovely, fun, friendly pan, and bubbling away until you get thick podcast porridge.

James Acaster

That's Ed Gamble there. My name is James Acaster, and this is the Off Menu podcast. We own a dream restaurant, and we invite a guest in every single week, and we ask them their favourite ever starter, main course, dessert, side dish, and drink, not in that order. This week, our guest is Babatunde Aléshé.

Ed Gamble

Babatunde Aléshé, an absolutely wonderful comedian. You may recognise him, of course, from many, many stand-up comedy gigs, and, of course, you will recognise him from the wonderful Celebrity Gogglebox. He watches stuff with Mo Gilligan on there. I watch Gogglebox so much.

James Acaster

They're so funny together. Also, we're very excited because, on one episode Babatunde wore an Off Menu t-shirt, which is a bit big for us.

Ed Gamble

Pretty big.

James Acaster

Pretty big. Someone who's not us.

Ed Gamble

The only people who have wore our purchasable merch on television before are us.

James Acaster

Yes, us. So, it's really nice when someone who's not us wore one.

Ed Gamble

You wore it on Big Fat Quiz of the Year, and my appearance is yet too be shown. I wore it on Pointless, and you'll be able to see that. I really tried to get the merch in there, because, originally, they tried to put my name tag over the design, and said, 'No, can I wear it on the other side.' They said no, and we compromised on me wearing it unnaturally high. So, look out for that.

James Acaster

Can't wait. We love Babatunde, but, if he chooses one of the secret ingredients, or the secret ingredient, we just have one a week, something that we deem-, normally we deem it to be disgusting, so we chuck people out, but lately it's been more if we can just relate it to the guest. That makes it a bit easier. We've run out of food that we don't like, really. We ran out of that, probably, episode two. We love food.

Ed Gamble

Yes.

James Acaster

The ingredient this week, that will get Babatunde chucked out the dream restaurant, is Campbell's soup. Now, that is because Babatunde wore the t-shirt on Gogglebox, and it had the tin of Campbell's soup on it. That's our link. That's the thing that binds us.



Ed Gamble

I don't think I hate Campbell's soup necessarily.

James Acaster

No, I don't hate it. I don't have it that much, if I'm honest.

Ed Gamble

How often are you getting Campbell's soup?

James Acaster

Yes, never.

Ed Gamble

Never.

James Acaster

Zero, never. Sometimes I get that-, if I'm going to buy soup, I'll probably get the supermarket, if it's Sainsbury's or Tesco, that's in-,

Ed Gamble

The big plastic pot, yes.

James Acaster

The big plastic pot, or I'll get that little-, whatever the farm one is that's in a carton, a cardboard carton.

Ed Gamble

The Covent Garden soup?

James Acaster

Yes.

Ed Gamble

I went through a big phase with Covent Garden. I think I'm out of the other side now. Now I'm all about the own brand big buckets. Love them. Just, like, a chicken and veg, or something. It makes me feel healthy to have soup, a soup lunch.

James Acaster

Yes, absolutely. The chunkier the better these days. I used to be all about the smooth soups, completely smooth. I want as much stuff in them as possible now.

Ed Gamble

Yes, chunk it up baby.

James Acaster

I want it to be borderline stew.

Ed Gamble

Yes, you've got yourself a stew.

James Acaster

You've got yourself a stew there. I want it to be just before you say that. That's a busy soup.



Ed Gamble

A busy soup.

James Acaster

A busy soup, that's what I want.

Ed Gamble

Yes, one more chunk and it's a stew.

James Acaster

One more chunk, it's officially a stew, but just, like, one chunk off a stew. That's what I want.

Ed Gamble

I used to love the smooth chicken one from Covent Garden, and now, no, it feels like I'm having a carton of milk. Not interested. I think I don't want dairy in soup anymore, unless I'm adding my own dairy. Cream of tomato Heinz, still the daddy really, with so much cheddar grated into it that it almost becomes tomato fondue. That's my hangover-

James Acaster

Is it, that's your hangover food?

Ed Gamble

Yes, and then loads of-, I bought this, like, ghost chilli sauce from Liberty's, the poshest sauce I could find, and I have-, I use two drops per bowl of soup. That's all you can have, otherwise I get hiccups.

James Acaster

You do that for your hangover?

Ed Gamble

Yes.

James Acaster

Lovely.

Ed Gamble

Thank you. Soup chat.

James Acaster

Good soup chat at the top there. Always good to-, I don't think the listeners will ever learn everything about us, food-wise.

Ed Gamble

No, there's always things to learn, and we're always developing.

James Acaster

Always changing as people, yes. So, yes, one of the things I'm looking forward to eating in Disneyland is the soup. There's a soup from one certain place that we're going to. I can't remember what it's called now.

Ed Gamble

Are you worried, about Disneyland, that you're going to be so full that you're not going to enjoy the rides?



James Acaster

I won't go on the rides. I'll just watch my girlfriend on the rides, and I'll eat all the food.

Ed Gamble

That's not true, is it?

James Acaster

No, no, I'm going to go on the rides.

Ed Gamble

Yes, the rides are brilliant.

James Acaster

Yes, I'm going to love going on the rides, but, also, I'm quite excited about the food. We've booked in all our food places now.

Ed Gamble

You've booked in?

James Acaster

Yes, we've booked in our meals, in advance. Benito's nodding.

Ed Gamble

You're not talking about, like, the things you buy from stalls on the way round.

James Acaster

No. I'm currently looking at things to buy in stalls on the way round, because that will be extra little things, but we've booked in our restaurant meals, and where we're going for that. My girlfriend's watched loads of videos on YouTube saying, 'These are the best ones in Disney.' She's collated all of that information, got what the very best ones are from all those different videos, different opinions, and they're the ones that we're going to.

Ed Gamble

What's the one that you're most looking forward to? What's the one to go to?

James Acaster

Well, we're going to Ohana for breakfast, in the Polynesian part of the park. Everyone says, 'You've got to go there. Get the bloody Mary flight that has-, ' a tequila bloody Mary.

Ed Gamble

Sounds like one of the rides.

James Acaster

A vodka bloody Mary and a whiskey bloody Mary, and also get the sticky bread there. So, we're going to get those things there. I think the one I'm most looking forward to is the one that has the busy soup in it, and it has gator bites, and it has fried chicken.

Ed Gamble

Is it like a sort of New Orleans style one?

James Acaster

Yes, it looks really good. It's called Chef something, something.

Ed Gamble

Great.



James Acaster

That's what I'm looking forward to the most. Yes, Chef Art Smith's Homecomin'. That's what I'm most (talking over each other).

Ed Gamble

Are you excited about that?

James Acaster

Yes, everything on that menu looked great, and the man who was eating it in the YouTube video that I watched was delightful. I know that, on Parenting Hell, one of our rival podcasts, Rob Beckett did a whole episode talking to Josh about his experience when he went to Disney World with the kids.

Ed Gamble

Yes, but that's the mistake. He went to Disney with kids.

James Acaster

Yes, and his food portion of that podcast-, it was a great podcast episode, I'll give credit where it's due, but the food portion was just, like, 'Well, I just ate when we could, and whatever.' They went to Jungle Café, or whatever it's called, where there was, like, an animatronic gorilla.

Ed Gamble

Yes, that sounds fun.

James Acaster

We can do, like, our rival one to Parenting Hell, where we do an episode all about the Disney food, or, most likely what will happen is it will just come up in conversation.

Ed Gamble

Yes, naturally, and we'll sprinkle it through maybe 60 or 70 episodes.

James Acaster

Yes. Anyway-,

Ed Gamble

So, without further ado, this is the Off Menu menu of Babatunde Aléshé. Welcome, Babatunde, to the dream restaurant.

Babatunde Aléshé

Yes, thank you for having me man.

James Acaster

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

Babatunde Aléshé

Yes man, I'm glad to be here bro, trust me.

James Acaster

Glad to have you. We probably should start by thanking you for wearing our merch on television.

Babatunde Aléshé

Come on. Hey, guess what, I'm wearing it now. Come on, let's go.



Ed Gamble

One of the new ones. We don't even have one of those.

Babatunde Aléshé

You know what, can I say this? When I got them-, because I get a lot of stuff from Percival. So, I'm going through all the shirts, and I'm thinking, 'Off Menu podcast-', I'm thinking, 'Oh snap, (inaudible)!' Then, when you were at the show, I didn't even clock it was you, bro.

James Acaster

That's so funny.

Babatunde Aléshé

That was so funny, because I'm looking you. I'm thinking, 'Where do I know your face from?' You were just like, 'Where did you get that t-shirt?' I kept saying, 'Why do you keep asking me about my t-shirt bruv? Go away.'

James Acaster

Yes, we did a gig together. You walked in wearing the t-shirt. We'd never met before. So, I was like, 'This is funny. This is a funny guy, because he's walking in. He knows that that's my podcast, and he's doing that to-, he's having a laugh with me straight away.' So, I was like, 'You wearing that t-shirt-', and you were like, 'Yes, I got it from Percival.' I was like, 'Yes, but-', I was like, 'Yes, but, you know, look at the ice cream.' You were like, 'Yes, it's cool. I like it.' I was like, 'This guy-', that's my face on that ice cream Babatunde.' You're like, 'Oh yes. I've got, like, this. I've got a t-shirt and a hoodie.' I was like, 'Do you know the podcast?' It was funny. I texted Benito and was like, 'I think we've got to book this guy, because I've got to figure out what's going on.' Then you warned me, don't make fun of you on the podcast.

Babatunde Aléshé

No bruv, it's all fair game. Do your thing.

Ed Gamble

Was there message that said, 'I'll come on, but don't make fun of me'?

James Acaster

It was a running joke all night. Babatunde would come up to me and go, 'You better not take the piss out of me on your podcast.' Someone told me you wore an Off Menu t-shirt on Gogglebox.

Babatunde Aléshé

I did.

James Acaster

Exciting.

Babatunde Aléshé

That was the green one. See, this is what I'm saying bruv. Percival, they hook me up.

James Acaster

How was Gogglebox?

Babatunde Aléshé

We just wrapped on Saturday, me and Mo. Absolutely fantastic man. I love that show. Hopefully we get another season under our belt. I'll be, like, five seasons, maybe.

Ed Gamble

I love it so much. You two are so great together on it.



Babatunde Aléshé

Thank you man.

Ed Gamble

So good, and I love that, every time James brings up the merch now, every single time, you have to let us know you got it for free as well. 'Absolute respect to you James, but I did get that shit for free. I'm not paying for that.'

Babatunde Aléshé

No, shout out to Percival, like I said. They hook me up all the time.

Ed Gamble

Yes, this is what I mean. You keep saying that to remind us that you absolutely did not pay for it.

James Acaster

'There's no way I'd be paying for that shit.'

Babatunde Aléshé

No, bro, that ice cream one-, oh my days, that is my favourite one.

James Acaster

It's a good one, right?

Babatunde Aléshé

Yes bro.

James Acaster

I love it. You know, our faces are in the ice cream?

Babatunde Aléshé

I know now.

James Acaster

What if they did a Gogglebox podcast edition. Do you think that would work? You and Mo listening to some podcasts, maybe listening to this episode of the Off Menu podcast, and reacting to it together.

Babatunde Aléshé

That might be a thing. I don't know how that would work, just me trying to imagine it in my mind right now. We'd listen to a snippet of something, then we'd respond to it. Maybe.

Ed Gamble

It doesn't feel as natural does it, because you do sit around watching TV with your mates, but you wouldn't all sit round, listening to a podcast, right?

Babatunde Aléshé

Yes, but we give them hell on Gogglebox. You can imagine, two comedians-, we talk so much, to the point where, like, sometimes the director's just like, 'We still have to watch this show, right? No more jokes, please.' No, I love hanging round with Mo, man, but hopefully we get to do some more stuff.

Ed Gamble

Do you have to watch the whole show, or is it snippets?



Babatunde Aléshé

No, it'll be, like, half an hour, maybe 20 minutes of the best bits.

Ed Gamble

I often think about that. Everyone on Gogglebox does a really good job of looking like they've been fully invested in a whole season of something.

Babatunde Aléshé

You get into it. That's the thing, you do still get into it, even though it's, like, 20 minutes. Especially with some of the stuff that you've never seen before, or the scary stuff, because you know me-, well, if you've watched the show. I hate scary movies. So, anything scary, I'm already invested, because I don't want to be scared. So, I'm, like, intense. Yes, it's only 20-30 minutes of each thing.

James Acaster

Have you always been easily scared by movies?

Babatunde Aléshé

Yes. I grew up in Tottenham, so, you can imagine, I'm traumatised. Anything scary, in real life or movies, not for me.

James Acaster

What's the scariest movie you've ever seen, that scared you the most, that you can never watch again?

Babatunde Aléshé

The Exorcist.

Ed Gamble

You went so serious when you said The Exorcist then.

Babatunde Aléshé

Yes, I did, didn't I? I relived it right then and there.

Ed Gamble

Really smiling, and then, suddenly, 'No, The Exorcist.'

Babatunde Aléshé

Have you guys seen-,

James Acaster

I've never watched it. I like scary films, but I almost presume that I would be too scared by The Exorcist, so I've never seen it.

Ed Gamble

It's phenomenal.

James Acaster

I've heard it's a great film. I love it.

Babatunde Aléshé

Really?

Ed Gamble

I love The Exorcist, yes. It's an incredible film, but it is scary.



Babatunde Aléshé

It's very scary.

Ed Gamble

What's the scariest bit?

Babatunde Aléshé

You know the bit, bruv, when she's in the bed, bruv, and the voices, and the vomit, and then the bit where she's, like, hovering. Oh my god, I don't even want to relive it.

Ed Gamble

The scariest for me is when she comes down the stairs backwards, like a big crab.

Babatunde Aléshé

I didn't want to be reminded about that.

Ed Gamble

I think that might be the edit. That might be, like, a director's cut, or something.

Babatunde Aléshé

That is a disgusting film, by the way. Don't watch it you haven't watch it bro.

James Acaster

I know a lot of the bits already. I know the spewing and the going round like a crab.

Ed Gamble

Crucifix.

Babatunde Aléshé

Yes. Oh my god, no. Oh my gosh, that bit is disgusting. I hate scary movies bro. It's not like a game, man.

Ed Gamble

I've read the book as well.

Babatunde Aléshé

Why did you do that?

Ed Gamble

I love it.

Babatunde Aléshé

What's wrong with you?

Ed Gamble

I like scary movies. I like scary books.

James Acaster

Ed gets scared really easily as well. I watched Haunting of Hill House, a TV series. I recommended it to Ed, because I knew he would like it, and then he was watching it next to me on the plane, when we were going on a trip together, and he kept on-, I would be looking, because I'd know there's a scary bit coming up, so I would look, side-eye, to his screen, and you could just see him-, he'd have to keep pausing it because he would get too scared.



Ed Gamble

It was really scary, that.

James Acaster

He'd have to give himself little breathers, like that. There were bits, like, in that TV series-, you should never watch it.

Babatunde Aléshé

I would never watch it.

James Acaster

It would be too much for you.

Babatunde Aléshé

What is that film-, I know this is about-, this podcast is about food, but we're talking about film at the moment. What is that film where the camera's just focused on the bedroom? What's that one?

James Acaster

Now-,

Babatunde Aléshé

Is that what it's called?

James Acaster

No. I think you're talking about The Exorcist again.

Babatunde Aléshé

No. It's, like, a recording.

Ed Gamble

Paranormal Activity.

Babatunde Aléshé

Thank you, Paranormal Activity. I was at my friend's house, in Tottenham.

Ed Gamble

You've gone really serious again.

Babatunde Aléshé

Yes, because, dude, this is what happened. So, we were like, 'Yes, let's watch it. Let's watch Paranormal Activity.' I'm just like, 'Bro, I don't want to watch it.' He's just like, 'Bruv, trust me man. Let's just watch it.' We put it in. We're watching it. Now, fifteen minutes into it, we ran out of the flat. You need to understand, nothing happened in the film. There wasn't anything scary about to happen, but we just got so scared, that something scary was going to happen, and we ran. We left the house door open, everything. We ran down the estate. Then we were like, 'Oh, snap, we've got to go back, turn off the film, and lock the door. Who's going to do it?' 'Let's both of us.' So, we spent another half-, this is no joke. I can call my friend Neil now, and he will confirm this. We spent another half an hour arguing about who's going to go to the house and turn the film off. That's the scariest film I've watched. Best believe, nothing happened in the first fifteen minutes.

James Acaster

You've got to go and turn the film off, and then leave the flat and lock the door. That was the plan. Lock it in there.



Babatunde Aléshé

We just ran. Both of us, at the same time, just gone, belted.

James Acaster

How old were you?

Babatunde Aléshé

Must have been, like, early twenties.

Ed Gamble

Fully-grown adult, yes.

Babatunde Aléshé

So, this is where you guys start taking the piss, yes?

James Acaster

No, this is where we love it.

Ed Gamble

No. I do understand it. I absolutely understand it. What about that-, there's a bit in The Exorcist where they've spliced in a picture of the demon. It's just for a second.

Babatunde Aléshé

Why do you remember this stuff?

Ed Gamble

Because that really scared me. I had to rewind that, and pause it, and find the frame where you can just see the-

Babatunde Aléshé

Why? Why would you do that?

Ed Gamble

I love it. I love horror.

Babatunde Aléshé

Bruv, you're mad. I'm scared to know what kind of food you like now bruv.

Ed Gamble

Demon sick.

James Acaster

Now, we always start with still or sparkling water. Do you have a preference?

Babatunde Aléshé

You know what, cold sparkling water hits differently.

James Acaster

Yes. To me, that sounds like quite-, not we've just talked about horror films. Cold sparkling water's a bit like a ghost.

Babatunde Aléshé

Don't do that, because now I'm not going to drink sparkling water. Why did you do that for me? Why did you mess that up? I was enjoying my middle-class life, drinking sparkling water. Now I'm going back to still. Why would you do that bro?



James Acaster

I'm just saying, cold sparkling water's got a bit of a ghostly feel to it.

Ed Gamble

What I really like about that is that's such a weird thing to say, that it's like a ghost, and you immediately were like, 'Oh, fuck, I know what you mean. You've ruined it for me.'

Babatunde Aléshé

He has bro. I can't drink that now. No, like, preference, yes, cold sparkling water's just-,

Ed Gamble

On a hot day, or just in any weather?

Babatunde Aléshé

No, a hot day. It has to be a hot day, but it has to be cold. You know when it's cold, cold, like crisp. Yes bro.

James Acaster

How bubbly do you want it?

Babatunde Aléshé

Not aggressive bubbles. Not, like, burn my throat bubbles, but bubbly enough.

Ed Gamble

Just bubbly enough. Yes, I know what you mean.

James Acaster

Do you want anything in there? Do you want any slices of fruit, ice cubes?

Babatunde Aléshé

No bruv. Ice cubes, yes, maybe, if it isn't as cold as I want it to be, but, no, I don't need any cucumbers, and all them-, I'm not drinking gin and tonic. Even if I am drinking a gin and tonic, get that cucumber out of here bruv.

James Acaster

Why don't you like it?

Babatunde Aléshé

I don't know man. It just makes my cup look weird bruv.

Ed Gamble

It's nothing to do with the taste.

Babatunde Aléshé

The taste is fantastic, but I can't be sipping on the G&T, or something, and all my friends from Tottenham come round, 'Hey blud, what's that?' 'Nothing bruv, nothing. It's my friend's. It's my white friend's drink.'

Ed Gamble

So, you don't want to embarrass yourself in front of your friends from Tottenham, one of whom you watched Paranormal Activity with and had to run out the flat?

James Acaster

You act all tough around them.



Babatunde Aléshé

Yes, but I will say this, though, with the cucumbers and stuff, my sister has definitely educated me on, you know, G&Ts and stuff. I never used to really be a fan of that, but she would put all rosemary, and all, like, blueberries, and all this stuff. I'd be like, 'People drink it like this? Is that what you're supposed to do?' She's like, 'Yes.' I was like, 'Okay, cool.' So, now I'm fully invested, but you will not catch me on road, or in a pub. At home, I'm going in.

James Acaster

You're locking the door, with you inside the flat this time, so no one can see you. Do you want ice cubes, crushed ice?

Babatunde Aléshé

In my sparkling water? Oh, crushed ice.

James Acaster

Now, what's the difference there? You really got excited there, by the difference.

Babatunde Aléshé

Because, you know, the crushed ice just gives it that slushy appeal kind of thing man. Yes bro. You know your drinks.

James Acaster

Thank you. Not enough people point that out on this pod.

Ed Gamble

Yes, that's true.

James Acaster

Not enough people give me credit where it's due.

Ed Gamble

I love crushed ice, as well, because it keeps it cold, but it doesn't take up too much real estate in the glass.

Babatunde Aléshé

I'm using that.

James Acaster

Real estate in the glass.

Babatunde Aléshé

Yes, I like that.

James Acaster

Poppadoms or bread? Poppadoms or bread Babatunde? Poppadoms or bread?

Babatunde Aléshé

Why are you shouting at me bro? Bread. Is this what happens, you just shout at people?

Ed Gamble

He does, yes.

James Acaster

Yes.



Babatunde Aléshé

You're lucky I didn't-, it's because I've been taking cold baths, so I don't get scared now, because that calms you down.

James Acaster

Man, if I had remembered-, I literally have forgot, already, that Babatunde gets scared easy. I should have thought, 'I can really get him with 'Poppadoms or bread?'' I thought, 'I'm not going to surprise him with that because he's a fan of the podcast, because he wears the merch,' but then I forgot, he doesn't know the podcast, so why have I done that?

Ed Gamble

What would you have done if he'd just ran out the room?

Babatunde Aléshé

Bro, if this was a month ago, not taking, like, cold baths, and stuff like that, I would have jetted.

Ed Gamble

So, you take cold baths now. Have you tried watching The Exorcist now you take cold baths?

Babatunde Aléshé

No, isn't happening. I still believe in Jesus, so that's not happening bro.

James Acaster

Does The Exorcist not confirm your belief in Jesus, because it's-,

Ed Gamble

The Catholic Church actually back The Exorcist as a film.

Babatunde Aléshé

What?

Ed Gamble

Yes, because it says that Jesus exists. It's actually a pro-religion film.

James Acaster

It's got the baddies in it.

Babatunde Aléshé

I've never seen someone be exorcised. Well, that's a lie, Babatunde. I have, but not like that. I've seen someone-, because I go to church. I used to go to a Pentecostal church. You see all types of crazy stuff there. I have seen a demon manifest in someone.

James Acaster

What?

Ed Gamble

But not like that.

Babatunde Aléshé

Not like that. The girl pushed the preacher, and he flew. But she had a demon in her, so they said. She pushed him. She pushed the crap out of him, and I was like, 'Damn.' I was at the back of the church. I was like, 'Damn, you got pushed.' I was like, 'You better call on Jesus bruv. She's strong bruv.'



Ed Gamble

That's probably just what he wanted to hear at that moment, the preacher. He's flying across the room, just being pushed by a demon, 'Surely someone from my congregation will come and help me.' 'Damn, you got pushed.'

James Acaster

Let me get this straight. When you watch an actual horror film, you have to run out of the flat, and then argue about who goes back in the flat to turn it off, but you've been in a room with a literal demon and all you thought was-

Babatunde Aléshé

In a church.

James Acaster

Yes, in a church, and you thought, 'Woah, that girl got pushed,' and you didn't think, 'I've got to get out of here.'

Ed Gamble

You watch it like everyone else watches a horror film.

James Acaster

Yes.

Ed Gamble

If I saw that in a film, I'd be like, 'Damn, he got pushed.' In real life, I'd be running out.

Babatunde Aléshé

No man, because it's church. Jesus-, do you know what I mean?

James Acaster

She still had a demon in her, in the church.

Babatunde Aléshé

Yes, but, like, the preacher's going to, like, do his thing.

Ed Gamble

Yes, he's protected.

James Acaster

He's been pushed.

Babatunde Aléshé

If she turned around and set her sights on me, I'm gone.

Ed Gamble

Didn't seem too worried about bringing attention to yourself though.

Babatunde Aléshé

Yes, I did shout out, but, at the same time, bro, this really happened. Not even a joke. This girl was going crazy. She, like, shook her head, and then she just went, 'Boom,' and he was on the other end of the room. I was like, 'Wow.'

James Acaster

He flew. Were you not scared then? She's going to get us all.



Babatunde Aléshé

No, not really, because, like I said, the preacher-, he's got Jesus power.

James Acaster

But he's been pushed for miles. She just pushed him.

Babatunde Aléshé

That's his fault bro. He shouldn't have pissed the demon off.

Ed Gamble

Now you take cold baths, you feel a little bit calmer.

Babatunde Aléshé

Yes, it calms down your anxiety.

Ed Gamble

Do you go with ice cubes or crushed ice in your cold baths?

Babatunde Aléshé

I just do cold water. I've never done, like, ice.

Ed Gamble

Is it like a Wim Hof thing?

Babatunde Aléshé

What's a Wim Hof-,

Ed Gamble

Wim Hof is that guy who takes cold baths and cold showers.

Babatunde Aléshé

No. That's that ice man, right?

Ed Gamble

Yes.

Babatunde Aléshé

No. I just take cold showers.

James Acaster

How did you-, because I've tried that. I'm like you watching a scary film when that happens to me. As soon as-, I'm like, 'I can't stay under the water.' I try to when I'm having the cold shower, but I can't physically make myself stay under there.

Babatunde Aléshé

You've got to breathe, control your breathing. Gradually do it, gradually turn the water colder and colder and colder, and, each time that you feel the cold, just control your breath, until it's really freezing cold. By that time, you'll be used to it, a little bit, but you still have to, like, control your heart rate, because you don't want to go into shock.

James Acaster

Wow. What are the benefits of it?

Babatunde Aléshé

It's good for your skin, obviously, good to wake you up. So, I have cold showers in the morning. It



wakes you up. It's better than having, like, a coffee, but it does have a benefit in terms of-, because your body does want to naturally shock itself, it controls, like, your anxiety and your panic, things like that.

James Acaster

Lovely.

Ed Gamble

Try it. Go back to it.

James Acaster

I might go back to it.

Babatunde Aléshé

Yes, every morning.

James Acaster

Now I know-, control your breathing.

Babatunde Aléshé

Start hot though.

James Acaster

All I've ever done is just, like, start cold, and try to go under it immediately.

Babatunde Aléshé

No, don't do that. Yes, you'll shock yourself man.

James Acaster

What kind of bread we talking? What kind of bread would you like?

Babatunde Aléshé

I'm a fan of ciabatta.

James Acaster

Warm?

Babatunde Aléshé

Yes.

Ed Gamble

Toasted?

Babatunde Aléshé

Yes. You've got to get it crunchy on the outside.

Ed Gamble

Yes, but still soft and steamy in the middle. Are you dipping it in anything? Are you putting butter on it?

Babatunde Aléshé

Butter, definitely, or I like pate. I didn't before. Like I said, I'm working class. I'm not middle class. I didn't know anything about no damn pate bruv, and chutney, and all this stuff, that all these posh people be eating. Then I tasted it, and I was just like, 'This is what you guys have been hiding from



us all this time?' I've been eating chicken and chips all the time. You guys have been eating pate. I would be like, 'What's this?' 'It's chicken liver.' 'Wow, okay.' Yes, I'd say pate.

James Acaster

Some chicken liver pate?

Babatunde Aléshé

Yes man.

Ed Gamble

That's not-, I think it's the first time someone's utilised the pate loophole in the bread course. That's good.

James Acaster

Yes, we haven't had that. I think this might be the first time.

Babatunde Aléshé

Come on man. Man's setting trends.

Ed Gamble

I love chicken liver pate. If that's on a menu, that or chicken liver parfait, or whatever the difference is, just the-, it's so good. Always go for it.

James Acaster

Creamier the better.

Babatunde Aléshé

Marks and Spencer do one with truffle on top. What? Are you mad? Have you tasted truffle?

James Acaster

Yes.

Babatunde Aléshé

Oh my days.

Ed Gamble

That sentence got more middle class with every word.

Babatunde Aléshé

This is what I'm saying. See, now, bro, I'm embracing my middle classness. Before, I used to deny it, and be like, 'No man, I'll still eat chicken and chips.' Hell no. I don't eat that crap no more. Bruv, I am in Marks and Spencer, like, every other day bro. Are you crazy? Truffle bruv. Don't piss me off.

James Acaster

What the listener couldn't see is that, when you got really excited about the Marks and Spencer truffle pate, you did, like, a full body percussion-, you just did this-,

Ed Gamble

Like you were trying to get a demon out yourself.

Babatunde Aléshé

No bruv, I really get excited about my food bro.

Ed Gamble

Good.



James Acaster

Is that the pate you would like, then, the Marks and Spencer truffle pate?

Babatunde Aléshé

Yes. So, it's, like, chicken liver, but at the top it's got a layer of-, I don't know what you want to call it, like truffle cream, or whatever the hell it is. Truffle pate, I'd say. It's just got a layer on top.

Ed Gamble

It sounds great.

Babatunde Aléshé

Don't piss me off. It is so nice bro.

James Acaster

You can have that.

Ed Gamble

It's the dream restaurant, you can have it. How often are you buying the chicken liver pate with truffle?

Babatunde Aléshé

Not that much man.

Ed Gamble

That's a special occasion pate, right?

Babatunde Aléshé

Yes.

Ed Gamble

It's not every other day.

Babatunde Aléshé

No bruv. Bro, have you shopped at Marks and Spencer?

Ed Gamble

No, I haven't.

Babatunde Aléshé

Jesus Christ, it is expensive. Yes man. I'd go broke.

James Acaster

You're okay with having that, but you're not yet at a point where you will have cucumber in a drink. That's too far.

Babatunde Aléshé

Why are you baiting me out bruv? I don't like the way you're just dissecting all my inconsistencies.

James Acaster

I'm just trying to get what the difference is there.

Ed Gamble

What would your friends from Tottenham say about the pate?



Babatunde Aléshé

They would laugh. Oh my god, they would take the piss.

James Acaster

What would you say to them

Babatunde Aléshé

I'd be like, 'Yo, try this.'

James Acaster

Yes, 'Have a bite, see what you think.'

Babatunde Aléshé

'Chicken liver bruv, have a bite.' You just slide it across, you just watch their reaction. When they're like-, 'See, I told you bruv. I told you.'

James Acaster

So, your dream starter, now your meal proper. Have you got a specific dream starter?

Babatunde Aléshé

I love prawn-, you know when they do the battered prawn? I think it's, like, prawn tempura. Is that right?

James Acaster

Yes.

Babatunde Aléshé

With the sweet chilli sauce. Don't get me mad. Oh my days, wow. Do you guys like seafood?

Ed Gamble

Yes, love it.

James Acaster

Yes.

Ed Gamble

Is there any specific place that you've had the prawn tempura with sweet chilli that you think is the best one you've ever had?

Babatunde Aléshé

I went to an Italian restaurant not too long ago, where we normally go, Pappagone's in

James Acaster

Benito's-,

Babatunde Aléshé

You know about it? Come on bro. So, Pappagone's, their starters are-, their whole menu's fantastic, but their starters are crazy, off the hook. Sorry, I get real-,

Ed Gamble

That's good. That's what we like.

James Acaster

So, you want it from Pappagone's, the prawn tempura?



Babatunde Aléshé

Absolutely, but it's not tempura. This one's more of, like, a breaded type of batter. I know the tempura's the Japanese type of thing, but this one's Italian.

Ed Gamble

Deep-fried-,

Babatunde Aléshé

Yes, with the-,

Ed Gamble

What else is on the Pappagone's starter menu that you really like?

Babatunde Aléshé

I don't know. I don't be adventurous like that, because I'm not a big cheese fan. So, a lot of their stuff has got cheese. I do like mozzarella. One of their other things I do like-, I don't know what it's called. My wife orders it. It's, like, a big, deep-fried ball with mozzarella in it, and then they'll put some sauce on top. That's nice. That's as far as I'd go. I don't know what it's called. Whoever's listening, that knows what it's called, then you know what it's called. I don't know what the hell thing is, but it's damn nice. Other than that, I'm sticking with my prawn thing, and that's it.

James Acaster

I met your wife at the gig.

Babatunde Aléshé

Yes.

James Acaster

You went on and did a bunch of material.

Babatunde Aléshé

About my wife.

James Acaster

About your wife, and she was sitting next to me in the wings absolutely laughing her head off. Absolutely loved it. Everyone else was like, 'Oh man, I wonder how she's responding. Oh, she's having the night of her life.' She was like, 'I love this bit, this is so funny.'

Babatunde Aléshé

Yes, yes, yes because me and my wife, we banter man. Yes, yes, and marriage life is full of ups and downs and you've got to learn to laugh at that, you know what I'm saying, after you get over it and stuff. You know what I mean? Yes, so that's where it comes from.

James Acaster

How long have you been married for now?

Babatunde Aléshé

It's going to be seven years this September.

James Acaster

Ed's coming up to his one year anniversary.

Babatunde Aléshé

Man, come on bro.



Ed Gamble

In September as well.

Babatunde Aléshé

Come on bro, September boys. I don't know what that was but let's go.

Ed Gamble

September boys.

Babatunde Aléshé

Yes, bro, congrats man.

Ed Gamble

Thank you very much, yes. Going alright so far I think.

Babatunde Aléshé

Yes, you loving it?

Ed Gamble

Yes.

Babatunde Aléshé

It's good isn't it?

Ed Gamble

Yes.

Babatunde Aléshé

Get married bruv.

James Acaster

No way, I'm never getting married.

Babatunde Aléshé

Why?

James Acaster

It seems stupid.

Babatunde Aléshé

Okay, wow.

James Acaster

I'm in a lovely relationship, very much in love but I don't understand.

Babatunde Aléshé

You know what it is, I just feel like, I'll say this, with marriage it's just almost like the security of both of you knowing I've got you for life and anything that we share at this moment, whether it be kids or finances, anything happens to either one of us, you're good for the rest of your life because you carry my name, my children carry my name. I know that can happen outside, like you don't have to be married to have all of that but, I don't know, the wedding thing.

James Acaster

Yes?



Babatunde Aléshé

Yes man, it's banging.

James Acaster

You enjoyed the wedding?

Babatunde Aléshé

Bro, man, I was drunk as hell bruv.

James Acaster

Yes?

Babatunde Aléshé

Yes, man, yes.

Ed Gamble

What food did you have at your wedding?

Babatunde Aléshé

So we had a mixture of west Indian and African Nigerian, my heritage, we had a mixture of the two. So, yes, that was really, really nice and people from where I'm from, North London, they really like Nigerian food and obviously west Indian food is just banging. So yes.

James Acaster

Well, I mean, we've had this conversation on the podcast a few times, now you've brought up Nigerian food, a few people on the podcast have come on-,

Babatunde Aléshé

Don't do it, I know what you're going to ask me. I know, go on, tread carefully.

James Acaster

A few people come on the podcast and-,

Babatunde Aléshé

Tread carefully.

James Acaster

And choose for their dream menu jellof rice.

Babatunde Aléshé

Yes, okay, yes.

James Acaster

And we've had some people choose-,

Babatunde Aléshé

Yes, okay, tread carefully.

James Acaster

Nigerian and some people choose (talking over each other).

Babatunde Aléshé

You're talking to a Nigerian bro, see, I knew where you were going with this. There is only one jellof and that is Nigerian jellof. Do you understand? So all that Ghanaian stuff-,



Ed Gamble

Zuu said Sierra Leonean I think was-,

Babatunde Aléshé

Bruv, Zuu is out of this conversation. Big Zuu, listen, jellof doesn't even come from your country, like they don't make it the way Ghanaians and Nigerians make it but Ghanaians, their one is whack. Nigerian party jellof, no one can chat to us and that is a fact. Because there are two types of jellof from Nigeria, you've got normal everyday standard jellof rice and then you've got party jellof rice. Party jellof rice is smokes jellof rice. So they smoke the rice so it has that barbecue, kind of, smokey flavour to it.

Ed Gamble

That sounds amazing.

Babatunde Aléshé

That is crazy. No other country does it like Nigerians do it and everyone will tell you, they'll be like, 'Yes, Ghanaian jellof rice, man, it's nice.' And then they taste party jellof rice and they're just like, 'Winner,' do you understand? Know that bro.

James Acaster

So we haven't had that before on the podcast, we haven't had people point out the party.

Ed Gamble

The party, we've not heard about the party jellof rice.

James Acaster

No, so that might be a bit of a game changer in the conversation.

Ed Gamble

Who picked the Ghanaian jellof rice? Did Sophie pick it? Sophie Duker, right?

James Acaster

I think so. I think that Selasi maybe chose it as well.

Babatunde Aléshé

Where are they from?

James Acaster

Selasi's from Bake Off.

Babatunde Aléshé

Oh him.

James Acaster

What did Lolly pick?

Babatunde Aléshé

Come on Lolly. Sierra Leone doesn't even enter the competition. It is literally between Nigerians and Ghanaians, let's be real. That's where the competition-, I don't know what the English equivalent to the jellof rice wars is.

James Acaster

No, (inaudible).



Babatunde Aléshé

What would that be? What do Welsh people and Scottish people-

Ed Gamble

Breakfast.

Babatunde Aléshé

The breakfast, yes.

Ed Gamble

You can't go to Scotland or Wales and call it and English breakfast because they kick off.

Babatunde Aléshé

Yes, they do.

James Acaster

But the difference is it's the same thing.

Babatunde Aléshé

I've had a Scottish traditional breakfast. I was fuming. I was like what-, because they have this, like, potato type of thing.

James Acaster

Do you know what, I think I might prefer the Scottish one.

Babatunde Aléshé

You're smoking.

James Acaster

I think the Scottish breakfast is my favourite.

Babatunde Aléshé

When did you start smoking? When? Just tell me now, when did you take up smoking crack? I need to know bruv. English breakfast is the one. Are you crazy bruv? Bro, let's get into this bruv. What do you have on your plate bruv? What's your English breakfast plate?

James Acaster

English breakfast plate, there will be like scrambled eggs, bacon-

Babatunde Aléshé

Not sunny side up?

James Acaster

No, I like scrambled.

Ed Gamble

No, I think you're already ruining it there.

Babatunde Aléshé

Yes, you started off bad. Scrambled, what are you, five? Scrambled eggs.

James Acaster

I like them nice and buttery, yellowy.



Ed Gamble

It's got to be fried eggs, fried eggs sunny side up.

Babatunde Aléshé

Fried eggs, bro, sunny side up, get that yolk going bruv.

Ed Gamble

Scrambled egg.

Babatunde Aléshé

Scrambled? You are a toddler. Carry on.

James Acaster

Bacon.

Babatunde Aléshé

Yes, yes, come on.

James Acaster

The crispier the better.

Babatunde Aléshé

Okay.

James Acaster

Sausages.

Babatunde Aléshé

Yes.

Ed Gamble

But crispy bacon is a bit American for me.

James Acaster

Yes?

Babatunde Aléshé

I agree with you.

Ed Gamble

I like a thick bit of like gammon.

Babatunde Aléshé

Yes go on bro. Let's go, let's go. I like him already, he's winning bro.

James Acaster

He's doing well, he's doing well.

Babatunde Aléshé

Yes, got you, got you.

Ed Gamble

Sausage, right?



James Acaster

Sausage, two.

Babatunde Aléshé

Yes.

James Acaster

Two sausages.

Babatunde Aléshé

That was a sigh of relief. Is that okay?

Ed Gamble

Tread carefully now. It feels like that bit in Indiana Jones where you're trying to walk across the crocs.

James Acaster

Yes, yes, I think every other move I've got now feel precarious.

Babatunde Aléshé

No toast?

James Acaster

I would have fried bread over toast.

Babatunde Aléshé

Get the hell out. This guy. Fried bread?

James Acaster

Yes.

Babatunde Aléshé

Fried?

James Acaster

Fried bread, I like fried bread over toast. If I'm going to do the breakfast and go full all in, like, you know, fat and greasy breakfast-

Babatunde Aléshé

You're not going all in if you're having fried bread.

Ed Gamble

Look, I like fried bread but I wouldn't have it anymore, it would kill me for the rest of the day.

James Acaster

Yes, it would.

Babatunde Aléshé

You like, what for your English breakfast you like fried bread?

Ed Gamble

I do but I wouldn't have it now because it would make me feel sick.



Babatunde Aléshé

Where did you get you guys from? I'm more freaking white than both of you and my name is Babatunde. You've got to go toast. The only thing I don't do is the-,

James Acaster

I don't do the tomatoes.

Babatunde Aléshé

The black pudding.

James Acaster

Yes, that's the thing, I like black pudding but I knew that if I said that it was going to get me more bad points.

Babatunde Aléshé

It would kick off.

Ed Gamble

Yes.

Babatunde Aléshé

Because that's, what, pig's blood?

James Acaster

Yes.

Babatunde Aléshé

allow it bro, allow it.

James Acaster

And then i would always skip tomato, I don't the tomato.

Babatunde Aléshé

You know what, I'm a fan of the tomatoes you know. Yes, it's alright for me. The mushrooms as well.

Ed Gamble

I love mushrooms, I always go mushrooms.

James Acaster

Yes, yes.

Babatunde Aléshé

There's something missing.

Ed Gamble

Well, are you a beans boy?

Babatunde Aléshé

I'm a beans boy.

Ed Gamble

I'm not a beans boy.



James Acaster

I'm a beans boy. I'm a beans boy Babatunde.

Babatunde Aléshé

I'm disappointed. Okay, yes man, alright. That's one point for you. And hash browns?

James Acaster

I love hash browns. How did I even forget that?

Ed Gamble

Yes, I can take them or leave them.

James Acaster

They're the best bit. Hash browns are my favourite.

Ed Gamble

Take them or leave them.

James Acaster

Hash browns are my favourite bit of the fried breakfast, I can't even believe I forgot that.

Babatunde Aléshé

Scrambled egg.

James Acaster

Don't try and do that again.

Ed Gamble

What are you dipping the hash browns in?

James Acaster

I'm not dipping them in anything. They're delicious as they are.

Ed Gamble

No.

Babatunde Aléshé

Ketchup or are you guys brown sauce?

James Acaster

Yes, I'll have some ketchup on there.

Ed Gamble

I'm a brown sauce guy.

James Acaster

I'm probably going to combine the hash browns with the beans realistically.

Babatunde Aléshé

Yes, you have to. At one point everything just gets smeared around the plate. That's the best bit, where you mop up the plate with the bread or the hash browns.

James Acaster

And the haggis.



Babatunde Aléshé

Oh my days.

James Acaster

You get the haggis and the square sausage.

Babatunde Aléshé

Yes. What? The what? Haggis? What is haggis? Break it down to me please.

James Acaster

Haggis is-,

Babatunde Aléshé

Did you see when I realised what he was saying? What the hell is haggis?

Ed Gamble

Haggis is like offal and oats and all of this, sort of, stuff like minced up and then, well, it's traditionally cooked in a sheep's stomach.

Babatunde Aléshé

Dead, no. No way. Not happening. That's not happening bruv. Like shout outs to all my highlanders and them man up there, you know, on the cliffs and stuff in Scotland, you know what I'm saying, them mans, shout out to them, you know what I'm saying because you've got to be strong to eat haggis and, you know what I'm saying, wear a kilt and all those things there. But no, stick to the bagpipes, leave the English breakfast alone, or the Scottish breakfast, whatever you want to call it. And all my Welsh people, what do they have on theirs?

Ed Gamble

I think it's quite similar to an English breakfast actually.

James Acaster

Yes.

Ed Gamble

I'll get strung up for saying that.

Babatunde Aléshé

I feel like they eat angel dust or something because Welsh people, they just remind me of little fairies and stuff. When you think of Medieval England and fairytales and you've got the elves, are they're based off of Welsh people? You know what I'm saying, like, you know what I mean? I love my Welsh people, I love their accent. I love it, that's the best British accent for me. I love the Welsh accent.

James Acaster

I'd agree, I'd agree.

Babatunde Aléshé

It sounds like they're singing when they talk, it's beautiful.

Ed Gamble

Can you do a Welsh accent?

Babatunde Aléshé

I can't. I was about to but then I said let me not embarrass myself.



James Acaster

Would you rather eat haggis or watch Exorcist again? You've got to do one of them.

Babatunde Aléshé

I haven't got to do nothing.

Ed Gamble

That's a fair point from Babatunde, he doesn't have to do anything.

Babatunde Aléshé

I don't have to but hypothetically I'd rather eat haggis.

James Acaster

You'd rather eat the haggis than watch Exorcist again.

Ed Gamble

Imagine a big plate, having to eat a big plate of haggis while watching The Exorcist.

Babatunde Aléshé

Oh my God, allow it. Sorry, no, that's just, no.

Ed Gamble

You have to eat a big spoonful every time you're scared.

Babatunde Aléshé

My God bruv, I'd be stuffed man, from the credits man, just from the opening credits bruv, I'd be screaming. No way.

James Acaster

I used to think allow it meant, like, yes, cool.

Babatunde Aléshé

No.

James Acaster

Yes, because I heard people saying it and I was like, yes, because you're allowing it, that sounds nice.

Babatunde Aléshé

No.

James Acaster

So when people said allow it, I was like, yes, yes, that's-,

Babatunde Aléshé

Where did you grow up?

James Acaster

Kettering, Northamptonshire.

Babatunde Aléshé

It shows bruv. Kettering, North Hampshire?

James Acaster

Northamptonshire.



Babatunde Aléshé
Northamptonshire.

James Acaster
Yes, yes. To be fair, Kettering is quite a working class town.

Babatunde Aléshé
Is it?

James Acaster
Yes, yes.

Babatunde Aléshé
It sounds posh.

James Acaster
I don't know, maybe people say allow it round there but not when I was growing up.

Babatunde Aléshé
Yes, allow it means, like, no that bruv. So allow it is like, yes, allow that man, not bring that energy near me, or allow me, which is just like stop man, stop getting me, stop teasing me, kind of thing.

James Acaster
Yes, I first had it when I guess they were teenagers surrounded me on a train.

Babatunde Aléshé
And they were just all saying, 'Allow it, allow it?'

James Acaster
One was saying it to the other. One of the guys was saying stuff about me and the leader kept saying, 'Allow it.' I was like that sounds like he's actually sticking up for me this guy.

Babatunde Aléshé
Yes, he was.

James Acaster
But I thought he was saying, 'Yes, absolutely do that to this (talking over each other).'

Babatunde Aléshé
No, no.

James Acaster
I was like, 'Wow, what's going on?' So I was very confused.

Babatunde Aléshé
They probably were trying to jack you.

James Acaster
It was a weird situation. I think I've already talking about it on the podcast ages ago but one of them was looking at me.

Babatunde Aléshé
Yes, they were probably going to jack you.



James Acaster

They were going like, 'What you looking at?' And I just was honest with them and said, 'I'm finding this situation very scary. You're all scaring me quite a bit.'

Babatunde Aléshé

You know what, that would, yes, people would allow you. I understand.

James Acaster

They were a bit like, 'Oh, okay. We didn't mean to scare you.'

Babatunde Aléshé

See, when you're honest to gangsters, they really do-, the minute you try and stick up for yourself then you meet trouble.

James Acaster

I was like, 'This is really scary guys.' And they were like, 'Why are you scared?' I was like, 'Because there's like ten of you and I'm on my own and there's absolutely no way I'd stand a chance at this. This is really scary.'

Babatunde Aléshé

What time was this?

James Acaster

In the evening. Last train home from London to Kettering, midnight or whatever so quite late. They started going-,

Babatunde Aléshé

You live in London now?

James Acaster

Yes, I live in London now. To be honest, this was when I was visiting home like last year. This was me in my 30s saying to a bunch of teenagers, 'Guys, honestly, this is scary for me.'

Ed Gamble

He was eating a big bowl of scrambled egg on the train.

James Acaster

Yes, I was like, 'I'm trying to eat my scrambies.'

Ed Gamble

He's trying to eat his scrambies over here.

Babatunde Aléshé

How long have you been in London, living?

James Acaster

Ten years or something, maybe longer than that.

Babatunde Aléshé

Yes, you've got to start developing a London attitude man.

James Acaster

I can't do it.



Babatunde Aléshé

I live in Hertfordshire now, my London attitude doesn't work in a place like Hertfordshire, It's too mean, you know what I'm saying, 'What you looking at?' You can't be doing that so I'm more relaxed but obviously once I come to London I already know what time it is. I switch it on depending on where I am, do you understand?

James Acaster

You leave the pate back home.

Babatunde Aléshé

Yes, yes, yes.

James Acaster

Main course, your dream main.

Babatunde Aléshé

You know what, I like a fusion. Oxtail, Caribbean oxtail with Nigerian jellof rice. I like a side of salad and coleslaw, some plantain.

James Acaster

So this is party rice.

Babatunde Aléshé

This is party jellof rice.

Ed Gamble

Party jellof.

Babatunde Aléshé

With Caribbean oxtail. Have you tasted oxtails?

James Acaster

No.

Babatunde Aléshé

Oh my days.

Ed Gamble

I've had oxtail before, yes.

Babatunde Aléshé

You've had it? Caribbean?

Ed Gamble

But not Caribbean.

Babatunde Aléshé

Yes, you guys need to, yes, I reckon you guys would really, really like it.

Ed Gamble

I almost certainly would, yes.

Babatunde Aléshé

Yes, it's a succulent meat. I don't know if gamey is the word that they say, that's what I hear people say all the time. But oh man.



Ed Gamble

Really slow cooked, right?

Babatunde Aléshé

Yes, it's like butter, man. Man, I'm getting hungry. Yes, yes, yes.

James Acaster

Is there a place that does this that's like the best place or is there an occasion you've had it that was the best time you had it?

Babatunde Aléshé

My wife's cooking at home, yes, because you wouldn't be able to buy jellof rice at a Caribbean restaurant, but obviously because of my wife, you know, and stuff like that she cooks it quite a bit.

James Acaster

How often are you having oxtail?

Babatunde Aléshé

Not often, it's gone up in price nowadays but back in the day we used to have it quite a bit. Nowadays probably once every three months really, if that. It's expensive now.

Ed Gamble

which is mad that it's expensive now because the whole point of it was that you're taking the bits that are a little bit cheaper and then making magic food out of it.

Babatunde Aléshé

But they caught onto it. They were like, 'Why are all these Black people buying oxtails?' And stuff like that. They caught onto it and so they just bumped the price up. So, yes, that's why but it's mad expensive and you get a whole tail and obviously you have to chop it up into little bits of stuff but on my God man, it's so nice. I can't believe you guys haven't tried it.

James Acaster

No, I've not tried it.

Ed Gamble

No.

Babatunde Aléshé

It's good because you guys have got to go to a good place to actually have it. In London you're probably looking at Brown Eagle, Caribbean restaurant, they're really good. There are probably others that I'm not aware of.

James Acaster

So you've got the party jellof rice.

Babatunde Aléshé

Yes.

James Acaster

I don't want to bring this conversation up again but you were saying with the regular Nigerian jellof rice and the Ghanaian jellof rice there's a bit of a, you know.

Babatunde Aléshé

Rivalry.



James Acaster

Well, you suggested earlier that they would be on a level playing field.

Babatunde Aléshé

You know what, I would say this, this is the first time I'm admitting this, Ghanaian jollof rice bangs, it's nice. Alright Ghanaians, relax yourself, because they're probably celebrating now that I've said that, but it bangs, it does, it absolutely bangs. So Ghanaian normal jollof rice tropes Nigerian normal jollof rice, but our party jollof rice is a different level.

Ed Gamble

And does your wife make party jollof at home?

Babatunde Aléshé

No.

Ed Gamble

Because I guess you've got to have a smoker for that, sort of, thing?

Babatunde Aléshé

You do, you have to have a smoker, she just makes normal jollof rice, you know what I mean?

James Acaster

Is there a party Ghanaian jollof rice?

Babatunde Aléshé

No.

James Acaster

No?

Babatunde Aléshé

No, they haven't caught onto that technology. No, no, no, no, there's not, there's not.

James Acaster

There's not? Well, I mean, only a matter of time, right?

Babatunde Aléshé

I mean, it's only a matter of time but they use basmati rice, so I don't know if it would taste the same, whereas Nigerians use long grain. So I don't know if the different rice gives a different taste once it's smoked because basmati already has, like, a flavour to it. So I don't know what that would taste like smoked. I don't know.

James Acaster

You've got kids as well, haven't you?

Babatunde Aléshé

I've got one son, yes.

James Acaster

Is he into, when your wife makes this dish at home, is it a full family favourite?

Babatunde Aléshé

Yes, I mean, he likes jollof rice. He's not a big fan of oxtail but he's five so he's not really-



Ed Gamble

Yes, he likes scrambled egg and stuff.

Babatunde Aléshé

Yes, yes.

James Acaster

That's low.

Babatunde Aléshé

My son's still on fish fingers and chicken nuggets and that, kind of, stuff. Oh, is that him?

James Acaster

I do love them.

Babatunde Aléshé

I'm dying.

James Acaster

I don't often have fish fingers but-,

Babatunde Aléshé

James, what's going on bro?

James Acaster

I had COVID recently and suddenly got a real hankering for fish fingers.

Babatunde Aléshé

Oh my God, yes, you and my son would get along.

James Acaster

Yes, my girlfriend was like, 'What do you want for lunch today?' I was like, 'I want a fish finger sandwich so bad.'

Babatunde Aléshé

No, let's not. Fish finger sandwich, yes, alright, yes, yes, yes, yes, yes.

James Acaster

Fish fingers on their own?

Babatunde Aléshé

Come on bro. What, on their own?

James Acaster

If they're on their own, babies. Fish finger sandwich, adults.

Babatunde Aléshé

Yes.

James Acaster

Yes, yes.

Babatunde Aléshé

I thought you were about to say fish fingers on their own.



James Acaster

No. I don't have fish fingers on their own. I have them in a sandwich.

Ed Gamble

With potato smiley faces.

James Acaster

Yes. No, I don't, I don't.

Babatunde Aléshé

Yo, smiley faces bang though.

James Acaster

That sounds nice.

Babatunde Aléshé

But I only pick them off my son's plate.

James Acaster

Oh yes?

Babatunde Aléshé

Yes, I do. You know when they're not looking and you just take one and stuff like that. It reminds me of school, man, I love it, man. Yes, yes, yes.

James Acaster

I've been looking a lot on the internet lately because I'm going to Disney World for the first time.

Babatunde Aléshé

Dope.

James Acaster

Like this year and I'm looking at a lot of the snacks that you can get there, but I really want the corn dog bites where it's like corn dog nuggets.

Babatunde Aléshé

I do. I've never tasted-, yes.

James Acaster

So they're little, like, bits of sausage wrapped in the-, little bites of those.

Ed Gamble

I had a pretzel at Disneyland which was filled with jalapeno and cheese and that cheese sauce. It was really fake and salty but it was so good. Have you had that one, Benito?

James Acaster

Everyone talks about that one. That's the main one that gets recommended.

Babatunde Aléshé

Have you guys had Cheetos, jalapeno flavour?

Ed Gamble

No. I've had flaming hot. Benito's giving the double thumbs up.



Babatunde Aléshé

You've had it? Get yourself a packet of Cheetos jalapeno. Brother, you will thank me bruv. They are the best crisps. I don't know why I get so intense when I talk about food (talking over each other). But bro, you will thank me bruv. It's banging.

James Acaster

Also, do you know what, I'd say you're going to thank us because you just shouted them out on the podcast, I bet you get a few boxes.

Babatunde Aléshé

Yes bro, send me those things bruv. Me and my wife will be happy bruv, trust me. Yes, man.

James Acaster

And how hot are they?

Babatunde Aléshé

No, they're not.

James Acaster

Are they spicy?

Babatunde Aléshé

They're not like the flaming ones but the flaming ones aren't even hot. It's hot for like two seconds and then it goes away.

Ed Gamble

Yes, I went to DisneySea which is in Japan and they've obviously got all different snacks. My wife, obsessed with finding all the different snacks and everything, and we had an Ursula from the little mermaid seafood steamed dumpling. I've never eaten something that looked more like an anus in my life. Really weird little dumpling, all purple and puckered, it was mad.

Babatunde Aléshé

Allow it, allow it. Although dim sum slaps. Dim sum slaps but whatever the hell you ate, that don't sound like that slapped.

James Acaster

Yes, dim sum is good though.

Babatunde Aléshé

Dim sum is so good man, I can literally eat-,

James Acaster

Yes, what are you looking for in a dim sum then?

Babatunde Aléshé

All of them man, give me the prawn one, give me the chicken one, give me the veg one, I want all of them and different colours.

James Acaster

Loads of different colours.

Ed Gamble

I love all the baskets stacked on top of each other so it's like you start at the top of the building and you get in the lift and you just go down and eat everything on every floor.



Babatunde Aléshé

And as long as it's got that sauce, whatever that, what is it chilli sauce? Give me that stuff bruv.

James Acaster

When they've got the baskets stacked up if there's like four in each basket, say there's four of you, you all have one each from that top basket but sometimes each of you has one apart from one person just leaves, just doesn't have it, and I'm like that's the top one. You've got to take your dumpling so we can go onto the next round because otherwise we've got to lift it up and I don't like lifting it up like a little hotbox and it all just comes steaming out. So I'm like, 'Eat that dumpling so we can get onto the next level please.' And when they don't do it it really gets to me.

Babatunde Aléshé

Yes, I can tell.

James Acaster

It really winds me up because I'm just like we've got to be working our way down the tower.

Babatunde Aléshé

Because I'd just eats theirs. I wouldn't even (talking over each other), yes, I'd be like, 'Look, are you going to eat it? Give me that.'

Ed Gamble

You can have two off the next floor.

Babatunde Aléshé

Yes, you know what I mean?

James Acaster

It's good stuff but I think Ed shares my frustrations.

Ed Gamble

I do. Well, I eat quick as well.

James Acaster

Yes.

Babatunde Aléshé

I do.

James Acaster

Well we should all go out for a meal.

Ed Gamble

We'll go for dim sum.

Babatunde Aléshé

We'd get through our food way too quick. We'd spend more cussing you about your scrambled eggs.

James Acaster

I'll be in my high chair.

Ed Gamble

Chucking your dim sum everywhere.



James Acaster

Yes, yes. I'll be able to see the top of the tower easier that you guys (talking over each other) dim sum tower from my high chair so I know what's what. Dream side dish, are we going for plantain then?

Babatunde Aléshé

Yes, yes, plantain, plantain.

James Acaster

Yes, and how are you having that done?

Babatunde Aléshé

Just fried man, fried the African way man, I don't like the way Jamaicans do it.

James Acaster

What's the difference?

Babatunde Aléshé

It's soggy and it's very sweetish, whereas Africans, we like ours savoury so we'll fry it very crispy, that's how we like ours. Firm inside, not soggy, not with all this syrupy thing to it.

James Acaster

I think I'd prefer that.

Babatunde Aléshé

Yes, I think so, yes.

Ed Gamble

I like it crispy. I love plantain.

Babatunde Aléshé

Or actually this is another good way to have it. The way I said is the way I like it but for breakfast, so you can get green plantains, what you do, you fry it but then you take them out, you put them back in the shell of the plantain or whatever you want to call it and you smash them, and then you re-fry them again. Yes, take them out afterwards, add a little salt. Have that with eggs, you can have that with scrambled eggs. No, because they actually bang with scrambled eggs. Have that, oh my days, it's so nice. And avocado.

James Acaster

Does that make them crispier, when you do it like that?

Babatunde Aléshé

That does make them crispier. It's quite oily to be honest but it's just so damn nice. Yes, very, very nice when my wife does that, but you've got to do that with green plantains because it's less sweet. So it's way more savoury.

Ed Gamble

Are they a bit firmer as well so you can smash them down and they won't all completely come apart?

Babatunde Aléshé

Yes, yes, yes, they won't, yes. It will still be all together but it's just nice, man.

Ed Gamble

I don't know why I don't eat plantain every day because it's the best.



Babatunde Aléshé

And it's filling.

Ed Gamble

Yes.

James Acaster

I think I haven't tried cooking it yet, I've only had it eating out and stuff so I'm not confident enough to go, 'I'm just going to buy a load and then learn to cook,' but I reckon I could.

Babatunde Aléshé

Yes, yes. Well, if anything I reckon there must be something online for you to look at and stuff like that.

Ed Gamble

That's what I do.

James Acaster

Yes, just follow that and then cook it at home. Maybe that will be the next thing I try.

Ed Gamble

Your dream drink.

Babatunde Aléshé

This is hard because I don't want to include alcohol now because my dream drink with a meal like that is Supermalt, got to have a Supermalt with that, a cold Supermalt, yes.

Ed Gamble

Now, the only other time I've had Supermalt, he's back in the conversation because Big Zuu made me have a Supermalt on his show. He was like, 'You've got to have a Supermalt,' and it was delicious. Like freezing cold Supermalt so, you know, he knows his stuff about some things.

Babatunde Aléshé

Yes, no, Supermalt, obviously that's an African thing and my African brother Big Zuu, don't get it twisted, that's my boy.

Ed Gamble

No, I know.

Babatunde Aléshé

You know, he's my African brother but his jellof rice just doesn't make the cut. But a Supermalt, yes.

Ed Gamble

And it is tasty, it's like non-alcoholic Guinness basically, isn't it?

Babatunde Aléshé

Very sweet.

Ed Gamble

Rich, sort of, yes, malty taste obviously.

James Acaster

Never had it.



Ed Gamble

No?

James Acaster

Never tasted it, it's never touched my tongue.

Babatunde Aléshé

That's another one for you bro.

James Acaster

Put it on the list. Have you always been into Supermalt, does this take you back to your childhood?

Babatunde Aléshé

Yes it does, definitely, that's what we were drinking back in the day when all the adults were drinking Guinness, all the kids were reaching for a Supermalt because it made us feel like big people, but the taste is-, I know there's some people that don't like malt, sorry, Supermalt, like malty drinks like that but, yes, for me I love it. Grew up on it.

James Acaster

Why have you decided not to choose an alcoholic drink?

Babatunde Aléshé

Just because of the meal, because I said jellof rice with oxtail, yes. So the jellof rice and Supermalt just go hand in hand.

James Acaster

Right.

Ed Gamble

Because the oxtail is like stewed, right, I guess, isn't it, with the Supermalt, perfect.

Babatunde Aléshé

Perfect.

Ed Gamble

It's like rich, deep flavours.

Babatunde Aléshé

Yes, but if it was an alcoholic drink it would probably be a Guinness, a Nigerian Guinness or something like that. (inaudible).

Ed Gamble

Guinness Foreign Extra.

Babatunde Aléshé

Yes.

Ed Gamble

That stuff's great.

Babatunde Aléshé

It's great bruv.

James Acaster

What's that?



Ed Gamble

So they export it, I think initially because normal Guinness couldn't last the journey, so it's like double alcohol Guinness.

Babatunde Aléshé

Yes, so it's stronger than the Dublin Guinness, you know what I'm saying? So, yes, it's banging.

James Acaster

Wow, so more boozy.

Ed Gamble

I'm sure I've told that story on the podcast before.

James Acaster

What?

Ed Gamble

When me and my dad were on holiday once and we just thought they were like normal strength beers and we ordered a bucket of them at this restaurant and we were, like, necking them and chatting and they were in this bucket of ice. I was completely hammered, I think I was about seventeen, and I just slid the label off the bottle and stuck it to my head. I thought this is going to be hilarious, and I looked up at exactly the same time my dad looked up and he'd done exactly the same thing.

James Acaster

I love stories about Ed and his dad.

Ed Gamble

But I love that, so I think it's like 7.8% or something. It's a strong, strong beer.

James Acaster

Wow, I've not had that either.

Ed Gamble

Yes, well there you go.

James Acaster

So you've got the Supermalt but you've also got that Guinness so it's quite similar flavours. You're into that flavour?

Babatunde Aléshé

Yes, man, I love stout. Yes, I've got to cut back from it. I know I'm drinking a beer now but I've got to cut back from it because I'm in the gym now, you know, but I do love them.

James Acaster

Is that new, the gym regime?

Babatunde Aléshé

Yes, I've got a PT now, been with him for like three months and he's strict. He's Scottish, he's strict, oh my God, he's strict. Before I'd be like, 'Man, I can have a drink here and there.' 'No man.' He's like, no, I can't do anything with him bro.

Ed Gamble

I hope he doesn't listen to this and hear what you said about haggis.



Babatunde Aléshé

He will, yes, you know what I'm saying. He will.

James Acaster

Yes, if he hears the haggis chat you're in trouble.

Babatunde Aléshé

Oh yes, yes, yes. So his name is Lee and I call him Irn-Bru Lee and he hates it. So every time I either call him that or take the piss out of what he's wearing he just goes ham in the gym. He's just like, 'Alright, you're doing this, you're doing that.' And I'll be like, 'I'm only joking bro.' But he's got that Scottish fiery temper, you know what I'm saying.

James Acaster

Yes, so you come in and you call him Irn-Bru Lee, even though you know that's going to get you in trouble.

Babatunde Aléshé

Yes, I can't help it bruv.

James Acaster

And then he makes you do everything.

Babatunde Aléshé

Yes, I can't help it. Irn-Bru Lee, it's like Bruce Lee, Bru Lee. You get it?

James Acaster

Bru Lee, yes.

Babatunde Aléshé

Bru Lee bruv.

James Acaster

Like Prue Leith.

Ed Gamble

Prue Leith, yes, (talking over each other) Prue Leith.

Babatunde Aléshé

Yes, I'm like, bro, it's an endearing name. And he's just like, 'No, you're taking the piss.' I'm just like bruv, bruv, bruv.

Ed Gamble

What does he make you do? What, sort of, stuff is he making you do to punish you for saying Irn-Bru Lee?

Babatunde Aléshé

So, legs, if it's legs day he will take the piss. So I'll leg press like 250. Yes. He does this thing, I've forgotten what it's called where basically I think it's like five, no, six sets of four reps but the weight is crazy and it's a drop set, he'll just keep removing weight. Oh my God, that one there kills because you're thinking, yes, four reps, that's fine. By the time you get to the third set your legs are finished and he's just like, 'Go on.'

James Acaster

Shouting at you.



Babatunde Aléshé

Yes, and even if I say no, he will be like, 'Go on, go on.' And he'll just keep saying, 'Go on, do it, do it.' You can't move until you do it.

James Acaster

You make him more angry if you say no.

Ed Gamble

Yes.

Babatunde Aléshé

But shout out to him man, I'm seeing the difference because I had a big-ass belly before. It's going man.

Ed Gamble

Thanks to Irn-Bru Lee.

Babatunde Aléshé

Yes, yes, yes. Thanks to Irn-Bru Lee man.

James Acaster

Sometimes do you think, 'I'm not in the mood really to do the gym today but I really need to make sure I make it count, so just to ensure that I get an I'm going to call on Irn-Bru Lee. I'm going to do that straight out of the gate.'

Babatunde Aléshé

I've not done that, but you know what, that's probably-, yes.

Ed Gamble

Yes, if you really feel like you need a good workout and really get your money's worth, you should buy one of those tartan hats with ginger wigs.

James Acaster

Go in with that.

Ed Gamble

Go in wearing that.

James Acaster

And say.

Ed Gamble

'Alright, Lee?'

Babatunde Aléshé

I should, you know, I really should, find different ways of pissing him off.

James Acaster

We arrive at your dream dessert.

Babatunde Aléshé

This is hard, I'm not a dessert guy, like, I do like desserts, but I just go for a chocolate fudge cake with ice cream. Oh no, hell no, apple crumble and ice cream, are you mad, I just realised, bruv, what I was saying, apple crumble and ice cream, don't piss me off.



Ed Gamble

I love that. It's the first time I've not seen you excited about a course. You're like I don't know, chocolate fudge cake, I was like this is not the Babatunde that I've come to know and love, and then suddenly, no.

James Acaster

Really?

Babatunde Aléshé

No, I just remembered, apple crumble.

Ed Gamble

Yes, because I was missing the catchphrase of don't piss me off.

James Acaster

Yes, I like don't piss me off.

Ed Gamble

Because you seemed quite relaxed about the chocolate fudge cake pissing you off, and I was like this is not what we've come to enjoy.

James Acaster

This (inaudible).

Babatunde Aléshé

I bet a lot of people have said apple crumble, right?

Ed Gamble

We have had a lot of apple crumbles.

James Acaster

Have we?

Ed Gamble

But there's a long raging discussion about custard or ice cream.

Babatunde Aléshé

Custard or ice cream.

Ed Gamble

And I'm an ice cream guy.

Babatunde Aléshé

Same.

Ed Gamble

I agree with you, hot apple crumble and vanilla ice cream.

Babatunde Aléshé

However, don't sleep on the custard though.

James Acaster

I'd have custard with it.



Babatunde Aléshé

Yes, it still slaps. But I'm just an ice cream man.

James Acaster

How about this, see what you think about this, I think my favourite combo would be hot apple crumble with cold custard.

Babatunde Aléshé

Are you smoking crack?

Ed Gamble

My mum makes an amazing apple crumble and it was always, 'Get the ice cream out of the freezer.'

Babatunde Aléshé

Let's go.

Ed Gamble

Starts melting but there's still a really cold bit on the top.

Babatunde Aléshé

Let's go, let's go.

Ed Gamble

So, you're making your own custard anyway with the melted bit of ice cream.

Babatunde Aléshé

Let's go, that's how it's supposed to be, do you get it?

James Acaster

Why are you suddenly checking your watch?

Babatunde Aléshé

No, someone tried to phone me.

James Acaster

Yes, because you've got a proper watch.

Babatunde Aléshé

Yes.

Ed Gamble

Irn-Bru Lee.

James Acaster

Irn-Bru Lee, yes.

Babatunde Aléshé

Irn-Bru Lee, yes.

James Acaster

Where the fuck are you?

Babatunde Aléshé

He heard his name.



Ed Gamble

Just heard you say apple crumble with ice cream, what the fuck are you playing at?

James Acaster

Yes, bet he'll be drinking it with beer now.

Babatunde Aléshé

Yes, you know what I mean. He heard his name, bruv.

Ed Gamble

I love apple crumble.

Babatunde Aléshé

It's beautiful, man. It's the best dessert, whoever came up with that, big them up, boy.

James Acaster

Yes, we'll never know.

Babatunde Aléshé

Yes, we'll never know.

James Acaster

But you were going to chocolate fudge cake for a second then.

Babatunde Aléshé

I was going to say chocolate fudge cake, but yes, but then apple crumble reminded me of its presence. But chocolate fudge cake bangs though, ice cream with chocolate fudge cake, crazy, bruv, come on.

James Acaster

Yes, again, I'd probably like hot custard with chocolate fudge cake.

Babatunde Aléshé

What is wrong with you? What are you doing?

James Acaster

Tasty, custard.

Babatunde Aléshé

Custard?

James Acaster

Yes.

Babatunde Aléshé

I hardly-, you know what it is, I'm traumatised by custard, that's what it is.

James Acaster

Go on.

Babatunde Aléshé

School days, back in the day I had a really nasty custard that was lump as hell. That's why, I just remembered now, no joke, I actually just remembered, that's why I'm not a custard guy.



James Acaster

A specific time or every day it was lumpy as well?

Babatunde Aléshé

No, it's specific, there was one day. You know school cake, oh my days, with the sprinkles, are they crazy, that slaps, but I had that with custard, and the custard was lumpy.

Ed Gamble

School custard is so bad.

Babatunde Aléshé

This was in year five, I literally just remembered, how crazy is that?

James Acaster

I remember that.

Ed Gamble

Did they ever give you the chocolate custard, we got that at our school.

Babatunde Aléshé

I got that, yes.

Ed Gamble

And it always had a skin on the top and you could see them, like, dig down into it, it's horrible.

Babatunde Aléshé

Yuck.

James Acaster

I quite like the skin.

Babatunde Aléshé

Yuck.

Ed Gamble

Of course you did.

Babatunde Aléshé

But that kind of threw me off, custard. And what's that Bird's custard, with the red, I remember my mum tried to make that, that came out like gel, I was like, 'Oh yuck', I was like, 'That's disgusting.'

Ed Gamble

You could get the cartons.

Babatunde Aléshé

The Devon?

Ed Gamble

Yes.

Babatunde Aléshé

Let's go, that's the one.

Ed Gamble

I used to drink that, I used to go to the fridge and drink that out of the carton.



Babatunde Aléshé

Bro, you are crazy.

Ed Gamble

Yes, I was a fat little boy.

Babatunde Aléshé

You are savage, bruv.

James Acaster

His dad was doing the same thing.

Babatunde Aléshé

You are savage, just straight out the carton from the fridge, yes, you're savage.

Ed Gamble

Yes, if my mum had opened it, I could just go to the fridge, see what was around, quickly squeeze it from the carton into the mouth, on with the day.

Babatunde Aléshé

Yes, you were going mad.

James Acaster

Wear the empty carton as a hat, bumps into his dad doing the same thing in the corridor.

Babatunde Aléshé

You are savage, bro.

James Acaster

They both tip their hats to each other in greeting.

Ed Gamble

Yes, but I used to bite the cheese and stuff.

Babatunde Aléshé

Yes, you are savage, bro.

Ed Gamble

Yes, loved it.

James Acaster

Okay, I'm going to read your menu back to you now.

Babatunde Aléshé

Let's go.

James Acaster

See how you feel about it.

Babatunde Aléshé

Let's go.

James Acaster

Water, you want cold, sparkling water with crushed ice.



Babatunde Aléshé

Let's go.

James Acaster

Poppadoms or bread? Warm, toasted ciabatta with M&S truffle chicken liver pate.

Babatunde Aléshé

Let's go. Sorry.

James Acaster

Starter.

Babatunde Aléshé

I apologise.

Ed Gamble

No, never apologise for this level of enthusiasm, we love it.

James Acaster

Starter, deep fried prawn with sweet chilli sauce from Pappagone, is that it?.

Babatunde Aléshé

Let's go.

James Acaster

Is that it?

Babatunde Aléshé

Yes.

James Acaster

Main course, Caribbean oxtail with Nigerian jollof salad and coleslaw.

Babatunde Aléshé

Keep going, bruv.

Ed Gamble

Party jollof.

James Acaster

Side. Party jollof. Side, fried plantain. Drink, Supermalt. Dessert, apple crumble with ice cream.

Babatunde Aléshé

Look at the gains.

James Acaster

Look at those.

Babatunde Aléshé

That's what that food does for you, do you understand? Muscles.

James Acaster

That food out-dines Bru Lee.



Ed Gamble

Would you like us to make the whole thing party? We can just smoke the whole meal.

Babatunde Aléshé

Smoke the whole.

James Acaster

Smoke the whole meal, and make it party.

Babatunde Aléshé

Even the apple crumble.

Ed Gamble

Even the apple crumble?

Babatunde Aléshé

Yes.

Ed Gamble

I think that should be an option at all restaurants now, you order something and they go would you like to make it party?

James Acaster

Yes.

Babatunde Aléshé

That is a top idea.

James Acaster

If you ate that whole menu and then the next morning went to see Irn-Bru Lee, what do you think he'd have to say?

Babatunde Aléshé

Oh my god, he would go mad, he would go, 'All that sugar.' Bruv, I'd get worked at the gym, and we'd do a circuit from beginning to end.

Ed Gamble

I love Irn-Bru Lee.

James Acaster

I love Irn-Bru Lee, also I think the next Off Menu merch we do, if we do another collab, we should do the little blue booty shorts but Off Menu and then Babatunde will get sent a free pair of them anyway because (inaudible)

Babatunde Aléshé

Bro, please do that because I want to give that to him as a gift, that would be amazing.

James Acaster

Send him a little (inaudible).

Babatunde Aléshé

Percival should do a show with, like, blue booty shorts like a dude in blue booty shorts and I'll be like this is you, bro.



James Acaster

Well, if we do that, if we do the blue booty shorts collab then we should choose an item of food from your menu, so I think, like, a bottle of Supermalt but says Off Menu on the label instead on the butt.

Babatunde Aléshé

Let's go.

Ed Gamble

Or an Irn-Bru that says Lee on it.

Babatunde Aléshé

Yes.

James Acaster

Yes, it probably should be, yes, it should be an Irn-Bru that says, 'Lee.'

Babatunde Aléshé

He would have to wear that every day. He would love that.

James Acaster

Okay, yes, let's put that on one of the bums.

Ed Gamble

Or Bootymalt.

Babatunde Aléshé

Or Bootymalt.

James Acaster

Or Bootymalt, yes, absolutely.

Ed Gamble

Well, this has been great, thank you very much for coming to the dream restaurant, Babatunde.

Babatunde Aléshé

Bruv, thank you for having me.

James Acaster

Hope you have a good night.

Ed Gamble

Well, there we are, one of my favourite eps I think.

James Acaster

Let's go. I loved it.

Ed Gamble

I laughed so much in that episode.

James Acaster

Laughed a lot.

Ed Gamble

Let's go, what a catchphrase.



James Acaster

Wonderful company.

Ed Gamble

Wonderful company.

James Acaster

Babatunde, thank you for coming on.

Ed Gamble

Let's go. Stop taking the piss. Go and see Babatunde on tour, he's on tour next year with his show Babahood.

James Acaster

Yes, make sure you go and see that. The gig that I did with Babatunde the other day was great and he was on first and he absolutely killed it, so you've got to get along to that tour show.

Ed Gamble

Agreed. He did not say the secret ingredient, James, camel soup did not come up.

James Acaster

No, camel soup did not come up.

Ed Gamble

On the menu. It was the first time we've ever had anyone wearing a t-shirt with the secret ingredient on it, but that does not count as coming up on the menu.

James Acaster

Yes, now, look, if you want to argue amongst yourselves, listeners, on social media, about whether we should have chucked Babatunde out because he was wearing the secret ingredient on a t-shirt, that is up to you, we're happy for people to debate that. We feel like that would have been unfair.

Ed Gamble

Yes, I think so. Wonderful time, great stuff, I'm on tour as well, Ed Gamble Electric, go and see it.

James Acaster

Also please get my book, James Acaster's Guide To Quitting Social Media, being the best you you can be and curing yourself of loneliness, volume one.

Ed Gamble

Thank you very much for listening, we will see you next time in the dream restaurant.

James Acaster

In the dream restaurant.