



Off Menu – Ep181 – Cariad Lloyd

Ed Gamble

Welcome to the Off Menu podcast, taking the pizza base of the internet, pouring on the tomato sauce of good times, adding the mozzarella of humour and sprinkling on liberally the pepperoni of friendship.

James Acaster

That's what I call a pizza, baby. That is Ed Gamble, my name is James Acaster, we own a dream restaurant and we invite a guest in every week and ask them their favourite ever starter, main course, dessert, side dish and drink, and this week our guest is Cariad-

Ed Gamble

Cariad Lloyd.

James Acaster

Lloyd.

Ed Gamble

Cariad Lloyd. A wonderful comedian, writer, podcaster, improviser extraordinaire.

James Acaster

Absolutely fantastic. We love Cariad Lloyd. For a long time we've wanted to get her on this podcast.

Ed Gamble

Absolutely.

James Acaster

Very excited that we've got her on this week. She's got a new book out, as well.

Ed Gamble

She's got a new book out. You are not alone.

James Acaster

You are not alone. If you're familiar with Cariad's work with the Griefcast, so it talks a lot about grief and there are a lot of stories in there, a lot of maybe helpful tips.

Ed Gamble

Yes, I think so. She speaks very openly about that sort of stuff.

James Acaster

Yes.



Ed Gamble

So, I can't even say what she talks about. That's how repressed I am.

James Acaster

Yes, yes. Ed's not going to die though.

Ed Gamble

Yes.

James Acaster

So, it's fine.

Ed Gamble

Fans of the podcast will know that James thinks I'm not going to die.

James Acaster

Yes, I do know that.

Ed Gamble

Right, well maybe that'll come up with Cariad. Maybe you can explain that to Cariad and she'll bring you back down to Earth gently.

James Acaster

Gladly, and I'll bring her back down to Earth gently.

Ed Gamble

Do go and buy Cariad's new book, You are not alone. It's fantastic, you will love it.

James Acaster

Out now.

Ed Gamble

But if Cariad says a secret ingredient that we have decided upon in advance, we will kick her out the restaurant and she will be grieving her experience.

James Acaster

Oh, very good.

Ed Gamble

Bless you.

James Acaster

This week, the secret ingredient is-



Ed Gamble

Andouillette.

James Acaster

Andouillette.

Ed Gamble

Andouillette, of course, came up in the Stanley Tucci episode of the podcast. A big old stinky French innards sausage.

James Acaster

Loads of intestines. On the outside it might look like a sausage, but inside it's loads of folded up intestines. Apparently, it smells revolting. It is is inedible, is what Tucci said.

Ed Gamble

Yes, the Tuc ate it with Streep and said it was absolutely disgusting.

James Acaster

Imagine getting the Streepster on one day.

Ed Gamble

Oh, would love to get the Streepster on. Ask her about her experience with the stinky poo sausage.

James Acaster

Yes. I mean, unlikely it'll come up on anyone's menu ever, but just after that story from the Tuc, I would say that it would be remiss of us-

Ed Gamble

It would be remiss of us.

James Acaster

Not to put it on as a secret ingredient.

Ed Gamble

So, hopefully it doesn't come up, but this is the Off Menu menu of Cariad Lloyd.

James Acaster

Cariad Lloyd.

Ed Gamble

Welcome, Cariad, to the dream restaurant.

Cariad Lloyd

It's so beautiful.



James Acaster

Welcome, Cariad Lloyd, to the dream restaurant. Been expecting you for some time.

Cariad Lloyd

That's still quite scary, even though I expected it.

James Acaster

Yes, that's my whole life, I think.

Ed Gamble

That was a big explosion there, for Cariad.

Cariad Lloyd

Yes.

James Acaster

Oh, I knew Cariad was expecting it so I had to up the ante.

Ed Gamble

Yes.

Cariad Lloyd

Bit of glitter, bit of showbiz.

James Acaster

Yes, yes.

Cariad Lloyd

Yes, thank you.

James Acaster

You deserve it. You deserve a bit more glitter, right?

Cariad Lloyd

I think so, yes. Thank you.

James Acaster

Yes.

Ed Gamble

There's not enough glitter with most genies, I'd say.

Cariad Lloyd



What? They're full of glitter. That's their thing.

Ed Gamble

Is it?

Cariad Lloyd

Yes, genies are always glittery.

Ed Gamble

I would just imagine smoke, I wouldn't imagine glitter coming out of there.

Cariad Lloyd

Yes, if you have small children and you're involved in that, kind of, magical cartoon world, it's a lot of sparkly glitter genie.

Ed Gamble

You're on the genie scene.

Cariad Lloyd

Yes, yes, I'm on the genie scene, yes.

James Acaster

Widely discussed in the genie community is how much smoke versus glitter.

Ed Gamble

Yes.

James Acaster

We talk about it a lot.

Cariad Lloyd

It's controversial, of course, the carbon footprint of the smoke had to be dealt with, but the glitter equally, if you're not using sustainable glitter.

James Acaster

Yes, yes. Some genies use sustainable glitter, some genies don't.

Cariad Lloyd

Yes.

James Acaster

I'm a sustainable guy.

Ed Gamble



And a lot of it's been appropriated from the drag scene, so it's about time genies gave their due to where they got it from.

Cariad Lloyd

Did genies appropriate from drag, or did drag appropriate from genies?

Ed Gamble

It's chicken and egg, this, isn't it?

Cariad Lloyd

Yes.

James Acaster

Yes, well, genies are around since Aladdin times.

Cariad Lloyd

Ancient Aladdin times. Just before Mesopotamia, Aladdin.

James Acaster

Yes, yes. I don't know, when did drag start?

Cariad Lloyd

Well, drag's always been there.

Ed Gamble

Yes.

James Acaster

Yes, so there you go. Really, we took it from the drag scene.

Ed Gamble

Yes, yes.

Cariad Lloyd

Okay, yes. Yes, that makes sense, yes.

Ed Gamble

Yes.

James Acaster

Well, do you know what? May I be the first genie to say that I acknowledge that and I personally am going to try and do better.

Ed Gamble



Thank you, genie.

James Acaster

Thank you.

Cariad Lloyd

You need to say that to the drag community, I think.

James Acaster

Yes, that's to the drag community.

Cariad Lloyd

Yes.

James Acaster

We had Bimini Bon Boulash on once. I should have said it then.

Cariad Lloyd

Yes, you should have done.

Ed Gamble

Yes, you should have done. Yes.

James Acaster

That's when I should have said it. Bimini, if you're listening, I'm sorry.

Ed Gamble

You said the dream restaurant was beautiful.

Cariad Lloyd

It is beautiful.

Ed Gamble

Before the genie appeared. What are you seeing in the dream restaurant?

Cariad Lloyd

It's just light, it's airy. Lots of lovely fresh air, it's unusual for a podcast restaurant to be so light and airy, and friendly and welcoming, and not damp. There's normally a patch of damp in the podcast restaurant dream situation.

James Acaster

Is there?

Cariad Lloyd



Yes.

James Acaster

What's the dampest podcast restaurant dream situation you've been in?

Cariad Lloyd

I think where I originally started recording Griefcast, which was above a pub where someone had thought, 'Yes, yes, there's a room. We can do this,' and they'd just, like, stapled random bits of foam. Like, not even like, 'Oh, this is soundproof foam.' Just random. I was interviewing Buckles, Adam Buxton, and he was like, 'This is just horrible. Sixth form craft coffin that we are sitting in.'

Ed Gamble

Perfect.

Cariad Lloyd

Yes.

Ed Gamble

Yes.

Cariad Lloyd

When you could hear the police sirens, as well. Even with the crap foam.

Ed Gamble

Yes, so that foam was doing nothing if you could hear the police sirens.

Cariad Lloyd

It did absolutely nothing, but sometimes you could touch it and that felt quite nice, you know?

Ed Gamble

Damp, a sponge.

Cariad Lloyd

Damp sponge. Damp sponge, lovely.

James Acaster

How long have you been doing Griefcast for now? It's a long time.

Cariad Lloyd

Yes, a long time in the podcast game. Since 2016, so it's nearly six years old. Yes, about to be six years old, actually. Nearly it's birthday.

James Acaster

Wow.



Cariad Lloyd

Yes.

James Acaster

Have you ever thought about incorporating a genie into that?

Cariad Lloyd

Do you know what? Some of the guests might like that, if the genie was also using his medium skills.

James Acaster

Yes.

Cariad Lloyd

Do you know what I mean? Like, if he can bring the dead back to talk, that would be good. I get a lot of mediums getting in touch wanting to come on the show and I'm like-,

James Acaster

Have you ever considered it?

Ed Gamble

Not really the vibe. Not really the vibe, guys.

Cariad Lloyd

Well, without getting, like, too grief serious, obviously grieving people are quite vulnerable and if mediums work for you, that's fine, although I do believe some of them pray on vulnerable people and offer them hope that doesn't exist, so I'm a bit wary. I'm going to get shit from the medium community now.

Ed Gamble

I'm not sure how many mediums listen to this.

Cariad Lloyd

They need a laugh.

Ed Gamble

Yes.

James Acaster

Yes, I don't know. I mean, we've never had a medium contact the podcast.

Ed Gamble

Well, they don't tend to contact the living.



James Acaster

No, I know.

Ed Gamble

So, maybe when we die, they'll get in contact and go, 'Love the podcast, man.'

James Acaster

Good to know.

Ed Gamble

With your podcast, it's whenever people say to me, 'I want to start a podcast, what should it be about?' I say, 'You've got to go with something that you can keep talking about that's ever going to stop. Grief or food.'

James Acaster

Yes.

Cariad Lloyd

We've both done well, haven't we?

Ed Gamble

Yes, I think so.

Cariad Lloyd

I don't know about you, mine wasn't conscious. I wasn't like, 'Oh, this will last for six years.'

Ed Gamble

Yes.

Cariad Lloyd

I was just like, 'Oh, I could definitely talk about that forever,' because that's my, like, specialist subject and then when it did become a job, I was like, 'Oh, that's lucky that I chose this and not episodes of Red Dwarf that I like.'

Ed Gamble

Yes.

Cariad Lloyd

That would run out.

Ed Gamble

Yes.

Cariad Lloyd



Pretty quick, season five. So, yes, it was unintentional good luck.

James Acaster

Question I've always wanted to ask.

Cariad Lloyd

Yes?

James Acaster

Is, so, you know, with our pod, if we think, 'Oh, that person would be a good guest,' we contact them, we ask them to come on.

Cariad Lloyd

I know what you're going to say, yes.

James Acaster

I think what people always think about Griefcast is at what point does Cariad decide enough time has passed that she can contact them and ask, 'Will you come on my podcast?'

Ed Gamble

Yes.

Cariad Lloyd

Once the Chortle (ph 08.00) article is out. 'Hi, just how are you? So sorry to hear about so and so. Would you like to-, ' it's such a difficult show to book.

James Acaster

Yes.

Cariad Lloyd

Like, I think every other podcast, like obviously agents are involved or people that you like or you think, 'Oh, they'd be fun.' With Griefcast, it's like, 'Oh, I like that person. Oh, they're really eloquent, like, speaking about things. Do they have a story that they want to share?' So, either that's yes or no. Sometimes people are like, 'No, just one of those people who don't know anyone who's really died,' and I think, 'Fuck you. Fuck you, but great for you. Congratulations.' If they do have a story, then they might not want to talk about it.

Ed Gamble

Yes.

Cariad Lloyd

So then, I get a lot of tweets. People are like, 'Oh, you should talk to at so and so.'

Ed Gamble



Don't at them.

Cariad Lloyd

Yes, don't at them. Don't at them, because they might not want to think about it today, or they might not want to share their story, so yes, it's quite difficult. Often people approach me, to be honest. That's what happens. People approach me and say, 'This has happened, I'd like to talk about it.'

Ed Gamble

Yes, that's good.

Cariad Lloyd

Yes.

Ed Gamble

I think you asked me maybe to do a live one or something a while ago.

Cariad Lloyd

Yes, the live one's different, yes.

Ed Gamble

I, sort of, don't have that much to talk about in terms of that.

Cariad Lloyd

Fuck you.

Ed Gamble

But I felt like that's a good tactic. You got in early with the request, so now, you're just holding out waiting for a big one to happen and then you'll be like-

Cariad Lloyd

That has happened.

Ed Gamble

'I asked you before. I asked you before, so it's not like I've just been waiting for that.'

Cariad Lloyd

Yes, that has happened.

Ed Gamble

Yes.

Cariad Lloyd

So, Griefcast live is me and three comedians, and it's not talking about, like, a person-, it's just, like, we plan a funeral. Their funerals. It's very silly. We're just talking about death in a light way and, yes, I



asked someone to do Griefcast live and then a couple of days later, they were like, 'So, I can now come and talk to you about someone.' I was like, 'Oh, sorry,' but also, 'Great, when can you do it? April? May?'

Ed Gamble

Yes.

Cariad Lloyd

Yes, and it's really difficult. I don't want to be an ambulance chaser, as well.

Ed Gamble

I don't think anyone thinks you are, Cariad.

Cariad Lloyd

No, it's difficult and sometimes people don't want to talk about it, which you have to be respectful of because obviously it's very much a show-, like, people have cancelled on me (TC 00:10:00) an hour before because they've just gone, 'I walked to the studio and I'm in tears and I can't do it.'

Ed Gamble

Yes.

Cariad Lloyd

I've had to go, 'That's absolutely fine, don't worry about it.' It's just, like, amazing an episode happens. I'm always like, 'Well, you chose to come and talk about something so personal and so difficult. Thank you.'

Ed Gamble

Do you have a rivalry with Josh and Rob? They do the opposite of your podcast.

James Acaster

Yes, good point.

Cariad Lloyd

I do get jealous of the comedy ones.

Ed Gamble

Yes.

Cariad Lloyd

I get jealous. Like, it's just you know that it's going to be a hour of chat.

James Acaster

Oh, no. Sometimes people cancel an hour before. They're like, 'I'm too full.'



Ed Gamble

'I'm walking to the studio, I'm farting so much.'

Cariad Lloyd

Oh, God.

James Acaster

'I feel sick.'

Cariad Lloyd

'I feel sick. I can't talk about it.' Yes, parenting hell is-, but they cover grief, actually. This is what's interesting since I've started doing Griefcast, oh, everybody wants to talk about grief.

Ed Gamble

Yes.

Cariad Lloyd

Which is good. It's a good thing, but it's funny that I then hear it on other podcasts being talked about, like, just freely. I'm like, 'Wow, that wouldn't have happened six years'-, it was, like, such a thing of, 'Oh, you don't talk about it. There has to be a special room for it.'

Ed Gamble

Yes.

Cariad Lloyd

So, it's quite nice now although obviously I get jealous when they talk about it.

Ed Gamble

Oh, yes.

Cariad Lloyd

I think, 'Why didn't you talk to me?'

Ed Gamble

You're grieving the loss of your original format.

Cariad Lloyd

Yes, exactly.

James Acaster

Every time we see a podcast that is dream something, we're like, 'Oh, hello. Hello there.'

Ed Gamble

As if we're claiming the format of-,



Cariad Lloyd

Dreams.

Ed Gamble

Having a conversation.

James Acaster

I am.

Ed Gamble

And dreams, yes.

James Acaster

I am.

Cariad Lloyd

I do a lot of improv, and I do a show called Austentatious, and the same things happens where we're not bothered but sometimes other improv formats come out and people are like, 'Aren't you annoyed?' Like, we didn't invent making stuff up.

Ed Gamble

Yes.

James Acaster

Yes.

Cariad Lloyd

In which case, ban all children in every playground in the country for pretending. Like, we didn't invent that so you go make things up.

James Acaster

The Tories probably will try and bloody ban that.

Cariad Lloyd

They probably will, yes.

James Acaster

They probably will try and ban that at some point, children having imaginations and dreams.

Cariad Lloyd

They already have.

James Acaster



Yes, they've already done it.

Cariad Lloyd

Thatcher did it.

James Acaster

Yes, Thatcher already did that shit.

Ed Gamble

Yes, and milk.

James Acaster

Yes, she's dead. Are you a fan of food?

Cariad Lloyd

I am a fan of food. Certain foods, I am a fan of food. Not a foodie. My husband is a massive foodie.

James Acaster

Oh, yes?

Cariad Lloyd

So, I'm like a bad student who's had to, like, learn. I grew up on, like, Findus crispy pancakes. He grew up on organic, home grown food. So, he has helped me understand that what I was eating was shit.

Ed Gamble

Have you also had a chance to introduce him to the wonderful world of Findus crispy pancakes?

Cariad Lloyd

No, he won't accept that world.

Ed Gamble

Really?

Cariad Lloyd

He's not of that world.

Ed Gamble

Is there something to be said for high low though, right?

Cariad Lloyd

Yes.

Ed Gamble

You can enjoy a broad spectrum of things.



Cariad Lloyd

But if you've been bought up in the way that he was bought up with, like, proper home grown healthy cooking, you have no nostalgia for the plastic.

Ed Gamble

I guess so.

Cariad Lloyd

So, I still get nostalgia for that plastic cheese occasionally, or barbecue sauce on things that's just meat mixed with barbecue.

James Acaster

Yes, yes, yes.

Ed Gamble

Yes.

Cariad Lloyd

That kind of, like, it's not right, but oh yes. He bought this pulled pork the other day which had home-made barbecue-, he was like, 'I know you'll like this.' It's so cheap.

Ed Gamble

'I know you'll like this.'

Cariad Lloyd

Yes.

James Acaster

Disgust.

Cariad Lloyd

He was right, but he will cook amazing things, but the thing I've gone on about most is like, 'That pulled pork with that sauce was so good.' But I am not a foodie. This might become obvious, I am a sugar addict. A major, major sugar addict.

James Acaster

Welcome home.

Cariad Lloyd

So, like food, fine. Sugar, essential.

Ed Gamble

James just breathed a sigh of relief.



Cariad Lloyd

Yes, I know.

James Acaster

The whole episode, I'm going to be happy as Larry.

Cariad Lloyd

Yes, you are. So, I introduced sugar. He wasn't really a sugar fiend until, yes, we got together.

Ed Gamble

Right. Did you get him addicted?

Cariad Lloyd

Yes, I've got him completely addicted.

Ed Gamble

Yes, great.

Cariad Lloyd

Completely. To the point where now he's like, 'Why isn't there any chocolate? What do you mean?' I'm like, 'I was just trying to have a day where we didn't eat another bar of Tony's.'

Ed Gamble

'Why would you do that?'

Cariad Lloyd

Yes, 'Where'd you put it? Where'd you hide it?' Yes, so, I've made that quite bad which is annoying, because I now I have to share the pudding. I didn't used to have to do that.

Ed Gamble

Yes.

James Acaster

Oh, you didn't think that through.

Cariad Lloyd

No, I didn't. I didn't.

James Acaster

Early days, you were focused on bonding and stuff.

Cariad Lloyd

Yes, should've just said, 'Don't eat it, it's not very nice.'



James Acaster

Yes.

Cariad Lloyd

That's what I do to my kids. I go, 'Oh, it's very dark chocolate. You won't like it.'

Ed Gamble

Big bar of Dairy Milk.

Cariad Lloyd

'It's spicy. It's very spicy.'

James Acaster

Spicy.

Cariad Lloyd

She'll go, 'It just looks like chocolate cake.' 'No. Very spicy. It's got chillis in it.'

Ed Gamble

'It's for grown ups.'

Cariad Lloyd

'It's for grown ups.'

Ed Gamble

Yes.

James Acaster

Still, my dad's greatest achievement of his life was just hiding that he was a sugar addict during our childhood, when we were all absolutely feral for it and wanted ice cream, and he was acting very much like, 'You should be able to control yourselves and only have it every now and again.' Then he was, like, as soon as our backs were turned, he was head in the freezer, just snaffling at a whole tub of ice cream.

Cariad Lloyd

That's what I do, that's what I do.

James Acaster

Yes.

Cariad Lloyd

I had a bag of, like, Christmas Tony bites. You know they do the mini-,



Ed Gamble

Love them.

Cariad Lloyd

I'd given her one, my daughter one, just to deal with a very bad mood, and then she was like, 'Can I have another one?' I was like, 'No. You've already had one,' and this is when she wasn't looking, I'd snaffled four into my mouth with back turned. Different flavours, hazelnut, milk and a white one. Maybe I had another milk one. I was like, 'One a day, come on. Come on, you've had a lot today,' and then she was like, 'Okay.' I was like, 'Heeheehee.'

James Acaster

'All the more for me.'

Cariad Lloyd

Yes.

Ed Gamble

I think I've mentioned this on the podcast before, but I distinctly remember when I was a little kid, I got given some chocolates by someone and my mum ate all of them one night. Then, a couple of days later, I was like, 'I'd love some more chocolate,' and then my mum was like, 'There aren't any left, I'm very sorry.' The next day, to replace is, she brought me a chocolate monkey.

Cariad Lloyd

Nice.

Ed Gamble

Like a hollow chocolate monkey, and I went down the next day and she'd eaten the whole body.

James Acaster

Oh dear.

Cariad Lloyd

Good on her.

Ed Gamble

It was just the head.

Cariad Lloyd

Good on her.

Ed Gamble

It was just the head in the box. It was like seven.

Cariad Lloyd



Yes, but parenting is awful so she deserved that more than you.

Ed Gamble

Yes, yes, fair enough.

Cariad Lloyd

100% that was the case.

Ed Gamble

Didn't feel like that at the time though.

Cariad Lloyd

No, no, of course not.

Ed Gamble

As a kid, you're not going, 'Well, I guess parenting is awful.'

James Acaster

Yes, hard to understand.

Cariad Lloyd

'It's hard to feel like you're still yourself.'

James Acaster

'Why not just buy two monkeys, Mum? (inaudible 15.55)'

Ed Gamble

'I would have shared a monkey with you if you'd asked.'

Cariad Lloyd

She intended it to be for you, but then life-,

Ed Gamble

Yes.

James Acaster

Yes.

Cariad Lloyd

Made her make another choice.

James Acaster

Yes.



Ed Gamble

But there's something sad about a fully grown woman eating a chocolate monkey's body by herself.

James Acaster

Yes.

Cariad Lloyd

That's not sad, that's motherhood.

Ed Gamble

Yes, that's true. Yes, yes, yes.

Cariad Lloyd

Just every mother listening will be like, 'Yes, that's what happens after a day of awful children.' You think, 'You know what? I'm going to fucking eat your chocolate monkey.'

Ed Gamble

There's only one of me.

Cariad Lloyd

Sorry.

James Acaster

She's gone, 'I'll just have the foot.'

Ed Gamble

Yes, exactly. Yes.

James Acaster

That's how it would have started.

Cariad Lloyd

Yes, yes.

Ed Gamble

'He won't ever notice if I just have the foot.'

James Acaster

Progressively each part of the monkey, before she gets the head. 'Oh, I can't eat that.'

Cariad Lloyd

Yes, I eat the party sweets that come back.

James Acaster



Oh, yes.

Cariad Lloyd

Yes, and this morning she was like, 'You know those lollies we get at parties? I never eat them, they're always gone.' I was like, 'Uh-huh.'

Ed Gamble

'Yes, they disappear.'

Cariad Lloyd

They disappear. Actually, I chuck the lollies because they're gross.

James Acaster

Yes, sure.

Cariad Lloyd

Yes.

James Acaster

What kind of lollies are they?

Cariad Lloyd

Oh, they're like the Chupa Chups, or that, like, chalky one.

James Acaster

Hate the chalky one.

Cariad Lloyd

Hate the chalky one.

Ed Gamble

The chalky ones are awful.

Cariad Lloyd

The fuck is the chalky one? Am I allowed to swear on this?

Ed Gamble

Yes.

James Acaster

Yes, yes, especially when it's the chalky lolly.

Ed Gamble

Is that the sort of thing that's still coming back in party bags? Is it still the same as when we were kids?



Cariad Lloyd

Yes, you still get-

James Acaster

Swizzel Matthews or whatever it's called.

Cariad Lloyd

Oh, what, the Swizzel dip?

Ed Gamble

Yes, like all of that stuff.

Cariad Lloyd

No, not that but they do chuck a lolly in.

Ed Gamble

Yes, because I-,

Cariad Lloyd

That's too much sugar for a child.

Ed Gamble

I did a gig in Guildford once, Comedy Club 4 Kids in Guildford, and there was a birthday party in the Comedy Club 4 Kids, and they all had party bags.

Cariad Lloyd

Yes.

Ed Gamble

I was like, 'Give me that. I want to have a look.' It was Hotel Chocolat.

James Acaster

Oh.

Cariad Lloyd

Were you in Guildford?

Ed Gamble

Yes.

Cariad Lloyd

And they'd done a party at Comedy Club 4 Kids.



Ed Gamble

Hotel Chocolat and a bath bomb.

Cariad Lloyd

Yes, that's Guildford.

Ed Gamble

I went on a big rant, which you shouldn't do at Comedy Club 4 Kids, going, 'What are you relaxing from? Why do you need to get home after a long day of being a kid and have a bath bomb?' 'Get off.'

James Acaster

Yes.

Ed Gamble

'You're a rubbish comedian.'

James Acaster

'You're a poo poo head.' If we may return to grief for a second, Cariad-

Cariad Lloyd

Please always do with me.

James Acaster

Let's talk about You are not alone.

Cariad Lloyd

Yes.

James Acaster

Your book.

Cariad Lloyd

My book.

James Acaster

A new way to grieve.

Cariad Lloyd

Comedy, comedy.

James Acaster

(mw 17.55) comedy here. This is very exciting.

Cariad Lloyd



Thank you.

James Acaster

Did you write it during lockdown?

Cariad Lloyd

Yes, I had a very odd experience. I got the book deal in 2019, then I found out I was pregnant with my second child so I was like, 'Well, that's a bit stressful but it's alright. You know, my daughter will be in nursery and I can get some help,' and then my son was born five days before the lockdown.

Ed Gamble

Wow.

Cariad Lloyd

So, I had two small children, the global pandemic and I was writing a book about my own dead father. So, it was fun times at my house.

Ed Gamble

There's not enough chocolate monkeys in the world to deal with that situation.

Cariad Lloyd

Oh, mate, the chocolate addiction during that time was unreal. Every day, I was like, 'I think I deserve more. I deserve more chocolate.'

Ed Gamble

Yes.

James Acaster

Yes.

Cariad Lloyd

It was hardcore. It sounds like I'm sponsored by Tony's. I'm not, but when I found out in the pandemic you could order it online, oh.

Ed Gamble

That was it.

Cariad Lloyd

It was a good day. When five bars turned up, I was like, 'That's the next week's writing done.'

Ed Gamble

The little, like, library of bars where they send all the-

Cariad Lloyd



I don't like the library, because there are some flavours in there that are not okay, so I make my own library.

Ed Gamble

Is it the dark one that you're not-,

Cariad Lloyd

No, I'm fine with the dark one. It's the white, because it contains no coco.

Ed Gamble

Sure.

Cariad Lloyd

It's not chocolate, what are you doing there?

Ed Gamble

And it's got popping candy in it.

Cariad Lloyd

Get out. Get out, okay?

James Acaster

I saw Jimmy Fallon feeding The Rock popping candy.

Cariad Lloyd

Did you?

James Acaster

Yes, because The Rock doesn't eat sweets. He has a cheat day once a week-,

Cariad Lloyd

Oh, okay.

James Acaster

Where he goes absolutely ballistic.

Cariad Lloyd

Right, okay.

James Acaster

And has, like, mountains of pancakes and chocolate and everything.

Ed Gamble

Loads of sushi.



James Acaster

Sushi, apparently, which I didn't know that was bad for you. Great.

Cariad Lloyd

Well, it's sugary, isn't it?

Ed Gamble

Well, it is in the volumes that he's eating.

James Acaster

Yes, yes, yes. He's eating, like, entire whales.

Ed Gamble

A whale on a paddy field.

James Acaster

He said he hadn't had candy since, like, he was a little kid.

Cariad Lloyd

Wow.

James Acaster

Can't remember what it tastes like, and Jimmy Fallon was like, 'Do you want some popping candy?' And emptied it into The Rock's mouth, and The Rock had to say it was nice but I thought, 'There's no way you think that's nice.'

Cariad Lloyd

No, there's no way.

James Acaster

'It's popping candy.' Like, we're sugar addicts.

Cariad Lloyd

Yes.

James Acaster

And we don't even like it.

Cariad Lloyd

No, no, exactly. It's the experience, it's not sugar. You're not getting a sugar hit from that. (TC 00:20:00) You're just like, 'Oh, well my mouth is on fire and it's exploding. Where's my sugar?'

James Acaster



Yes, where's the actual-

Cariad Lloyd

Anyway, grief.

James Acaster

Yes.

Ed Gamble

The book, the book.

Cariad Lloyd

Yes, the book. Yes, I wrote it during the pandemic, which was fairly depressing but, like the Griefcast, it is uplifting a read, I hope, and it's a book that you can read in your grief and not feel completely like, 'Oh God, this is awful,' which is always my intention, to talk about grief in a way that's how I deal with grief, which is occasionally making some jokes about other things. So, yes, it's supposed to be a helpful guide for anyone who's like, 'Oh shit, I just joined the club,' or even like me, they're twenty plus years into this experience. It's cheerier than it sounds, is what I'm trying to convey to a comedy audience.

James Acaster

Also, we can talk about the pandemic. I think, like, a lot of people during the pandemic and now in this weird-, I don't know, you can't even call it a post-pandemic world because it's still going on.

Cariad Lloyd

Yes, yes, yes.

James Acaster

But where we are now, I think there have been increased levels of people thinking about death.

Cariad Lloyd

Yes.

James Acaster

Mortality, just even, like, the future of the entire human race.

Cariad Lloyd

Yes. It's big times.

James Acaster

I think this is subject for-, even if people aren't currently grieving, a lot of people are thinking about this stuff at the minute and it's good to talk about, read about, you know.

Cariad Lloyd



Yes, and that's what I intended it to be, that it's not, like, 'Oh, you have to be in the throes of the worst grief of your life to pick this up.' Like, sorry, spoiler alert, we're all going to die.

Ed Gamble

What?

Cariad Lloyd

Yes, it's going to happen and someone you know is going to die, and maybe a very close friend that you love may be experiencing a grief, so there's lots of advice for how to help people who join the club and support them, why we grieve like we do, like, what's the history of all these expectations that we have, so yes, it's like a quick-, not quick. It's not quick. It's a normal size length book about grief that I promise you is not as depressing as you think that might be.

James Acaster

Just to be clear though, Ed's not going to die.

Cariad Lloyd

No.

Ed Gamble

This is James' theory that I'm not going to die.

Cariad Lloyd

Oh, okay. So, that sounds like you need to know that, James, not Ed.

Ed Gamble

Yes. Give that a little read, buddy.

James Acaster

You might be in here, Ed, as the only person not going to die.

Ed Gamble

That's the end.

Cariad Lloyd

That's a footnote.

Ed Gamble

Yes.

Cariad Lloyd

You're all going to die. It's going to be okay. Grief is something that never leaves you, but you grow your life around it. Sub-note, Ed Gamble will never die.



James Acaster

Yes, Ed Gamble will never die.

Cariad Lloyd

But, what do we mean by death? There you go, what do we mean by death? You will always live in these podcasts.

James Acaster

That's true.

Ed Gamble

That's true, actually.

James Acaster

Immortal.

Cariad Lloyd

Always live in your heart and your memories, and memories are a really important way to keep someone present.

James Acaster

Yes, which is why global warming and the end of the entire human race scares me, because I think then people aren't around to listen to our podcast anymore.

Cariad Lloyd

Yes.

Ed Gamble

Yes.

Cariad Lloyd

That's true. Do you think about when, you know, people are like, 'Oh, it's hard to listen to vinyl now'? Like, I have a record player but it's a bit of a faff. Will there be a time when you can't listen to a podcast? Like, 'Oh, I've got to get the podcast player.'

Ed Gamble

Yes, I hope not.

Cariad Lloyd

And like, grand-kids'll be like, 'Oh, don't bother. Just press the button in your brain.'

James Acaster

Yes, it will be that, won't it?



Ed Gamble

But I feel like if, you know, all these podcasts are on mp3 or whatever, it feels like whatever the button in the brain is-

Cariad Lloyd

On minidisc.

Ed Gamble

We'd probably be able to transfer that into the brain button.

Cariad Lloyd

You'd hope so, wouldn't you?

James Acaster

Hopefully. Quite easily.

Cariad Lloyd

Won't be the same.

Ed Gamble

It's not like mashing a record into the brain, is it?

James Acaster

Hopefully not.

Ed Gamble

I feel like we'll be alright on people's brain buttons.

James Acaster

You reckon?

Ed Gamble

Yes.

James Acaster

When society is just brains in freezers, with entertainment being played on a loop.

Cariad Lloyd

With an app, a podcast app, still going, still, like, not quite working.

Ed Gamble

Is it bad that when you said everyone's brains in freezers and they're having entertainment played on a loop, I thought, 'Oh, that sounds fucking brilliant'?



James Acaster

Of course you can't wait.

Ed Gamble

I would absolutely love to be a brain in a freezer.

Cariad Lloyd

Well, you're not going to die, so you're going to be there with the freezers.

Ed Gamble

I'm going to be the guy putting the brains in the freezers.

Cariad Lloyd

Yes.

James Acaster

(talking over each other 23.39), that's a curse.

Cariad Lloyd

Behind the chips and the peas. There's James' brain. 'Welcome to Off Menu, it's still happening. James is still with us.' It can happen. Yes, it'd be good. Yes, yes, yes.

Ed Gamble

Oh, I'd love that. Brain in a freezer.

Cariad Lloyd

That sounds like girlfriend in a coma, follow up (ph 23.54).

James Acaster

We always start with still or sparkling water, Cariad. Do you have a preference?

Cariad Lloyd

I do, and it's still, because I don't understand why you would add more gas to any situation of a body.

James Acaster

Okay.

Cariad Lloyd

Like, it doesn't need more gas. I don't need more gas.

James Acaster

Yes.

Cariad Lloyd



I'm very burpy. Been quite good so far.

James Acaster

Really?

Cariad Lloyd

The sparkling repeats-, have you ever had a meeting where they only order sparkling? It's like everybody's saying, 'Sparkling, sparkling, why would you have still?' And then you have to sit sparkling water being like, 'Excuse me, excuse me.'

Ed Gamble

Surely in that scenario you should be going like, 'Still,' to make sure they remember you.

James Acaster

Yes.

Cariad Lloyd

Yes, I guess I'm just so terrified of the meeting in itself that I'm afraid to be my true self, Ed.

Ed Gamble

Which is still water, yes.

Cariad Lloyd

Which is still water. Yes, I'm a bit bad sometimes at those meetings for being like, 'Oh, I don't want that.' I don't drink caffeine, and so often that upsets everybody. They're like, 'Oh, do you want a coffee?' You're like, 'Oh, can I have a hot chocolate?' That's what I go for, because I'm like, I need some sugar.

Ed Gamble

That'll make them remember you.

Cariad Lloyd

They do, and they think, 'What is this strange child who wants to make comedy about death? And you're like, 'I just needed some sugar, I just needed a sugar hit.' You're need a coffee hit, I need a sugar hit. Why am I judged?

Ed Gamble

Sure.

Cariad Lloyd

Sorry.

James Acaster

Yes, you shouldn't be judged. How many marshmallows do you have in those situations?



Cariad Lloyd

Depends, is it a home-made marshmallow or is it those cheap fuckers? No.

James Acaster

Oh, home-made marshmallow?

Cariad Lloyd

You know when you go to a posh place and they've got, like, home-made marshmallow?

James Acaster

Yes, are you into that?

Cariad Lloyd

I don't like those cheap pink and white ones. That's just adding colouring.

James Acaster

See, for me, that's my Findus crispy pancakes.

Cariad Lloyd

Right, okay.

James Acaster

Those little marshmallows, that's the Acaster house.

Cariad Lloyd

Yes, okay.

Ed Gamble

I just love the idea of you being in a meeting and going, 'Would you like a coffee?' 'No, I'll have a hot chocolate, please, and some of those marshmallows that you've got, home-made.'

James Acaster

Yes.

Cariad Lloyd

It's taken me a long time to realise that some of my behaviour is odd, and that's the sort of thing I would have done and then gone, 'Why did that meeting go bad? I was fine.' Now I'm getting to the age where I'm like, 'Oh, I see. That isn't what they expected you to do,' and that's what I'm learning.

Ed Gamble

I don't see you as a gassy person.

James Acaster

No.



Cariad Lloyd

Oh, that is such a compliment.

James Acaster

That's surprising to me, as well.

Ed Gamble

Yes.

Cariad Lloyd

Well, people who know me closely will laugh because I'm extremely gassy. My family is gassy, I write about this in the book, my dad absolutely infamous for his gas levels. Awful. The family stories are unbelievable. Cleared a lift, cleared a lift. The whole lift got off.

James Acaster

Nice.

Cariad Lloyd

Whole lift got off, like a packed, you know, businessmen lift, secretaries in the '80s, 25 people and they all got off and they all just stared at him as the doors closed and he went, 'Sorry.'

Ed Gamble

In that situation, if that was me dropping the egg in the lift, I would get off with everyone.

Cariad Lloyd

Yes, smart.

Ed Gamble

So they don't know who it is, right?

James Acaster

Yes.

Cariad Lloyd

Yes, my dad again-,

Ed Gamble

Your dad just stood there like do dee do dee do.

Cariad Lloyd

Well-,

James Acaster



I would trip someone as I was going off so that they remain in the lift.

Ed Gamble

Yes.

Cariad Lloyd

Clever.

Ed Gamble

Yes.

Cariad Lloyd

Well, my dad, a bit like me, you know, odd. An odd man. So, he was very like, 'Well, yes. That's who it was, it was me.'

Ed Gamble

(inaudible 26.48)

Cariad Lloyd

But yes, anyway, still water. Still tap water, absolutely fine. There's nothing wrong with it, delicious. I drink loads of water all the time. I've listened to your show.

James Acaster

Yes?

Cariad Lloyd

I don't know why people go, 'It doesn't taste-,' it tastes of water. It's nice, it refreshes you, your body needs it. Why is everyone so weird about it?

Ed Gamble

Yes.

Cariad Lloyd

I don't understand. I love it.

Ed Gamble

Ice and a slice?

Cariad Lloyd

I wouldn't mind-, I get quite cold, so you know when sometimes there's too much ice? I'm very fussy. You picking that up? They give you too much ice and then as you touch it, you're cold. You think, 'Oh, I'm so cold now.' So, just a little bit of ice, little bit of lemon. Yes please.

Ed Gamble



All your farts and burps coming out like icicles.

Cariad Lloyd

I can't bear it when it's like, 'Oh, well now I'm freezing.' You know how like a hot chocolate warms you up? When someone gives you something ice ice cold, you're like, 'God, I'm so cold now.'

Ed Gamble

Well, look, we've come back to hot chocolate again.

Cariad Lloyd

Yes.

Ed Gamble

If you don't want still or sparkling water, you can choose hot chocolate instead.

James Acaster

Yes, we won't stop you from having hot chocolate.

Cariad Lloyd

No, because if you're a sugar fiend, I don't know about you but you need that constant supply of water to deal with how much sugar you're taking.

Ed Gamble

Flush it out your system.

Cariad Lloyd

Yes.

James Acaster

The other day, probably only like two days ago or whatever, but I had a glass of water in the evening and I hadn't realised that all day I had not had any water.

Cariad Lloyd

Yes. Oh, God.

James Acaster

When I had it in the evening, I literally said out loud, 'Oh, God. Water's so delicious. I actually love this.' I said it to whoever I was with, I said, 'I love this.'

Cariad Lloyd

Yes, I love it.

James Acaster

They were like, 'What?' I said, 'I love this water.'



Ed Gamble

Every time you start a story about your life, me and (mw 28.15) always look at each other.

James Acaster

Yes, yes. Always.

Ed Gamble

Yes.

James Acaster

Yes, yes.

Ed Gamble

Always. Like, 'Here he goes.'

Cariad Lloyd

'Here he goes.'

Ed Gamble

'We're going to get some other insight into this weird guy's life.'

Cariad Lloyd

I once had a really bad day with my daughter, and I honestly thought, 'I'm a bad mum. This is, like, I'm a bad mother,' and then I downed a pint of water and I was like, 'No, I'm dehydrated.'

Ed Gamble

Yes.

James Acaster

Yes.

Cariad Lloyd

And that's what I can say to parents. You don't get a chance to drink the water because you're so busy and running after someone else, and you do that pint and you're like, 'Fuck, I'm a good mum. I'm a good person doing my best.'

James Acaster

Yes.

Cariad Lloyd

'I'm thirsty.'

James Acaster



Yes.

Cariad Lloyd

There's a big difference.

Ed Gamble

Yes.

James Acaster

Right now at Disney, DisneyWorld Florida-

Cariad Lloyd

Yes.

James Acaster

They're doing cold hot chocolates.

Cariad Lloyd

Yes, I've heard of this.

Ed Gamble

Are you guys getting the same magazines?

Cariad Lloyd

There's a shop in London that's doing this.

James Acaster

In, like, a Martini glass.

Cariad Lloyd

Oh, okay. Yes.

James Acaster

It's like a sundae but, like, a hot chocolate, a bit boozy I think as well.

Cariad Lloyd

Oh, okay.

Ed Gamble

Chocolate milk?

James Acaster

No, frozen hot chocolate.



Cariad Lloyd

It's slightly different, it's not chocolate.

James Acaster

Frozen hot chocolate and they've got some booze in them. Apparently, they're out of this world, out of sight.

Cariad Lloyd

There's a place in London that does hot chocolate milkshake. It makes it, like, properly with the melted chocolate. The key is you can't be having the powdered chocolate. It's, like, you need the melted chocolate mixed with the milk and then they spin it with ice. It's really good. Yes, I had that in summer and I was like that has absolutely ticked that hot chocolate box in a cold fashion. Thank you.

Ed Gamble

I don't think this is going to make you probably a little bit jealous.

Cariad Lloyd

I think we need a show just called hot chocolate with James and Cariad.

James Acaster

Yes, we can do a spin-off.

Ed Gamble

I'll be honest I feel pretty left out of this conversation.

Cariad Lloyd

Sorry.

James Acaster

Yes, well bad luck immortal boy. Console yourself if you ever laughed in life. Had a day at the Hotel Chocolat kitchens.

Cariad Lloyd

Oh god, I really want to do that so badly.

James Acaster

Well-,

Cariad Lloyd

Yes, it was good.

James Acaster

Surely it will happen for you now (TC 00:30:00). You've said hot chocolate enough. We made hot chocolate there.



Cariad Lloyd

With their velvetiser?

James Acaster

With the velvetiser.

Cariad Lloyd

Yes, of course.

James Acaster

But then put it in a cocktail shaker with loads of ice cubes. So, there's immediately chill in it and that was great.

Cariad Lloyd

That's what-,

Ed Gamble

Still got the little sachets you bought me actually.

James Acaster

Oh yes, I made Ed some hot chocolate but I guess you haven't drunk it yet?

Cariad Lloyd

Because you don't care about hot chocolate it seems.

James Acaster

Waste. I know who I'll be giving it to next time.

Cariad Lloyd

Yes, thank you please.

James Acaster

Poppadoms or bread, poppadoms or bread Cariad Lloyd, poppadoms or bread?

Cariad Lloyd

I've got a request.

James Acaster

Yes?

Cariad Lloyd

Can I have a pain au chocolat?



James Acaster

Yes.

Ed Gamble

Oh my god.

James Acaster

Who saw that coming?

Ed Gamble

I'm strapped in for this episode.

James Acaster

Ed, do you want to do your impression of a pain au chocolat?

Ed Gamble

Now you can come and see me live if you want to see the closing of my show.

James Acaster

It's disgusting.

Cariad Lloyd

What is it anti-pain au chocolat?

James Acaster

It's little chocolate nipples.

Ed Gamble

It does have little chocolate nipples.

Cariad Lloyd

Where?

Ed Gamble

At the front-,

Cariad Lloyd

On the side.

Ed Gamble

The little chocolate bits at the front. Oh, don't tell me the material doesn't work because I've got two tour dates.

Cariad Lloyd



Oh, that way. I see when you sliced it half, sorry. I was thinking keep it that way, I was like what eyes, like, a lizard.

Ed Gamble

At the front.

Cariad Lloyd

Yes, with the two bars.

James Acaster

I bet the audience Cariad don't even fucking know anyway.

Cariad Lloyd

But are you laughing at pain au chocolat?

Ed Gamble

It's the first time anyone's picked a pain chocolat for the bread course.

Cariad Lloyd

Yes, look I do like bread.

Ed Gamble

I do respect it.

Cariad Lloyd

What's the word, ummed and ahned, what's a better word than that. I ruminated about this.

James Acaster

I like ummed and ahned.

Cariad Lloyd

Thanks.

Ed Gamble

I think that's more fitting to the situation.

Cariad Lloyd

Thank you. I ummed and ahned. Because I've had some amazing bread in some very good restaurants. But then the thought of not having a pain au chocolat in my-, because almost every day pain au chocolat or a cinnamon bun. But to me, I thought the cinnamon bun is, I could have had it just felt the pain au chocolat almost sneaks into the bread category easier than the cinnamon bun.

Ed Gamble

Yes, I agree with that yes.



Cariad Lloyd

So, I was, like, okay cinnamon bun it's hedging towards puddings, isn't it? So, the pain au choc from a specific place. Miel, I don't know if that's how you say it. It's the French word for honey so I might not be saying it right. Miel.

Ed Gamble

Miel.

Cariad Lloyd

It's just near Warren Street and it's one of the best bakery patisseries in London.

Ed Gamble

Wow.

Cariad Lloyd

Everything from that shop is incredible. They do a very good pain au choc and they do a gianduja however, you say that one, Nutella type pain au choc. A special one with, like, chocolate lines all over it. That is very good but it's almost too much for the bread course.

Ed Gamble

Yes, not like a normal pain au chocolat.

Cariad Lloyd

No, it's, like, a normal, just easy pain au choc. So, I would like a pain au choc for my bread course.

James Acaster

What I'm obviously going to-,

Ed Gamble

That's too much for the bread course.

James Acaster

What I'm obviously going to pick up on, that I'm surprised Ed hasn't picked up on yet, is pain au choc.

Ed Gamble

Pain au choc.

James Acaster

That is how much you're saying pain au chocolat in your life that you have to shorten it to pain au choc.

Ed Gamble

Pain au choc.



James Acaster

I've never met anyone before who's called it pain au choc because they normally-,

Cariad Lloyd

What? Who calls it pain au chocolat?

James Acaster

Oh, people who only have one a year.

Cariad Lloyd

Pain au chocolat is so long.

Ed Gamble

Can you shorten it even more than that?

Cariad Lloyd

Some people call it a PAC.

James Acaster

Who calls it that?

Cariad Lloyd

Oh, like really-,

James Acaster

Actual bakers.

Cariad Lloyd

No, like, bad station bakeries. Because I've been looking before and I've gone, 'What's a PAC? I want a pain au choc.' They've gone, 'Oh they've shortened it, yes pain au choc.' That might be, I have a lot of bad verbal habits from my mum from Essex. That is what my mum calls them, pain au choc. 'Do you want a pain au choc? Lets get two pain au chocs. I'll have a pain au choc. Oh, are you having another one? You eat so much sugar.' While ordering me sugary things. So, I think that might be a slightly Essex thing.

Ed Gamble

I think, like, amazing croissant, and amazing croissant dough is as good as amazing bread.

Cariad Lloyd

Yes, and that's what I mean, like, proper Miel. It's French patisserie but the person who runs it is not French, they trained there. It is that, kind of, I used to live in Paris very briefly and it is as good as the pain au chocolat.

Ed Gamble



Loads of layers.

Cariad Lloyd

Loads of layers.

Ed Gamble

You can see the layers.

Cariad Lloyd

And good chocolate. Those two eyes you're talking about.

Ed Gamble

Nipples.

Cariad Lloyd

Nipples. That's a bar. That's when the cheap bar, you know, they just put-

Ed Gamble

Just a bit.

Cariad Lloyd

It's, like, they put chocolate inside it. You're getting chocolate.

Ed Gamble

But that's what people think of when they think pain au chocolat. Which is why the material works.

James Acaster

To be fair to Ed in context he's talking about a breakfast buffet. Pain au chocolat you get the breakfast buffet and it's all there and no choc. Those little nipples make you think that there's choc in there.

Cariad Lloyd

That is the worst.

James Acaster

There's no choc in there.

Cariad Lloyd

Because that's a machine putting the bars down and the machine chopping off the end of a bar. I worked that out by being upset by this happening to me. Because I've gone, 'What the fuck that had two big nipples. I was going to get a big bit of choc and this is all pastry. No, I didn't buy a croissant I bought a pain au choc. I need the choc to deal with it.

Ed Gamble

Where's the choc?



Cariad Lloyd

Where's the choc? I'm in shock at this pain au choc.

James Acaster

Yes. I might go to this Miel place because I don't get pain au chocs ever because when I was younger my mum did home-made pain au chocs and they are the best I ever had anywhere. Full of chocolate, so much chocolate.

Ed Gamble

Mum Acaster.

James Acaster

Just so much chocolate it was nuts. Loads of butter. Really, like, it was dirty. Dirty pain au choc.

Ed Gamble

If a patisserie looked at your mum's pain au chocolat he'd probably be disgusted.

James Acaster

Yes, they were like this is so greasy and dirty and gross. While you're doing this have a bite of it mate and then shut up because that is delicious.

Cariad Lloyd

They should be greasy. This annoys me when they're like oh it greasy. Its butter. The bag should be going see through. If it's not doing that it's not a good-, when I was in Paris the bags went see through. That was pride of place how much butter was in there.

James Acaster

There wouldn't be any bags left after my mum's pain au chocs let me tell you.

Cariad Lloyd

Disintegrate in your hand.

James Acaster

I really want one now. They were the best straight out the oven.

Cariad Lloyd

I know so good aren't they.

Ed Gamble

Pain au raisin for starter?

James Acaster

Yes, something a bit more savoury.



Cariad Lloyd

The pain au raisin I mean no come on. If you're desperate. So, I have a recording of someone saying this. Should I play that?

James Acaster

What?

Ed Gamble

Yes.

Cariad Lloyd

Because-,

James Acaster

What do you mean?

Cariad Lloyd

So, it's a Japanese dish.

Ed Gamble

Oh, I see.

Cariad Lloyd

My sister-in-law is Japanese and so I asked her to say it properly.

Speaker 4: Okonomiyaki.

Cariad Lloyd

Okonomiyaki is what I want for starters. So, I've come to savoury.

Ed Gamble

Love it.

Cariad Lloyd

A okonomiyaki pancake please from Osaka. That's where they're from but you can get them here but they're not as good as they were in Osaka.

Ed Gamble

Okonomiyaki is so good.

Cariad Lloyd

They're so good.



James Acaster

Yes, so it's cabbage?

Cariad Lloyd

Well, it's all sorts. It can be-, yes its, kind of, an omelette to me. It's what it seems like. But yes, it's, like, cabbage and sometimes its fish, sometimes its shredded meat and cooked in this specific round way. Then it's served with the Japanese mayonnaise which is sweet and then a, kind of, barbecue sauce.

Ed Gamble

I was going to say it's got your barbecue sauce.

Cariad Lloyd

As you know you top it with bonito flakes.

Ed Gamble

The great bonito flakes.

Cariad Lloyd

Bonito flakes. There is another word for them. Katsubushi they're called, or bonito flakes is what everyone calls them. Which is flaked tuna.

Ed Gamble

I love it. Sometimes because they put, like, other stuff on there as well sometimes.

Cariad Lloyd

You can have, you can basically have-,

Ed Gamble

You can get cheese, you can put cheese on it.

Cariad Lloyd

You can have almost anything, yes.

Ed Gamble

Batter, like, chunks of batter as well go in there sometimes.

Cariad Lloyd

Oh, I haven't seen the chunks of batter.

Ed Gamble

Oh my god, they're crazy. It's so good. It's almost like an omelette and bubble and squeak. Because the cabbage is in there, like, the shredded white cabbage.

Cariad Lloyd



I don't know why they call it pancake because it isn't really. But it's referred to as, like, Japanese pancake. But yes it's more of an omelette bubble and squeak. But it's just, like, the way that bubble and squeak I think is alright, you don't really want it but it's there. Whereas this is like they've gone oh we see your bubble and squeak and we're going to add better things to it and make this really palatable and in this nice little circle, cut up and they put the bonito flakes on and they all melt. So, it's fish and barbecue and mayonnaise. I want one so badly now. It's so good.

Ed Gamble

That Kewpie mayo.

Cariad Lloyd

Oh, that Kewpie mayo.

Ed Gamble

It's the best thing in the world.

Cariad Lloyd

But it's so weird because it isn't mayonnaise like we would know. It's very different Kewpie mayo, Japanese mayonnaise.

Ed Gamble

Little baby on the bottle.

James Acaster

Is there a little baby on the bottle?

Cariad Lloyd

Yes, with their logo. It's a little weird, sort of, baby clown. Weird thing.

Ed Gamble

Baby weird clown.

James Acaster

Baby weird clown wow.

Cariad Lloyd

My sister-in-law is from Osaka and they got married out there. They had many weddings but one of the weddings was out there and that's when I first had it. She took us to, like, the local. She was very, like, 'Oh this is just, yes we'll just grab some okonomiyaki before we go and do this wedding thing.' All of the English people were like, 'This is so good. This is amazing.' We lost our minds. I didn't know that bonito flakes were fish for ages. I just kept adding them because I thought they were just delicious pink flakes. And someone was like that is flaked tuna basically added to your pork okonomiyaki. It was a bit weird but it works.



Ed Gamble

They're crazy those things. Because when they go on a hot thing they, like-,

Cariad Lloyd

Yes, they just melt. Just float down.

Ed Gamble

Yes, like, all bobbling around. Like, those fish you put on your hand to see if you're sexy.

James Acaster

That's what the great bonito does. He moves around like that.

Cariad Lloyd

Yes, he floats around.

James Acaster

If you look at him he's never completely still.

Ed Gamble

If you put bonito on your palm the way he curls up tells you how sexy you are.

Cariad Lloyd

Do you know what those lucky red fish didn't just tell you how sexy you were.

James Acaster

There was a bit of that though.

Cariad Lloyd

There's some because they've got some for how lucky you're.

Ed Gamble

They re-packaged them for valentines. As, like, love.

Cariad Lloyd

When I was a kid, yes it wasn't those ones.

James Acaster

Yes, as far as I knew it's got nothing to do with it. I think it was just tells you if you were fickle.

Ed Gamble

You probably ate it because you thought it was a sweet.

James Acaster

Yes. No regrets.



Cariad Lloyd

No regrets. Well, apart from the fact that it wasn't a sweet.

James Acaster

Yes, it wasn't a sweet that was annoying. But hey Swedish fish.

Cariad Lloyd

Are they sweets?

James Acaster

You're going to love them.

Cariad Lloyd

Are they sweet sweet?

James Acaster

Yes, they're really delicious.

Cariad Lloyd

Okay. But are they liquorice?

James Acaster

No.

Cariad Lloyd

Okay. Any Scandinavian normally they try and chuck liquorice in it.

James Acaster

I would never steer you towards liquorice.

Cariad Lloyd

Thank you so much.

James Acaster

Don't worry about that.

Cariad Lloyd

It's disgusting.

James Acaster

It's gross. Swedish fish is lovely.

Ed Gamble



Although I feel like that about liquorice.

Cariad Lloyd

That it's disgusting?

Ed Gamble

Yes, but I went to Iceland recently.

Cariad Lloyd

Oh, did you have good liquorice?

Ed Gamble

They love salted liquorice and chocolate covered salted liquorice. I brought some back and I was like I brought it back because that's like a traditional thing or whatever. Next thing you know I was up and down (TC 00:40:00) to the cupboard about eight times, the whole pot gone.

Cariad Lloyd

Well, it's the salt and the sugar bringing you back. You just needed some heroin in there to really make it lightly addictive.

Ed Gamble

Yes, absolutely off my face on it.

Cariad Lloyd

Yes, I grew up with a lot of liquorice because my mum's best friend is Danish. So, it was, like, all the time, 'No, try some. No, you will like it. You're wrong.' Then I would always eat it. If you've got that sweet palette it's the antithesis of that, isn't it? It looks like it's sweet but it's not. Awful. Liquorice all sorts so upsetting if all they had was liquorice all sorts.

James Acaster

This has been discussed on the pod before.

Ed Gamble

Pink bit off the outside.

Cariad Lloyd

But it's not. It's not what you need.

James Acaster

How would you go about beating up, or keeping it in grief killing Bertie Basset?

Cariad Lloyd

How would I kill Bertie Basset?



James Acaster

Yes.

Cariad Lloyd

I like the way you think that's keeping it in grief. Because there's true crime podcast and there's grief podcast, we don't really mix. Because I don't want to hear about true crime when I'm dealing with the aftermath of grief. How would I comfort someone who had lost Bertie Basset?

James Acaster

Yes, maybe that's more-

Cariad Lloyd

I would ask them his name and I'd be not afraid to say it. I'd remember the anniversary of his death. Try and remember the six month anniversary, the year anniversary. Put a note on my diary so I can say, 'Hey I know it was about a year ago wasn't it Bertie died, was just wondering how you're feeling? Are you okay today?' Don't ask how are you it's too big a question but how are you today is a really easy question for someone grieving to answer. So, that's how I would help.

Ed Gamble

Would you be able to put to one side your hatred for liquorice though?

Cariad Lloyd

Yes, because grief doesn't matter. If someone is grieving you can be there for them whether you hated the person, whether you were estranged, you haven't spoken to them for years, if they make disgusting liquorice you can still.

Ed Gamble

Also, I'd feel weird, I feel more weird talking about the death of Bertie Bassets if I'd spent a lot of my time eating liquorice because Bertie Bassets is made of liquorice.

James Acaster

Sure. So, it's, like, you're the last person they want to hear from. Just to be clear I shouldn't contact you about your podcast if I've killed someone?

Cariad Lloyd

No. There's different podcasts. True crime. I would go for an American true crime podcast because they would like a fourteen-part series hunting you down.

Ed Gamble

Even then I wouldn't go straight to a true crime podcast if you have murdered someone.

Cariad Lloyd

I don't know. Good deal, good tie in deal. Exclusive, you know, book at the end.



Ed Gamble

If you're on the lam I'd keep it quiet for now.

James Acaster

If I'm on the lam I could run a food podcast. I'd stick it on Off Menu.

Ed Gamble

That's good. We should do some spin of specials with prisoners on the run called on the lam.

James Acaster

That is a delicious beginning and I'm very glad that that's made an appearance. Every now and again there's something that has not made an appearance on the pod before that I'm delighted gets a shout-out on the pod. That is something that for a long time I think maybe we've steered close to it, maybe people have said something similar. I've been, like, that would be good. That makes me very happy that that's on there. So, that's a great start.

Cariad Lloyd

Good, I'm glad. I can eat things that don't have sugar as long as there's-

Ed Gamble

That sauce is pretty sweet.

Cariad Lloyd

There's something in the condiments yes.

James Acaster

Your dream main course.

Cariad Lloyd

Yes, my dream main course. Look, it's a bit, it's not exciting but it's my dream main course. That is because you do need to have something that doesn't have sugar in to appreciate the sugar. So, I am someone that if I got a restaurant the first thing I do is scan puddings and then work out what I need to have to make sure I've got room for the pudding. Thank you, James. I feel like at least I'm not alone. As the book says you're not alone.

Ed Gamble

Is that what it's about?

Cariad Lloyd

Yes, you should read it. So, my main course is simple because my pudding is more complicated. Because obviously, I was like well I need room. So, it is just a really good Sunday roast chicken, like, a roast chicken. I know that's a bit boring but it is like-

Ed Gamble



I was not expecting this.

Cariad Lloyd

Oh right, yes.

Ed Gamble

Because what you said was you check the puddings to make sure you have room for the pudding and now you've gone with a Sunday roast which has got to be top three most filling meals on the planet.

Cariad Lloyd

But I'm careful with my Sunday roast. I'm not someone who piles it on. Like, I make sure the plate is, I don't like it when there's no plate. I'm like come on. There's specific, obviously very specific bits of the roast that I would have, that I would like.

Ed Gamble

Take us through them.

Cariad Lloyd

Okay, so a roast-

James Acaster

Do you know what I think isn't going to make an appearance here?

Cariad Lloyd

What?

James Acaster

Prediction. I don't think you're going to have parsnips on this.

Cariad Lloyd

Why?

Ed Gamble

But you know what you can do with parsnips?

James Acaster

Oh yes.

Ed Gamble

Roast them in honey.

James Acaster

I take that back.



Cariad Lloyd

But parsnips are sweet. That's why I was so shocked. I was like parsnips are basically sugar.

James Acaster

As soon as I said it I thought oh no.

Cariad Lloyd

The sprout no thank you. I'm already gassy and it has a very bitter flavour.

Ed Gamble

I had sprouts for lunch.

Cariad Lloyd

Did you? Just for lunch?

Ed Gamble

Yes, I had other stuff with them.

Cariad Lloyd

I'm not sure I'm okay with all this new sprout stuff.

Ed Gamble

Roast sprouts what a joy.

Cariad Lloyd

I know my husband says this. He, like, pan fry's them with pancetta and walnuts.

Ed Gamble

Your husband is an absolute G.

Cariad Lloyd

He is. He's a really good cook.

James Acaster

Yesterday, cooked by the person who won back off. The person who won the later series of bake off which I didn't see so I don't know people's names. But she made these sprouts.

Ed Gamble

I thought you were very delicately not giving a spoiler warning for people who might not have seen it and then you just went but I don't know, I didn't remember her name.

Cariad Lloyd

I don't her name. Did you not even say thank you when she gave you the sprouts?



James Acaster

Yes, I did say thank you.

Ed Gamble

Thank you thingy. Thank you bake off.

Cariad Lloyd

Thank you bake off lady. Also, do you want sprouts from a bake off winner or do you want cake?

James Acaster

Yes, I was hoping for cake.

Cariad Lloyd

Yes, like, I'd be really disappointed that happened.

James Acaster

I was like what.

Cariad Lloyd

Yes, I would be like I came to this for cake. If it was an event when they're the bake off person, I'd be like oh my god cake. Don't diversify now and just give me the cake.

James Acaster

It seemed odd.

Ed Gamble

Yes, that is a big (mw 45.40).

James Acaster

It's a TV show and they were like we're going to make you eat some disgusting food first and then bring out two bake off contestants to give you some nice food. So, I was, like, here comes the cake.

Cariad Lloyd

Here comes the cake, amazing.

James Acaster

They were like we made you brussel sprouts and turkey. I was oh well this is nice. But is it going to be, you know, it looks like turkey and brussel sprouts but it's actually cake when I cut into it? No.

Cariad Lloyd

Oh, that's really annoying. The lack of cake when you think there's going to be cake is one of my biggest, I can't.

Ed Gamble



Where does that happen?

Cariad Lloyd

Like, in events or parties when the cake. Wedding, fucking cheese no. When there's the cheese pile, 'We didn't want a cake.' Fuck you because everybody here wanted a cake, everybody here came for the cake. When they do, you know, a tower a cheese.

Ed Gamble

There you go tower. Better name for it.

James Acaster

It's a pile Cariad.

Cariad Lloyd

I'm not doing any marketing for the cheese people okay. Cheese pile that's what it looks like to me.

Ed Gamble

It doesn't need to be marketed.

James Acaster

Disgusting cheese pile.

Cariad Lloyd

Awful. Cake, you need cake. Or sometimes, you know, people are polite no one's cut the cake. I can't concentrate.

Ed Gamble

What happens after weddings as well which will really annoy you is they'll cut the cake and then, sort of, whisk it away. Or it goes away to be cut.

Cariad Lloyd

Not for people who hang around the cake.

Ed Gamble

Yes, but what if it gets taken in the back are you then waiting by the door?

Cariad Lloyd

Mate, you hand around and you loiter they go, 'Oh do you want a bit?' 'Oh yes please thank you.'

Ed Gamble

Sorry, are you invited to these weddings?

James Acaster

None of your business.



Cariad Lloyd

I am such a loiter of cake. Like, I'll just make it until someone, until people are, like. Kids parties you hand around that cake. Then this is the best if you've got kids, 'Oh I need two yes one for the kids sorry.' Then straight one into your gob and then pass to the child but obviously eat some of them.

Ed Gamble

Are there loads of families that think you've got triplets? Can I get three slices for the kids.

Cariad Lloyd

There was one time I try to not let my daughter have sugar at first because it think I was worried about me and it would happen. So, for her first couple of years we tried to just ease in,, like, not do it son second one he's having KitKats for breakfast it's fine. They gave her thus big slice of cake and it had chocolate icing on the top and I actually hadn't had icing and I was like if she finds out icing it's fucked. She can't know. We used to just cook a plain chocolate cupcake and she'd be like wow and you're yes that's the sugar. So, they gave it to me and I just bit off the icing straight away because I was thinking that immediately I'm going to hand it to her so she can't even see icing exists. But it was in front of, like, four parents who didn't know me very well. They just really thought I had just taken it from my child. They just looked. Yes, I had but the reasoning was, I didn't know them well enough. When your first round parenting it's quite difficult. You have really awkward social situations all the time. I tried to say, 'Oh we don't want her to have too much sugar.' But obviously, I was covered in chocolate.

Ed Gamble

Yes, you'd just eaten it.

Cariad Lloyd

Like, putting it, spit it out onto a Paw Patrol plate and then being, 'There you go. It's for her.' But it was quite a large amount of buttercream so I'd eaten most of it. So, it really looked like I was some evil mother that was she can't have all the cake, I'll have half. Yes, anyway roast chicken.

Ed Gamble

Roast chicken.

Cariad Lloyd

So, roast chicken cooked by husband who is an amazing cook, incredible. Like, I am really spoiled. Over lockdown it was insane. Like, I actually said, 'Can we just not have roast duck with pre lentils in a jus today? I'm fed up of it'. That's the, kind of, bullshit I was coming out with. He was, like, 'Oh okay what do you want?' I was, like, 'Just want a ham sandwich. Something simple.' He got so into it and obviously he had so much time to cook that it was like eating at a restaurant every night. I just couldn't cope. I got really stressed.

Ed Gamble

That sounds tough.



Cariad Lloyd

It was really-, but I was writing a book about death so that was tough. The death book was tough. So, obviously, I was a bit stressy about writing a book.

Ed Gamble

Especially, with your gas you can't be having lentils every night.

Cariad Lloyd

Exactly, thank you.

James Acaster

Playing with fire.

Cariad Lloyd

Thank you. Sometimes he serves me something I say, 'Well, you're going to have to deal with this. Not me.' I don't care. I don't have the embarrassment.

Ed Gamble

You have to sleep in the other room if you give me lentils.

James Acaster

Already had your cabbage starter thing.

Ed Gamble

Oh, yes.

Cariad Lloyd

Terrible. If you go to a dinner party and they give you onion soup, or onion tart. Oh my god, do you know what? It's gas for the whole, that's it I'm in trouble.

Ed Gamble

Yes, (TC 00:50:00) why can't you just go to a dinner party and they're like a normal place and give you a pain au chocolat at the beginning.

James Acaster

Yes, pain au choc.

Cariad Lloyd

Absolute dream.

James Acaster

Pain au choc but in a rock. That's what they say at the start.

Cariad Lloyd



I wish I still did Edinburgh and that would be my title.

Ed Gamble

Yes, that's good.

Cariad Lloyd

Pain au choc (mw 50.16) for the title. Roast chicken cooked by him and then roast potatoes which he does in goose fat, apologies vegans but they are so fucking good.

Ed Gamble

Well, you've got a chicken on there already.

Cariad Lloyd

Yes, but that seems fair enough. Carrots honey roasted with, oh what is it he does a nice herb with them. Any old herb, there's one.

Ed Gamble

As long as the honey is there.

Cariad Lloyd

Yes, honey roasted with some fresh herbs. A Yorkshire pud, small one not going crazy.

Ed Gamble

Now, we'll come back to that.

Cariad Lloyd

Okay, parsnips. Just plain roasted. But then my mum has to cook carrots and broccoli because my mum has a particular ability to not cook it that well. But I like it the way, Ben my husband will be this isn't, I'm like no but it's childhood. But crunchy, bit not quite cooked.

Ed Gamble

Do you like it more on the crunchy side than the soggy side?

Cariad Lloyd

Soggy broccoli, if you've got little bits of green going all over your plate mixing with gravy no. The broccoli is whole it shouldn't disseminate no.

James Acaster

I've really got into doing roast broccoli.

Cariad Lloyd

Oh, roast broccoli.

James Acaster



In the lockdowns. I'm, like, roasting it. Well, with loads of garlic and chilli, and then when it comes out of the oven mixing with parmesan and lemon.

Cariad Lloyd

Oh, that sounds amazing.

James Acaster

It was great. That was, like-,

Cariad Lloyd

Sounds really good.

James Acaster

Really nice.

Ed Gamble

I've got into my own style of broc.

Cariad Lloyd

Broc, pain au broc.

Ed Gamble

Pain au broc. I did it in a pan, so it is pan au broc.

Cariad Lloyd

Pain au broc.

James Acaster

Pain a broc but in a rock here we go.

Ed Gamble

Matt Tebbutt told me how to do it.

James Acaster

Who?

Ed Gamble

Matt Tebbutt, the host of Saturday kitchen. Griddle pan really hot. Long stem broccoli. Down in the pan.

Cariad Lloyd

That's fancy broccoli for me but yes.

Ed Gamble



Down in the pan, listen. Another heavy pan on top of the broc, top of the broc. Then just hit that for, like, three minutes. Just have it, like, really charring. Flip them, do that for two more minutes. It's cooked through as much as you want it to be and it's charred and a bit smokey.

Cariad Lloyd

Nice. That sounds really nice.

James Acaster

You got any salt and pepper on them?

Ed Gamble

I did it after.

Cariad Lloyd

You do need a good griddle pan, don't you? That's the trick when you're cooking. That's what I've discovered. You actually need-

Ed Gamble

You need some good stuff. Well, you need some basics.

Cariad Lloyd

Yes, you do and it's expensive. It's expensive that's what I've discovered. But for roast for me I don't want long stem. Like, when long stem turns up I'm, like, no come on no. I want the short stubby trees, carrots and broc.

Ed Gamble

Traditional broc.

Cariad Lloyd

Yes, traditional. Just boiled. Bit of salt in the water, not very much. Just oiled nicely, kept their shape. Good work. I don't know how my mum does it she boils them together. Even thought the carrots take longer and they're well-, well, that's why because everything is not cooked.

Ed Gamble

She boils them together and it shouldn't work and she fucks it up completely.

Cariad Lloyd

But it tastes lovely. Then I have to say gravy, proper gravy. Love proper gravy. I grew up Bisto world. It wasn't since I got married I understood that you could actually make gravy. The worst time, the worst example of my upbringing versus his is that he said one time, 'Why don't I just make a pasta sauce?' I laughed and said, 'Are you Lloyd Grossman?' He was, like, what? I was like, 'You can't make pasta sauce it's in a jar. What do you mean?' I had no concept that he, we could make sauce. Because I grew up when you put in a jar.



James Acaster

The perfect method.

Cariad Lloyd

I was just, like, so confused. He looked at me and he was, like, 'You know I could make that jar and I could make it nicer.' Big talk.

Ed Gamble

So, what you make it and then you pour it in a jar and then seal it up.

Cariad Lloyd

Take it Waitrose.

Ed Gamble

Then pour it onto, yes.

Cariad Lloyd

I've since learnt obviously you can make pasta sauce. That for me is a pinnacle example of what we both grew up with. I did not know. So, now I know about real gravy I'm bored of real gravy.

James Acaster

See, I'm almost maybe the opposite. I do love real gravy but I was brought up with real gravy and that stuff. So, to me, it seemed a treat to have the Bisto stuff. To have the really salty. I remember having that around and friends house and going insane for it. This is amazing.

Cariad Lloyd

I still keep it in the cupboard because I'm, like, occasionally you do what a bit of Bisto. Occasionally, just want that Bisto hit. He is so pained because he will roast and then cook the pan over the hob and get all the fat and juices and then add it, and add the flour. It takes him-, when he makes the roast potatoes he peels the potatoes and keeps the potato skins and then boils that to get this, kind of, potato water that you add to the gravy because its really starchy. Gives the gravy-,

Ed Gamble

This guy sounds absolutely incredible.

Cariad Lloyd

I know he should be here. He's really upset. Genuinely when he found out he was, like, outrageous that you were going to talk to me.

Ed Gamble

I feel, like, you've given him enough of a shout out.

Cariad Lloyd

I said, yes he was, like, you better fucking give me a shout out.



Ed Gamble

You better tell them about the potato skin.

Cariad Lloyd

Well, obviously I was, like, 'Why are you fucking boiling potato skins? What a waste. What's happening?' He was, like, 'No can't you taste that real rich potato background in the gravy.' It's no Bisto. But I do now appreciate it. So, just a simple roast chicken with all the good stuff. Because I think if ever you're sad, obviously not if you're vegetarian, but for me, if I'm sad or things are rubbish just that home comfort of proper roast chicken. My mum is a vegetarian so that's all we ever grew up, that's the only thing she would cook is chicken. She didn't like anything else. So, again me and brother didn't eat steak until we went to other people home and we were like, 'What's this? This is amazing.' So, yes roast chicken. Just done really well. I have the leg thank you.

Ed Gamble

Yes, you like the leg.

Cariad Lloyd

Always. Since a child and now still.

Ed Gamble

Me to. That was always. It felt more grown up. I don't know why. I'll have the leg please.

Cariad Lloyd

Ben's argument, my husband's argument is that you should have the chicken breast because the leg will be nicer cold. So, he's like you get your chicken breast because actually, that will be quite dry. So, you have it warm when it's out the oven and then have that with your lovely chicken roast. Then the leg for your lovely and cold, you can have that with cold meat and chutney and cheese. But I'm still, like, give me the leg.

Ed Gamble

Yes, I've got no time for that chicken breast.

Cariad Lloyd

I know. But in a sandwich yes.

Ed Gamble

Fine, but shredded up with loads of mayo right?

James Acaster

I think when you're a kid the chicken leg appeals to you because that's what cartoon characters eat.

Ed Gamble

Yes, true. Same here now.



James Acaster

I was roasting chickens during lockdown, again another lockdown thing I started doing roasting chicken. It's just me and my girlfriend. So, we would eat most of it but always a bit of carcass left with some meat on it. There's a lot of foxes around where we live so I'd wanted to make sure putting it out for the foxes.

Cariad Lloyd

You've got to bag it up, double bag.

James Acaster

No, I wanted them to have it.

Cariad Lloyd

Oh, you wanted them. Oh, okay.

James Acaster

I was, like, I don't want to chuck away this meat.

Cariad Lloyd

You should be making a stock.

Ed Gamble

So, you were attracting foxes to where you used to live.

James Acaster

Well, we were told explicitly not to by the people-,

Ed Gamble

Yes, weird that, isn't it?

James Acaster

Yes, they would say don't leave any food out.

Ed Gamble

I wonder why you moved in a hurry.

James Acaster

They would say don't leave any food out for the animals. So, I was, like, right got to find a way around this. So, there was a very good blind spot you could find behind one of the buildings. But you had to climb up this bank and then you'd leave it in a hedge.

Cariad Lloyd

You're sounding like a murderer now. You knew where the blind spot was.



James Acaster

So, I'd walk up there and I'd put the carcass in the hedge and then I'd be great.

Ed Gamble

Then that would be great.

James Acaster

It would be great because everyone wins.

Cariad Lloyd

I'm not with him on this. I want you to know. Sugar yes but this no.

James Acaster

The foxes eat it and I feel like a good guy.

Ed Gamble

You know you don't win?

James Acaster

Well, I'll tell you-,

Ed Gamble

Because you've just described the saddest thing I've ever heard.

James Acaster

Well, it gets sadder. I really didn't win the last time I did because it was raining but I was still like, 'I've just got to put it out there.' I was walking up the bank, and I had this tray of, like, all chicken and grease, and then I just slipped, and I fell down the bank, and all the grease went all over me, and the chicken carcass, and I was just lying there at the bottom of the bank, just covered in grease, and oil, and chicken.

Ed Gamble

How have you never told me this?

James Acaster

It hasn't come up before, and I knew that you wouldn't approve of me-,

Ed Gamble

What do you mean, 'It hasn't come up before'? You'd text me if that happened.

James Acaster

I knew you wouldn't approve of me leaving the chicken out for the foxes.



Ed Gamble

No, because foxes are fucking awful.

James Acaster

Yes, so I didn't tell you about that. But this has just come up, and I thought, 'We've had roast chicken on the podcast before, we've talked about us, so I thought, "I've used up all my other roast chicken-," you know-,

Cariad Lloyd

Anecdotes.

James Acaster

Little facts and anecdotes.

Cariad Lloyd

'It's time for the bank grease adventure.'

James Acaster

'So, I guess I have to admit that I once fell down a bank.'

Ed Gamble

Let me tell you, James, not of your other chicken facts were any good. You come out with that first, you lead with the falling down the slope, covered in chicken grease and carcass.

Cariad Lloyd

That isn't a story, that is an ancient Greek myth of the man who carried the chicken carcass, and then one day he slipped down and covered himself in grease, and the gods laughed at him.

Ed Gamble

Yes, it's only missing some grain.

Cariad Lloyd

And a bushel. Wow.

Ed Gamble

I hate foxes, man.

Cariad Lloyd

Can I just say though? I don't do this, but I have someone who likes cooking, but I've now discovered chicken stock, that you boil the carcass and make a stock with it. And that is incredible.

James Acaster

Yes, should have done that.



Cariad Lloyd

You could add that to anything, it improves all things, including homemade pasta sauce, which I now can make.

James Acaster

I should have done that. Oh, man.

Cariad Lloyd

Yes, make chicken stock.

James Acaster

Yes. I'm not the good guy of that story.

Ed Gamble

Why did you want the foxes though?

James Acaster

I like the foxes, I like them. I think they're nice. I like foxes.

Cariad Lloyd

I don't mind them, I don't hate them.

Ed Gamble

During lockdown though it went mad on our street, because the foxes were just out and about, ripping the bins up with our neighbours because they leave the bin hanging out at the top, ripping that open. Probably some idiot left a chicken carcass in a hedge.

James Acaster

It would be remiss of me not to bring this up, the listeners will be annoyed if we don't address it. Ed hates Yorkshire puddings.

Cariad Lloyd

Yes, I know that. Why?

Ed Gamble

But you know what you said? 'A small Yorkshire pudding.'

Cariad Lloyd

Yes, a small one. I'm not one of these, like, 'Make it a bowl,' people. Like, it's moderation. (TC 01:00:00) The roast, like, it's going to be filling, yes, but I don't want to be stuffed, I don't want to be like, 'Oh, God, I feel sick.' That's not enjoyable. So, a small one that's, like, good, crunchy, a bit soft in the middle, little bit of gravy, just one.

Ed Gamble



See, I mind that less. Because what's my main issue with Yorkshire puddings, James?

James Acaster

Takes up too much real estate on the plate.

Cariad Lloyd

Yes, I've heard you said that, and I remember thinking at the time, 'Not necessarily.' For me, your plate's full of your roast, and then the Yorkshire's just a cherry on the cake. It's just plopping over there, it's not taking up any real estate.

Ed Gamble

Just plop it on.

Cariad Lloyd

It's just over probably between the potatoes and the carrots, it's getting a little bit of gravy, not too much so it's soggy, but nothing is displaced. It is not displacing people.

Ed Gamble

I'm happy with that, I'm happy to roll with that.

Cariad Lloyd

Yes, a little one.

Ed Gamble

Yes.

Cariad Lloyd

I think because my mum used to make them in, like, the cupcake cook thing, so then you're not making a massive one, because Mum couldn't make a massive one. She did make the ready-made ones that came in packet, just add water.

Ed Gamble

Aunt Bessie's?

Cariad Lloyd

Yes, they were lush, they're so good. Not the pre-made, the powder, so you get a bit more feeling like you're cooking.

James Acaster

You'd think I'd have met an Aunt Bessie, but I've never met an Aunt Bessie in real life.

Ed Gamble

I guess it's died out since the company, right?



James Acaster

Yes, no-one names their babies Bessie now in case they become aunties.

Ed Gamble

Yes.

James Acaster

Also, the tray flipping bonked me in the head.

Ed Gamble

What?

James Acaster

When I fell down the bank.

Ed Gamble

Mate, I mean-,

Cariad Lloyd

Of course it did.

James Acaster

Yes, a big metal tray.

Cariad Lloyd

It wasn't a story, it was a message for other people.

James Acaster

Yes, it was quite heavy.

Ed Gamble

I was so shocked by that story that I couldn't laugh at it as much as obviously I felt like I should be laughing.

Cariad Lloyd

Yes, it felt like you had to take it in at the same time.

Ed Gamble

And let me tell you, the next time he tells that story on the podcast, because he will, I'm going to scream laughing.

James Acaster

Yes, I will tell that again.



Ed Gamble

Yes, that's going to be an old classic.

Cariad Lloyd

It's a good one. What, in case it doesn't get in?

Ed Gamble

Oh, no.

Cariad Lloyd

Oh, no, you don't care, your listeners don't care, they just lap up these James stories.

James Acaster

They like hearing them on repeat.

Cariad Lloyd

Like an old-fashioned stand-up, just keeps doing the same, they're like, 'Yes, do that one, do your bit.'

James Acaster

Trying to bring that back.

Cariad Lloyd

Yes, 'Do the bit about the fence and your wife.'

Ed Gamble

Yes, we should re-make that film, The Aristocrats, but it's just James telling the chicken carcass story over and over again.

James Acaster

Yes. And loads of different people tell it, 'And then the tray flips up and bonks him in the head.'

Cariad Lloyd

'I'm covered in grease, the foxes were laughing.'

James Acaster

Dream side dish?

Cariad Lloyd

Oh, do you know what, can I have some miso soup?

James Acaster

Yes.

Cariad Lloyd



But again, probably made by my sister-in-law who makes, obviously, what she considers very basic Japanese cooking, but to all of us is like, 'This is so nice.' But just really nice miso soup, and she does it with a paste, makes it herself, but she adds in seaweed, and carrots, really, really finely sliced, and then whatever she has lying-, like, other bits lying around. But it's just, like, that really good-, when you drink it-, again, it's comfort, you drink it and you think, 'I feel better.' That's how I feel about really good miso soup.

Ed Gamble

If you hadn't told us you were building up to the dessert, this is now very obvious because you've got the miso soup-, almost it feels like you're cleansing-,

Cariad Lloyd

Cleansing, yes, always.

Ed Gamble

Everything that's happened before, and then you're just, sort of, ready for this dessert to hit.

James Acaster

Yes. Also, miso soup's one of those things that I always-, like, I'm thinking about Deliveroo here, or even going in to a place and ordering sushi and whatever, and then it's an afterthought for me. I never think of it straight away, and then when I think about miso soup I get quite excited that, 'Oh, I could have a miso soup.'

Cariad Lloyd

And it comes all double cling filmed.

James Acaster

Yes.

Cariad Lloyd

And it's still good. And then it's all cloudy at the bottom, and you're staring, you're like, 'This is good miso soup.' I didn't used to until I met my sister-in-law, until she married into our family, and then when I saw how good-, again, I was like, 'Oh, I see.' Because I'd always had that, kind of, slightly-, I don't know, what we used to get here in '90s takeaway stuff where you were like, 'Um, it's, like, this brown warm liquid, I don't really know what it is.'

Ed Gamble

Yes. I remember having powder sachets of it.

Cariad Lloyd

You could get powder, but now I feel like it's improved so much, so now I always order-, and it's a good test of a restaurant, doing that of food. If they're miso is good then you're like, 'Well, everything's going to be good.' But if it's, like, crappy miso soup I'm like, 'Ugh, prepare yourself, guys.'



Ed Gamble

Big trend for miso in desserts at the moment as well.

Cariad Lloyd

Oh, God.

James Acaster

Sure.

Cariad Lloyd

No.

James Acaster

Oh, you don't like this?

Ed Gamble

I love it.

Cariad Lloyd

No.

James Acaster

I quite like it.

Ed Gamble

I love it.

James Acaster

I quite like it.

Cariad Lloyd

Depends. If it's, like, miso panna cotta, is there a raspberry coulis or something to make me come back for the sweetness? If it's just savoury puddings-

Ed Gamble

Yes.

James Acaster

I don't think miso's that savoury in a pudding, it's quite a nice, like-

Ed Gamble

It adds a little savoury edge, maybe, like, a salty edge.

Cariad Lloyd



But you need to have sweet, you've got to have something.

Ed Gamble

Have you had the white chocolate and miso cookies from Crème?

Cariad Lloyd

If I was going to Crème, I just wouldn't waste it on that. Like, because I'm only going to get one cookie, I wouldn't waste that flavour, I'd be getting the chocolate.

Ed Gamble

Next time.

Cariad Lloyd

Is it really good? Okay.

James Acaster

Get ready for this, you might be about to switch agents.

Cariad Lloyd

Okay.

James Acaster

When I had COVID, my agent sent me a box of Crème cookies.

Cariad Lloyd

What kind?

James Acaster

Shit tonnes. Kind, but also cruel because I'd lost my sense of taste. It didn't stop me eating them, you know, every day.

Cariad Lloyd

You still get the texture of (talking over each other 01.04.58), yes.

James Acaster

Still, yes, going for it. But those miso white chocolate ones were the best.

Cariad Lloyd

Wow, okay. Well, then I will try them. I will try them. Now James has said it, I will try them.

Ed Gamble

Yes, no, fair enough, he's the (talking over each other 01.05.08).

Cariad Lloyd



No, a sugar fiend has recommended them. Because for me, if I saw it I'd be sad-, you know when you don't get the chocolatey thing in a pudding and then you see someone else, and you think, 'I should have just gone for a fucking brownie, what am I thinking? What am I thinking that I wanted a crumble? I wanted a brownie.'

Ed Gamble

I went mad on Crème in lockdown, and I saw they were doing delivery, they put on their Instagram, 'We do delivery now,' I was like, 'Great.' So, I pre-ordered them for delivery, and what I didn't realise is the delivery was just someone biking them over, it was, like, £25 delivery.

Cariad Lloyd

Oh, that's what happened with Meal (ph 01.05.36), they were doing the same, they were like, 'Delivery,' and I literally put everything in. I was like, 'Yes, bread, and the chocolate tart with salt in, and an apple (mw 01.05.43), and a pain au choc, and then they were, like, £20 delivery, and I had to delete it all because I was like, 'I can't justify this.'

Ed Gamble

Yes, and that's where we part ways.

Cariad Lloyd

Yes.

James Acaster

Ed's already in, as far as he's concerned there's no putting them back.

Ed Gamble

Yes, 'Oh, a £50 box of cookies?'

Cariad Lloyd

Yes, it's too much. And then you can't enjoy it because you're thinking, 'That's £1.50, that's £5.'

James Acaster

I think Ed enjoys it even more in that situation.

Cariad Lloyd

Oh, really?

James Acaster

I think he goes, 'I spent this money, and that means fully enjoy the whole (talking over each other 01.06.07).'

Ed Gamble

'I'm going to sit in the bath and eat them.'



James Acaster

'And if I don't enjoy it, then it's ruined.' So, you've got this miso soup, but it's not going to go anywhere near-

Cariad Lloyd

I'm very, very wary and protective of the puddings and when people fuck around with them. And it has to be worth it, and it has to be okay. Like, don't just come in there and start dicking around for the sake of, 'Oh, I'm doing this to be new.' And a lot of restaurants do that, and then it's so funny to go out for, like, a romantic meal and, 'Oh, this food's amazing,' then you get to pudding and I am so grumpy because I'm like, 'They don't care about puddings,' and I just feel affronted. And then he's like, 'It was really expensive and it is a Michelin star,' and I'm like, 'Well, so what? I need to go and get a pain au choc now. Even from Pret, I need to go and get a Pret pain au choc just to get the sugar in that I didn't get.'

James Acaster

Yes.

Ed Gamble

During the lockdown, James would leave his miso soup remains out for the crows.

James Acaster

I'd go to the top of a hill for this. Put them on there, top of the highest hill, put them on the bird table.

Ed Gamble

Then you fell over, didn't you?

James Acaster

Yes, all the way down, broke my crown. Your dream drink?

Cariad Lloyd

Oh, dream drink. Well, this is a bit-, again, I don't really-, I do drink alcohol, but not very much. Like, I genuinely am absolutely wasted after half a glass of white wine. No-one believes it until they see it and then they go, 'Oh, my god, it's true.' They always think I'm being like, 'Oh, no, me? I can't drink,' and then I've had half a glass and I'm, like, trying to get on a table and start dancing, swearing, and people go, 'Actually, it's not funny.' They think it's going to be funny. So, I would like a non-alcoholic drink, and I am big into elderflower. An elderflower spritz, and if it comes with some shaved cucumber, you know when they do the big-, they, like, peel a cucumber?

Ed Gamble

Yes.

Cariad Lloyd

Oh, I'm so happy. I'm so happy. Bit of fresh mint.



Ed Gamble

Spritz not a bit dangerous with your gas?

Cariad Lloyd

Yes, you're right, but it tends to be not so gassy when it's elderflower. Do you know what I mean? It doesn't seem to be quite-, maybe it's mixing it with elderflower cordial, and then they mix it with, like, a tonic or something. I don't know, it doesn't seem too gassy. I can cope. Coke, too fizzy, way too fizzy. Oh, my god, no way, I'm just burping.

Ed Gamble

'No way.'

Cariad Lloyd

No way.

James Acaster

No way. Going nowhere near it. And caffeine (talking over each other 01.08.14).

Cariad Lloyd

Well, yes, I don't drink caffeine because it makes me hyper, so I don't need any more, the sugar is enough.

Ed Gamble

What would happen if you had half a glass of white wine, topped up with Coke?

Cariad Lloyd

Fuck. Ask Sara Pascoe, because she's seen it, and it's still dancing at 2:00 in the morning. Yes, I just don't need that much. Some people need it, some people don't, and I learnt that really quickly. Social situations taught me. And it was just too bad, because then everyone will have a glass of wine and you're wasted. So, by the time you think, 'I need to stop drinking, I'm so drunk,' then everyone else has, like, five glasses and then they're drunk, and you're sober because you're like, 'I had to stop because it was so bad. And now you're really drunk, and I'm like, "I need to go home."' "

James Acaster

You can catch up pretty quickly, surely?

Ed Gamble

Yes, one swig, one pipette.

Cariad Lloyd

No, because you've gone back round. When me and Pascoe were at university, I used to have one Smirnoff Ice all night, and that would see me through the entire night.

James Acaster



Just you?

Cariad Lloyd

Yes.

Ed Gamble

Would you drink it quickly, or would you be nursing that all night?

Cariad Lloyd

I wouldn't be nursing it all night, but I wouldn't down it, it's too gassy.

James Acaster

Not going to happen.

Cariad Lloyd

And I was, like, obsessed with dancing, so I'd be up on a podium dancing, and then, 'You can't be sloshing that around, it's too much.' So, I would go, we'd get into the club and she would buy, like, two Wkd Blues and I'd get my one Smirnoff Ice, and then we'd go-, so, I went to uni with Pascoe, that's what I'm talking about. And then she'd be like, 'I'm going to get another one,' I'd be like, 'No, I'm fine.' So, it'd last me probably about half an hour.

Ed Gamble

That's great though.

Cariad Lloyd

I wasn't nursing it. And then I wouldn't need another one, I was wasted. Cheap date.

James Acaster

Pascoe fighting everyone in the room, with a blue tongue.

Ed Gamble

'Get the fuck away from me.'

James Acaster

'(Inaudible 01.09.48). Cariad, I need back-up.'

Cariad Lloyd

Well, no, she wouldn't have got any back-up from me, I was too busy-, we were too busy dancing, we were not fighters.

James Acaster

Yes, you were dancers, not fighters.

Cariad Lloyd



You wouldn't mess with her, (TC 01:10:00) actually, that's what I think, to be fair.

Ed Gamble

That does sound good. I think that is, you know, that's (talking over each other 01.10.04).

Cariad Lloyd

And again, for me, the elderflower is very good at taking away all the sugar, even though it's made with cordial.

James Acaster

Sure.

Cariad Lloyd

Like, because it's refreshing. And so because I'm eating so much sugar, I sometimes need something to cut through all that. If I had a Coke, that's just more sugar.

Ed Gamble

I mean, I think elderflower cordial is really, really sweet.

Cariad Lloyd

It's not as sweet as Coke.

Ed Gamble

I mean, it depends how-

Cariad Lloyd

I'm not drinking it neat, I'm not doing shots of cordial.

Ed Gamble

What levels are you putting in?

Cariad Lloyd

Oh, light, light levels.

Ed Gamble

Yes?

Cariad Lloyd

Yes. I want it to be, like, a hint of elderflower. I don't want, like, 'Oh, this is pure cordial.'

Ed Gamble

Yes, you don't want to feel it, sort of, all syrupy.

Cariad Lloyd



No. Or, like, when they do homemade lemonade and elderflower, oh, that's-, I'm so excited when they do that.

James Acaster

Have you had an elderflower Cawston Press?

Cariad Lloyd

Yes, obviously. It's brilliant, great, absolutely one of the best.

Ed Gamble

It's been a while since you brought Cawston Press up.

Cariad Lloyd

I love Cawston Press, really, that's one of my faves.

James Acaster

We haven't really brought up similar things for a while, and the elderflower one is, you know, that's an unsung hero. Rhubarb's my favourite Cawston Press, everyone knows that.

Cariad Lloyd

Oh, I don't like-, I don't mind it, but I'd always go for elderflower.

James Acaster

Fair enough. It's because it's sweeter, the elderflower one's sweeter than the rhubarb one.

Cariad Lloyd

I find the rhubarb sometimes give you a bit of a funny-,

James Acaster

Yes, that's what I love.

Ed Gamble

Tart.

Cariad Lloyd

Oh, you like the tang?

James Acaster

Yes.

Cariad Lloyd

Like, sour, like a Tangfastics thing going on, yes.

James Acaster



Yes, I'd love a Tangfastic drink.

Cariad Lloyd

Oh, yes, no, that's just too tangy.

James Acaster

But yes, I like the tartness of the rhubarb Cawston Press, but the sweetness of the elderflower is, you know-,

Cariad Lloyd

Yes, it's lovely.

James Acaster

The full range of Cawston Press is exceptional.

Cariad Lloyd

I love Cawston Press.

Ed Gamble

Have you run out?

James Acaster

Huh?

Ed Gamble

You've run out, have you?

James Acaster

Yes. I want to just move on to this dessert, because I'm excited about it.

Ed Gamble

Pumped.

Cariad Lloyd

Okay, pressure's on.

James Acaster

I'm trying to guess what it's going to be. This is from a connoisseur, from someone who values dessert above all else, judges restaurants on whether their dessert is good or not. Doesn't like salty things in the dessert, doesn't like liquorice, so we're talking a classic sweet dessert here. Requested some raspberry coulis on something earlier, maybe it's going to be fruity, but then said, 'I wish I just had a brownie,' earlier as an example of things that she gets food envy over, so maybe it's going to be chocolatey.



Ed Gamble

I'll make a small predication. I think this might be an invented dessert, which we have now and again.

James Acaster

Like a Frankenstein?

Ed Gamble

That it might just be, like, every chocolate bar in the world crushed up into a bowl of custard.

James Acaster

Ooh, yes, it could be, like, a Franken-food. And you said it was going to be complicated.

Cariad Lloyd

It is. And I'm worried you're not going to let me do what I need to do.

James Acaster

Interesting.

Cariad Lloyd

Yes.

James Acaster

Well, let's see.

Cariad Lloyd

Okay. I require-,

James Acaster

Hoo, boy.

Ed Gamble

This is already like you're doing some sort of spell.

Cariad Lloyd

I require a pudding trolley, because I have one, two, three, four puddings.

James Acaster

Wow.

Cariad Lloyd

Now, I'm happy to talk through them, and I'm happy for you to understand why all four are required.

James Acaster

Okay, yes.



Cariad Lloyd

Because it's a dream restaurant.

James Acaster

Yes.

Cariad Lloyd

And so it was impossible for me to choose one pudding, because as a pudding connoisseur, it depends on your mood. Am I feeling chocolatey, am I feeling fruity, am I feeling, like, custardy-creamy?

Ed Gamble

So, that's an interesting point. So, you're saying it's a dream restaurant, and one pudding is not your dream. In many ways, that's your nightmare.

Cariad Lloyd

Yes.

James Acaster

Yes.

Ed Gamble

You know, I'll go with that logic.

Cariad Lloyd

Yes, one pudding would be-, it would be like, 'Oh. Well, whose dream is this? It's not mine.'

James Acaster

Yes, sure.

Cariad Lloyd

'This is Ed's dream.'

Ed Gamble

Let's hear them.

Cariad Lloyd

Okay. I'm going to start with the most recent one I had, okay? Because it's fresh in my memory, so it's a good place to start. So, we recently went to Copenhagen, and we went to a restaurant called Amass, which I think has a Michelin star. Anyway, it's very, very posh.

Ed Gamble

I've not been there, but I've heard of Amass.



Cariad Lloyd

You might have heard of it.

Ed Gamble

Yes.

Cariad Lloyd

We only went because my husband researches these things and was like, 'We've got to go to Amass.'

Ed Gamble

But you checked the website to see if they had puddings?

Cariad Lloyd

They didn't even have information, it was that kind of restaurant. It was like, 'You're just going to get ten courses of things.' But I trusted him. And we had to drive very far out of Copenhagen to an industrial estate, and go somewhere in which I felt immediately a bit unsafe, I was, like, not quite sure where we are, left my children in a hotel with my mum, bit worried. And then it was all, like, concrete blocks, that's the vibe they're doing at the moment. Anyway, it was incredible, the food was incredible, but the pudding, they gave two puddings. One of the first puddings was-, I'll describe it to you, 'A marigold custard with wild Swedish blueberries, bee pollen, and lavender honey.' It was very small, small pot, went in a small pot with this custard, then the blueberries on top. Fucking hell, I can't tell you.

James Acaster

Cariad's going to cry.

Cariad Lloyd

I can't tell you. The pollen, the honey, dipped into-, first of all, I'm a bit disappointed, I see it, I think, 'Oh, it's quite small. There's no chocolate. Okay. Fuck, fuck, fuck, how is this going to go?' And then bit into it, it was like-, and I know this sounds awful, I sound like Jilly Goolden on the food show many years ago, it was like summer. Like someone had made summer into a pudding and put it in your mouth. Like, the blueberries were the most blueberry blueberry I've ever tasted, the lavender honey was so subtle, the pollen just had a little bit of crunch, and then the marigold custard-, the marigold's grown outside this industrial estate, they grow all the food there. So, it was, like, light, and custardy, and creamy, but also the blueberry, but also that sweet, really good honey, like, 'This is not your essential Waitrose sugar syrup.' And it was incredible. And it was very small, this is my justification for this pudding, so they're all not huge. So, that would be my first pitch (ph 01.15.19).

James Acaster

That sounds great.

Ed Gamble

Sounds amazing.

James Acaster



Also, if you're ever in Copenhagen again, I have to recommend this place to you because it is the best cheesecake I've ever had ever.

Cariad Lloyd

Oh, God, I wish I'd known.

James Acaster

I went with Henry Widdicombe, who you will know.

Cariad Lloyd

Yes.

James Acaster

And he said to me he wasn't bothered because cheesecake-, he said, 'My mum used to make this really good one when we were kids, this strawberry one, nothing's ever been as good.' He got the strawberry one at this place, and he looked at me really seriously and he went, 'This is what I've been chasing my whole life.'

Cariad Lloyd

That's my kind of person, yes, chasing that pudding hit.

James Acaster

He was very, very happy about it. And it's called Bertels Salon.

Cariad Lloyd

Ooh, okay.

James Acaster

Just incredible.

Cariad Lloyd

Are you ready for the next pudding?

Ed Gamble

Yes.

James Acaster

Yes, of course.

Cariad Lloyd

I'm sorry, I feel like I'm being such a fucking geek about puddings. We went to a place called The Sportsman, which is, like, a gastro pub, it's got-

Ed Gamble



Kent, is it Kent?

Cariad Lloyd

Yes, but-, and they did, again, quite small, a Bramley apple soufflé with salted caramel ice cream. And it was green, and it came out, and they put the ice cream on top so it melted. And when you dug it in, it tasted of bonfires and autumn. So, I've got summer and autumn there.

James Acaster

Oh, I like this. I like where this is going, and there are four of these.

Ed Gamble

Yes, you know she's absolutely bullshitted her way into getting four puddings. There's not-,

James Acaster

This is working, these are the four seasons of puddings, what you talking about?

Cariad Lloyd

Four season puddings.

Ed Gamble

She picked those two puddings and then went, 'Mmm, I know the way I can get around this.'

James Acaster

Ah, this is great.

Ed Gamble

'Now, hmm, winter and spring, how am I going to fucking crowbar that in?'

Cariad Lloyd

And, do you know what-,

James Acaster

One of them's going to be cold. This is fucking great.

Cariad Lloyd

They say in grief you have to go through all the seasons to really feel it, and this is what's happening.

Ed Gamble

Yes, I'm sure it is.

Cariad Lloyd

I actually haven't done it that well for the rest of them, sorry, I realise-,

James Acaster



That's delicious.

Cariad Lloyd

It was so delicious.

James Acaster

Soufflé, dessert soufflé is absolutely incredible.

Cariad Lloyd

And the Bramley apple, I'd never had apple soufflé, so when that came up I was like, 'Oh, my god.'

Ed Gamble

I still have a problem with soufflé in that all I can really taste is the background of egg.

Cariad Lloyd

Yes, in bad soufflé I agree with you. But I have to say, like, this was the best soufflé I've ever had in my life.

Ed Gamble

I had an amazing soufflé at The Hand and Flowers, a blackberry soufflé, that was not eggy, so I'm well on board with this, this apple soufflé.

Cariad Lloyd

I think if it's done well and it's got a good fruit-, and it's normally not apple, because apple's quite hard to capture, like, we don't have apple jam. Like, you do, but you know what I mean, it's not something you really get that sense of. And it was this green, light green soufflé, I can still see it, with this brown salted caramel ice cream, like, melting in the middle. And you know when you just stop talking? We just didn't speak. And afterwards we still didn't speak, we were just silent for ages like, 'My gosh, what was that?' I haven't managed to make the seasons, that would have been sensible.

James Acaster

Well, I'll help you.

Cariad Lloyd

Well, that's got ice cream in, so maybe that's autumn and winter. Okay, next is my pavlova, because I make fucking amazing pavlova.

Ed Gamble

What season were you born in?

Cariad Lloyd

Summer.

Ed Gamble



Ah, bollocks.

Cariad Lloyd

I know, sorry.

James Acaster

'Shit.'

Cariad Lloyd

I make a really good pavlova because I love pavlova, so I perfected the recipe of pavlova. And I just like good pavlova, cream, a bit of icing sugar in that cream, so make Chantilly cream, then raspberries, maybe, if you feel, adding some passion fruit, tiny bit of passion fruit, mint leaves, that's all you need. It's very simple, very simple.

Ed Gamble

It's white, isn't it? Looks like snow.

James Acaster

Yes, shape of a snowman if you feel like it.

Cariad Lloyd

Yes, I haven't thought, that would have been really clever. I just thought about puddings I liked, I'm sorry.

Ed Gamble

Oh, I know.

James Acaster

That's coming across.

Cariad Lloyd

Yes. But do you know this about pavlova? You have to mix cornflour and vinegar-

James Acaster

No, I didn't.

Ed Gamble

Really?

Cariad Lloyd

Right, so, you know you get dry pavlova? Like, the meringue where it's really dry?

Ed Gamble

Yes.



Cariad Lloyd

And they sometimes sell them in, like, Ottolenghi, but you buy it and you're like, 'This is so dry and powdery,' that's just meringue. But to make pavlova, to get the squidgy bit, you add-, now, I'm sure someone will correct me, but this is how I make it, cornflour and vinegar, and you make a paste, and then you very carefully add that to your egg white, and that's how you get that chewy bit in the middle.

Ed Gamble

Right.

James Acaster

Right.

Cariad Lloyd

Odd. Genuine vinegar.

Ed Gamble

I love chewy meringue.

Cariad Lloyd

I'm making chewy. I make it this big, it's crusty here, and then that is all chewy.

Ed Gamble

Yes.

Cariad Lloyd

All soft.

James Acaster

Absolutely.

Cariad Lloyd

You can't see it, but it's a big chunk.

James Acaster

Yes, it's a big chunk, as it should be.

Cariad Lloyd

Yes.

James Acaster

No powdery meringues, please.

Cariad Lloyd



No, I hate those. And people who go, 'Oh, just buy ready-made meringue,' what?

Ed Gamble

Yes, what are you talking about?

Cariad Lloyd

It's easy, it's easy to make a pavlova. It's simple, it's quick, and it impresses everyone, it's a good one to turn up with. Everyone's like, 'Wow, you made a pavlova, (inaudible 01.19.30) .' There's a restaurant, I don't know if it's still there, a café in Paris called Mamie Gâteaux, which was run by, I think, a Japanese woman who'd perfected French patisserie, and they used to make a raspberry pistachio frangipane, which was just-, yes. They did a pear and chocolate one, and a raspberry and pistachio, and they cooked them fresh every day, and we lived opposite it, and I went there a lot. I went there every day, and-,

Ed Gamble

Every day?

Cariad Lloyd

Almost every day, yes, to get a hot choc, and get my pan choc from round the (TC 01:20:00) corner.

Ed Gamble

Pain au choc and a hot choc.

Cariad Lloyd

Oh, yes.

James Acaster

Spoilt for choice in Paris for pain au chocolat.

Cariad Lloyd

Yes. So, it's just frangipane, I just think it's underrated, it's really delicious. That with a bit of vanilla ice cream-, there, winter. And I also want-,

Ed Gamble

There's ice cream on about three of these though.

Cariad Lloyd

I also want a really good hot chocolate, an Italian hot chocolate. Like, one you stand your spoon up in. One that is basically melted chocolate.

Ed Gamble

Melted chocolate, yes.

Cariad Lloyd



Because then when I went to Italy for the first time, after I left school, I went Interrailing, and I went to Italy and I discovered-, and I was like, having drunk Cadbury's water hot chocolate all my life, I was like, 'What? What? What is going on?' And now I'm just searching for the hot chocolate, it's all I keep going for. I've got a good one at the moment from a brand called, like, Pump Street or something like that.

Ed Gamble

Yes, Pump Street chocolate.

James Acaster

Classic brand for a gassy person.

Cariad Lloyd

What?

James Acaster

'One ticket to Pump Street, please.'

Cariad Lloyd

Yes. I can't believe I told you how gassy I am.

Ed Gamble

'One way ticket to Pump Street.'

Cariad Lloyd

I've kept it hidden. Then I also have a request for, like, petit fours after this, but I know it might not be accepted.

Ed Gamble

Oh, my gosh.

James Acaster

Absolutely, I'm with you.

Ed Gamble

You're on the home turf here, I think.

James Acaster

I love it whenever I've been at a fancy restaurant and I'm having the desserts, and in the back of my head I'm like, 'If they don't bring out petit fours, they can go fuck themselves.'

Cariad Lloyd

Yes, it's amazing because you think, 'I can take more sugar, I can.'

James Acaster



Yes, 'They're going to bring them out, and it's going to be fucking (talking over each other 01.21.21).'

Cariad Lloyd

Yes. Well, then I'd like the homemade Rolos from Hawksmoor. Have you had those?

James Acaster

Oh, wow, no.

Ed Gamble

They are fantastic.

Cariad Lloyd

They're so good.

Ed Gamble

Yes.

Cariad Lloyd

They're like big, fat Rolos, and they put a little bit of salt on top. And normally if you eat them you feel sick, but this is dream restaurant, so I'm not going to feel sick after all those puddings, and I can then have a Rolo. Because every time I eat one I think, 'Damn it, this is too much after the steak.' Like, 'I feel sick.' But dream restaurant, to have four of those by myself-, they, like, I don't know how they do it. It's like what you want a Rolo to be but a Rolo isn't.

Ed Gamble

We talk about this moment a lot on the podcast, and I think I might have mentioned that it was with this, but that first moment when you're in a restaurant and you realise you're an adult and you're paying for it, so you can just order something again.

Cariad Lloyd

Mate, can you imagine?

Ed Gamble

And I was with some friends and I was like, 'More of those Rolos, please.' Brilliant.

Cariad Lloyd

That's how I feel about all puddings. Because obviously my whole life was like, 'No, you can't have another one. No, that's enough. No, Cariad, stop. Stop adding ice cream to the Ice Cream Factory dinner.'

James Acaster

Oh, man, Ice Cream Factory.

Cariad Lloyd



Ice Cream Factory.

James Acaster
Dangerous stuff.

Cariad Lloyd
So dangerous.

James Acaster
I won an Ice Cream Factory in competition once, but at what cost? I was in the-,

Ed Gamble
It wasn't an official competition, as such.

James Acaster
Well, it was just me and my friend, Shaun, (inaudible 01.22.27) Pizza Hut.

Cariad Lloyd
So, homemade Rolos from Hawksmoor, and then some Pierre Hermé macarons.

James Acaster
Oh, hello.

Ed Gamble
Yes.

James Acaster
I didn't think there was going to be an 'and then'.

Ed Gamble
They're good macarons.

Cariad Lloyd
They're the best macarons, passion fruit and chocolate particularly.

James Acaster
I haven't had those.

Cariad Lloyd
They've got a branch here now, and they bring them over in the morning on the Eurostar.

Ed Gamble
Do they?



Cariad Lloyd

Yes, that's what I heard, that's what they told me in the shop.

Ed Gamble

My wife lived in Paris for a bit as well, so whenever I'd go and visit we'd just, like, Pierre Hermé just straight down the whole time.

Cariad Lloyd

Oh, yes, I'm saying it wrong, aren't I? Pierre Hermé, sorry. I'm saying Pierre 'Her-me' because my mum's from Essex. ' Pain au choc and a Pierre Hermé, please. Yes, two, two macarons.'

James Acaster

Right, I'm going to read your menu back to you now, see how you feel about it.

Cariad Lloyd

Okay.

James Acaster

Water, still water, from a tap. Poppadoms or bread. You want pain au chocolat from Meal. Starter, okonomiyaki from Osaka. Main course, roast chicken cooked by your husband, roast potatoes, honey-roast carrots, Yorkshire pud, gravy, mum's boiled carrots, and broccoli. Side dish, miso soup made by your sister-in-law. Drink, elderflower spritz with peeled cucumber and mint. Dessert, marigold custard, blueberries, pollen and honey from Amass in Copenhagen. Bramley apple apple soufflé, salted caramel and ice cream from The Sportsman. Your own homemade pavlova. Raspberry and pistachio frangipane from Mamie Gâteaux in Paris. You would like an Italian hot chocolate as well. And petit fours of the homemade Rolos from Hawksmoor. And the Pierre Hermé macarons.

Cariad Lloyd

I'm so ashamed.

James Acaster

I have never been prouder of a guest.

Ed Gamble

I don't think you need to be ashamed.

James Acaster

Extremely proud of you.

Ed Gamble

That dessert course sounds like a description on a script of a French Régence party.

Cariad Lloyd

Perfect, that's my dream, yes please.



James Acaster

Your dessert course is, with all due respect, the length of most people's full menus.

Ed Gamble

Yes, correct.

Cariad Lloyd

And you see, like, that's how I feel, is like you've just got to get through some other stuff to get to the dessert.

Ed Gamble

Yes, but you said that and that's bullshit because the rest of it's massive as well.

Cariad Lloyd

Well, yes.

Ed Gamble

Because the roast chicken, you've got all the roast chicken and sides, plus another side.

Cariad Lloyd

But it's dream restaurant. I did think, 'Shall I just do a sandwich?'

Ed Gamble

You don't need to justify it.

James Acaster

You've got to remember that what is carrying Cariad through that roast dinner is the pain au chocolat she had earlier. So, don't worry.

Ed Gamble

Thank you very much for coming to the dream restaurant, Cariad.

Cariad Lloyd

Thank you so much for having me.

James Acaster

Thank you, Cariad, you're my hero.

Ed Gamble

What a wonderful episode.

James Acaster

Yes, very, very nice episode.



Ed Gamble

Good for you, an Acaster special, I'd say.

James Acaster

Oh, I feel very happy at the end of that. I would have happily just skipped from pain au chocolat all the way to dessert, and had a lovely time listening to-, I mean, so many shout-outs for the-, even when we were talking about some of the savouries we ended up on tangents into dessert town.

Ed Gamble

Yes, we did. And look, sometimes that's not my sort of thing, but the desserts that Cariad picked all sounded so delicious that you can't really argue with it. It's not a Magliano situation.

James Acaster

Sure.

Ed Gamble

Or a Rosie Jones situation where it was just loads of bad stuff.

James Acaster

Yes, and, you know, almost there was some trolling going on in those episodes, I would say, aimed towards you.

Ed Gamble

Yes.

James Acaster

I don't think Cariad was trying to do that at all.

Ed Gamble

No. The place she went to, just emotionally, when she was talking about those desserts, especially that first one, I thought she was going to take off.

James Acaster

Yes, it was very emotional. I nearly shed a tear for the taste of summer.

Ed Gamble

You should get Cariad's new book, *You Are Not Alone*, it's available now.

James Acaster

Also listen to *The Griefcast*, of course.

Ed Gamble



Also listen to The Griefcast, the wonderful podcast talking to special guests about grief and their experiences with grief.

James Acaster

An important podcast, unlike this one.

Ed Gamble

An important podcast. This is very important.

James Acaster

Ah, yes, apologies, don't do yourself down, James.

Ed Gamble

And she did not say andouillette, of course.

James Acaster

Thank you for not saying andouillette, Cariad.

Ed Gamble

She did not say that.

James Acaster

I mean, look, unless they make a dessert version of that, Cariad's going nowhere near it.

Ed Gamble

Yes. Maybe they will one day.

James Acaster

Maybe one day they will feed whatever animal it is, I'm guessing a pig, loads and loads of chocolate, then get its chocolatey intestines and put it into a sausage.

Ed Gamble

And would you eat that?

James Acaster

Yes.

Ed Gamble

Thank you very much for listening, we will see you sometime soon. Bye-bye.

James Acaster

Goodbye.