



Off Menu – Ep178 – Fern Brady

Ed Gamble

Welcome to the Off Menu podcast, layering up the pasta sheets of chat, poring over the bolognese of good humour, poring over the bechamel of friendship, sprinkling over a little bit of cheesy fun to make the lasagne of content.

James Acaster

It's high time you did a lasagne one at the top.

Ed Gamble

I fucking love lasagne.

James Acaster

I love lasagne. That is Ed Gamble, my name is James Acaster, this is the Off Menu podcast, where we invite a guest to our dream restaurant and ask them their favourite ever starter, main course, dessert, side drink and dish, not in that order. And this week our guest is Fern Brady.

Ed Gamble

Might be time to make my annual lasagne.

James Acaster

Yes?

Ed Gamble

My lasagnal.

James Acaster

Lasagnal.

Ed Gamble

Only, mate, because I put so much stuff in it, it's so utterly unhealthy, it's like a bomb, it's like a calorie bomb that I can only make it once a year and then freeze portions and, sort of, break them out when I need them.

James Acaster

Invite me over for lasagnal day.

Ed Gamble

Please come over for the inaugural lasagnal day.

James Acaster

Yes, I'll come over for the inaugural lasagnal.



Ed Gamble

Yes.

James Acaster

One of the things I had in Disney World, which I'm sure I'll bring up Disney World food throughout the podcast-

Ed Gamble

Oh, you're going to drip feed that stuff for years, I think.

James Acaster

Yes, I think I'm going to drip feed it for years. But one of the things I had from the French booth in Epcot was a three cheese beignet, where the middle of the beignet was basically bechamel sauce, like a cheesy bit, and it was very good.

Ed Gamble

I bet.

James Acaster

Only on holiday would you eat something so indulgent, so decadent.

Ed Gamble

That's not true, you'd eat that now.

James Acaster

Yes, I'd have it now.

Ed Gamble

You'd eat that for lunch, when we were doing a full work day.

James Acaster

Yes.

Ed Gamble

Yes, you'd eat it whenever.

James Acaster

Yes, probably, but yes, guilt-free, though, only on holiday.

Ed Gamble

Sure. When I was in Disneyland, Los Angeles, you've probably had this one, Benito, had a pretzel with cheese sauce and jalapeno in the middle. It is, to date, the saltiest thing I have ever eaten.



James Acaster

And that's Ed Gamble saying that, a savoury boy.

Ed Gamble

And I eat bowls of salt like cereal.

James Acaster

He does. Yum yum yum.

Ed Gamble

I mean, it was delicious, but I had to get a bottle of water to drink after every bite I took of that thing.

James Acaster

Like you're in the desert?

Ed Gamble

Yes.

James Acaster

Fern Brady is a fantastic comedian.

Ed Gamble

So good.

James Acaster

All three of us sitting round this table, Benito included, massive Fern Brady fans, very excited to have Fern on the podcast.

Ed Gamble

We're Bradyheads, and of course you'll recognise her from television's Taskmaster.

James Acaster

Yes, and the wonderful podcast Wheel of Misfortune as well.

Ed Gamble

Yes.

James Acaster

And of course, Fern has a book coming out called Strong Female Character, which we'll be asking her about. Very excited about that book.

Ed Gamble

Yes, I'm very excited about the book. Fern is not only genuinely hilarious and completely unique, she's also had a crazy life.



James Acaster

Yes, and all of her stand-up shows will attest to that.

Ed Gamble

She's got stuff to talk about.

James Acaster

The true stories that she talks about in those shows, so funny while being really open and revealing. I expect the book is going to be more of her own unique brand of comedy.

Ed Gamble

Like all the best comedians, she's got something to say, she's had a life, unlike this boring sausage.

James Acaster

Yes, Ed's pointing at himself there, just so you know.

Ed Gamble

Yes, I don't have a sausage in front of me.

James Acaster

Yes, it's not a sausage there that he's brought out and said, 'This sausage couldn't write a book.' Ed's not lost his mind.

Ed Gamble

No.

James Acaster

It couldn't, though.

Ed Gamble

It couldn't.

James Acaster

Just to be clear, a sausage couldn't write a book, and if anyone sells you a book and they say, 'This was written by a sausage'-,

Ed Gamble

Don't read it.

James Acaster

Don't read it, because a, it's probably not true, it hasn't been written by a sausage, it's a lie.

Ed Gamble



And you'd probably open it up and if it has been written by a sausage, it will just be loads of grease marks on the pages.

James Acaster

Horrible grease, because the sausage has been rolling around on the page.

Ed Gamble

Yes, stupid sausage.

James Acaster

As always, there's a secret ingredient, and if Fern says it, then we will kick her out the restaurant, because we deem the secret ingredient to be unacceptable. This week, the secret ingredient is-

Ed Gamble

The little bag of onion that you get with an Indian takeaway. I never eat it.

James Acaster

It's just a sweaty little polythene bag that has chopped up bits of onion in it, and especially when, do you know what, nowadays with apps, I wish there was a box I could check that says, 'Don't throw in anything that I haven't actually ordered, please don't put in the little extra bag of stuff.' It feels wasteful, please, and then it always turns up and then you're like, oh, there's a little sweaty polythene bag full of onions there and I'm not going to use it. Because you've made me a perfect curry anyway.

Ed Gamble

Yes, I don't want to put a little sweaty onion on it.

James Acaster

This was perfect, I don't need more stuff.

Ed Gamble

No siree.

James Acaster

Makes me sad.

Ed Gamble

And that was Yvonne Maxwell who suggested the little bag of onion that you get with an Indian takeaway, James.

James Acaster

Ah, Max Yvonne Well. Reminds me of my friend Max Yvonne Well.

Ed Gamble

What?



James Acaster

I have a friend called Max Yvonne Well.

Ed Gamble

No, you don't.

James Acaster

So it's quite interesting.

Ed Gamble

You don't, (talking over each other, 04.51) you don't have a friend called Max Yvonne Well.

James Acaster

Oh, I'm thinking of Max in a van. Max in a van, and they did very well.

Ed Gamble

Max in a van done well.

James Acaster

Max in a van done well.

Ed Gamble

I'm going to level with you guys, we're at the end of a very long day.

James Acaster

And yet we're still churning out the best quality jokes in the industry. So that's pretty impressive.

Ed Gamble

That's what I mean, I'm going to level with you guys, we're fucking brilliant at this.

James Acaster

This is how good we are, we're running on fumes, we come up with riffs about, you can tell us someone's name and we can turn it into a Max in a van joke, yes.

Ed Gamble

Very much looking forward to talking to Fern. This is the Off Menu-

James Acaster

Fern Brady.

Ed Gamble

Welcome, Fern, to the dream restaurant.



Fern Brady

Heya.

James Acaster

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

Fern Brady

Thank you so much for having me, because I am obsessed with food, I think about all my, as soon as I've finished one meal, I'll think about the next meal and what I'm going to have, and what's going to be the perfect thing to have.

James Acaster

And is it when you've finished one meal, and you instantly start thinking about the next one, is that influenced by the meal you just had and what you want to follow it?

Fern Brady

No. Oh, I didn't understand that question.

James Acaster

So you just-,

Ed Gamble

I'll be honest with you, James, I didn't quite understand the question.

James Acaster

You've just finished a meal, say you've just had a cheesecake at the end of the meal. Then, when you start thinking about the next meal, are you thinking, like, 'My palate now, after that cheesecake, would like this, because that's where my palate is,' or you just thinking completely separate from the meal you just had, and thinking, 'Later on, I want to have some-, ' because I would find it hard to think about a food I want to eat when I've still got the taste of another food lingering in my mouth. That would influence me.

Fern Brady

Usually it's more, fullness affects me a bit, but sometimes I've been so full that I can barely walk after a meal, and this is usually on holiday, and then I still want to look at menus and windows and plan what I'm going to have. I tend to, any time I go on holiday, I have a little list of local foods that I've never tried, and I have to try and check off that list during the holiday. So I went to Greece this summer, and it was honestly the best holiday of my life. I'm still losing the weight that I gained from it, I gained about ten pounds in ten days, it was unreal.

James Acaster

Great.

Ed Gamble



What was on the list? What was on the list that you ticked off in Greece?

James Acaster

Is any of it on the dream menu? Because we don't want you to give us spoilers here.

Fern Brady

One of the things was going to be on the dream menu, but it was too lame, even if I gave the explanation it would be too rubbish. A Greek salad made in Greece. Normally, if someone said that, I would be like, 'Are you joking? That's, like, the shittiest thing ever,' but the Airbnb we were staying in, the guy who owned it, his elderly father came round one night to fix something for us, and he ended up staying for three hours talking to us about how Greece is amazing, all Greek people have five bellies, everyone in London's a cunt, basically. And he said that a Greek salad made in Greece with tomatoes grown there and olives grown there is exceptional, and after that I just, every time I ate it I thought of him.

James Acaster

Oh, that's nice, think of the elderly dad.

Fern Brady

And then we tried making it when we got back, and it was just terrible.

Ed Gamble

Yes, because it's an ingredients thing, I think, and, like, a surroundings thing. If you were putting it on the dream menu, would you want that old man to make it?

Fern Brady

Yes, it was so good, like, he just was, because I said, 'Oh, I don't really like living in London any more,' and he just goes on this rant about how the English were all drunks and stuff, and we were, he just was amazing. He was so entertaining, so I had a lot of tasty salads, which sounds crap, but they were amazing, and we got fat off them, so they were putting something dodgy in them. I had Greek hand pies, which are basically, like, just pies filled with melted cheese. Not always feta, they'd got all sorts of nice cheeses. Oh, I go in between being veggie and pescatarian, I had tons of amazing fish, I had prawn saganaki, that's prawns with feta and tomato sauce. And I don't really like cakes very much, but they had a nice cake soaked in orange blossom honey, orange blossom syrup.

James Acaster

That does sound like a good holiday.

Ed Gamble

Every time I'm reminded of Greek food, I remember that it's probably my favourite food.

Fern Brady

It's unbelievable.



Ed Gamble

So good.

Fern Brady

And it's not, it wouldn't be, because a lot of the stuff on my menu today's Chinese, but honestly, I really respect the way the Greeks do food. And also, you're into ice cream, James? I'm not, wouldn't give it a second thought.

James Acaster

Oh, come on.

Fern Brady

I'll occasionally have it if it's a dead fancy place, like, I like that Chin Chin place in London sometimes. They had a hipster ice cream place on this little island we were staying on, and they had the best pistachio ice cream I've had in my life.

James Acaster

Oh, wow.

Fern Brady

And I'm not an ice cream fan, so-

James Acaster

Joseph Quinn would like that. Joseph Quinn came on the podcast and chose a pistachio ice cream affogato, I believe, even though he'd never had it before. (TC 00:10:00)

Ed Gamble

Yes. But that's what's great, just make stuff up.

James Acaster

Yes, spoilt where you've got to go. And have you had everything on your menu today? Are you making stuff up that you've never actually had before, combinations you haven't had, or is it all stuff you've experienced first hand?

Fern Brady

No. So I wanted to do the most genuine menu, I didn't want to do any virtue signalling, I didn't want to do-, the way vegans are, you know what I try and do? I try and be vegetarian and tell fucking no one about it, because I don't like being too Catholic about my diet, and I hate when people go on and on and on about it. Anyway, so I didn't want to do that. I didn't want to do something about my Scottish heritage and, 'Oh, we used to eat this growing up.' And also, I grew up eating in a really pretentious, what some people would say is a pretentious way. I wanted what are my genuine answers, do you know what I mean?

James Acaster



Yes, yes.

Fern Brady

It's all things I've had, it's all things that if I wasn't thinking about calories or the best healthy food to eat, these are the foods that I would choose. And I said to my partner last night, 'What do you think I've picked for Off Menu?' And he guessed it almost exactly, he guessed each thing.

James Acaster

True love, true love.

Ed Gamble

True love.

Fern Brady

Yes, apart from the butter, but at that point I didn't know what butter I wanted.

James Acaster

You won't break up over that.

Fern Brady

No.

James Acaster

That's alright.

Fern Brady

He only went for-, well, no, that's skipping to the dessert, but there was a thing I said for dessert and he was like, 'You don't like those, I like those.' And I was like, we both enjoy them.

Ed Gamble

That's a big call, isn't it?

James Acaster

You don't like those, I like those.

Fern Brady

He just eats more of them, because I'm always, like, worried about having a big moon face on TV.

James Acaster

When you say you ate pretentiously as a child, was that, what do you mean?

Fern Brady

Oh my God. So, well, see, I don't think it is. I remember there was a chef, Gizzi Erskine, this really stuck in my head when she said this. She said in France, you can eat well and it's not associated with



your social class. So if I talk about the way I grew up eating, or if I talk about the way I eat now, people go, 'You've changed,' as if I've, like, come into money and decided to start eating like this. No, I've returned to the way that I grew up eating. Basically, my mum would bake us focaccia all the time growing up, she would have Greek themed food nights, she would give us, I remember being really embarrassed of my lunch box a lot at school, and really jealous that I wasn't eating what the scavvy kids were eating. I really wanted Cheestrings, or you know those Dairy Lea Lunchables, and my mum would always say to me, 'The children that eat that food, their mums don't love them.' And I would be eating a bag of physalis as my snack at break, you know those fruits that decorate a cake?

Ed Gamble

Yes, they put them on cheesecakes and stuff, yes, yes, yes.

Fern Brady

She'd give us bags of them.

Ed Gamble

I think they've been our secret ingredient before?

James Acaster

I think they have been.

Fern Brady

Yes, so a lot of, like, interesting fruits.

Ed Gamble

Yes, I can't imagine being a kid at school pulling a bag of physalis out of your bag.

Fern Brady

Well, there was one time, the area I'm from has got quite a lot of child poverty, and I remember my pal at school, she pulled out cod liver oil tablets and was just eating them during break. And she was like, 'Do you want some?' And I was like, 'Yes.' And I just was like, 'I can't believe my mum's such a bitch, always giving me fruit at school.'

Ed Gamble

Yes, she never gives me a big bag of cod liver oil tablets.

Fern Brady

And then I told my mum later, 'Can I have cod liver oil tablets as my snack?' And she had to say again, like, 'Those kids have parents that are irresponsible and stuff.' I think she just left it there.

James Acaster

Yes, she was probably right with that one.

Ed Gamble



With the cod liver oil tablets, definitely.

James Acaster

Yes, you can't beat popping a whole bottle of them.

Fern Brady

And there were always these sweets when I was growing up, like Push Pops, Ring Pops-

Ed Gamble

Don't push me, push Push Pop.

James Acaster

Yes, I loved it.

Fern Brady

Yes, a whistle, you know the whistles that were made out of candy, and my mum would always say, like, 'The children that eat them, their teeth rot in their heads,' so we never, never were allowed anything like that.

Ed Gamble

The Push Pop advert?

James Acaster

Yes.

Ed Gamble

Do you remember it?

James Acaster

Don't push me, push a Push Pop, yes.

Fern Brady

Yes.

Ed Gamble

Do you think any kid actually ever tried to use a Push Pop in a genuine bullying situation and just got the absolute shit kicked out of them?

Fern Brady

Oh yes, now I remember.

Ed Gamble

Yes, because the big kid pushes the little kid, and the little kid goes, 'Don't push me, push a Push Pop,' and gives him a Push Pop.



James Acaster

And then you have a Push Pop, but obviously in real life, that's an invitation to get beaten up forever.

Ed Gamble

That Push Pop is going straight up his ass.

James Acaster

Yes.

Fern Brady

I did manage to have one of the whistle ones one time, and that had a little stick coming out of it that you could play tunes on. The wrapper would have a tune on the back, so you could play Three Blind Mice.

James Acaster

You could follow along with it.

Fern Brady

Or whatever.

Ed Gamble

Just you in the playground with your little sweet, playing a tune with the music in front of you, and throwing physalis into your mouth.

James Acaster

Greensleeves.

Fern Brady

And then she also, because I saw her on an advert for, like, a boarding school in the newspaper, and I said, 'I want to go to this boarding school.' And my mum said, 'The children that go to private school, the parents get the money for that by only eating Tesco value food.'

James Acaster

Fucking hell, your mum's got a lot of insight into other people's parents.

Fern Brady

So I always believed her, she was like, 'You can either go to this posh school, but you'll eat terrible food, or you can eat the way we do now.'

James Acaster

Yes, you chose focaccia and physalis forever.

Fern Brady



Yes, but then I asked, I asked Ivo about it, Ivo Graham.

James Acaster

He's the person to ask.

Fern Brady

Old Etonian, and he was like, 'No, no, we always had nice food.'

Ed Gamble

Yes. Finally, the lie was exposed.

James Acaster

'Ivo, did you have to eat bad food?' 'No, I ate good food all the time.'

Ed Gamble

I wouldn't say so, because we've had him on this podcast before.

James Acaster

Yes, his food choices were awful. He thinks an acceptable dessert is banana in natural yoghurt.

Fern Brady

Well, yes, I've worked a lot with him, and I was really shocked at the way he eats. He just doesn't care, like, he doesn't-, sometimes I would rather not eat than have something rubbish, or something that I'm not bothered about.

Ed Gamble

Absolutely, completely agree with you.

Fern Brady

Yes, yes, whereas he just, like, I saw him having sausage rolls for breakfast when we were in Melbourne and things like that, and I just was like, of all the, I love breakfast so much in Melbourne because they've got the best brunch culture in the world, that I'll devote most of my calories to having breakfast foods, and then just have not very much at night.

Ed Gamble

Just a bag of physalis.

Fern Brady

Well, you're not far off. I pretty much have brunch in the morning in Melbourne, and then I'll just eat like a little monkey at night with loads of berries.

Ed Gamble

Oh, you are the monkey in this situation.



James Acaster

Yes, yes, I thought you were eating a little monkey.

Fern Brady

No.

Ed Gamble

It's a very lean meat.

James Acaster

I'll eat like a little monkey.

Ed Gamble

I just eat a little monkey in the evening. That's horrific, I thought you were pescatarian?

James Acaster

I was going to ask you what water you wanted, but fuck that, let's get back to this, you eat monkeys.

Fern Brady

Well, I alternate between eating very well and then on tour, I'll just eat blueberries and yoghurt again and again and again, it's, like, my go to.

Ed Gamble

Touring's difficult, though, isn't it?

James Acaster

Gives you energy, the blueberries?

Fern Brady

Well, they're the best food for, I think I've eaten blueberries every day for the last fifteen years or something.

James Acaster

Yes?

Fern Brady

I think it's my mum's influence.

James Acaster

Yes, because the kids who didn't eat blueberries had parents who were awful.

Fern Brady

Yes, she once, she really embarrassed me actually, one time, I was going out with this guy when I was sixteen, and his family all ate really badly. And I was over at his house and we were ordering a pizza,



and my mum phoned their house phone up to ask when I was home for dinner, so I was like, 'Let's put this on speaker phone and listen to this dumb bitch.' And she was like, 'Why aren't you coming home for dinner? I've cooked asparagus.' And I was like, 'I'm having pizza, Mum.' And she went, 'But it's your favourite vegetable.' I went, 'No it's not, shut up.' I just took it off speaker phone straight away.

James Acaster

That quickly backfired.

Fern Brady

It was my favourite, because the way my mum would cook it, she would cook it lightly grilled, you parboil it, then grill it, then put some Parmesan and garlic over the top, and salt. It was my favourite vegetable.

Ed Gamble

Yes, that does sound good.

James Acaster

Before we get into your menu, we should talk about your book that's coming out.

Fern Brady

Oh, yes.

James Acaster

Strong Female Character.

Fern Brady

Yes, I can't change the title now. My brother told me to change it.

James Acaster

Oh yes?

Ed Gamble

What did your brother want you to change it to?

Fern Brady

He didn't have any other suggestion.

Ed Gamble

Yes, that's always helpful, isn't it?

Fern Brady

So when I said to the publishers, 'My brother thinks it's-', she was like, 'No, you're not changing it.' Oh, yes, I've got a book coming out about how it's rubbish being an autistic woman, but it's also good, I think there are a lot of good things too, because there are a lot of aspects to being a girl that are really



dumb. Especially around eating, like, a lot of posh, skinny women that I'm friends with, they monitor how everyone's eating, and I'm usually just continuously eating in the background, not bothered about it. If you're autistic, you don't really care about conforming to social norms or different non-verbal cues, so that's a benefit. But the downside is when I get stressed, I eat the same food over and over again.

James Acaster

Just blueberries and yoghurt?

Fern Brady

Yes, well, I went through a bagel, I've had a few bagel phases, I just love bagels, I love the shape and the taste.

James Acaster

A certain type of bagel? What do you want on the bagel? I like the sesame ones, personally.

Fern Brady

I like cinnamon and raisin, just with butter. But also peanut butter ones, not a fan of savoury bagels, or a bagel with a lot of fillings in it.

Ed Gamble

Oh, I love it, I love a bagel with a load of fillings in it, yes. There's a place near us that delivers bagels now, and I get the smoked salmon and cream cheese one, there's so much smoked salmon and cream cheese in there, I love it. Although they've recently started putting tomato in there, which I'm very angry about.

James Acaster

Yes, I wouldn't want that. Too wet.

Ed Gamble

Yes, yes, yes.

James Acaster

But I agree that smoked salmon and cream cheese, if it's a bagel or a sandwich or whatever, often people (TC 00:20:00) skimp on both those fillings, and it annoys me, and I want, like, a whole salmon in there, a whole wheel of cream cheese.

Ed Gamble

Flapping around.

James Acaster

Yes, I want it all in there, I want the more filling the better, with smoked salmon and cream cheese.

Ed Gamble

I like an everything bagel as well.



James Acaster

Right.

Fern Brady

I can't think of them now without thinking about that film, have you seen it?

James Acaster

Yes.

Ed Gamble

Everything Everywhere All At Once, yes, which describes how I want my salmon and cream cheese.

James Acaster

Yes, that's exactly how you want it.

Ed Gamble

Everything everywhere, all at once.

Fern Brady

Didn't write about food much in the book. Oh wait, no, I did, I tell a lie, I did. I didn't write about all the nice food that I eat, but I have gone through some mad phases where I will just eat one food, like one time, I was really sad after a break up, so I only ate boiled eggs for ages.

Ed Gamble

Just to make things even more sad.

Fern Brady

Oh, it was grim. Basically, I read that both Charles Saatchi and Rihanna had lost weight from only eating boiled eggs.

Ed Gamble

Yes, you would.

Fern Brady

So obviously-,

Ed Gamble

You'd lose a lot of other stuff as well, like your dignity, not smelling like a big fart all the time.

Fern Brady

Listen, it was so bad, I started getting these, like, after maybe three months-,

Ed Gamble



Three months of only eating-, what?

Fern Brady

I'm telling you, it was like a boiled egg summer. Oh my God, it was so sad.

Ed Gamble

How many boiled eggs a day were you eating, and were you eating anything else as well?

Fern Brady

Sometimes, I was eating meat at that time, I would sometimes eat chicken, but that's depressing as well, because I hate thinking of the two together.

Ed Gamble

Yes, chicken and egg, yes.

Fern Brady

But no, not very much else.

Ed Gamble

How many eggs were you eating a day?

Fern Brady

I think I was eating, I could do six to eight. If I ran out of eggs, that was stressful.

James Acaster

Were you only eating them in, you know, proportions that you'd get a carton of?

Fern Brady

I would have two eggs at a time.

James Acaster

So it would be how many you could get in a box? Yes, yes, yes.

Fern Brady

Yes, and then coat them in salt, and then I started to get bad pains in my side, and the GP was like, 'Have you been doing Atkins or something?' And I was like, 'Yes, something like that.' And he said, 'Take this medicine, go home, drink loads of water, eat some toast.' And I was like, 'I can't believe my prescription is toast, this is amazing.' That's, like, my dream, is to be prescribed toast. The way I got into this podcast was I heard that Katherine Ryan didn't like bread, and I agree with Katherine Ryan on 99% of things.

James Acaster

Dangerous.



Fern Brady

To have the power to not like bread, I can't imagine that. I love it more than anything, I love it more than, I would give up alcohol before that, I'd give up sugar and sweets before bread. There's no bread I've ever had that I don't like, I've tried diet breads or bread that's just made of seeds, like, I love all bread.

Ed Gamble

You like having a meal and then immediately thinking about the next meal. So when you were in an obsessive phase, that must take all the joy out of it, because you're eating two eggs, and then you know that the next meal is going to be two eggs.

Fern Brady

Yes, that's more like, I think definitely being in a couple helps, because I eat a lot more normal meals now. Any time my boyfriend goes away, I just revert back to, like, he went away recently and when he came back there was nothing left in the fridge, I hadn't done any shopping. And I'll just eat, like, very plain foods, just berries and yoghurt again, it's like I can't think what to have on my own.

Ed Gamble

My wife's very similar. So when I go away, it just all goes to shit, like, she'll be like, 'I had crisps on the toilet for dinner,' or something like that.

Fern Brady

I tell you something, crisps would be a food I'm not bothered about at all. The main time I eat crisps is if I'm at a gig, because that's always at gigs.

James Acaster

In the audience?

Fern Brady

They're the worst. The confidence to do that. Yes, I wouldn't be bothered about crisps. There are some foods, I think, that's just a waste of my time, like croissants as well, unless it was a mega fancy one, I wouldn't bother eating a plain one.

James Acaster

Waste of time. I don't want a plain one, I get it.

Ed Gamble

See, I'm similar, I wouldn't order a plain croissant, I wouldn't, you know, buy any plain croissants, but when you're in a situation where there is a plain croissant and you're like, 'Fine, I'll have it,' and it's warm, and you tear it apart and it's just so buttery and delicious, I love a plain croissant.

James Acaster

I was going to say, it's got to be a mega buttery one, because if you get one that's not mega buttery and it's on its own, it's the worst, I'm completely with you, Fern.



Ed Gamble

When it's dry and, yes.

Fern Brady

Yes, but I wouldn't eat, say you were at a work thing and there were croissants there, here in the UK I wouldn't bother. If you were in France, yes, I would eat it, or Melbourne. We went on a trip to this place, Fitzroy, in Melbourne, that does insanely fancy croissants, do you know the place I mean?

Ed Gamble

Well, I've never been to Melbourne, but I follow a croissant place in Melbourne on Instagram.

James Acaster

Course he does.

Fern Brady

Yes, yes, it will be that.

Ed Gamble

It's called Lune.

Fern Brady

Yes, there.

Ed Gamble

There you go. Absolutely obsessed with it.

James Acaster

I've been to Melbourne multiple times. Didn't know where you were talking about. Ed follows a croissant place in Melbourne. Well, we'd better get into your menu proper. Let's start with still or sparkling water?

Fern Brady

Sparkling.

Ed Gamble

You came alive when you said sparkling there.

James Acaster

Yes, you sparkled.

Fern Brady

I, yes, you beat me. And do you know what, because I'm pretty obsessed with eating the perfect foods and eating really healthily and stuff, a lot of people are very critical of that now, but I get a real buzz out



of it. And I read sparkling water's bad for you in some way, just slightly bad for you, so whenever I drink it I feel like a rebel now, which is quite sad, because it is just water.

James Acaster

Your own bottle.

Fern Brady

It feels mad, like I'm drinking spirits or something.

Ed Gamble

Do you think your mum would say that the kids who have sparkling water, their parents didn't care about them?

Fern Brady

She actually thinks I've gone too far with the food thing now, and I'm like, 'Well, you've planted the seeds of it.'

James Acaster

I mean, I guess she can't put anything down to, you know, the way an adult eats, where you eat now, she can attribute none of it to herself as a parent. If she was always going, 'Kids who eat this, it's because of their parents,' but as you grow up, I mean, if anything, the way you eat now is completely because of your mum.

Fern Brady

Oh, definitely.

James Acaster

But does she take any credit for it?

Fern Brady

She does. She was really pleased that I went on Grace Dent's podcast and talked about good food, because she was a little bit annoyed because I also talked about when I worked in a strip club, and this guy that had Down's syndrome would come in all the time and shout at us. So she was very upset about that bit, but then the focaccia thing made up for it.

James Acaster

Yes. So here's a question that everyone probably had earlier in the podcast that I feel we should circle back round to, before we move on with the menu, is sorry to ask it, but how bad did your farts stink when you were eating the eggs all the time?

Ed Gamble

Yes.

Fern Brady



They weren't bad. They were actually worse when I ate a lot of tofu and beans, which are two of my favourite foods. I fart loads, loads and loads.

Ed Gamble

The second two loads and loads made me laugh loads. James knows exactly why I'm laughing, just because I find that sort of thing really funny.

James Acaster

Yes, yes, and you said it in a really serious way, like you were musing on it.

Ed Gamble

It's three, I'd better add two more loads in there.

Fern Brady

But isn't it good for you?

James Acaster

Yes, probably.

Fern Brady

I got really into reading about the gut microbiome, eating fermented foods. But I tend to get quite obsessive about one thing at once so I read that eating for your gut is going to help you live longer so I made my own kombucha, I bought, like, the thingies that make kefir, I made my own, what's the other one, the three Ks.

Ed Gamble

Kimchi.

Fern Brady

Kimchi, yes. I made it all at once and then you're not really supposed to eat all those three things at once and in, like, massive quantities and, honestly, just like, my shits were, like, flying out of me like wet piglets. It was so-

James Acaster

Wet piglets, wet piglets?

Fern Brady

Oh my God, because I was like, I didn't know the power that this stuff had, I just thought, 'I'd be fine,' but yes, I love all the fermented stuff, very good for you.

Ed Gamble

So you were just eating loads, it was just the amount that you were eating was what was causing the wet piglets?



Fern Brady

Yes, you can't have the three Ks at once, you, kind of, just sprinkle them throughout your day.

Ed Gamble

Well, you put three Ks together and stuff starts (talking over each other 28.30), yes.

James Acaster

Yes, that's when some things going (talking over each other 28.32). You should know this is going to turn pretty bad. Poppadoms or bread. Poppadoms or bread, Fern Brady, poppadoms or bread.

Fern Brady

Yes, I mean, I didn't even get into poppadoms until recently, I wouldn't even-, they were one of my waste-of-time foods along with crisps and croissants.

James Acaster

Yes, yes.

Ed Gamble

Your waste of time food seems to be quite, sort of, flaky, anything carby but might, sort of-,

James Acaster

Light carbs.

Ed Gamble

Yes.

Fern Brady

Anything carby and calorific that I'm not going to-, I have to enjoy it to the max, that's my rule with food. I want every mealtime to be amazing, basically.

James Acaster

Apart from when you're in an egg phase.

Fern Brady

Apart from the eggs and the blueberries and the yogurt, yes.

James Acaster

It's either got to be amazing or there's a reason you do it, yes.

Fern Brady

Functional, yes. So yes, so like, so with, so yogurt, another great food for your gut, I got-, that's really good and blueberries are going to stop me from dying of cancer, apparently, so I feel like I'm doing a good thing when I eat them.



James Acaster

So, I mean, it sounds like, when you're eating, you're often very, like, you talk about Ivo, just like you can just sit there and eat a sausage roll, he's not thinking about any of it.

Fern Brady

Food for fuel people.

James Acaster

You're always thinking.

Fern Brady

Yes.

James Acaster

You're always thinking and, when you're eating a meal, 'Why am I eating it, what's this for, is it worth it?' Is it stressful at mealtimes?

Ed Gamble

Am I eating for pleasure or am I eating for function?

James Acaster

Yes.

Ed Gamble

Yes.

Fern Brady

Is it stressful? I get stressed when-, so I like to be in charge of what food place I'm going to. Like, in Melbourne, I know where I want to go, so I've just had a lot of my best food experiences there, (TC 00:30:00) that's why I keep mentioning it. So I know where I want to go a lot of the time and I have a friend who I won't name because they're a good person, they're an expert at picking the shittest places. And I don't ever want to waste a breakfast in my time on Earth so, if I'm trying to be, like, cool and relaxed and stuff and let another friend pick it, that's when I feel the worst. Because a lot of people don't care about food, I still remember there was, like, one breakfast where it was crap, there were sticks in my head, that was in Sydney.

James Acaster

Oh yes, Sydney breakfast, oh right.

Fern Brady

It was crap.

Ed Gamble

Does it make you lose respect for people if they pick somewhere crap?



Fern Brady

I would resent them for a long time and it does make me lose respect-, I would sometimes describe a person as, like, they're the type of person who would go to a Japanese restaurant and order, what's that really mild, like, chicken curry that you get (talking over each other 30.59)?

Ed Gamble

Like a katsu curry?

Fern Brady

Yes, yes, they adore the katsu curry, I'll describe people as that.

James Acaster

Yes, yes.

Fern Brady

Or their idea of a great dinner is a roast, I'll describe that as an insult but then no-one else knows what I'm talking about.

James Acaster

Well, I get you, I mean, I love a roast dinner but you were saying before the podcast when you hear choosing that as their dream meal, you-,

Fern Brady

I was so sad. Just the amount of flavours and, like, most of my food choices are Chinese things because I, like, China, they don't just care about flavour, they care about texture, which is why you get so many different amazing textures of tofu. And then here it's just, like, 'I just love a bit of roast, me, with salt and pepper on it.' And people get really defensive over it but they're bragging about, 'I had a lovely Sunday roast,' it's everything that's wrong with this country. I mean England.

James Acaster

Yes, yes, England. Yes, yes, obviously.

Fern Brady

It's so grim.

Ed Gamble

Do they not like a roast dinner in Scotland?

Fern Brady

They probably do.

James Acaster



I mean, you've got your own breakfasts there, do you have your own roasts? Because you've got-, you have Scottish breakfasts that are very clear.

Fern Brady

Yes, I really miss square sausage, I've had three different types of veggie square sausage. There's one good one but I can't remember who makes it. Maybe FacePlant or something, but yes, I really miss square sausage rolls.

James Acaster

I remember the first time I had it. On the Isle of Mull was where I had the first square sausage I'd ever had and it's a Ratatouille moment, anytime I have a square sausage, I'm transported back to the Isle of Mull.

Ed Gamble

You're transported to the Isle of Mull.

James Acaster

Yes, (talking over each other 32.33).

Fern Brady

I thought that was a Proustian thing, is it not?

James Acaster

Is it?

Ed Gamble

We call it a Ratatouille thing.

Fern Brady

Oh, right.

James Acaster

Ratatouille. Benito has got a Tobermory T-shirt on now.

Ed Gamble

That's mad.

James Acaster

That's is, he's called the great Benito because he used to be a magician and this is like watching a magician at the end of their show going, 'Were you thinking of Tobermory?' And then opening their shirt and it's a Tobermory T-shirt, that was amazing.

Ed Gamble

But also he should say he's wearing thousands of T-shirts in there.



James Acaster

He's layered up, sweating so bad.

Fern Brady

I didn't want to talk about Scottish foods very much.

James Acaster

You don't like it so I tricked you into it.

Fern Brady

I'm not a very Scottish person.

James Acaster

Wrong.

Fern Brady

No, but like, I just-, there are some foods that I'll be-, that I miss but, I mean, they're terrible for you. Like, Scottish bread is amazing, have you had stovies in Scotland?

James Acaster

Yes, yes. Yes, lovely.

Fern Brady

Is it lovely but-,

Ed Gamble

When have you had that, you've never mentioned that.

James Acaster

Stovies?

Ed Gamble

Yes.

James Acaster

Well, it's not been, like, such an amazing experience that it's come up.

Ed Gamble

It's not a Ratatouille.

James Acaster

It's not a Ratatouille moment.



Fern Brady

But it's not the same in restaurants, it's just not, like, I think I've had it and it wouldn't be a thing you would have in a restaurant, it would be a thing that your grandparents and mum would make. But anyway, I didn't want to have any Scottish things on the menu.

Ed Gamble

Fair enough. Because you don't like being-

James Acaster

You hate Scotland?

Fern Brady

I'm just not bothered about it. And, like, a lot of Scottish Londoners will go on and on about these things called empire biscuits. They're so average, that might be a controversial point.

James Acaster

Yes, well, see, we don't know that. But obviously, you're going to get-, you'll find out, I guess.

Fern Brady

Abuse.

James Acaster

When this goes out, yes.

Fern Brady

Of all the Scottish cakes, it wouldn't be my-, it would never be my go-to.

Ed Gamble

What is in an empire biscuit?

Fern Brady

Oh God, it's so crap. It's, like, two not even shortbread biscuits, it's not even as rich as shortbread. Just, like, two plain, crumbly biscuits, about the size of my hand, so quite big, and then, on top, there's just, like, icing, plain icing and then a midget gem. And then there's just some jam in the middle. When my mum used to make them, I would be like, 'Why have you made these again?' What we do have that's really nice are these things called pineapple tarts, you can get them, if you're ever getting around Scotland, you'd get them in a supermarket, they wouldn't be a fancy thing and that's, like, a little pastry case filled with whipped cream and some pineapple jam and then bright yellow icing on top.

James Acaster

Yes, great. Well, that's like the Marks and Spencers one that Simon Rogan recommended and I got really into them. There's only certain Marks and Spencers that sell them, there's one on the Oxford Street Marks and Spencers, you can get those pineapple tarts. I love them, absolutely double thumbs-up, I didn't know they were a Scottish thing.



Fern Brady

I think they are.

Ed Gamble

Yes, I'm not a pineapple guy.

James Acaster

Yes, well.

Fern Brady

Why?

Ed Gamble

I'm not that bothered about taste of it, my wife's allergic to pineapple.

James Acaster

Oh, there you go.

Fern Brady

Yes, I used to get that and then I thought everyone's mouth hurt when they eat pineapple and it was only by chance I said to one of my colleagues one day, 'I love pineapple but I hate, like, all the mad pain that you get,' and then he was like, 'What are you talking about?'

James Acaster

'I hate having to go to hospital every time.'

Ed Gamble

'I hate having to puff up and go all red.'

Fern Brady

I was getting these random food allergies out of nowhere, right, for a bit. I think they've got away now, there used to be a pizza place in Heather Green in Lewisham that did this pizza that was so incredible but every time I ate it, I would find it hard to breathe and my lips would swell up.

Ed Gamble

Every time you ate it.

Fern Brady

That was the thing, we would be like, 'Oh, should we order allergy pizza again?' I never figured out what was on it but that was how tasty it was. And then the people that-, I think it was called the Gold of Naples, that was the pizza place, they moved back to Naples to make pizza so they must be the best.

James Acaster



Oh wow, yes, yes. Absolutely the best.

Ed Gamble

Or they just killed too many people here.

James Acaster

Yes, 'We have to get out of here.'

Ed Gamble

Yes, 'We got to go.'

Fern Brady

Oh, maybe, I've never had a pizza that good since.

James Acaster

What type of bread are we talking before we move on to your starter?

Fern Brady

Oh yes, sorry, GAIL's potato and rosemary sourdough.

Ed Gamble

Yes, it's good.

James Acaster

He's happy.

Ed Gamble

I absolutely love it.

Fern Brady

For the butter, Quicke's whey butter, which, or any whipped butter, like, when you get whipped butter in a restaurant.

James Acaster

So I'm loving this very specific things that you want, this is what I like in a menu, I get excited when the guests come on and have specific ideas for each, you know.

Ed Gamble

So, the Quicke's butter, I think that's the one they sell at GAIL's as well, right?

Fern Brady

Yes, yes.

Ed Gamble



In the little logs.

Fern Brady

Yes, yes.

James Acaster

Yes.

Ed Gamble

Sometimes, weekend morning, Deliveroo, get delivery GAIL's.

James Acaster

Oh yes?

Fern Brady

Same.

Ed Gamble

Potato and rosemary sourdough, little log of butter.

James Acaster

That is your go-to as well, that one?

Ed Gamble

Yes, that one or, to be honest, any of the ones at GAIL's are really good, I got seeded sourdough the other day. That's excellent, as well, it's so good.

Fern Brady

That's my other choice.

Ed Gamble

It's so good.

Fern Brady

Seeded is my second choice but potato and rosemary is just the best. The best one, I just-, I get annoyed with places lying to me about their bread being sourdough when it's not and taking me for an idiot. I was going to say a worse word there, but I was in a brunch place in Glasgow and ordered eggs and toast, would be my go-to brunch order. And she brought me over, this happens to me all the time, they don't even toast the toast, in so many places. Has this come up for you?

James Acaster

I get annoyed, yes, yes.

Fern Brady



I hate complaining in restaurants, right, but then it happens just too many times to you so I brought this hot white bread, sliced, like, that thin. So, so thin and I said to her, 'Sorry, would it be possible to get my toast more toasted?' And she, sort of, looked at me and went, 'That's actually this type of sourdough just doesn't toast.' She went, 'I can try, I can take it back and try,' and I just, because you think we're confident to accommodate but, when someone tells you such a confident piss-take of a lie that you can't toast toast, I was just, like, 'Yes, yes, can you take it back?' Because I was like, 'I'm 36 now, if I don't-, because normally I just cringe at sending stuff back but I thought, if you don't do it now, you never will. It gets brought back and, lo and behold, it had some colour on it because there's no such thing as un-toastable bread. Just unbelievable.

Ed Gamble

The sheer brass neck of someone going, 'I can try,' it's just-, you probably don't understand science, we're not going to be able to toast this. It's magic bread, so.

Fern Brady

Oh my God, unbelievable.

James Acaster

Also, I bet they didn't even toast it as much as they could've because they didn't want you to know they'd fully lied so they were just like, 'There you go, that's the best we could do,' but it probably wasn't the best they could do.

Fern Brady

So how did this come about, were a lot of people getting burnt toast and sending it back in places? Because I just want-,

James Acaster

Probably. Possibly, they were like, 'Let's err on the side of caution, just do this.'

Ed Gamble

It can't be a time thing, can it? It can't be like they save a minute so they just send it out. Maybe some people just don't want it that toast when they put stuff on top of it.

Fern Brady

But I'd say, out of ten places, I get given bread that's just been in a toaster for a minute.

Ed Gamble

But, with some sourdough, I do find that (TC 00:40:00) you need to stick it in a toaster twice.

Fern Brady

Right.

Ed Gamble

Because it does come out looking like it's not been in the toaster and you need to stick it through again.



James Acaster

Sure, it doesn't give the appearance of toast.

Fern Brady

And how do you feel when you get given bread that isn't sourdough in a restaurant and they call it sourdough because they take you for a cunt?

James Acaster

Yes, just in case anyone wasn't sure what the phrase was earlier on that Fern was avoiding.

Ed Gamble

I'm not sure that's happened to me, or maybe I'm just an absolute sucker.

James Acaster

Yes, yes.

Fern Brady

Maybe you have an accent that unlocks doors.

James Acaster

They know what you are, Ed.

Ed Gamble

'Don't take that guy for a C, he's going to know his stuff,' whereas I probably wouldn't, you know.

James Acaster

Given that you've chosen, you know, we know this before going into your courses, you chose a lot of Chinese, were you tempted for poppadoms on bread to go prawn crackers?

Fern Brady

No, I'm not fussed about prawn crackers, at all, another waste of time food. My mate, Alison Spittle, the comedian, we went for a Chinese there and she got-, or her and my boyfriend just hoofed all the prawn crackers and I think I won. And I remember that Alison, I don't know if she, kind of, looked at me like, 'Oh, that's surprising,' and I didn't want to say, like, this just does nothing, that I'm not bothered about. She once worked in exchange for prawn crackers in a Chinese takeaway.

James Acaster

She did, she told us this.

Ed Gamble

Yes, yes.

James Acaster



Yes, yes, she told us this, I forgot and now I have remembered.

Fern Brady

And she used to get beaten with a stick by an old Chinese lady.

Ed Gamble

Yes, yes, she told us that as well, yes.

James Acaster

Yes, yes, yes. It's funny that you're friends. So your dream starter, then, are we straight to Chinese food?

Fern Brady

Yes, this is-, I don't know if this will be allowed as a starter because it's a breakfast food, it's a jianbing, which is a Chinese crepe. And this is, like, my all-time favourite food in the whole world, both my brothers live in Shanghai and I went to visit them a few years ago. And they just would, like, order food for me and I didn't have a single bad food experience because we grew up together, we all like the same things and they knew what I would like. So the first morning there, one of them just went silently, like, got me this thing from a stall and hands it over to me. And it's a crepe, a savoury crepe, they make it on a big crepe maker, crack two eggs onto it and fry them on that. Then they put hoisin sauce over it, spicy little pickled vegetables, then they get fried, wonton skins, crush them up, they're all, like, crunchy and sprinkle it over the top. And then people get different fillings on top of that, so my choice is, like, these spicy, chewy tofu sticks. But other people get little sausages or a bit of bacon and then they put some lettuce, coriander on top and wrap it all up. It's unbelievable.

Ed Gamble

Yes.

James Acaster

It sounds good.

Ed Gamble

Oh, it sounds so good.

Fern Brady

I'll tell you were I get them, I found a place to get them in London because-,

Ed Gamble

Pleasant Lady?

Fern Brady

Pleasant Lady?

Ed Gamble



There's a place called Pleasant Lady (talking over each other 43.15).

James Acaster

No, he was just giving you the title of your next book.

Ed Gamble

I think that's a (talking over each other 43.21) place. No, please, tell us where you get them in London.

Fern Brady

It's called Chinese Tapas House and it's if you were about to, like, go into Chinatown, next to the place where they have Magic Mike on. I can't remember the name of the street because, you know why I was thinking of that, because I was walking to get a jianbing and there was all the topless pictures of the Magic Mike lads and I thought, 'I bet they're starving and just eating a terrible diet,' and it made me feel better.

Ed Gamble

Yes, yes. Pleasant Lady, jianbing trading stool, Old Spitalfields Market, that's why I thought you were going to go with Pleasant Lady.

James Acaster

Another place?

Fern Brady

Oh, this one's a little bit nearer to me, there is another one in Chinatown just around the corner but I didn't read it as much. It's just amazing.

James Acaster

I've got to try this, never had one before. It sounds great and, I mean.

Fern Brady

I'd recommend it.

James Acaster

I'm sure you can guess the ingredient that got me most excited during the description.

Ed Gamble

The crispy wanton skins.

Fern Brady

I knew that from your-

James Acaster

Crispy wanton skins is when I was like, 'Well, I'm eating this.'



Fern Brady

Yes, you did light up, to be fair.

Ed Gamble

It's, like you were saying about texture, like it's, and they've actually thought about how it feels in their mouth as opposed to it all just being wet stuff.

Fern Brady

It's like a lovely hangover food or just anytime food, but traditionally, a breakfast food.

James Acaster

Well, that sounds great. And that's the first time we've had that on the pod, as well, so it's always good when it teaches us a new one.

Ed Gamble

I'm going to go and try one because I've never-, just, every time I walk past Pleasant Lady, I'm like, 'That sounds nice, but.'

Fern Brady

Yes. And what I really do want to stress, I didn't pick-, because one of my pals was like, 'Oh, your suggestions are dead pretentious,' I picked what are my favourite foods.

James Acaster

Yes, so everyone can get off your back.

Ed Gamble

Yes.

Fern Brady

I just want an adventure in my mouth every time.

James Acaster

Yes, well, look forward to having that tweeted at you without any context after this has gone out. Dream main course.

Fern Brady

So I changed this last-minute this morning, I thought I was going to go for mapo tofu because it's got my favourite condiment in it, lao gan ma. Oh my God.

Ed Gamble

It was on my dream menu when we did episode 100.

Fern Brady

Was it?



Ed Gamble

Yes, I had lao gan ma, the chilli oil, yes.

Fern Brady

Well, it's not just it's a chilli oil with, like, salty little soy beans in it, (talking over each other 45.41).

Ed Gamble

Crispy soy beans, and you can get one with peanuts in as well but that was dangerous when I had that one, I was just eating that like yogurt yes.

Fern Brady

Yes, same. Yes, I had that. But this, this dish has all those flavours in it and it's malatang, which was another thing my brothers introduced me to but I've since had in different places. If anyone knows a good London malatang place, please let me know because I can't seem to find one. So malatang's where you get a very spicy soup base, you can pick how spicy you want it, usually. And it's got lots of, like, chilli oil and szechuan peppers in it. And then there's, like, you go to a fridge and you pick out all the things you're going to put in your soup. So you can pick, like, eggs, quail eggs, noodles, vegetables, tofu puff. Like, all different things and then you take it up to the counter and they weigh it and then they make your soup for you. It's huge.

James Acaster

Oh, I think, I mean, back to Melbourne now.

Fern Brady

I was going to say you've probably had it.

James Acaster

But when I was in Melbourne, I think Phil Wang took us all for something, because Phil Wang was doing his thing, I think we spoke about it on Phil's episode, where he was, yes, he was rating all the different noodle places. And he'd gone to somewhere that was amazing and I was like, 'Right, let's go there,' he went, 'I, kind of, covered this other place, though.' I was like, 'No you haven't, Phil, you haven't because it's just for your Twitter. No, no, we should go to this other place.' And he took us to a place where we did that and we had to put it all together and, while we were eating it, he went, 'Oh, this is a bad place.' I was like, 'Yes, this is a bad one, Phil,' and he was like, 'yes, sorry,' and then that was it, I just had a bad-, but yours sounds nice.

Fern Brady

That was the last malatang I had was with Phil and he kept laughing at me and saying, 'You got too, too much,' and saying that I'd put too much in my bowl. I always just get-,

James Acaster

Yes, yes, somebody gets too much.



Fern Brady

I just get excited at all the different things that you can get.

James Acaster

So what are you putting in yours? How spicy's the base, first?

Fern Brady

Oh, well, I went for the spiciest level.

James Acaster

So you've gone top-level spice, what are you selecting from the-, for your actual ingredients in it?

Fern Brady

Normal noodles or rice noodles, I like, like, that, rice noodles, I guess. Oh my God, my favourite, the Chinese savoury doughnuts, I forgot to say the jianbing, they also put a Chinese doughnut in it. It's insane, there's so, so much in it.

Ed Gamble

Is that too, too much?

Fern Brady

Too, too much, yes.

Fern Brady

See, I never put enough savoury doughnuts in it and then I'll try and put vegetables in to, sort of, show off. But then I don't-, I end up just eating everything in order of preference and leaving the veg until last. Put eggs in because I have a healthy relationship with eggs now, those are my main picks that I remember. Oh, and then I always put lotus fruit in because I can't remember if I like it or not.

James Acaster

So you've got to try it.

Ed Gamble

I was going to ask, and then, do you like it when it's in there? But I guess you can't remember, yes.

Fern Brady

It tastes like potato, doesn't it?

Ed Gamble

It's, kind of, crispy, it's crunchier than potato, right?

Fern Brady

A little bit, yes. There's some food I'll persist with because everyone says they like them, even though I don't. Like, I've tried to eat squids, even though I think squid is the most inedible, disgusting thing in the



world, I've tried to eat it, like, twenty times. Which is mental but it was because everyone else seemed to be enjoying it, do you like it?

James Acaster

I do, yes. Yes, I like it.

Ed Gamble

I mean, it's very easy to mess up, I guess.

James Acaster

It has to be done the right way, yes. I don't like squid rings.

Ed Gamble

But it's unlikely that you had it twenty times and it wasn't good one of those times, I think you just don't like it.

James Acaster

You definitely don't like it.

Fern Brady

And then pâté, I wanted to bring up as well as, like.

James Acaster

I hate pâté.

Fern Brady

You hate pâté?

James Acaster

You do, do you? (talking over each other 49.31).

Fern Brady

I hate pâté to such an extent like, if other people are eating it and I can smell it, it makes me want to be sick. And I have really vivid recollections of seeing people eat pâté and seeing the mush of pâté in their mouth, this mush of pâté and baguette. And it's so repulsive, it's just creamed animal organs that then gets creamed up more in your mouth.

James Acaster

Yes, that sounds disgusting. It sounds disgusting, yes, absolutely.

Fern Brady

I hate it, it shouldn't be a thing.

Ed Gamble



I mean, I hate it now, (TC 00:50:00) so you've ruined pâté for me, thanks Fern.

James Acaster

Where these people eating their pâté and baguette and they're just opening their mouth while they look at you?

Fern Brady

But when a person eats it, it makes me hate them, that's how much I dislike it. So no pâté in my malatang.

James Acaster

Yes, yes. Yes, yes, let's put that on a T-shirt.

Fern Brady

One time, I had an incredible malatang when I was with my brothers and they said they were ordering me all veggie food and then I was like, 'Why, why is this tofu so incredible?' And they were like, 'Oh, it's soaked in pig's blood,' probably pig's or duck's blood.

Ed Gamble

Wow.

James Acaster

Those brothers, do they do it for a laugh, they think it's funny?

Fern Brady

I think they just didn't think but it was the most delicious tofu I've had of all time.

James Acaster

So you could probably, yes, I mean, I guess you're not eating meat, you could say, 'I'm a vegetarian but everything I eat is soaked in the blood of animals.'

Fern Brady

Yes.

James Acaster

Compromise, I just eat tofu, and.

Ed Gamble

Yes, I'm sure there's a compromise, I think that's worse than eating meat, isn't it? Everything's soaked in the blood of animals.

James Acaster

Ducks and pigs. There's got to be a word for that.



Fern Brady

I mean, I think it's respectable that they use everything.

James Acaster

Yes, yes. At least they're doing that.

Ed Gamble

Is it like a hotpot but one you order everything in? Because I love Chinese hotpot.

Fern Brady

See, I don't like Chinese hotpot and I've been to a couple of different places, and it isn't, like, hotpot, it's the soup base that's just the difference because it's so spicy and incredible. Like, you really-, what you put in your malatangs, I'm not really that arsed about it. It's the actual soup base is so tasty.

James Acaster

And I guess, with hotpot, you're basically-, it's the thing that you're cooking in the stock or whatever, so it's not-, you're not, like, drinking the stock, I love it.

Fern Brady

Yes.

James Acaster

Hai Di Lao, near Leicester Square, absolutely brilliant. Such a good night out.

Fern Brady

Is that the place? So there was a place, because I always look at what restaurants you're going to on Instagram for recommendations and then there was a place that you went to, but then when I looked at it, it looked like it was all influencers.

Ed Gamble

Well, no, it looks terrible, it really looks terrible and you go in, as well, and you think, 'Oh, this is going to be really bad,' but it's really good. It's really good ingredients and, like.

Fern Brady

But why are influencers all going there?

Ed Gamble

Oh, I don't know, I've got no idea.

James Acaster

I'd imagine that, you know, if you're an influencer, isn't one of the perks you get to go to good places for free? It's got to be, right?

Ed Gamble



Well, it depends, yes.

James Acaster

Unless you're living a lie where everything's rubbish and you're telling everyone it's great, (talking over each other 52.25).

Fern Brady

I mean, it was, like, a lot of pictures of girls that didn't look like they eat or like they were eating the food. So I was just a bit, like, 'Oh, what is it about this place?' And then I didn't go because of that.

Ed Gamble

It's really nice. But if you don't like hotpot, I guess, it's, yes.

James Acaster

If Ed's there, it's usually good, I'd say.

Fern Brady

What is?

James Acaster

If Ed's there, he's an influencer.

Ed Gamble

Well, Charlie recommended me that one.

James Acaster

You're an influencer.

Ed Gamble

I'm an influencer, yes, sure.

Fern Brady

Yes, you are with food. When you started doing this, I was like, that's an amazing idea, because I want to get more food sent to me and, as it stands, I get offers of alcohol sent to me and I don't drink that much. So, just.

Ed Gamble

Well, what foods do you want sent to you? Give it a shout-out.

Fern Brady

Bread, I would do an advert for bread.

James Acaster

Yes, just bread in general?



Fern Brady

Honestly, I'm like, 'When can I advertise bread?' Well, I need to start going on about it more.

James Acaster

What if GAIL's asked you to do an advert for them but they said you have to change your name to Gail?

Fern Brady

Like, that's the image they're-, I wouldn't, I worked for a very annoying woman in admin called Gail, so it's just not a cool name. With GAIL's, I just don't think they would want me for their brand. If anyone wants to send me fermented foods, I would love that.

James Acaster

The dream side.

Fern Brady

I changed this because of the first one was disrespectful to Ed.

Ed Gamble

Why was it disrespectful to me?

Fern Brady

Because it's a thing called sleepy pasta, although it's not really.

James Acaster

Yes, and as an insomniac, Ed would not like it.

Fern Brady

It's a Meera Sodha recipe.

Ed Gamble

Love Meera Sodha's recipes.

Fern Brady

Oh my God. I've got a story about that, so awful and embarrassing. So I was, like, the biggest Meera Sodha fan. That's quite dorky, to be a fan of a chef and guardian, I've got two of her books, I cooked almost everything in the books. Most recipes that I cook are from her books on a weekly basis.

Ed Gamble

East, have you got East, that book?

Fern Brady

Yes, yes.



Ed Gamble

It's so good.

Fern Brady

Yes, her pad Thai, I would rather have that over any takeaway. I did this travel log with Ivo and Darren Harriott where we went all around the UK and we went to this Indian deli in Leicester. Bobby's Deli, it's amazing, by the way, and I think it came up that I loved Meera Sodha and he went, 'That's my wife's-, that her niece,' basically, 'I'll get her on the phone.' And I said, 'Please don't do that, let's just get on with filming,' and I turned away, he's a very charismatic guy, the guy (talking over each other 55.04), he basically wanted to show that he knew every British Indian in the UK. Every famous one. So a minute later, he's holding out a phone and Meera Sodha's on the phone and I think have a voice that frightens people or there's something off-kilter about my voice. I'm aware people think I'm stupid or aggressive when I talk, so Meera Sodha just heard, like, 'Hello, it's me, Fern Brady and I love all your recipes,' and she was like, 'Oh, hello, I've just had a baby and I have to get back to the baby.' And I was like, 'Okay,' and I just wanted to kill myself there and then, it was like-

Ed Gamble

I don't think that had anything to do with your voice, to be fair, it's probably that she's been called out of the blue by Bobby, that probably happens about 25 times a day.

Fern Brady

By her uncle Bobby.

Ed Gamble

Uncle Bobby calls, she's like, 'It's fucking uncle Bobby again.'

James Acaster

Yes, she doesn't really know him that well.

Ed Gamble

And then, obviously, she's just had a baby, I don't think she's going, 'There's an aggressive woman on the phone.'

Fern Brady

Okay, that makes me feel better.

James Acaster

I think she probably thought, like, 'Oh, a relative's ringing me, I'll answer it but I'm really, really swamped right now. Oh, he's found someone I've never met and wants me to talk to them, I can't do this.'

Fern Brady



Oh my God, it was so, so I couldn't-, I just felt so embarrassed that I'd spoken to her that I couldn't look at her recipe books for, like, a year after. It was horrible. Well anyway, she-, I'm now back to cooking one of her staples, sleepy pasta.

Ed Gamble

Is it called sleepy pasta in the book?

Fern Brady

No, it's called Meera Sodha's-, this is it, Meera Sodha's vegan recipe for creamy macaroni with sweet potato and gochujang.

James Acaster

Oh yes.

Fern Brady

How do you say that?

James Acaster

Yes, that's right, that's right.

Fern Brady

I use it all the time, can't say the word. Actually, a producer that I worked with also, I think, calls it sleepy pasta or says it makes them go to sleep, so.

James Acaster

So you call it sleepy pasta because it makes you go to sleep?

Fern Brady

Yes.

Ed Gamble

And it's disrespectful to me.

James Acaster

Just like allergy pizza.

Fern Brady

Yes, I think the reason it makes you go to sleep is because the sauce is just a delicious vegan macaroni, the sauce is made of sweet potatoes and cashews and a lot of, so it's, like, a very delicious, creamy, cheesy sauce and then pasta and I think you have a big blood sugar spike then just crash.

Ed Gamble

Yes, I'm sure I would, but you know what, I'm going to make it.



Fern Brady

Definitely make it.

Ed Gamble

I'm going to make it, well, I'll leave a clear, sort of, four or five hours afterwards.

James Acaster

Yes, if you think this guy's avoiding blood sugar spikes, you've got another thing coming.

Ed Gamble

I'm very good at managing them, very good at managing them.

Fern Brady

See, because I was going to have a vegetable side dish. Oh wait, no, I changed it, so I changed it.

James Acaster

It sounds like you were choosing a main for your side dish, sleepy pasta, that's why.

Fern Brady

No, because if you order from, like, Caribbean takeaways, they have macaroni cheese as a side. So I was thinking what things do I genuinely get as sides and, I mean, you do have really amazing vegetable dishes in restaurants sometimes. But nothing's sticking out in my head, then I hit on one thing, right? Something, I've come back to over and over again, me and Alison Spittle talk about it a lot, anyone I know has gone to this place, talks about this a lot. It's Bubala confit potato latkes. Latkes, is that how you say that word?

James Acaster

Yes, latkes, yes. Yes, yes, yes.

Fern Brady

Yes.

Ed Gamble

Oh, I've not been there, I'm very jealous to hear.

Fern Brady

You've not been to Bubala?

Ed Gamble

No.

James Acaster

He's heard the word confit and latkes in the same sentence and (talking over each other 58.34) went to Heaven.



Ed Gamble

(talking over each other 58.36).

Fern Brady

They're not traditional latkes, they're, like, almost a bit like, you know how hasselback potatoes are sliced really, really thinly? I'm going to show you a picture because you might be better at describe the-

Ed Gamble

Oh my God.

Fern Brady

They're something that, if you order them-

Ed Gamble

Is it like layers, are they thin layers?

Fern Brady

Very, very thin layers.

Ed Gamble

So they similar to the ones that Quality Chop has, the confit potatoes that Quality Chop has and they're just the best potatoes so I want those right now, they look absolutely incredibly.

James Acaster

So they've sliced up a potato, stacked it up in a rectangular formation and it looks the colour of bacon, is how they have managed to cook it so it looks like bacon. And it looks like it has some powdered sugar on top of it, even. So I don't know what that is on the top, and a little splodge of, like, a dip, a white dip, it's got a red-

Fern Brady

I think it's aioli.

James Acaster

Aioli with some red dusting on the top of it.

Ed Gamble

It's called toun, I think it's similar.

James Acaster

The ingredients, Désirée potatoes and salted butter, garlic cloves, thyme leaves, vegetable oil. It looks good.

Fern Brady



Yes. And I don't normally, like, there's a lot of potato things I don't like because potato makes my stomach feel weird and stretched and bad, I don't know what it is.

Ed Gamble

Yes, you're allergic to it, Fern, we've had this before, this is a pineapple situation.

James Acaster

You're allergic to a lot.

Fern Brady

I should, because I found, I did a DNA test, by the way I found out I was 98% Irish, so I should like potatoes more and not like bread. Because (TC 01:00:00) a lot of Irish people-

James Acaster

I think that proves that you don't really have an understanding of, yes, carry on.

Fern Brady

Well, Irish people are coeliacs.

James Acaster

Because they're coeliacs, okay.

Fern Brady

More Irish people that I think, I don't know, my Irish pals are so that made me think maybe it's because they're meant to eat potatoes than-, what are you going to say, that it's offensive to Irish people?

James Acaster

I'm not saying it's offensive, I'm just saying I'm pretty sure you haven't got that right that, because you're 98% Irish, you should like potatoes more.

Fern Brady

Well, they shouldn't make my tummy feel bad, like, I hate baked potatoes so, so much.

Ed Gamble

Maybe that's the 2%, though.

Fern Brady

Maybe, oh my God.

Ed Gamble

What's the other 2%?

Fern Brady



It was, like, all the places that the Irish had landed around the UK. If a potato is very, very fried and sliced and all that, then I can handle it.

Ed Gamble

That looks so good, I think that's such a good side choice.

James Acaster

Yes, that looks fantastic.

Fern Brady

They have another side dish that I nearly picked.

James Acaster

Do you want to shout it out?

Fern Brady

It's their halloumi with black honey and I normally find the combination of sweet and savoury disgusting. I hate sweet and savoury for more than anything. Almost as much as pâté, actually.

Ed Gamble

So what's the worst, what's the worst for you, sweet and savoury-wise?

Fern Brady

Okay, so when I was growing up in Scotland, I thought I didn't like Chinese food because of the type of Chinese takeaways that you have. It's, like, things like chicken balls and pineapple, like, (talking over each other 01.01.29).

Ed Gamble

Yes, like, sweet and sour chicken sort of stuff.

Fern Brady

Anything sweet and sour, sweet chilli sauce is vile, it's in so many things. Like, if you're trying-,

Ed Gamble

Yes, I'm so on board with this, yes. I completely agree with you.

Fern Brady

Are you? Oh my God, if you look, it's in so many things, I'm like, 'Why do I have to have sugar pushed on us all the time?'

Ed Gamble

The worst for me for, like, in British Chinese restaurants is the beef, the shredded beef. Which is just, like, deep-fried battered beef with that, like, syrup on it, (talking over each other 01.01.58).



Fern Brady

Yes.

James Acaster

No, I don't love it, I'm a big dessert fan but I like when savoury elements or salty elements get introduced to desserts. I don't like it when sweet elements get introduced to my mains even though I'm a pudding boy, it's my favourite course. But all the things you're talking about now, I don't like, and when we chose sweet chilli sauce as our secret ingredient once, I think, you know, a lot of people were up in arms about it. Like, I was so on board for it.

Fern Brady

But a lot of people are so used to having sugar in all their food and it's vile, I also hate fruit in any kind of savoury dish.

James Acaster

I do like pineapple in a savoury dish, to be fair. I do, I do like it.

Fern Brady

My mum puts it in so much stuff and then she's always like-,

James Acaster

We love that (ph 01.02.41), just because it's boring, it's almost funny that I like the pineapple (talking over each other 01.02.44).

Ed Gamble

It's always funny when James goes for an angle and then someone says, 'And also this,' he goes, 'Oh, no, I do like that.'

James Acaster

No, no, that's great. Yes, I mean, yesterday, I had my Nando's wrap with pineapple in it, just as recently as yesterday.

Fern Brady

So you like pineapple in a savoury-,

James Acaster

Yes, yes. Yes, yes. I like pineapple on pizza, I like pineapple in my Nando's wrap.

Fern Brady

So disgusting.

Ed Gamble

Yes, I'm not-, I hate that. It's just you bite into it and it just releases so much juice it just floods the rest of the food.



James Acaster

No, no. No, I mean, like, the juiciest pineapple in the world, maybe. But, like, otherwise, it's a nice little bit of flavour, nice little bit of flavour, nice bit of something different.

Ed Gamble

But this honey on the halloumi works because I quite-, sometimes there's a pizza, there's a couple of places that do pizza with hot honey on them. Like, spicy, chilli honey and I like that.

James Acaster

Okay, okay.

Ed Gamble

I like that.

James Acaster

I've not heard of this.

Fern Brady

I'm trying to find-, to get the description. And it's also the way that they cook the halloumi, because often, if you do it at home, I think there's something about the way you cook it.

Ed Gamble

(Inaudible 01.03.45).

Fern Brady

Yes, that's great because (talking over each other 01.03.48).

Ed Gamble

What is wrong with me?

James Acaster

(talking over each other 01.03.49) have so many, like, normally, at the end of some episodes, we might both have, like, we might have a dish that we're like, 'Oh, I want to try that in the future.' I think this is the most dishes that Ed has gone away from an episode wanting to try.

Ed Gamble

Jianbing, never had that, can't wait. Malatang, never had that, can't wait. I mean, I'm going to have malatang and bangarang (ph 01.04.11) at the same time. These side dishes, both of them, can't wait, going to go to Bubala.

James Acaster

Yes, you're going to go and get both of these things.



Ed Gamble

Oh God, I'm in Heaven over here, but also Hell.

James Acaster

Your dream drink.

Fern Brady

I've already brought up kefir or kombucha and I'll seem like a dry shite if I say that.

Ed Gamble

You've got to pick what you like, don't worry about seeming like a dry shite.

Fern Brady

Well no, basically, I don't like to drink very much because it's poison but I love, when I drink, I will try and have, like, the nicest red wine. And I remember one of the first wines I drank where, when I used to drink, where I was like, 'Oh, you can just have dead nice wine and not be hammered,' it was one that they served at the Stand in Edinburgh. And it's called Baron de Balzac Caringion (ph 01.05.03), how do you say that?

James Acaster

I don't know that.

Ed Gamble

Caringion?

Fern Brady

Caringion, yes, that's it. But they just had it on the list, I think, because it sounds like ball sac.

James Acaster

It's a company venue, they know what they're doing.

Fern Brady

Yes, yes. So that's really tasty but I like a lot of red wines. Apart from Australia, still, Australia and South Africa, I didn't enjoy the wines I had there.

James Acaster

Oh really? They're meant to have good-

Ed Gamble

Oh, Australian Shiraz is one of the finest, I think. It's an incredible wine, yes.

Fern Brady

When I went this yes, I had a lot of Pinot noirs that I didn't like, I tend to like malbecs or-, but then Phil Wang it's not always about the, what is it, the grapes.



Ed Gamble

It's not, it's about, yes, who's growing it or where it's growing.

Fern Brady

What country.

Ed Gamble

Yes, well, what country and the terroir and the way that the producer works and stuff, so. Mostly age.

Fern Brady

And I didn't think that I liked French wine for the longest time and then I went to Paris this time last year and they just, everywhere we went, they had really nice natural wines and I drank a lot more than I normally would and I felt, sort of, alright. So a big reason I would drink is I'll get, like, terrible hangovers from two drinks, I'm going out tonight for dinner, actually, so I've been planning what wine I'm going to have for ages.

James Acaster

Oh yes, what are you thinking for tonight?

Fern Brady

Well, it's a place where you have to get it by the bottle, it's a Bocca di Lupo bottle and they have lots of nice boroughs (ph 01.06.32) but they're, like, £100.

Ed Gamble

Yes, they are hefty, those things, as well. And that will be hangovers, I find hangover central with, like, Brolose and Barbaras (ph 01.06.38) and things because they're so hefty.

Fern Brady

I think I've got quite a fancy, fancy little palate.

James Acaster

Yes, you've got a fancy little palate?

Fern Brady

Yes, well, because my desert is, like, similar.

Ed Gamble

But also it's that thing, again, it's that thing you say, like, if you eat, you want it to be a nice experience and it has to be good. And I guess it's the same with booze, right, you're not going to drink just to get pissed.

Fern Brady



I would, like, never drank a shot and I couldn't tell you I drank something like that. Because again, drinking a shot is the same as having crisps or poppadoms or croissants to me, it's a waste of time. Like, I don't need to get drunk to be my true self. Like, just be yourself. Because a lot of people just get drunk so they can say everyone's a dick.

James Acaster

Sure.

Ed Gamble

I need to get better at that, for not calling people a dick, but going, 'I'm going to have a drink if it's a really nice thing that I want,' rather than, so I did something last night and then afterwards I was like, 'I'm going to have a red wine,' it was those red wine in cans. And I had about four of them. I was like, well, this is disgusting, it's going to make me feel awful tomorrow but I'm just doing it for the sake of-

James Acaster

Genuinely concerned for you.

Ed Gamble

Yes.

James Acaster

Like, actually concerned for you.

Fern Brady

Yes, so I actually had a red wine in a can over the summer because I was doing a gig in Brighton and then I was getting the train with Jon Cairns back after. And something about Jon Cairns makes you want to drink on a train. Do you know what I mean?

James Acaster

Yes, yes, sure.

Ed Gamble

Yes. In a fun way?

Fern Brady

Oh, so I was so happy to see him because it was the first time I'd seen him after Taskmaster, I think, that they had these cans of wine at the gig and, normally I'm, honestly, I'm like the most uptight person about drinking to the point I notice a lot of people that I know but I was like, 'I'll take a couple of cans of dirty red wine for this train,' and then we just had a gossip on the train, it was great. I felt like shit the next day, yes, just the older I get, as well, I cannot drink most pub wine because there's something in it that gets you a hangover.

Ed Gamble



I genuinely agree with you, I think it's just, like, cheap red wine. But then I did it the other day, I was at a pub and just like, 'I'm going to drink red wine and then you end up drinking large glasses of red wine, next thing you know, you've had a bottle and a half of red wine and you're drinking at the same speed that people are drinking pines, you're like, 'There's nothing in this wine,' it's just because I fucking necked a bottle of wine. Awful.

James Acaster

Yes, yes.

Fern Brady

Do you know, my drinking's actually-, this summer's been the most I've drunk in years purely because I've been writing a book and I keep thinking that I French author. That it's alcohol marketed to us as this, like, sophisticated thing, it goes out of, like, giant wine glasses in my house, I'm like, Last night, I drank a bowl of wine while I was writing my book.' Then an hour later, you're just like, 'I'll tell you another thing about this bastard that (talking over each other 01.09.32).' And then you just have to go and rewrite it all the next day.

James Acaster

I'd like to read that book, though, maybe your second book is just all the out-takes of this first one, you get the juicy goss.

Fern Brady

I've been doing the edits and I've noticed she has cut the bits where I've just slagged off comedians when I've had a wine.

Ed Gamble

Because I always remember when we Dara on this podcast, he talked about wines that he describes as writing wine.

James Acaster

That wine, he called it.

Ed Gamble

No, that was the one he picked, then he had other ones, he goes, 'You've got writing wines, (TC 01:10:00) obviously, where you sit down at night to write material and you sit there with a writing wine,' I'm like, 'I could never manage that.' My favourite thing with Dara, no, you'd gone home by this point in Montreal, or maybe you just weren't there.

Fern Brady

Oh yes, you had a room party.

James Acaster

Yes, we had a room party at the end, we were watching the football and Dara joined as he'd been to Dairy Queen and got one of those pint-sized blizzards from Dairy Queen. And when he came in, we all



talked, we said, 'Oh Dara, did they do the thing where they make the blizzard and then they turn it upside-down and then they give it to you to prove that, you know, how frozen it is?' And he went, 'Yes, it's so disconcerting when they do it because they look you in the eye,' and then he just acted it out. And he tipped it upside-down and a pint of ice cream just went on this hotel room carpet because he just-, and we're like, 'You like science, did you not think it would've melted on the way up here in the lift?' And he was just, like, he couldn't-, obviously we were all laughing a lot, Sophie Duker was in the room and immediately she was in charge of the tunes on the iPhone and immediately changed it to What's Your Flavour, as it happened. It was the best thing, just seeing-, but he stared right at me when he did it and I just had to watch the pint just go (melting ice cream sound 01.11.09) and get out in slow motion. He tried to catch it with his hand.

Ed Gamble

Within an hour, people who weren't in that room were going up to him and miming him doing that.

James Acaster

Yes, everyone was doing it.

Fern Brady

Oh, I'm sorry I missed it.

James Acaster

Word had got out that Dara has gone mad.

Ed Gamble

Yes.

James Acaster

We should get onto your dessert, then.

Fern Brady

Well, this was my suggestion, kardemummabullar. Why are you laughing, Ben?

Ed Gamble

Kardemummabullar?

Fern Brady

Cardamom buns.

James Acaster

Yes, yes. Yes, yes.

Fern Brady

Was that a good, sort of, general Scandinavian?



James Acaster

No.

Ed Gamble

I didn't know where in the world it was from, to be honest.

Fern Brady

I said it was Italian, kardemummabullar.

Ed Gamble

Yes, yes, kardemummabullar.

James Acaster

I thought it was Italian.

Ed Gamble

Yes.

Fern Brady

So tasty.

James Acaster

Yes, yes. Yes, yes, yes.

Fern Brady

And I can make them but they take a long time and it's very hard.

James Acaster

I was having a look at the photos so I knew which buns you're talking about.

Fern Brady

They're better than cinnamon buns, I would say.

James Acaster

I've been to Scandinavia, I just got back, I was off for nine days and they were-

Fern Brady

Oh yes, I was so jealous.

James Acaster

And they were, these buns, which I'd never really seen much before, but they're in every single-, just everywhere.

Fern Brady



Just everywhere.

James Acaster

Just in a newsagents, in a coffee shop, obviously, every hotel, like, just everywhere I looked, they were selling these buns.

Ed Gamble

Did you have one?

James Acaster

I never had one, my tour manager was having them and enjoying them. I ate good but I wasn't really-, I didn't think they looked like anything that great visually.

Fern Brady

Sorry, it just seems like, if you were in Scandinavia, that would be, like, the number one thing to have.

James Acaster

I thought he was eating princess cake.

Ed Gamble

What?

Fern Brady

I've never heard of that and I've been to all those countries, some of them multiple times.

James Acaster

If you go to Stockholm, you've got to get the princess cake. It's this cream and sponge covered in a big layer of green marzipan with jam in it.

Ed Gamble

Oh my God, it sounds absolutely disgusting.

James Acaster

Is it disgusting at nine in the morning?

Ed Gamble

Yes.

Fern Brady

Well, nine in the morning's actually the time to have a cinnamon bun or a cardamom bun, you could get them-, they do have them in London but it annoys me, like, how much they cost here. They do them in GAIL's, they do them in that place, Fabrique but they're, like, three or four quid. Whereas, like you said, they're everywhere-, I go to Denmark, I try and go to Denmark every year because I just love it so much, so yes, I love them and it's a kind of bread.



James Acaster

So is it your partner has more kardemummabullar than you?

Fern Brady

Yes, yes, he went, 'You don't like them,' I was like, 'No, I just don't eat all of them,' because whenever I make them, he eats them all and I have to freeze some of the dough just so that it doesn't all get eaten. But I can braid them and make them look proper.

James Acaster

Is that why they call you Fern Brady?

Fern Brady

Yes, that was so quick, oh my God.

James Acaster

For a living.

Fern Brady

I wish I was that quick. Do you know Evelyn Mok?

Ed Gamble

Yes.

James Acaster

Oh yes.

Fern Brady

She had one of my kardemummabullar, she said-,

James Acaster

Changing how you say it every time.

Fern Brady

She said they were tasty and that they, yes, she was impressed as a Swedish person. I once made Evelyn Mok a completely dairy-free meal at my house, when I first moved to London because she said that dairy gave her the shits and then she opened a packet of chocolate buttons at the end of the meal. She went, 'I'll just shit myself.'

Ed Gamble

All that work you'd done.

Fern Brady

I'd made a chocolate mousse out of, like, avocado and sourced some vegan chocolate and stuff.



Ed Gamble

Wow. I think, if someone came over to my house for dinner and I'd made them a dinner and then I watched them deliberately eat something that they knew was going to make them do a horrible shit in my house, I'd be livid.

James Acaster

You'd be like, 'It's time to go home, Evelyn.'

Ed Gamble

'What's the normal, sort of, countdown, what countdown are we on now that you've eaten those chocolate buttons, when's splashdown time? Because you've got to go right now.'

Fern Brady

She has a problem with dairy but then, I mean, she was eating a load of halloumi for ages, I remember, so she just doesn't (talking over each other 01.15.12).

James Acaster

Oh yes, Evelyn's done routines on stage about just how, you know, she'll know something's bad for you, she almost deliberately gave herself gout once and didn't give a shit. Yes.

Fern Brady

Yes. The other thing I was going to pick, though, was I got really into fancy chocolate. I got given a chocolate subscription box as a Christmas present and it was, like, three months where this company sends you, I think it's like, four or five bars of fancy chocolate. You know, like, that pump street chocolate and it's, like, five, six quid a bar and then you're meant to just delicately taste each one and it has a thing with all the taste in notes. And it is dead nice every single time I got it, we just hoofed it in, like, two days. And it's powerful, too, and you have, like, what you don't realise is fancy chocolate, it is like having a load of coffees. Like, because something in it gives you a buzz so it's not just if you ate a big dairy milk, I was off my tits on it. So I couldn't decide whether to pick that.

James Acaster

What, some fancy dark chocolate?

Fern Brady

Yes, but now I've started, it doesn't even need to be dark.

James Acaster

I mean, to be honest, I think it's fine to, like, have a kardemummabullar and then, afterwards, have a little bit of chocolate. I'll let you have that for your dream meal.

Ed Gamble

Yes.



Fern Brady

Thank you, because once you start eating it, you can't go back. It's like, once you get into good coffee, you can't turn back.

James Acaster

As the saying goes.

Ed Gamble

I don't mind a shit coffee, though, I like nice coffee but shit coffee's functional, just a big bucket of shit coffee.

Fern Brady

No, no.

Ed Gamble

No?

Fern Brady

I would have tea rather than have bad coffee.

James Acaster

Do you work with some-, because I get the impression that, for you, if you have, like, the best of something or the new, you know, the best you've had of something, you can't go backwards in any category. So do you worry sometimes when you have something, you go, 'That's the best you've had,' but now it's, kind of, ruined that entire food for me or that, because I can't now have a bad version of this.

Fern Brady

It's something I think about a lot because I worry about going, like, I would never cope in prison because I've got to a point with coffee where I'll spend-, there's this coffee shop in Edinburgh called Fortitude that I honestly think is, like, the best coffee shop in the UK. And they do an incredible strawberry-flavoured fancy coffee. It's about eighteen quid for a bag that'll give you three cups of coffee, I can't go to prison and have Nescafé, which is what I imagine they have at prison.

Ed Gamble

I love that that is the reason you think you wouldn't cope in prison, everything else is fine.

Fern Brady

Well, the social stuff and the-, I could do the lessing off but the food, yes, oh my God. I'd have to get people to smuggle in coffee and single origin chocolate in their fannies.

Ed Gamble

I love the prison, 'Fern's got another visitor today, we're going to have to do a cavity search because there's probably going to be some Ethiopian beans in there.'



James Acaster

Or, like, a whole bar of chocolate. Let me read your menu back to you, see how you feel about it. Water, sparkling water. Poppadoms on bread, GAIL's potato and rosemary sourdough with Quicke's butter, whipped. Starter, tofu jianbing. Am I saying that right?

Fern Brady

Yes.

James Acaster

Main course, malatang, top-level spice, rice noodles, Chinese savoury doughnuts, veg, eggs, lotus root, I can't remember if you like it or not. Side dish, confit potato latkes from Bubala.

Fern Brady

Bubala.

James Acaster

Bubala. Drink, Baron de ball sac Carington red wine from the stand. Dessert, kardemummabullar and then, afterwards, some fancy chocolate.

Fern Brady

Yes.

James Acaster

Single origin.

Fern Brady

Yes.

Ed Gamble

That's great, that's really good. I want to try it all.

James Acaster

That might be one of Ed's, you know.

Ed Gamble

Yes, I wasn't going to say it at the time, the kardemummabullar is not up my street, I'm going to say. Like, I don't really like cinnamon buns, I don't like bun-based things. Sweet breads is not my deal, really, but everything else, I can't wait to go to Bubala and the jianbing, I'm going to go and get a jianbing.

Fern Brady

Oh cool, I think you'll really like Bubala, it's all veggie as well but not in a way that your meat-eating friends wouldn't even think of complaining.



James Acaster

They wouldn't even think of complaining.

Ed Gamble

Now you've told me that, I'm not going to go.

James Acaster

Yes. Well Fern, this has been a pleasure. Any other comedians you want to shout out for doing a shit? Seriously thinking about it.

Fern Brady

Alright, okay, well, I will say no, then, I've already done two.

James Acaster

Are you sure?

Fern Brady

Well, you would have to give me a prompt.

James Acaster

(TC 01:20:00) Yes, we'll name comedians and, when you know they've done a really bad shit, you can stop us.

Fern Brady

I suppose it would be like if someone-, if you shared a green room with someone and they did smelly, smelly shits. I shared a Taskmaster house with John and Dara and you all share a toilet. And they didn't, they didn't.

James Acaster

They were both clean.

Ed Gamble

That's a nice note to end on, isn't it?

James Acaster

You wouldn't expect that.

Ed Gamble

You wouldn't expect that from either of them.

James Acaster

Dara and John, I would expect them both to be pretty industrial bad shits.



Fern Brady

Yes.

Ed Gamble

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

Fern Brady

Thank you.

James Acaster

Thank you, Fern.

Ed Gamble

Fern Brady there, what an ep.

James Acaster

My joke about, 'That's why they call you Brady,' probably my-,

Ed Gamble

A real highlight, actually.

James Acaster

Really, really pleased with that. It's been a while since I've made a good joke.

Ed Gamble

A good zinger.

James Acaster

Yes, yes.

Ed Gamble

Yes, your normal stock in trade is just weird shit, right?

James Acaster

Weird shit that doesn't make sense, an acquired taste. Finally, I got something that would work on paper.

Ed Gamble

When you're doing your speech at the Montreal Comedy Festival to collect your rising star award, myself and Benito, very proud of you.

James Acaster

Thank you, guys.



Ed Gamble

We're sat in front of a load of American and Canadian comedians who obviously didn't know who you were. You're making your speech which was in your usual style and the comedians behind this were really laughing but then one of them just kept going, 'He's so weird, so weird.'

James Acaster

And they weren't wrong.

Ed Gamble

Yes, you're pretty weird, man.

James Acaster

It was a weird speech and I regret none of it. I said that I was a rising star and that Ed and Nish Kumar were also stars and that, together, we were Orion's Belt holding up the trousers of the industry and burning forever and ever. I regret nothing.

Ed Gamble

Neither should you.

James Acaster

You know who else shouldn't regret anything, it's Fern Brady. That was a delicious menu, I'm sure she's very happy with it. She made you green with envy.

Ed Gamble

Oh my goodness, I'm going to Bubala.

James Acaster

Yes, you're going to go there, you're going to get those potatoes which looked astoundingly good.

Ed Gamble

And the halloumi, I don't mind telling you.

James Acaster

Yes, yes. Even the honourable munchings you're going to be going out and rounding up and eating.

Ed Gamble

Oh my God.

James Acaster

And also Fern didn't say the secret ingredient, she didn't say, 'What I would really love as a side dish is a little polythene bag full of chopped up onion that you get from an Indian takeaway.'

Ed Gamble



Yes, madness that she didn't say that I really thought we had her. Do go and get Fern's book, Strong Female Character, it's out on 14th February, buy it for a loved one.

James Acaster

Oh, Valentines Day.

Ed Gamble

Why not have a little kissy over Fern Brady's booky?

James Acaster

Oh yes, that's a good slogan. They told us to say that, by the way, Ed's not rified that, that's written down in-

Ed Gamble

No, I would never riff something as poor as that.

James Acaster

It's written down on the brief, is says, 'Why not have a kissy over Fern Brady's booky?' That's what we had to say.

Ed Gamble

Yes.

James Acaster

So I hope you're happy.

Ed Gamble

I hope they're happy.

James Acaster

All the PR people out there. Listen, Ed, I've really enjoyed spending today with you, it's been fun.

Ed Gamble

Yes. It's been fun, hasn't it? I don't think I've got anything to plug.

James Acaster

No, no, I've got nothing to plug, really. Oh.

Ed Gamble

Bye, then.

James Acaster

Benito looked like he was going to say something so we both stopped but he wasn't going to say anything. Just his face looked like he was going to say something.



Ed Gamble

Yes, Benito's done with us today.

James Acaster

He's donito.

Ed Gamble

Mate. What's happened to you?

James Acaster

Yes. That's another, another great joke.

Ed Gamble

That's another, that's as good as, 'That's why they call you Fern Brady.'

James Acaster

The Great Donito.

Ed Gamble

The Great Donito. What a shame we only record these once every six months.

James Acaster

Yes, never forget me, listener.

Ed Gamble

Bye.

James Acaster

I love lasagne.