



# Off Menu – Ep 207 – Nick Frost

**Ed Gamble**

Welcome to the Off Menu podcast, taking the grapes of conversation, crushing them with the bare feet of friendship, pouring into the bottles of humour and you're making podcast wine. I think there's more steps in wine than that, but-

**James Acaster**

Also every episode gets better with time.

**Ed Gamble**

That's true.

**James Acaster**

It ages.

**Ed Gamble**

It ages well. But some episodes are best enjoyed straight away and some age well.

**James Acaster**

That's Ed Gamble, my name is James Acaster. This is Off Menu podcast, we own a dream restaurant and we invite a guest in every single week and ask them their favourite ever starter, main course, dessert, side dish and drink, not in that order. And this week today's guest is-

**Ed Gamble**

This week, today's guest is Nick Frost.

**James Acaster**

Nick Frost.

**Ed Gamble**

Nick Frost. It's Nick Frost. An amazing actor, writer, I mean just part and parcel of our appreciation of comedy and televised comedy and comedy films. Very excited to have Nick in.

**James Acaster**

Yes, yes, played so many iconic characters.

**Ed Gamble**

So many.

**James Acaster**

I think we're safe to say he's a national treasure status.



**Ed Gamble**

I think so.

**James Acaster**

This is a national treas.

**Ed Gamble**

A national treas.

**James Acaster**

Also loves food. Cooks a lot, has written books about food.

**Ed Gamble**

Well he's written a book. He's going to be chatting about this book with us. It's called a Slice of Fried Gold and it's his love letter to food, to kitchens and the people in them. So, I think a lot about what he cooks at home and his recipes for home cooking and things like that and stories branching off that. It's a great idea for a book. It's very exciting.

**James Acaster**

Yes and we're hoping to get some of those stories. Maybe some stories that aren't in the book, through this episode.

**Ed Gamble**

Maybe. Some exclusives.

**James Acaster**

However, even though we love Nick Frost, as we do every episode, this is not just for Nick-,

**Ed Gamble**

Not just for Nick.

**James Acaster**

But if Nick says the secret ingredient, an ingredient which we deem to be unacceptable, we will be forced to kick him out of the dream restaurant. And his week the secret ingredient is Cornetto.

**Ed Gamble**

Now I assumed we'd done this for Edgar Wright, when we had Edgar Wright on the podcast. But no, because it was a live one we let the audience pick it so it was salad cream, I believe.

**James Acaster**

Now obviously we do like Cornettos, we're not idiots. But Nick along, with Simon Pegg and Edgar, made the Cornetto trilogy and so therefore, just because it's associated with the guests-,



**Ed Gamble**

And the producer Nira Park.

**James Acaster**

Yes and the producer Nira Park.

**Ed Gamble**

You must mention Nira Park. I know she listens to this so to leave her out of the Cornetto trilogy team would be an oversight.

**James Acaster**

Yes, without Nira the Cornetto trilogy would not exist.

**Ed Gamble**

No it wouldn't have the fun little-, I was going to try and do a Cornetto analogy and then I panicked.

**James Acaster**

So, we're bringing our A game today so I hope Nick is as razor sharp as we are. Because we will do a bit of back and forth in this episode. I'm looking forward to this episode, I'm looking forward to hearing Nick's choices, the stories behind food. And hopefully he won't choose the Cornetto, because if he does we'll feel pretty bad.

**Ed Gamble**

Feel pretty bad. I'm excited to meet him.

**James Acaster**

Yes, me too.

**Ed Gamble**

You've met him already.

**James Acaster**

Yes, I've met him on the set of a film, just for one day, I had little chats in between takes. I was just there for a day playing Felix the Ironmonger.

**Ed Gamble**

Who was originally supposed to be that part? Felix the cat?

**James Acaster**

Yes, Felix the cat was meant to do it.



**Ed Gamble**

This is the Off Menu menu of Nick Frost.

Welcome, Nick, to the dream restaurant.

**Nick Frost**

Hello, hello there.

**James Acaster**

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

**Nick Frost**

Thank you.

**Ed Gamble**

We have been. We've talked about getting Nick on for a long time, haven't we?

**James Acaster**

Listen, I think if I scrolled through my texts from Edgar Wright, pretty much all of them are, 'You know who you should get on?' 'Yes I do. Because you texted me this last time and we're working on it, Edgar.'

**Nick Frost**

He's been texting me a lot. Edgar does this from time to time. Usually it's with people he knows and he does this thing where he says, 'Oh my god, you've got to meet so-and-so, you'll love them, you'll love them,' and twice this has happened now where I eventually meet the person and I hate them. Like, we end up actually end up hating each other. It's really odd that he can do that. So that's probably why I didn't want to come here and just immediately hate you guys.

**Ed Gamble**

Yes, which could happen, but you're here now.

**Nick Frost**

And I don't. Not yet. But I've got to say, if I did it would have happened by now. Like, immediately I walked in I would have been like, 'Oh, fuck this.'

**Ed Gamble**

Is that why you got here early, because you wanted that time to be like, 'Fuck this'?

**Nick Frost**

Yes, I wanted to give you some time to find a replacement should I just say, 'Oh, I'm going to bounce,' so that I can't stay. 'One of my kids just died so I've got to leave.'

**James Acaster**

Always a stock excuse.



**Nick Frost**

Oh, no-one ever questions it. I've never been questioned.

**James Acaster**

Edgar always hears about it. His mate's always like thanks for coming up with Nick but he had to go. Why? Because his kid died. Is he okay?

**Nick Frost**

Oh you mean like a young goat. Oh because he's a butcher.

**Ed Gamble**

I think I'd question it if that happened twice in a row.

**Nick Frost**

Yes, right.

**Ed Gamble**

But would you, if someone said, 'I've got to go because my kid's died'?

**James Acaster**

Now, the reason why Edgar has been so adamant about this is because you are like-, we would usually ask people if they are a foodie, but it's well known that your Instagram is full of pictures of food that you've cooked, you're a big cook. So like, has this been your whole life?

**Ed Gamble**

Written a book about it, for God's sake.

**Nick Frost**

I have, yes.

**James Acaster**

A Slice of Fried Gold.

**Nick Frost**

It crept up on me, I think, slightly. I think food-, thinking about food as a child now, it's a nice memory of childhood and my parents and family and friends and stuff, and growing up in a kind of weird family where good memories were kind of outweighed by bad sometimes. So it's a nice way to remember that, I think. And then as I got older, I found that I could cook so I could cook for my friends. And then that turned into cooking for my family and now cooking for my kids, and I think through that, trying to get them-, because I say in the book there are things that my mum used to cook me, that I learnt how to cook and now I cook them. So I don't have parents any more but they can-, I was going to say my children can now taste my mum, through, you know-, and that's the only way they will know them and I think there's something more tangible in that than just looking at a photograph of a woman with a beehive.



**James Acaster**

Yes, sure. And through the book, is this, like, your entire life story through food?

**Nick Frost**

No, not really. I think it was like, because I wrote another book before, a few years ago, and with this one it was like, 'Okay, so I'm going to write every recipe that I remember in my head and that I use on a day-to-day basis. Obviously, there are, like, 20 that are always, like, revolving and then there's a bunch of other stuff in terms of people coming round, barbecues, salads. And so I wrote down everything and it was like 250, 300 things, and then I wrote down a bunch of techniques that I know or I've taught myself. Then I wrote a little story and the recipe for every one of those things I wrote down. And then it was 120,000 words and then it was like, 'I've written a book,' and then we kind of chiseled away and found something. I wanted it to be like a memoir, and funny and a bit about food, but it's also about friends and my family, and wanting my kids to know me a bit better through that, you know. Not just being an angry dad who threatens to hit them often.

**James Acaster**

Frequently! You were saying earlier that sometimes you'll go out for a meal with Edgar and he'll inhale something delicious, and push it away and not seem to really appreciate what he's had. Do you ever have him round your house, you've made him something incredible and-

**Nick Frost**

No, he's pretty good at that, to be fair. I think he understands that effort's been put in and I think he kind of relaxes a lot more when he's in someone's house and his partner's there, and we're outside and, you know, he really appreciates it. I was working once with an American director and I thought it would be nice to say to him, 'We're going to have Sunday lunch. Why don't you come over and come and have Sunday lunch?' He was like, 'Oh my god, that's amazing.' And he said, 'What time?' I said, 'Well, come for two and we'll eat at three.' Then he turned up at, like, five o'clock and obviously being English I'd made a rib of beef. And I said, 'Well, why are you so late? What's happened?' And he said, 'Oh I thought it was like a-, ' because in America they have like a big buffet and you just wander in. And I was like, 'No, I've just made you Sunday lunch. What are you doing? It's fucked. It's completely fucked. What have you done? This is £80, wing rib of beef, you fucking dick.'

**James Acaster**

I'd be livid.

**Ed Gamble**

Well, you know I would be.

**James Acaster**

Ed would have turned his house upside down and just refused to open the front door.

**Ed Gamble**

Yes, you've just got to eat, right?



**James Acaster**

You wouldn't let them in the house.

**Ed Gamble**

No, he's not getting in the house. I'd move before he got there.

**James Acaster**

Ed would move house. Quit whatever job he was doing with them.

**Nick Frost**

Get one of my friends to open the door and say, 'Oh, he doesn't live here, I'm afraid.'

**Ed Gamble**

'He died.'

**Nick Frost**

'Him and his children died.'

**James Acaster**

Is there a dish that you've put on your Instagram that's got, like, the most interaction, that people have got the most excited about that you've been cooking?

**Nick Frost**

I'm not sure. I made a pie the other day and I make two pies, me and the kids, and then my partner, who doesn't eat meat, I usually make her a separate pie. And I'd done, like, lots of nice pastry work on top of the me and the kids' pie with stars and stuff, and I hadn't bothered with hers and then she was like, 'Oh, why haven't I got any pastry stuff?' I was like, 'Okay,' so I did like a dick. And that got loads of likes, like 180,000. Yes, it was nice. It was nice to see her eating my dick.

**Ed Gamble**

Vegetarian dick pie, yes.

**Nick Frost**

Vegetarian meatless dick pie. I don't know, I think people just like it when-, like chopping, people like chopping.

**Ed Gamble**

Do you do quick chopping?

**Nick Frost**

Quick chopping, yes. Like chopping mushrooms quick. I haven't really had a-, I hate the phrase 'deep dive', but I haven't really had a deep dive, I bet that's a thing. I mean, I know there's a-, I think it's because I look at it a lot when it comes up on my algorithm, I'm quite mad, but it's that Chinese girl, obviously she has mic around her mouth and then she just inhales wet sausages. It's compelling.



**Ed Gamble**

James loves that sort of stuff.

**James Acaster**

I might watch that.

**Ed Gamble**

You love ASMR.

**James Acaster**

I love ASMR but I watch people eat and stuff.

**Nick Frost**

Is that what ASMR is, the sounds of-

**Ed Gamble**

Yes, like when people whisper into the microphone.

**James Acaster**

I don't like the mouth sounds.

**Ed Gamble**

Yes you do.

**James Acaster**

I don't.

**Nick Frost**

I mean, I should like it. But there's something just so gross about it.

**Ed Gamble**

Well, that's interesting about ASMR, like you think it sounds gross and James finds it deeply sexual.

**James Acaster**

No, I don't find it sexual. It's not sexual.

**Nick Frost**

I get the whispering stuff but the kind of wet-

**James Acaster**

I don't like the wet mouth sounds. I don't like it. I don't find it sexual. I like the light triggers. I like the lights being shone in my eyes and moving around and stuff. That's what I like, what I find relaxing.





**Ed Gamble**

And sexual.

**James Acaster**

It's not sexual, Nick.

**Nick Frost**

Yes, I think it could be. Shining a light on bits.

**James Acaster**

Not shining a light on my bits. It's not that.

**Ed Gamble**

Do you find that because you can cook, people seem to regard it as a magic trick? People who can't cook are absolutely blown away by even really simple stuff.

**Nick Frost**

Yes, agreed. I think a lot of the time people come round and think you're a wizard and it's like, 'This is a sandwich. I've just made you a ham and cheese sandwich on white bread.' I think also there's a part of me that uses it as a way of showing off slightly. Because, I mean, I think being an actor there's a-, not a pre-conceived notion that actors are show-offs, but I'm just not that tall, so if I can silently stand behind my kitchen and not engage in any small talk with people I've known for 25 years and then silently serve them up something amazing, that's kind of the conversation, or that's my way of saying 'I love you' but I find it difficult to do this.

**Ed Gamble**

How do you take the compliments? Do you take them well?

**Nick Frost**

Oh no, no way. God, I just can't do it.

**Ed Gamble**

So if people do try to really compliment you on your food and really shower you with compliments?

**Nick Frost**

I go to the toilet. Yes. My wife often finds me in the toilet just with the lights off.

**Ed Gamble**

But if no one mentioned the food or didn't give you any compliments, how would you feel then?

**Nick Frost**

Oh I'd be like, I'd say to my wife, (murmuring sound). There are no words, just that noise. But I don't know, I think I kind of always get the impression people enjoy the effort-,



**Ed Gamble**

Yes, absolutely.

**Nick Frost**

But sometimes you just don't know how much of an effort. I think that's also down to my brain make-up and the fact that I love the minutiae of mise en place and set-up, and peeling stuff and chopping, and, like, pastry and making stock. It's all part of it, you know, I just love it.

**Ed Gamble**

And cleaning up as you go along?

**Nick Frost**

Oh my god yes.

**Ed Gamble**

Yes, I'm to that.

**Nick Frost**

I worked in a commercial kitchen for a while so it doesn't fly if you can't. It just doesn't work like that.

**Ed Gamble**

I think my favourite thing about cooking is when you serve the meal, the kitchen looks like it hasn't been touched. So satisfying.

**Nick Frost**

Totally, that's almost a whole chapter in my book. I'm really proud of that as well because you go to some people's houses and they just make a little thing and it's like, 'Wow, you used twelve fucking plates. How would you do it? There are only three items. How did you do that?' Also I think it's me knowing that as soon as that food goes on the table, I'm done.

**Ed Gamble**

You can just sit down and enjoy it.

**Nick Frost**

Oh I love it. All that hard work is worth it for that point.

**Ed Gamble**

But then you've got the small talk while you eat the food and then clearing up when everyone's finished, back out the small talk.

**Nick Frost**

No more clear-up for me. Unless I feel like, 'Oh, I'd rather do that,' then I'm happy to do it.



**Ed Gamble**

I'll do the clear-up as well and sort of chat while I'm doing it. But then I've had a couple of drinks by that point so you almost don't notice the clear-up. It feels like you really got away with it.

**Nick Frost**

Sorry to turn the light on to you. Do you-,

**Ed Gamble**

Don't turn the light on this guy. We know what happens.

**Nick Frost**

Do you have a dishwasher or do you wash up?

**Ed Gamble**

I have a small, like a half-sized dishwasher so plates go in there.

**Nick Frost**

I'm so sorry.

**Ed Gamble**

It's going alright but, you know, we're hoping to get the full-size dishwasher soon, and then I wash up the rest of the stuff. It's a bit of both.

**Nick Frost**

Yes, I like to wash up. I kind of like, this is going to come across wrong, but I kind of like the cleansing quality of burning myself with really hot water. You know, there's something about it, like, 'I know it would kill someone else but I'm going to put it in. I'm going to take the plug out,' because what I'll do sometimes if it's super hot, I'll run the cold tap and then use the flow to hide my hand in. Do you know what I mean? So I can get to the bottom of the sink and pull the plug out. And then get back out using the tube of cold, if you know what I mean.

**James Acaster**

Yes, you get in the cold cupboard and then you go in the-,

**Ed Gamble**

You feel like you've got away with it, you've really stuck it to the hot water.

**Nick Frost**

Oh totally. But normal people wouldn't even put their hand in a sink that hot. Nor should they!

**James Acaster**

We always start with still or sparkling water?



**Nick Frost**

I'm going to have sparkling. I like the way it feels in my mouth. And I'm going to probably have some lime. Have a bit of lime squeezed in, if that's allowed.

**James Acaster**

Squeezed in and then discarded, or do you want the actual lime to bob about in there, remain in the glass?

**Nick Frost**

I don't know. I don't want to have to make that choice.

**James Acaster**

No?

**Nick Frost**

I want to put it in, or take it out, sometimes if I'm with the kids I'll do a thing where I'll eat it whole and they love it.

**James Acaster**

They love it?

**Nick Frost**

They're like, 'Dad's gone mad, he's eaten a wedge of lemon or lime.'

**Ed Gamble**

You just pop a wedge straight in and chew down.

**Nick Frost**

Yes, even with the pith. I only did it about three or four times, but I went through a phase of sitting in meetings and peeling a lemon, because I was like, 'People don't just peel and eat lemons like oranges,' so I did it a couple of times. It was a lot of hard work and then people were like, 'Did you just peel and eat a lemon?' and I was like, 'Yes, yes I did.'

**Ed Gamble**

You've got to be remembered in these meetings you know.

**Nick Frost**

Yes, yes. 'So anyway I was talking to-' and just peeling a lemon.

**James Acaster**

Which meetings were these?



**Nick Frost**

Just like film meetings, like meetings for script work and stuff like that. So when I had my own company it was like, yes, you're just sat in the board room just peeling a lemon. I couldn't do it with a lime, I couldn't peel a lime.

**James Acaster**

Too small, too small.

**Nick Frost**

I'm sure there are kinds of limes, they probably grow them somewhere in Japan, that are quite big.

**Ed Gamble**

Massive limes, yes.

**Nick Frost**

Loose, like loose-skinned Japanese limes.

**Ed Gamble**

Oh yes, that sort of thing, yes.

**James Acaster**

Loose-skinned Japanese limes.

**Ed Gamble**

Japanese loose limes.

**Nick Frost**

So let's pop one of those in. Peel it at the table.

**Ed Gamble**

This is the dream restaurant so we can invent limes.

**James Acaster**

Yes, we have a loose-skinned Japanese lime and we can peel that and squeeze it into your drink.

**Nick Frost**

Thank you very much.

**James Acaster**

Have it bobbing about. You can eat the whole thing, entertain your kids. They'll remember that, you know. That'll be something when they're older they'll be like, 'Dad used to eat the limes whole and it was really-'



**Nick Frost**

'Used to see him eating lime.'

**Ed Gamble**

They'll think it's a normal thing for dads to do and then they'll tell their friends and they'll be like, 'What the fuck?'

**Nick Frost**

'You were abused. You know that's kind of abuse, right?'

**James Acaster**

Watching your dad eat a lime?

**Nick Frost**

That's some way to try and make them like me. 'Is this enough. Is it?'

**James Acaster**

Any ice in the drink?

**Nick Frost**

No, I'm alright.

**James Acaster**

Good on you.

**Nick Frost**

Because then it isn't-, unless the ice has been made using the sparkling water.

**Ed Gamble**

Oh. Because then it would lose its fizz, surely.

**James Acaster**

Dilute it, yes. So you'd want sparkling ice.

**Nick Frost**

What if the ice cube was lime juice?

**Ed Gamble**

Oh nice. Would that be nice? With the peel still in it? As you crunch through the ice.

**Nick Frost**

Yes of course. Yes, I don't know. Yes, no ice.



**James Acaster**

No ice. Fair enough. Loose-skinned Japanese lime, squeeze it in, eat it for the kids, job's a good 'un. Poppadoms or bread? Poppadoms or bread, Nick Frost? Poppadoms or bread?

**Nick Frost**

Who would ever? I mean, I think all will be revealed when I-, but yes, bread, not Poppadoms, unless my main course is curry then, yes, I get it. But I like bread a lot. I love crusty bread. I love salted butter. I went to Denmark a few years ago and I found, like, an amazing little restaurant called-, there were two of them in a forest on a beach and one was, like, a place you went to have dinner called The Red House, and then they had one you could have lunch in called The Yellow House, and it was just amazing. There were only, like, ten seats in there and they served up these breads, which had obviously been made in their own tiny little bread moulds and they served them whole, like tiny little loaves. And it was, like, amazing. Just, like, one was sourdough but one was really dark and almost sweet. It was just great. Just crispy, I was like-, on that kind of bread where if you examine it you can see just the kind of bubbling underneath. It was really amazing.

**Ed Gamble**

These restaurants sound amazing.

**Nick Frost**

They were really good.

**Ed Gamble**

The Red House and The Yellow House.

**James Acaster**

I love it. Simple.

**Nick Frost**

They're, like, 40 minutes north of Copenhagen. Just found them and booked them, then we went for a walk along the beach. There's, like, an amazing Danish designer from the '50s who essentially was allowed to design all the buildings in this town. He designed, like, the petrol station and the theatre and the places you change on the beach and stuff. Everything was concrete. I can't remember who it was but I went there specifically to go and see that because it was kind of amazing. And then I found that these places were there too.

**Ed Gamble**

So you had lunch in one and then dinner in the other?

**Nick Frost**

And then dinner in the other, yes. It was great.

**Ed Gamble**

Is it the entire same clientele from lunch are all in there for dinner?



**Nick Frost**

No, well, we went to have lunch and it was amazing. And then we went back a few days later to have dinner in the other place and it was full of pricks. It wasn't that nice at all. In fact, I remember there was a time when I'm looking at this guy thinking, 'I'm going to hit you with my main course.' It was just bogging. It was like, 'This is weird. This is a Michelin star restaurant. You shouldn't have to think, "I am going to fight the rest of this clientele."' "

**James Acaster**

I like how you think it's the same people for lunch and dinner.

**Ed Gamble**

I thought you had to go on the same day and there were ten of you having lunch and then-

**Nick Frost**

You just waited on the beach between.

**James Acaster**

Like it's the cursed child?

**Ed Gamble**

Exactly, like it's the cursed child, yes.

**Nick Frost**

Yes, we went for a walk along the beach and there was this amazing house just on the beach, and I said to my wife, 'Oh, wouldn't it be amazing if we hired it and spent the summer here, summering in Copenhagen?' And like I came back and looked on Airbnb or something, and the house was there and we rented it for, like, three weeks. And it was horrible. We left after, like, two days. I was there for two nights on my own and then my partner turned up. I don't know why but the people downstairs, it was like they just had industrial skunk machines, just pouring weed smoke up through the floorboards. Just like crazy amounts. It was just crazy.

**James Acaster**

I don't know much about you but I'd think that was your dream, no?

**Nick Frost**

Not now, no. I mean it was ,yes.

**James Acaster**

Back in the day?

**Nick Frost**

Yes, if you'd found me ten years ago. But it was just too much, and we fucked off. They drove us out.





**James Acaster**

I am in Copenhagen later this year.

**Nick Frost**

Oh I love it.

**James Acaster**

Would you recommend I go to the Yellow House, the Red House, for the day?

**Nick Frost**

Yes, I've heard the Yellow House may have closed but-, I went to Noma once, talking about food and stuff. I've got some family in Sweden. We have a little house we go to sometimes and you have to go via Copenhagen. And I didn't tell-, they weren't lies but I kind of omitted truths in terms of missing a flight and found myself on my own in Copenhagen on a Saturday. I guess here's the lie, but behind this façade I had been finding myself a table at Noma. I got a table through just texting people and DM-ing people and saying I'm in Copenhagen. And I got to go to Noma on my own and it was amazing. It was incredible and I don't think my mouth will ever forget it. But it was also like when we-, like the last course that came out, the kitchen had made little Cornettos for me, which was kind of amazing.

**Ed Gamble**

Oh, that's cool.

**Nick Frost**

But all the chefs come out to say hello when every guest arrives and stuff. But they had like-, I think they were saying there were 40 chefs in the kitchen but then there were another 40 chefs upstairs. But that food was nice. But if we're talking about like what we-, none of that makes my final thing.

**Ed Gamble**

Yes, I'm the same because we've both been to Noma and to a few places like that, and it's always an incredible experience, but there's never a dish where I'm like, 'I would eat that every day for the rest of my life.'

**Nick Frost**

Yes, right. Did you go to Geranium?

**Ed Gamble**

No, I've not been to Geranium.

**Nick Frost**

It's like this massive three-Michelin-starred restaurant in the football stadium. I don't know what Copenhagen's biggest team is, but it's in one corner of their stadium at the top and the kitchens look out on the pitch. And it was amazing, but it was like 30 courses. It was too long. We got there at, like, 7pm and by 11:30 we were still halfway through. Me and my girlfriend had a row because you get a different wine with each course and after, like, seven courses she was fucking arseholed. And like he



comes over at some point and starts to describe what's next and she literally goes (snoring) and I was like, 'Oh my god.' It was funny but I was also like, 'Dude, you shouldn't pretend to be asleep,' because also like we've got a long way to go, you know. And then at the end when I thought it was like 1am I'm like, 'We can go now,' and then they come over to say, 'We want to show you round the kitchens,' and I was like, 'Oh, fuck off.' It's just-, yes we get it, they're clean. There's the pitch.

### **Ed Gamble**

Yes, I had that experience at Noma where they show you round the kitchens at the end and it's massive. There are just like so many kitchens. And then I went to L'Enclume recently for my birthday, Simon Rogan's place in the Lake District. It's incredible. I mean, you've been recently as well, right? It was one of the best meals I've ever had. And at the end of that they go, 'Oh we'll show you around the kitchens,' and you're like, 'Oh, I've had so much food.' And they literally walk you to the back of the restaurant and they go, 'There it is.' And it's tiny. Like, it's tiny and they're kicking out incredible food.

### **James Acaster**

The main thing is you look and go, I don't know how they've done this all night in this tiny little kitchen.

### **Nick Frost**

Food doesn't know how big a kitchen is. Food has no awareness.

### **Ed Gamble**

Food's got no idea.

### **James Acaster**

Let's get to your meal proper. We'll do you a dream starter.

### **Nick Frost**

Okay so my starter, there's a restaurant that I've been going to for quite a while and it's kind of fancy but I just really like it, and they're always really nice to me and it makes me feel special. But Heston Blumenthal has a restaurant in town called Dinner and they serve a starter called a meat fruit and that would be it. I mean, that's the only thing from a restaurant that's on my entire-, I just love it. It's just, like, magic and it's something that I could never and would never try to make. And I think part of that is there's a joy in that like, this is so special. Like eating amazing Chinese food. It's like, 'I could never try to make this,' so there's a joy in that, you know. It looks like an orange, a mandarin, and you cut it inside and it's meat. They do a different one in the winter too. They have like a plum, a meat plum, which is-,

### **Ed Gamble**

Oh do they, so they change out the fruit seasonally?

### **Nick Frost**

Yes. I don't like meat plum, I just like the tangerine one. And again, the bread there, like a really nice-, they've obviously oiled it to fuck and then did it on the griddle and then salted the bread too. It's just so good.



**Ed Gamble**

Is it chicken liver parfait in the middle of it?

**Nick Frost**

Yes.

**Ed Gamble**

That's really light as well, isn't it?

**Nick Frost**

It's just great. I've stayed in that hotel. I think we stayed there as, like, a birthday treat once, and it's part of room service. You can get it up to the room. You can sit and have it in the bath if you wanted.

**Ed Gamble**

Wow. Meat fruit in the bath.

**Nick Frost**

Yes. Just floating on the slice of sour dough.

**James Acaster**

Into your mouth.

**Nick Frost**

Yes.

**James Acaster**

So this has come up on the podcast before, quite a long time ago, maybe even like the first series and we haven't had it again. I think Josie Long said it? No? I got it wrong. Oh, Dynamo said it.

**Ed Gamble**

Did Dynamo say it?

**James Acaster**

Dynamo said meat fruit. It's one of the things that I still haven't tried it and every time I hear about it I'm like, 'I would really like to try that,' and I kind of know that I'd love it. I know that it would be really nice.

**Nick Frost**

I also like seeing other customers eating it too, other kind of white middle class English people, there obviously because their kids are paying for it and they're like 'Oh, it looks like a fruit, I'm not sure what it is.' It's too much theatre for middle class diners. 'It's not an orange.'

**Ed Gamble**

I feel like because it's quite famous now, people are going there for that. Some of the element of surprise has gone, so I feel like maybe one day Heston should just make the plate like meat plate.



**Nick Frost**

Like a meat plate?

**Ed Gamble**

Yes. But then have a normal tangerine on there. So people would be like, 'I'll have the meat fruit,' and they go through and it's meat plate.

**Nick Frost**

In the book there's like a-, I don't know, a lot of the time things go off on tangents so it wasn't like I wanted people to read a book and you're reading a recipe, and then suddenly you get to a point and you're like, 'Oh hang on, how the fuck did we get to this point?' You know, I like how a story can do that and there's a recipe which was based on dining at Dinner where someone found that if you were to eat this part of the chicken, but if you were to dry it over 20 hours and then grind it, and if you were to then snort that, it released something in your body where you literally fell backwards and were swept up in a wave of ecstasy, and you would fire out of a gland in your anus this incredible chicken stock. And so someone just found out this and then it took off, and my book gets to a point where a young couple take her parents to go and try this amazing thing and it's all part of a dining-, you know, you're sat and your table is essentially on like a sluice grate and as you walk in people are, like, firing stock out of their anus. But then like the waiters capture it and then you all sit and drink it and stuff like that. That was part of going to dinner.

**Ed Gamble**

I can see it!

**Nick Frost**

I just like that thing about cooking, that there are secret glands that fire stock should you, you know, tweak them-,

**Ed Gamble**

I would definitely snort the chicken and fire the stock. If that was part of an experience in a restaurant. I know no bounds in terms of pretention.

**Nick Frost**

Have you ever seen that-, people eating ortolan?

**Ed Gamble**

With the cloak over their head?

**James Acaster**

Only in Succession, that's the only time I saw it. So they do that in a scene.

**Nick Frost**

I've switched off Succession. Sorry, just as a side-,



**James Acaster**

Yes, hey-,

**Nick Frost**

I'm done. I saw four eps, I'm done.

**James Acaster**

Yes, four's enough?

**Nick Frost**

Yes, there was a lot of-, I mean, probably cut this out, but a lot of actors just not sitting on chairs properly. Just sit on the chair, you know?

**James Acaster**

I don't think we can cut that out. I think that's amazing. An amazing-

**Nick Frost**

Just sit on the chair, what are you doing?

**James Acaster**

An amazing reason not to like Succession. Because they weren't sitting on chairs properly.

**Nick Frost**

Just sit on it.

**Ed Gamble**

I like that you noticed that early doors and your brain probably went, 'Don't focus on that, mate.'

**Nick Frost**

Yes, right, a lot of that with, like, costumes and stuff on anything. Just like, yes, 'I'm done, sorry, I hate these shirts, I'm done.'

**James Acaster**

How were they sitting on chairs in Succession? I've never noticed.

**Nick Frost**

Just like, you'd stand on it and then crouch on it, or you'd turn it round, or you-, any-, you know. I-, not did a thing, but just talking about this ages ago on, like, a show that I went on, but when actors decide to do a thing in a scene where they have a cup and a cigarette and a biscuit in their hand. It's like, 'Don't! What? Stop it. Why are you doing so much? It's just too much. Just sit in the fucking chair.'

**Ed Gamble**

I never know what my hands are doing. If I think about what my hands are up to-,



**Nick Frost**

Yes.

**Ed Gamble**

Like, in a photo, I'm like, 'What the fuck are they there for?'

**Nick Frost**

Yes, right.

**Ed Gamble**

So, they've got to do something, right?

**Nick Frost**

Yes, but part of me feels like as an actor, sometimes, the actor's in this machine and I'm responsible for every bit of the acting.

**Ed Gamble**

Yes.

**Nick Frost**

Do you know what I mean?

**Ed Gamble**

Yes.

**Nick Frost**

Even if you don't act, you're still responsible for not doing that.

**Ed Gamble**

Yes.

**James Acaster**

Yes.

**Nick Frost**

Because there is a button that makes it all move.

**Ed Gamble**

Yes.

**Nick Frost**

You know what I mean?



**James Acaster**

Yes, yes. I'm trying to think if I've seen Nick in something where you've got a lot going on all at once.

**Nick Frost**

I'm sure there has been.

**James Acaster**

I can't really think if there's been something where it's like that much stuff.

**Nick Frost**

It's almost like an actor who chooses to smoke a roll-up on a-, because what every actor's dream is, there'd be a crumb of tobacco that is on your-, any time you get to-, like, bring a bit of real life into a monologue.

**James Acaster**

Yes.

**Nick Frost**

Oh my God, yes, I love it, I'm in.

**James Acaster**

Yes. Well you, like, you did, you know, in the Cornetto trilogy you drink a lot of pints, you do a lot of pub talk.

**Nick Frost**

Lot of pub talk, lot of pints, yes. And that's fun because it's just like, 'This is what we did, this is what we did.' You know, it's easy. Learning the lines is the tough bit but-,

**James Acaster**

You improvise in Clyde?

**Nick Frost**

Yes. I think Edgar wanted me to. Because I always loved the-, and Edgar and Simon did too, those films Every Which Way But Loose, the Clint Eastwood and the orangutan, and I would always say to Edgar and Simon, 'He's not that good an actor.' You know, not Clint Eastwood, the orangutan. I was like, 'I mean, yes, he's alright, but he's not amazing. He can do the finger or shake his chops a bit and it's not, like, amazing.' And that would make Edgar and Simon laugh. I heard years ago that Clyde, the Orangutan actor, he was beaten to death by his keeper.

**James Acaster**

Really?

**Nick Frost**

With a length of broom handle when he didn't behave himself.



**James Acaster**

Jesus.

**Nick Frost**

Yes. It's so cold.

**James Acaster**

Yes, that is cold.

**Nick Frost**

That's not a great-, you know, one of the great orangutan actors bludgeoned to death.

**James Acaster**

Well, here's a lighter question. Of your three characters, they call it a trilogy, which one of them do you think drank the most in the film?

**Nick Frost**

Well I think in the end Andy, right, from World's End because he's on a pub crawl to be fair. Once he, kind of, decides he's going to drink again then there's no stopping him.

**James Acaster**

But is that it? Because that's in one, that one night.

**Nick Frost**

Ed puff-, Ed's just a puffer really.

**James Acaster**

Yes.

**Nick Frost**

Danny. I guess Danny Buttermen can drink a bit.

**James Acaster**

Also, he's smashed on the first night, and then he goes and does a bunch of nights.

**Nick Frost**

I think maybe Danny would drink alone at home, you know, watching films.

**James Acaster**

Yes, yes.

**Nick Frost**

Yes, maybe Danny would be-, he would have the most shot liver.





**James Acaster**

Yes.

**Nick Frost**

Out of all my-

**Ed Gamble**

I couldn't watch him because he was sat too normally, so I was like, 'No way.'

**James Acaster**

Yes, yes, that was my-

**Nick Frost**

'People should be standing on these chairs. You should turn these chairs upside down and have four people sat on the legs.'

**James Acaster**

Dream main course?

**Nick Frost**

Well look, I mean, it's essentially a roast Sunday lunch. And I was thinking about this on the way in, I don't have many pork friends, they like beef or chicken. The kids don't really like pork. So, for that reason, I'm having slow-roasted belly of pork with a fucking ton of great crackling on.

**James Acaster**

Yes.

**Nick Frost**

I spent years really struggling with crackling and thinking, 'How-,' sometimes I'd get it but it wouldn't be-, do you know sometimes when you just get, like, a shield of crackling, it's not like-, if you get crackling great, it becomes like pork Aero, it really bubbles, you know.

**Ed Gamble**

Bubbles up and-, yes.

**Nick Frost**

That was always my dream crackling, and I've kind of cracked it the last couple of years. So, that, kind of, crackling and just, something that's been cooked for, like, six or seven hours, and often I'll just take all the skin off and then deal with it later. Stick it under the grill and it-,

**Ed Gamble**

You do the crackling separately?



**Nick Frost**

Yes.

**James Acaster**

Yes.

**Nick Frost**

Because for years, I was like, 'Oh, that doesn't seem-,'

**Ed Gamble**

Feels like cheating.

**Nick Frost**

Right, but then it's like, 'Who gives a shit? It tastes great.'

**James Acaster**

Yes, that's the main thing, right?

**Nick Frost**

Yes. So, I'd say that, I'd say roast pork with a great roast potato.

**James Acaster**

You got a technique for roast potatoes? People are always looking for the tips for the roast potatoes?

**Nick Frost**

No, just hot. Just hot. Hot oil. And cook them in hot oil.

**James Acaster**

Yes.

**Nick Frost**

I'd parboil them first and then just-,

**Ed Gamble**

Use an oven.

**Nick Frost**

Use an oven, yes.

**Ed Gamble**

Hot oven, yes.



**Nick Frost**

Yes, I mean, I'd turn it on, pre-heat the oven. And then a pan. I always put it into something. I don't just tip them loose into an oven.

**Ed Gamble**

These are all good tips.

**Nick Frost**

Yes, I mean, I think annoyingly-, not annoyingly, God love her, my ex-wife does an amazing roast potato and mine are never quite as good.

**Ed Gamble**

I think you can say that's annoying, the situation.

**Nick Frost**

I don't want to seem bitter. I mean, also I need to support her in that, and so, you know, I often say to our son we share, 'Oh, isn't Mum's potato nice?' you know, as a way of I want him to grow up thinking, 'Dad never bad-mouthed Mum.'

**James Acaster**

But if it was always just the potato, if that's all he hears, it's just always-, all he's got here is the potatoes are nice.

**Ed Gamble**

'And also, Mum's potatoes are nice.'

**Nick Frost**

Aren't they?

**James Acaster**

Yes.

**Nick Frost**

Aren't they? 'Took the bloody house, but the potato.' So, yes, she has a good potato, but I mean, I always-, just crispy and soft inside and-,

**Ed Gamble**

Parboiling and shaking?

**Nick Frost**

Yes.

**Ed Gamble**

Yes.



**Nick Frost**

Through a colander.

**Ed Gamble**

Through a colander.

**Nick Frost**

Because you get a nice little softness then to the outside.

**Ed Gamble**

My wife calls those Michael Caine's roast potatoes because he once detailed that recipe in an interview in a broadsheet newspaper, so he's taking a lot of credit for that recipe.

**Nick Frost**

Yes. Good on him, let him. My favourite Michael Caine fact is that when he does a film at the end of the day, he has the wide shot first and then when they push in, he puts his own trousers on and then when they push in for the close-up, he's got all his own clothes on. And then as soon as they wrap, he's, 'Alright, I'm off,' and then he goes.

**Ed Gamble**

That is outstanding.

**Nick Frost**

It's great, right?

**James Acaster**

Yes, I love that.

**Nick Frost**

But him like, just saying to them in costume, 'Can you make sure my trousers are just stood by so I can put them on? I've got to go.'

**James Acaster**

That is a good impression.

**Ed Gamble**

Very good.

**James Acaster**

That snuck up on me.

**Nick Frost**

I like Michael Caine.



**Ed Gamble**

It's because also you're not doing too much. So, what people do with Michael Caine impressions often is they really go for them.

**Nick Frost**

Right, it's a big-

**Ed Gamble**

But you've drawn it back.

**Nick Frost**

It's a '60s-, yes, I think now it's a-, I think as people have aged, my voice has got better at doing an impression of them and I think David Attenborough getting old has certainly helped me too, because I spent about two or three weeks a few years ago, I just said to myself, 'Do David Attenborough and get a good one.' And I did it. And so, shall I? I'm going-

**Ed Gamble**

Please, please.

**Nick Frost**

'For these young baboons, their life is just beginning, while for others, their life is sadly-' And then, like, that was-

**Ed Gamble**

That's outstanding.

**James Acaster**

Absolutely superb.

**Nick Frost**

Like, I always do it to myself, to make myself laugh, like he's in a voice-over booth but, like, he's going a bit mad. So, like, after everything, he says, 'Oh, birds.' And the guy says, 'Hey, David, I'm so sorry. You said birds at the end.' 'Oh, right, okay. Baboon birds.' Like, you just, you see him losing his mind some. But you hear him as well, like, talking to himself saying, 'I wish the Earth would die. I wish all the animals would die.' 'Dave, you know, see the microphone's up, right?'

**James Acaster**

'That's a hot mic, Dave.'

**Nick Frost**

'This is a hot mic.' So, yes, let's have Michael Caine's potatoes. Also, like, carrots, I like carrots. Like, I like to parboil, for some reason-, and again, this seems like abuse, but if we have, like, big carrots, they're called Dutchman's dicks in our house. So, you know, and now it seems weird, like, having my kids eat a Dutchman's dick. That seems weird. That seems really weird now.



**James Acaster**

Didn't at the time though?

**Ed Gamble**

When did you start calling them Dutchman's dicks?

**Nick Frost**

Oh, fairly recently, I mean, like, five-, this isn't something that's been with me forever.

**Ed Gamble**

Yes.

**Nick Frost**

But like, peeled, parboiled in beef stock and then roasted in butter.

**Ed Gamble**

Oh, beautiful.

**Nick Frost**

So good, really nice.

**Ed Gamble**

Thank you Holland.

**Nick Frost**

Yes, thanks Holland. If nothing else, thank you Holland.

**James Acaster**

I mean, I understand why, because they're orange.

**Ed Gamble**

They're orange and they look like a dick, right.

**James Acaster**

They look like a dick, but-

**Nick Frost**

Well, I think, QED. You've said enough. I once did a press tour in Holland for a film I did and I ordered room service. And when it arrived, the door rang and I went to look through the, what are they called, the spy hole?

**Ed Gamble**

Peep hole.



**Nick Frost**

I couldn't reach it, because obviously, Dutch people are so tall, it was like, six inches away. I was like, 'This is ridiculous.' I should have just opened the door but it was room service. It was-

**James Acaster**

Because we were talking about dicks.

**Ed Gamble**

Yes.

**James Acaster**

I thought you were saying you couldn't reach the spy hole because you had a boner.

**Nick Frost**

I couldn't reach the glory hole.

**James Acaster**

I thought it was like, you had a boner and the boner hit the door and then you couldn't get your face at the spy hole because your dick was pushing you away from the door.

**Ed Gamble**

I would say that absolutely no one else thought that was what Nick was about to say.

**Nick Frost**

No, I didn't.

**James Acaster**

That's what I thought. I mean, the-,

**Nick Frost**

In Dutch hotels.

**James Acaster**

The dick hit the door first.

**Nick Frost**

Your dick has a spy hole too.

**James Acaster**

The dick hit the door first.

**Nick Frost**

So your dick can see whether or not room service has arrived.



**James Acaster**

So, Nick couldn't get his face to the door because the dick was pushing him away from the door.

**Nick Frost**

Because you have a flesh light menu as well for room service, so your dick can see if your flesh light has arrived.

**James Acaster**

Yes, that's what I imagined.

**Nick Frost**

'This is BBC Radio Four.'

**James Acaster**

So, we've got those delicious carrots, Michael Caine potatoes, amazing crackling, pork belly.

**Nick Frost**

Gravy as well, sorry. I guess, I love it. Gravy is one of those things that is like, people that think you're a wizard when-, because also, it's really easy, essentially, right?

**Ed Gamble**

Can you take us through it, because I think I try something different every time and it never really works out.

**Nick Frost**

Okay, I do the, kind of, same thing. It depends what but it's like, whatever meat I'm cooking, it's a trivet of veg in the pan that I'm going to cook the meat in. So, if it's, like, lamb, it's lots of chopped leeks, chopped onion, carrots. I never put thyme or anything like that in, I'm just salt and pepper. And then, you know, if you're going to cook it for a long time, all that just starts to break down and roast and then I usually put in, like, a litre of stock into that while it's cooking. Then everything that comes out from the meat, and then once the meat's resting-, God I sound boring.

**Ed Gamble**

No, no, no, we're in it, we like this.

**James Acaster**

There's a lot of people turning their headphones up.

**Nick Frost**

Take all the juice out of that trivet of veg, whack the heat up, start roasting and frying that veg again, flour and then all the juice back in, and then just reduce it to fuck. Yes.

**Ed Gamble**

So, no wine or anything like that?





**Nick Frost**

No, I'm not-, I mean, I have used-, I do use it a bit, but just generally not. My old man used to use, when he used to make gravy, like, a can of McEwan's, like, old red and black McEwan's beer, is it beer? But I always remember him sticking a whole can in gravy and it tasting like shit. So, I don't. I mean, sometimes if I do, like, a proper old authentic ragu with, like, three meats that I've spent two hours cutting down by hand, maybe I'll stick a bottle of red in, but other than that, I tend to not.

**Ed Gamble**

That's my favourite way of cooking, though, I think.

**Nick Frost**

Oh it's great, right?

**Ed Gamble**

Doing quite a lot in the morning, or whatever, and getting all that ready, then getting it in the oven. And then just hours later, you almost forget about it and then just smell and go, 'Oh, I'm a hero.'

**Nick Frost**

But what a magical thing, it's just like, you feel heroic, right?

**Ed Gamble**

Yes.

**Nick Frost**

I mean, I just, kind of, I love that about cooking, is it is like where science and art live, and you just stick a load of stuff in and leave it for ages, and it's just it comes out and it's amazing.

**James Acaster**

This is making me want to cook. I mean, all the way through the lockdowns, I was cooking quite a lot. And I've really fallen out with it again now, and I'm just, like, yes, not finding time for it any more, and this chat's really making me miss it.

**Nick Frost**

What would you cook? What are you missing cooking?

**James Acaster**

A few different things. Chorizo and broccoli pasta. Talked about that enough on the podcast, but that was great. Cashew chicken, was making that at home quite a bit. This Thai soup that, like, my mum taught me to do, so I started doing Thai noodle soup, started doing that quite a bit. A whole bunch. Roasts as well, as I say we're doing roasts for the first time.

**Nick Frost**

A roast is difficult.



**James Acaster**

Yes?

**Ed Gamble**

Yes.

**Nick Frost**

Right? I mean, technically, there's a lot happening and-,

**Ed Gamble**

Timing-wise and-, yes.

**Nick Frost**

I love starting the new note and putting my in-the-oven times and out-the-oven times and rest times. Like, I'm always amazed too, how technically challenging a full English is. 'Oh, let's go and have a full English.' It's like, there's a lot fucking going on on that. There are a lot of things you have to-, it's often, like, having people staying over the house or coming over for breakfast, you think, 'Oh, I'll do a full English.' It's like, fuck that.

**Ed Gamble**

Even toast turns into a difficult element, because you're like, 'When am I doing the toast?'

**Nick Frost**

Yes, I've only got two slots. I can't serve hot toast to eight people with a two-slot toaster, it's impossible. Let's go to Squire's and we'll all have a nine-item breakfast.

**James Acaster**

Is there anything else on this roast dinner that you've got?

**Nick Frost**

Well, I guess, one of the elements was going to be my-, I'd say, apple sauce as well, sorry.

**Ed Gamble**

Yes.

**Nick Frost**

But one of my-, well, I'd have a side dish, was going to be a cheesy leek gratin. That's my side. It's the one I make, kind of, and it just feels so tasty and naughty and it just goes with everything else, you know? And just that final-, you've got a bit of Yorkshire pudding and you're just fucking mopping it up. You know? I love it.

**James Acaster**

When that cheese sauce mixes with gravy, it's very good.



**Nick Frost**

Yes.

**Ed Gamble**

Yes.

**James Acaster**

Yes.

**Ed Gamble**

It's a whole new dish.

**James Acaster**

Yes, yes.

**Nick Frost**

Yes. I like making it, it's really, this is the kind of domestic chef coming out, but like, I can make it at 8am when I get up and just cover it in cling film and leave it in the fridge. And I, kind of, like-, I like that. I like pre-cooking loads of stuff, you can do that with desserts too. And then you can tidy up while you're waiting, you know, have a clean.

**James Acaster**

Before we move on, I think because it's your own recipe, the listeners would love to hear your cheese leek gratin, just step by step.

**Nick Frost**

Oh, okay. So, like, depending on how many people, I used to do slices of leek, but I didn't like the way it looked. So, what I've done is, I've turned them and I'm cutting them on the slant so you're getting big, kind of, you know, fillets of leek. So, let's say four big leeks, loads of butter, fried down. Not for long, I mean, they're still bright green. Salt and pepper, leave it to one side, then in the little saucepan flour, butter, milk, so we're making a roux. A béchamel, salt and people and then just tons of great cheese.

**James Acaster**

Yes.

**Nick Frost**

I've done, like, two or three different cheeses, but I kind of just like really strong, some kind of cave-aged cheddar with those little crispy-,

**Ed Gamble**

The little crunchy bits.



**Nick Frost**

Little crunchy crystals in and then just pop it on top. I've got, like, a really nice terracotta clay Spanish dish that I always use, and then it's starting to age really nicely. That goes on top and then parmesan on top of that. And then usually it's about 45 minutes in a hot oven. So, and I kind of, always-, because my oven, I bought a shit oven. I had a shit oven that was in the house when I bought it and it broke down, so then I just bought a quick oven. And I'm getting to grips with it, but it's not great at all, you know. I kind of, I follow a company, I think they're American but they're called Heston, and they do ovens, and it's just like, 'Wow, this is amazing,' you know?

**Ed Gamble**

You just look at pictures of the ovens?

**Nick Frost**

Ovens, yes. The ovens are just so powerful, they're amazing. But I had a kitchen built in a house that I bought, and then it cost so much money and like, it's a company that make kitchens in restaurants came and built a restaurant kitchen in my house.

**Ed Gamble**

That's my dream.

**Nick Frost**

I had an extractor fan which you could, like, release a piece of A4 paper, like, a metre from it and it would just drift up into the fan.

**Ed Gamble**

Wow.

**Nick Frost**

It was amazing. And I've always yearned for that again. I had to sell the house, like, literally three weeks after I finished it.

**James Acaster**

Oh man.

**Nick Frost**

And I couldn't move the kitchen out, so it just had to stay there, annoyingly. And I see the guy sometimes who bought the house, he's like, 'The kitchen's still in the good.' Fuck you. But I long for that. I have an extractor fan now that, it's kind of, defying science where I've had three separate people come round and they've all said something different as to why it doesn't work. So, I think my dream kitchen would have a massive extractor.

**Ed Gamble**

Yes. Like an air lock.



**Nick Frost**

Oh yes.

**Ed Gamble**

Yes.

**Nick Frost**

I've had a couple of houses now where-

**James Acaster**

Like the one in Mission Impossible, the one they had to go down, yes, yes.

**Nick Frost**

I had an extractor put on the side of a house and it was so big that the council said 'Next door have to say it's alright.' Next door were alright about it in the end.

**James Acaster**

Yes.

**Nick Frost**

Because it was just like a powerful engine that extracted a lot of smoke. But now I'm not. I'm in-, I guess, it's an analogy for my own success and fame, I'm just not, you know, at the heyday of my career I was getting extractor fans. Big powerful extractors, you know, left, right and centre. But now it's I have to stand outside and grill on a thing that I don't like.

**Ed Gamble**

The analogy fell apart a little bit at the end. Yes.

**Nick Frost**

Listen.

**James Acaster**

As your own sadness about your career took over, so too did-

Your dream drink?

**Nick Frost**

Okay. I'm going to say Coke Zero. That's what I'm loving and I've loved it for a long time now. But the last six months or so I've had my head turned by Fanta Zero.

**James Acaster**

Right.



**Nick Frost**

Wow.

**James Acaster**

Yes, yes, yes.

**Nick Frost**

It's just, I haven't had one can of that yet where I haven't finished it and I've gone, like, 'Oh, that was amazing.' Like, every single time. It's just really nice. Just really orangey and doesn't taste like chemicals, and I like it a lot, so I'm going to say that.

**Ed Gamble**

I don't think I've had one of those for a while actually.

**James Acaster**

I've only had Fanta Zero from the Five Guys machine, where you get to, like, you know, do your own little medley.

**Ed Gamble**

Yes, right. Refill machine.

**James Acaster**

I go super boring on it, I go Fanta Zero, no bubbles, grape flavour, and have that at Five Guys.

**Ed Gamble**

I don't think that's boring, grape flavour's-,

**James Acaster**

Grape is a curve ball.

**Ed Gamble**

Those machines trip me out sometimes, there's too much going on.

**Nick Frost**

Yes, it's a lot.

**James Acaster**

Are there too many options?

**Ed Gamble**

Too many options.

**James Acaster**

Have you worked in a bar where you have, like, a machine-,



**Ed Gamble**

The tap?

**Nick Frost**

Yes, that's fun, that was good.

**Ed Gamble**

I struggle with it because I'm type one diabetic, if I go to a pub and I ask for a Diet Coke, I now know exactly where the Diet Coke button is on the tap and I have to watch them press the right button.

**Nick Frost**

You think secretly they're thinking, 'I want to fuck this guy up.'

**Ed Gamble**

Yes, I want to fuck this guy up. Or they just don't-, like, I think there are loads of people who go, 'Diet Coke,' they just do whatever.

**Nick Frost**

Yes, right.

**Ed Gamble**

But, I can see if they're hitting the wrong button, I go, 'No, sorry, can I get a Diet Coke?' And I've had people go, 'This is a Diet Coke.' I'm like, 'No, you're hitting the red button. You're hitting top left.'

**James Acaster**

You got them.

**Nick Frost**

Checkmate.

**James Acaster**

Best Fanta I've ever had, Kenya, Kenyan Fanta. I still crave it.

**Nick Frost**

They have a factory there, right?

**James Acaster**

Do they?

**Nick Frost**

I think Fanta have a factory in Kenya.



**James Acaster**

Tastes different in Kenya. It was like this burnt, dusty, like, flavour to it. It had something I can't even-, I can't summarise.

**Ed Gamble**

Was it fresh from the factory?

**James Acaster**

It was like hot, spicy, there was something different about those Fantas.

**Ed Gamble**

It doesn't sound like you had Fanta.

**James Acaster**

It was Fanta, man. It was a different shade of orange. It was Fanta, though.

**Nick Frost**

It sounds like you ate soup.

**Ed Gamble**

It sounds like you ate soup. 'It was sort of, it was mad, it was like, carrot and coriander-,'

**Nick Frost**

'Bowl, with bread and stuff.'

**James Acaster**

'No bubbles, no bubbles.'

**Nick Frost**

'You don't get bread here in British Fantas.'

**Ed Gamble**

No, it's weird.

**Nick Frost**

Isn't that a thing in, like, Hawaii or Polynesia where a, kind of, meal is white bread and they just pour Fanta on it? That's actually a thing.

**Ed Gamble**

Is it a thing?

**Nick Frost**

Yes, I think it's in Hawaii or Polynesia, somewhere like that, and it's like a course.





**Ed Gamble**

Love spam in Hawaii as well, right? Spam's a big thing.

**Nick Frost**

Big spam, big spam place.

**Ed Gamble**

Big spam nation.

**Nick Frost**

Capital of spam.

**Ed Gamble**

It's like when you arrive, they put a wreath of spam around you.

**James Acaster**

The Polynesian resort, Disney of course, Benito. Been to eat there, very disappointing meal.

**Ed Gamble**

Oh, really?

**James Acaster**

Yes, it was really bigged up, everyone's like, 'You've got to go to Ohana, it's so good,' and it was very disappointing. There's a pineapple bread there that everyone said will bring tears to your eyes, and it was-

**Nick Frost**

That's the Edgar thing though, because it got bigged up so much, people-

**James Acaster**

Maybe that was what it was but I was very disappointed in it, it didn't really live up to it.

**Ed Gamble**

James loves Disney.

**Nick Frost**

Right, right, right.

**James Acaster**

Recently, it's a recent thing.

**Nick Frost**

Oh, for real?



**James Acaster**

Yes, recent thing, I'm getting into going to Disney world.

**Ed Gamble**

That sounds like a cry for help.

**James Acaster**

Yes, my whole career. My whole career's a cry for help, come on.

Dream dessert? We arrive at your dream dessert.

**Nick Frost**

I am going to have a heavily crumbled apple crumble.

**Ed Gamble**

How heavy is this crumble?

**Nick Frost**

Inch and a half.

**Ed Gamble**

Nice.

**Nick Frost**

Two inches, maybe.

**Ed Gamble**

That is a heavy crumble. So, you're digging for the apple?

**Nick Frost**

Yes. The kids asked for it last weekend, which I was like, 'Yes. Yes, we can have apple crumble,' because they haven't really tried it and then we were talking about it, we went on holiday and we started talking about it. Then, they remembered it and asked for it, so we made it, and they loved it, it was great. But, like, really lovely big bits of juicy apple, but just caramelised, and with cinnamon and sugar and butter, and then like a heavy crumble on top.

**Ed Gamble**

It's rare you see a heavy crumble on top. So often you see an apple crumble, you can always see a bit of apple through the top of the crumble, you're like, 'Guys, this is not apple crumble, this is apple.'

**Nick Frost**

'This is apple with dandruff.' I like a heavily-, because crumble is essentially just like a biscuit, right? I want like-,



**Ed Gamble**

Yes, it's biscuit and it's cake and sometimes crispy.

**Nick Frost**

When it's brown a bit on top and-

**Ed Gamble**

And then a bit cake-y as well.

**Nick Frost**

Yes, and then you get those, like, little lava tubes of molten caramel that just plip away as you cook.

**Ed Gamble**

Oh yes, the apple's popping up to say, 'Hello,' but it's not having an easy job of it.

**Nick Frost**

I'm going to serve it with ice cream.

**Ed Gamble**

Yes, Nick.

**Nick Frost**

But on the side.

**Ed Gamble**

Sure.

**Nick Frost**

I don't want it, like, melting in, I don't like that.

**James Acaster**

So, are you like, you're getting a spoonful of your crumble, and then you're putting the spoon in the ice cream and eating it? How are you doing this?

**Ed Gamble**

Or are you literally eating them separately?

**Nick Frost**

Yes, I'd probably eat them separately, then toward the end I'd probably put the ice-cream then in the-, then just get all the little bits of crumble and caramel-y apple. There are also so many crumbles available-, seasonal, I think we're going to do a peach crumble this weekend.

**Ed Gamble**

Oh, nice.



**Nick Frost**

Using tinned peaches, there's something about that cheap shitty-ness that I like. Cola, I like Cola as well.

**Ed Gamble**

One of our previous guests, Ania Magliano, for her dessert picked a, sort of, crumble pick and mix situation.

**Nick Frost**

Oh right, okay.

**Ed Gamble**

A series of different crumbles, I think I'm right in saying that.

**Nick Frost**

Like a crumble ladder.

**Ed Gamble**

Yes, like a crumble ladder.

**Nick Frost**

But you can have anything, right?

**Ed Gamble**

Yes, you can do a savoury crumble as well.

**Nick Frost**

Yes, I guess you could. I mean I've often-, not often, I have put, like, a crumble topping on a gratin before. That's kind of a new-, they call it in a restaurant, like, a different 'mouth feel'.

**Ed Gamble**

Yes, 'mouth feel' is a big word these days.

**Nick Frost**

It is a big-,

**Ed Gamble**

People love saying 'mouth feel'. I mean, what did we say before the word 'mouth feel'? Just didn't talk about it, right?

**Nick Frost**

An 'in-mouth experience'. That was a great in-mouth experience.



**James Acaster**

I just remembered, my brain had completely put this out-

**Nick Frost**

You really shut down too, it's really affected you.

**Ed Gamble**

You felt it, right? You just went somewhere.

**James Acaster**

When you said there can be savoury crumble, and then my brain just remembered, it was collectively, mine, my brother, and my sister's least favourite meal that we had as kids. It would do the rounds every other month or so, was pilchard crumble.

**Nick Frost**

I'm so sorry.

**James Acaster**

I just remembered it, and my God.

**Ed Gamble**

How have you never brought this up? We've had 200 episodes of this.

**James Acaster**

My brain had just completely put it out and no-one said 'savoury crumble' on the podcast before, and then as soon as it got brought up, I was like, 'Oh fuck.' We used to openly complain about that.

**Ed Gamble**

How often did you have savoury crumble, pilchard crumble?

**James Acaster**

I'd say, like every other month, it would come up at some point.

**Nick Frost**

It's still six times a year.

**James Acaster**

That we'd be like, we just didn't want-, we were so like-

**Nick Frost**

Can I ask you some questions about this?

**James Acaster**

Yes.



**Nick Frost**

Were the pilchards in like a tomato sauce?

**James Acaster**

Yes.

**Nick Frost**

Okay, fine.

**James Acaster**

Yes, tomato-y sauce, with the pilchards in.

**Nick Frost**

What was the crumble? Like, breadcrumbs and parmesan and parsley?

**Ed Gamble**

Dried pilchards.

**James Acaster**

Yes, I didn't know what was in the crumble, but the crumble was, I guess, pretty thin, but not, like-, it wasn't dandruff, but it was like, you know-, look, my mum will be listening to this, she listens to every episode, she's brilliant at cooking, and you know, she was having to bring up three kids and stuff. So, no shade on my mum, but I'd forgotten about that pilchard-,

**Ed Gamble**

I'm happy to step in and throw some shade on your mum.

**James Acaster**

Yes, of course, you always do.

**Nick Frost**

What was served with that?

**Ed Gamble**

Unacceptable. Pilchard crumble.

**James Acaster**

It was some kind of green beans or, like, something on the side, some sort of green veg.

**Ed Gamble**

Oh, so, at least you could enjoy the side.

**James Acaster**

Because I was in heaven for that.



**Ed Gamble**

Not all bad.

**James Acaster**

It got to be-, it was funny as well. So, she would find it funny. My memory of it was like, how much we hated the pilchard crumble was a joke to her by the end. It was pretty funny that we were getting this in, and we would then lean into it as well, so we could really complain about the pilchard crumble.

**Nick Frost**

Were you ever hit for not eating it?

**James Acaster**

No, no, we were never hit for not-, because we would eat it, because we were so motivated by dessert, and we never knew what the dessert was. So, you would only get dessert if you'd finished your main course. So, we would always finish our main course because it could be anything, this dessert.

**Nick Frost**

Pilchard sorbet.

**Ed Gamble**

Was there a dessert your mum did that you didn't look forward to that would be the worst day ever, it was a pilchard crumble followed by that?

**James Acaster**

Worst day ever would have been a pilchard crumble followed by just natural yoghurt and raisins. Then, that would be-, I would be devastated.

**Ed Gamble**

Packing a little bag.

**James Acaster**

Yes, doing the whole kid thing of going, 'I'm leaving, I'm running away from home.' Faking it out.

**Nick Frost**

Natural yoghurt with raisins? Awful.

**James Acaster**

Yes, that was tough days. But your crumble sounds delicious.

**Nick Frost**

It's nice, a crumble. I mean, there's a thing too, it's nice for my brain where it's like, 'Okay, so the dinner's on the table,' I'll put it in straight away then. I'll put it in then. Because the meal's not going to take longer than 45 minutes to eat, a roast, you know, and then you can take it out. I always let it sit for a while. You know, no one wants to eat molten crumble.



**Ed Gamble**

Yes, whilst it's bubbling away in a bowl.

**Nick Frost**

It's a fool's errand.

**Ed Gamble**

Yes, exactly.

**Nick Frost**

Yes, and we sit and we just let it-, once you can't hear the plips, then we dig in.

**James Acaster**

The plips, wait until you can't hear the plips.

**Ed Gamble**

Can you hear anymore plips? No, it's dessert time.

**Nick Frost**

Kids, can we hear the plips?

**Ed Gamble**

Let's go.

**James Acaster**

I'm going to read your menu back to you now, see how you feel about it. Water, you want sparkling water, with a loose-skinned Japanese lime in it. Poppadoms or bread, you want bread from The Yellow House, with salted butter. Starter, meat fruit from Dinner by Heston. Main course, slow roast belly of pork, bubbly crackling, roast potatoes, Dutchman's dicks, gravy, apple sauce, Yorkshire pudding. Side dish, cheesy leek gratin, your own recipe. Fanta Zero as your drink. And dessert, heavily crumbled apple crumble with ice cream on the side.

**Nick Frost**

Yes, I mean, yes, right.

**James Acaster**

Sounds good.

**Ed Gamble**

Yes, and after all that, there's a knock at the door, and it's the American director.

**James Acaster**

Oh, hey, hey Bob.





**Nick Frost**

You're really late. I did flirt briefly with dessert being like a cake, like a piece of cake, but that felt weird to me.

**Ed Gamble**

Really?

**Nick Frost**

Yes, right, I'm never sure-

**Ed Gamble**

Cake feels a-

**Nick Frost**

Maybe once we all move into the, you know, the front room-

**Ed Gamble**

Drift through.

**Nick Frost**

Then, like a nice, you know, heavy piece of cake, which is heavily iced with a hot cup of tea.

**Ed Gamble**

What sort of cake you thinking?

**Nick Frost**

A bit of Christmas cake.

**James Acaster**

Oh yes.

**Nick Frost**

Yes, that kind of thing.

**James Acaster**

Christmas cake, cup of tea, wedding cake?

**Ed Gamble**

Wedding cake.

**Nick Frost**

Yes.



**James Acaster**

Whose wedding do you want it to be?

**Nick Frost**

I don't know, just to eat, just to taste their joy.

**James Acaster**

It's your dream menu, so pick any two people in the world.

**Nick Frost**

Me and my girlfriend. It's going to be our wedding cake.

**Ed Gamble**

What a way to propose.

**Nick Frost**

And it's black, it's like black icing.

**Ed Gamble**

Goth.

**Nick Frost**

It hasn't gone well. She's a veggie, so we argued about the menu.

**Ed Gamble**

And it's got a dick on the top.

**Nick Frost**

It's got a dick.

**James Acaster**

It's got a dick on the top. Come on.

**Nick Frost**

That didn't-, a bride and a dick.

**Ed Gamble**

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

**Nick Frost**

Thank you so much, thank you for having me.

**Ed Gamble**

Well, there we are, the Off Menu menu of Nick Frost.



**James Acaster**

Delicious.

**Ed Gamble**

Delicious. Fantastic to have Nick in the studio, a lovely chat, make sure you go and buy Nick's book, 'A Slice of Fried Gold.' It sounds fantastic, I can't wait to read it, and that is published on 28th September by Bonnier.

**James Acaster**

I mean, I feel like you two could have bonded for the rest of the day.

**Ed Gamble**

Yes.

**James Acaster**

So much in common.

**Ed Gamble**

Yes.

**James Acaster**

You know, how much you love cooking. When we were coming out, he recognised who had done your tattoos as well.

**Ed Gamble**

Yes, he's had tattoos from the same person.

**James Acaster**

I was like, 'God, these guys, it's the same-', I mean I'm lucky if I don't get replaced on this pod by Nick Frost.

**Ed Gamble**

I want to go to his house for Sunday lunch so much.

**James Acaster**

Of course you do, of course you do, who can blame you? Sounds delicious, and also there's a bit in the episode there where I got a bit nervous, because he said about going to Noma, and they made him a mini cornetto. I was like, 'Are we going to-,'

**Ed Gamble**

If he picks that.

**James Acaster**

But he didn't, so we didn't have to.



**Ed Gamble**

If you'd kicked him out, I would've left as well.

**James Acaster**

Yes, you would've left with him, and I would've had to host this with Benito, who, you know, famously hates me. So, it would've been quite awkward. But yes, he didn't pick Cornetto, so we didn't have to kick Nick Frost out of the dream restaurant.

**Ed Gamble**

I mean, here's how similar we are, I've written a book about food as well, James.

**James Acaster**

You have? To be fair, Nick Frost has written 'A Slice of Fried Gold'-,

**Ed Gamble**

Yes.

**James Acaster**

And you've written 'Eddy Grumble's Ready to Crumble'.

**Ed Gamble**

I mean it's too late to change the title to that now. My book is called 'Glutton, The Multi-Course Life of a Very Greedy Boy' and that is available to pre-order now. It's out in October.

**James Acaster**

It's going to be great, it's going to be a great book, I'm very proud of you for writing-,

**Ed Gamble**

James is very looking forward to it.

**James Acaster**

I'm very looking forward to it and it's going to be a great book.

**Ed Gamble**

Thank you, and do you want a signed copy, James?

**James Acaster**

Yes.

**Ed Gamble**

Okay, you've got to order it from Waterstones.

**James Acaster**

Oh, okay, well I'll order it from Waterstones if I want it signed then.



**Ed Gamble**

Yes, please. Thank you.

**James Acaster**

Great. What else were we talking about? Please send us free chocolates. I've just looked around, I just got in today to the Plosive offices and Benito was like, 'You've got loads of free stuff that's come for you,' and it's all beer, and I don't want it, and I'm leaving it here.

**Ed Gamble**

It looks nice though.

**James Acaster**

But I was in-, yes, oh, it looks great.

**Ed Gamble**

Who have we got beer from, Benito?

**James Acaster**

Two Tribes beer, thank you for sending us the beer.

**Ed Gamble**

Thank you, but James is-, this is what happens when you become a celeb like James is that you start to take things for granted.

**James Acaster**

Yes.

**Ed Gamble**

We've got some lovely beer from Two Tribes, and James is looking at it going, 'Why is that not chocolate?'

**James Acaster**

I was wanting chocolate today, I was in the mood for chocolate.

**Ed Gamble**

Yes, I did actually go into the office and say, 'Has anyone sent us any little choccies?'

**James Acaster**

Yes, someone should tell Two Tribes, it's midday here. What do they want me to do?

**Ed Gamble**

They can't guarantee what time it is when you see the things.



**James Acaster**

Well, they should take that into account. They should think about that.

**Ed Gamble**

Well, it looks delicious.

**James Acaster**

Yes, it does.

**Ed Gamble**

Tracklement's also sent in some lovely condiments, James. Why don't you tuck into those?

**James Acaster**

Because they're not chocolate, I wanted chocolate today, I'm not going to eat condiments.

**Ed Gamble**

Well, they look like lovely condiments.

**James Acaster**

I may as well be Paul Rudd, I'm not eating those.

**Ed Gamble**

Yes, you want dry chocolate.

**James Acaster**

Yes, I want dry chocolate, I'm not in the mood for condiments. Although, I looked at it, they look like great condiments and I'm very grateful for them.

**Ed Gamble**

I suspect we have been sent some little choccies, and because we're only in here occasionally these days, I think the people who work very hard at Plosive in the offices have snuffled those little choccies into their tum tums.

**James Acaster**

Well, if you're listening to this, Billy, you're fired. Naomi, you're fired. Aniya, you're fired. Megan's new.

**Ed Gamble**

Megan's not leading the charge on the choccies.

**James Acaster**

I'm not firing Megan straight away, I'm sure she wasn't the ringleader. Naomi definitely was the ringleader there.

**Ed Gamble**



What about Benito?

**James Acaster**

Benito, you're fired. You're probably the ringleader of it all.

**Ed Gamble**

James, who's going to record the podcast?

**James Acaster**

Toast. Toast will record the podcast from now on.

**Ed Gamble**

Toast doesn't have those choccies, he'd be dead.

**James Acaster**

Yes, exactly, that's how I know.

**Ed Gamble**

Also, if you make some dog chocolates, send us some choccies for Toast.

**James Acaster**

Yes, send us some dog chocolate for Toast, which I will eat. Because by this point, I would. Right now, if there were dog chocolates in here, I'd eat them.

**Ed Gamble**

Well, thank you very much for listening, we'll see you again sometime soon. Goodbye.

**James Acaster**

Goodbye.