



Off Menu – Ep 222 – Nabil Abdulrashid

Ed Gamble

Welcome to the Off Menu podcast. Chopping up the melon of the internet and adding it to the fruit salad.

James Acaster

That's a gamble. My name is James Acaster. We own a dream restaurant. I'm still getting used to that second one. Oh dear.

Ed Gamble

Bit of a clue.

James Acaster

We own a dream restaurant and every week we invite a guest in, to our dream restaurant. And we ask them for their favourite ever starter, main course, side dish, dessert, and drink. Not in that order. I'm all over the place.

Ed Gamble

Oh dear me.

James Acaster

This week, our guest is Nabil Abdulrashid.

Ed Gamble

Nabil Abdulrashid, an absolutely fantastic comedian who I gigged with many years ago, and thought this guy's great. And he's gone on to absolutely huge things. He did very well on Britain's Got Talent.

James Acaster

Had the judges roaring with laughter.

Ed Gamble

Yes, James has read that off a screen. He's also done Celebrity MasterChef and things like that. But he's just an excellent stand up comedian. A very, very funny man. And he will be in the studio with us. He's also going on tour James.

James Acaster

He's going on tour with his show, Purple Pill.

Ed Gamble

The Purple Pill: Nabil Abdulrashid.



James Acaster

The Purple Pill.

Ed Gamble

So do go and check out his website for details on that. I'm sure you'll be convinced that you'll want to go and see him after this episode. But,

James Acaster

However.

Ed Gamble

We'll be giving him a little bit more time to pack for that tour, if he says a secret ingredient, which we have agreed upon in advance.

James Acaster

Yes, and this week the secret ingredient is purple carrots.

Ed Gamble

Purple carrots, of course we've got that from purple, because his show's called The Purple Pill.

James Acaster

Purple Pill. I like purple carrots.

Ed Gamble

I like purple carrots, but I find them a little creepy.

James Acaster

Yes, yes.

Ed Gamble

Because you're used to carrots being orange, then you, sort of, cut into a purple carrot and think the first time I did it, I thought, well it's only the outside that's purple, I'm sure the inside will be white or orange like a normal carrot.

James Acaster

You thought the inside would be orange?

Ed Gamble

It's purple all the way through.

James Acaster

No, if the outside was purple and the inside was orange it would look like when you bite into a Rowntree's Fruit Pastille lolly.



Ed Gamble

Yes.

James Acaster

And I don't want it to do that.

Ed Gamble

Do you not like that?

James Acaster

Well, I don't want a carrot to look like a Rowntree's Fruit Pastille lolly.

Ed Gamble

I think you do.

James Acaster

I take it back. Ed's right.

Ed Gamble

I've gaslit him. Very excited to have Nabil in the studio. I'm on tour as well. Hot Diggity Dog.

James Acaster

Hot Diggity Dog.

Ed Gamble

EdGamble.co.uk for details and tickets. And my book's out. Glutton: The Multi-Course Life of a Very Greedy Boy. Available from all good booksellers.

James Acaster

A very successful guy.

Ed Gamble

I'm busy, I wouldn't say successful.

James Acaster

Well, you know.

Ed Gamble

I've done the things, but, you know, how successful they are is yet to be seen.

James Acaster

It's up to you, listeners. Let's make this boy a success.



Ed Gamble

Yes, please. Make me happy. This, is the off menu menu, of Nabil Adul Rashid.

Welcome, Nabil, to the dream restaurant.

James Acaster

Welcome Nabil Abdulrashid to the dream restaurant. We've been expecting you for some time.

Nabil Abdulrashid

Sorry that I'm five minutes late, but, you know, I'm also sorry to my ancestors that I only arrived five minutes late. Normally we're a lot more fashionable with our lateness.

Ed Gamble

I see, I see. Now, the way James says I've been expecting you for some time, he always says that to the guests, regardless of punctuality.

Nabil Abdulrashid

But I like to make things awkward. Honestly, you should've been at my wedding.

Ed Gamble

Yes. How did you make things awkward at your wedding?

Nabil Abdulrashid

I just kept staring at my father in law. Even while I was dancing with my wife. I was just like.

Ed Gamble

Yes, that would make things pretty awkward.

James Acaster

Did he like it?

Nabil Abdulrashid

I mean, he doesn't like most stuff so it's, kind of, hard. There's different stages of annoyance and irritation.

James Acaster

So normally you'd be later, is that right?

Nabil Abdulrashid

Yes, but it's not a personal thing. Sometimes just for your safety as well. Like, you know, it's better that I accommodate, so that everything is-, Listen, if you're looking for logic, you're not going to find it. My ways are mysterious to you, sometimes even to me. I'm trying to be better but I have this habit of always arriving-, even when I leave extra early for stuff, I always end up arriving just on time or two minutes late. And, you know, my agent hates it because no matter when I get briefed for stuff I'm like,



'I'll be there, I'll be there.' And then she'll call and be like, 'I know you're outside, because you're always outside when I call looking for you, but where are you?' And I'm like, 'I'm outside.' It's just one of those things. I think it's because I was a really big fan of Batman as a kid, and, like, he would always arrive just as the bad guy was about to execute some sort of-, in my way, I've saved you.

James Acaster

Yes, you have saved us.

Ed Gamble

You're the Batman of comedy.

Nabil Abdulrashid

See, that's what I should've put on my website. Instead, I said I'm the comedian the world needed but never knew they wanted. Yes, agent doesn't like that either.

James Acaster

Are you one of those people who says you're outside when you're not as well?

Nabil Abdulrashid

Oh, no, I'm honest.

James Acaster

You are outside?

Nabil Abdulrashid

That's the thing. So, like, for example, I was doing a gig recently, and I messaged and said, 'Hey, I'm going to be arriving just before stage time.' So they started getting someone else ready to go on. And I turned up and they're like, 'Oh wait, you're here.' I said, 'Bitch, I said.' I'm not going to lie.

Ed Gamble

But that to me, if someone said that to me, and I didn't know about their mysterious batman ways, I would assume that they're not turning up on time. You know, but now she knows.

James Acaster

Now everyone knows you, this is now public record, everyone knows that are you going to turn up when you say you're going to turn up. It's just close to the-,

Nabil Abdulrashid

Yes, it's just not when you told me that I should. But it's not on purpose. It just happens. I don't know why. It's always the universe just works in that way. Even when I was born, I turned up just-, I don't know that for a fact. I mean I was there, but I didn't check.

James Acaster

They weren't getting another baby ready to go on before you.



Nabil Abdulrashid

I mean there was baby before me. My sister, and I hate her. Like, we don't get on. That's probably what happened. We probably had an agreement and then she just showed up. Okay fine, in this case I was really late because I came three years after.

James Acaster

Yes, it probably was meant to be you the first time and then you just knocked around in the womb for another three years.

Nabil Abdulrashid

Yes, I mean I've got big brother energy. You know. That's why I like fucking with people. Some big brother, asshole, you know.

James Acaster

Are you a foodie, Nabil, would you say that you like food?

Nabil Abdulrashid

I mean, you can see me what do you think? Like, let's just be real here. You know that if I did something wrong and you didn't know me, there're only two ways you would describe me right. So, you asking me whether I'm a foodie. What's a foodie, a person who likes food. Do you think this happened by accident? Do you think that's what this is. I just had an extra donut a couple hundred thousand times. By the way I don't actually eat donuts, because of toxic masculinity.

James Acaster

Oh, yes?

Nabil Abdulrashid

Yes.

James Acaster

Why's that?

Nabil Abdulrashid

So I'm from Northern Nigeria, (Speaking different language), sorry that's for my people, you're safe now. When the revolution comes you'll be given a head start. And a stick. So I'm from Northern Nigeria and most of the army for the majority of Nigeria come from my part of Nigeria. Most people don't know much about us. In fact, sadly, currently we're only known for two things, which are Boko Haram and me. You can imagine Boko Haram is a very tough act to follow. Very tough act, you know what I mean. Always bomb, cheap. Our culture, primarily we're farmers and soldiers and that sort of stuff. So everything around our culture, like growing up as a young boy, you get given, 'It'll make you strong.' 'What? Why are you opening your eyes while you say that?' 'Because I'm strong.' And anything sweet, you were told as a boy that sweet things were for girls. And like, people say it with so much conviction, like it was scientifically proven. 'What, why do you want that sweet? What are you, a girl?' 'I'm not a girl.' 'Yeah, then why do you want something sweet because everyone knows that sweets are for girls. Yes,



you give it to them on their birthday or when they're angry with you. That's how it works.' And I thought, yes, that makes perfect sense. So growing up I just didn't have a lot of sweet stuff, right.

So even now, because my wife is south Asian, and they have like a big culture of desserts. I kind of hear my Uncle in my head, 'What are you doing? It's a trap, it's for her.' So, yes, I'm working through that, but unfortunately I struggle with sweet stuff. I do like sweet stuff, but I feel bad right after, even though I shouldn't, you know.

Ed Gamble

That's interesting, yes.

James Acaster

It's been drilled into you. It's a tense episode for me then, I'm a big dessert boy, I love it when people, you know, make a good-

Ed Gamble

No such thing as a big dessert boy in Northern Nigeria.

James Acaster

Yes, there you go. I get turned away.

Nabil Abdulrashid

Big dessert boy. I'm trying to see how we would translate that in my language. Actually, yes, probably, I won't say it. But, yes. Probably no words for that. Yes, I love food, I think it's amazing, because it's the quickest way you can share your culture with someone. Like, I can't teach my language in a day, or my history, but I can make you taste it. And in the food that comes from me, because you eat what you wrote, essentially, there's a reason why our diets are the way they are. So, like, if I make a dish from my part of Nigeria for example, there's a whole history as to why we eat like that, where the ingredients come from. When we eat those things, and why we eat those things on specific dates. So that's something that I really love about not just my culture's food, but all food. I like what it represents.

James Acaster

Well we always start with still or sparkling water.

Nabil Abdulrashid

Still. Still water. I can't drink sparkling because I believe it's regular water that the Illuminati farted in.

James Acaster

Illuminati fart-y.

Ed Gamble

Illuminati fart-y.



James Acaster

I had an Illuminati fart-y party.

Nabil Abdulrashid

Yes, exactly. Yes. You know. You know. I've been telling you for a long time, wake up sheeple. Wake up. And don't eat broccoli it's man made.

James Acaster

Yeah. Broccoli's man made?

Nabil Abdulrashid

Yes, it is. It's not real. It's not real.

Ed Gamble

What are your sources for the broccoli's man made?

James Acaster

Benito's currently googling.

Nabil Abdulrashid

Google it now. Broccoli is a man made-,

Ed Gamble

But what do you mean by man made, it comes out of the ground right?

Nabil Abdulrashid

It does now.

James Acaster

Interesting.

Ed Gamble

But were you saying it's been like, synthesized, in a lab.

Nabil Abdulrashid

It was made in a lab by a bunch of liberal scientists. Trying to turn us into communists. Wake up. God damn it.

James Acaster

Ben's laughing at the screen.

Ed Gamble

I'm willing to wake up, I just know what I need to be waking up to.



Nabil Abdulrashid

The truth is out there sheeple.

James Acaster

So, Benito's googled 'broccoli man made.' Top hit, 'Is broccoli man made?' 'Contrary to the claims of some sceptics, broccoli is not a genetically modified or man made vegetable. It is a naturally occurring plant that belongs to the same family as kale, cabbage, and cauliflower.'

Nabil Abdulrashid

Lies, lies. He switched it before I came because he knew. I thought you would understand, I thought there was a chance. But you've fallen into the trap.

James Acaster

But now we've got BackGarden.org, is answering in December 2020, and it was updated this year, 'Is broccoli man made?' And they are saying, 'The short answer is yes, broccoli is man made. Broccoli as we know it did not always exist as a plant but was created by humans for an extensive process. It is not known exactly how many years ago broccoli emerged, but it is believed that early varieties of this plant appeared more than 2000 years ago.' That's Jesus times. That's post Jesus actually. Twenty years after Jesus they made broccoli. Do you think that's a coincidence Nabil?

Nabil Abdulrashid

No. I told you people, the truth is out there.

Ed Gamble

You don't trust broccoli because it's man made and you don't trust sparkling water because it was made at an Illuminati fart-y party.

Nabil Abdulrashid

And it makes you get sharty.

Ed Gamble

So it's got to be still water, all the way.

James Acaster

It's got to be.

Ed Gamble

Now you're drinking 7up there. Who's done a fart-y in that?

Nabil Abdulrashid

What you need to understand, is that to help the sheep, you must become like a wolf but still be among the sheep. You must be a sheep dog. I'm deep undercover, bro. I'm trying to find how they think.



James Acaster

So you know that you're drinking farts right now.

Nabil Abdulrashid

Synthesized farts. Because it comes with the flavour. But water on it's own? With gas in it. That's an affront to God. Could you imagine it raining sparkling water?

Ed Gamble

I'd quite like that actually.

Nabil Abdulrashid

You deviant.

Ed Gamble

Fizzy water. Fizzy rain.

James Acaster

Acid rain. Yes, I'd love that.

Ed Gamble

Bad.

Nabil Abdulrashid

That just sounds like a very bad remix of a Prince song.

Ed Gamble

Fizzy rain.

Nabil Abdulrashid

To be honest every remix or cover of a Prince song is bad. And done by the Illuminati. And pharma companies.

James Acaster

So you think big pharma are covering Prince songs and putting them out. What's the aim there? Are they trying to, like, devalue his legacy?

Nabil Abdulrashid

I've said too much.

Ed Gamble

You know who invented broccoli. A big farmer.

James Acaster

Now, Ed doesn't do jokes like that very often, Nabil. What do you think?



Nabil Abdulrashid

It's very telling that he's trying to cover things up.

Ed Gamble

A big farmer, do you understand? So I've changed the meaning of pharma to mean-

Nabil Abdulrashid

I am well aware of what you did there. I think you'll find for a profession I am-, Listen, you're stealing the truth. You're stealing the truth.

Ed Gamble

I'm willing to believe that sparkling water has Illuminati fart-ys in it. I am. And I, you know, still water is the way to go.

Nabil Abdulrashid

I'm just checking to see if our water fizzes brother.

Ed Gamble

No, that's still water.

James Acaster

Ed's you're drinking a glass of water at the minute Nabil's got his eyes firmly glued to the glass.

Ed Gamble

Yes. We can get you still water in the glass.

Nabil Abdulrashid

We must stay focused, my brothers. We must stay focused.

James Acaster

Poppadoms or bread? Poppadoms or bread, Nabil Abdulrashid. Poppadoms or bread?

Nabil Abdulrashid

Bread.

Ed Gamble

What have the Illuminati done to the poppadoms?

Nabil Abdulrashid

I'm just very militant, so I don't like crackers.

Ed Gamble

Come on, you can't give big farmer nothing and then give the crackers joke a round of applause.



James Acaster

I liked it. I liked it.

Ed Gamble

I liked it as well but I liked the big farmer joke and you guys gave me absolutely fuck all for that.

James Acaster

No, it was rubbish.

Nabil Abdulrashid

If comedy isn't a meritocracy, haven't you learned?

Ed Gamble

So you say bread, but it depends.

Nabil Abdulrashid

It depends, like, are you talking about naan bread? Because actually, there's a type of bread I want to talk about today, that we've got, but that would probably work well as a starter. So we've got, like, there are different versions of bread you can have. Naan bread, I guess you could have like a paratha, or you could have vitu roti. Vitu roti's are amazing. I don't know if you guys have had Romesh on, did he mention vitu roti?

James Acaster

Yes, we have. I don't think he did.

Ed Gamble

I don't think he did, only thing he mentioned was fried.

James Acaster

Yes, the only thing he mentioned was deep fried, yes.

Nabil Abdulrashid

That means he hates you if he didn't mention vitu roti. It's like, imagine heaven stretched out into a thin dough, it's just so good. It's like a roti but with the same kind of consistency as a pancake. It's so soft.

Ed Gamble

Oh wow.

Nabil Abdulrashid

And, like, if you've ever had Malaysian food, because they have a thing that they call roti canai, that they eat with their curries, it's a similar sort of thing, or like a Trini roti. So it's not tough, it's really soft. Those are very nice, yes, I like.



James Acaster

And would you choose that for your bread course then? Or is there anything else in the running?

Nabil Abdulrashid

My bread course, this has nothing to do with my mains, or my side dish, or my starter?

Ed Gamble

Whatever you want before the meal.

Nabil Abdulrashid

I'd have a roti canai, yes. I love roti canai. Can I get the curry with it as well?

James Acaster

Interesting, I'll respect that loophole.

Ed Gamble

We can bring you a little bowl of curry I think. Yes.

Nabil Abdulrashid

I love Indonesian food. Indo-Malaysian food. I love it. And I discovered it by mistake, you know.

James Acaster

What was the mistake?

Nabil Abdulrashid

Right, I've never told anyone this story before. But I was a debt collector for a while. And one of the guys I use to debt collect with was a martial artist. And in a situation which I will not go into detail about, I saw him do some weird shit to this guy. Not in a sexual way, but it could've been, to be honest. It was so fast. Poor bastard had no chance man. It was just, yes, it was like Jason Bourne shit but it was so fast. And there was no one shaking any camera. Like, this guy did real life shaky camera Jason Bourne shit to someone. In a perfectly legal situation. I was like, 'Yo, what the hell was that?' And he said it was pencak silat. I'm like, 'What the hell is pencak silat?' He's like, it's this Indonesian or Malaysian martial art, and you can learn it from-, And then I was like, 'Who taught you?' 'Oh, a guy called Steve.' I'm like, fuck off. But then we meet these people who train silat. I go into, I've always been into one martial art or the another, since childhood, because I was diagnosed with ADHD when I was really young. And asthma, right. And a good way to work with both issues was to channel my mind and stuff into martial arts.

So I've always had an acute fixation with martial arts and movement and stuff. So with him, we trained with this guy. So this guy immersed himself in Indo-Malaysian culture. So we had the food, we were learning the culture, the traditional-, all of it. And we discovered so many amazing dishes. My Mum asked why I like Indo-Malaysian food. I'm like, it tastes like Chinese food cooked by a Nigerian. The kinds of spaces and flavours. And, yes, that's how I discovered, you know, they have a dish that's like jollof rice, called nasi goreng. Yes, they've got like char kway teow, or a flat noodle which is a lot like a



Pad Thai. Yes, so they've got their own version of that and it's just so cool. So much interesting stuff and there are a lot of similarities between their food, our food and Filipino food.

James Acaster

And if you hadn't seen someone get beaten up you wouldn't have-

Nabil Abdulrashid

I never said he was beaten up.

Ed Gamble

You said he did some weird shit.

Nabil Abdulrashid

Yes, that could have been sexual.

James Acaster

Well that sounds like a great bread course. I love it.

Ed Gamble

Yes. So what's the little bowl of curry that's coming with it?

Nabil Abdulrashid

So curry I am, I can actually make a decent curry I am, you know. But, like, a lot of the time you have it as a starter or just as a side if there's no meat in it, but the sauce itself, mainly it's from chilli paste, tamarind, coconut milk, onion. They would normally shred a bunch of onion, garlic, galangal which is this weird, almost bastardised ginger and garlic combination thing that smells amazing. They make that into a paste, fry it, add in your chilli, add in your onions, curry leaves. Then they have a special curry powder that they make, which is a pain in the arse to make yourself so you might as well just buy it from the supermarket. They throw in some palm sugar, coconut milk. Cook it just until it congeals a little bit, you can see a bit of oil separating and, like, a lot of the time they can make it with fish, chicken or curry and it's very unique to most curries. Like, most curries are a savoury affair but the Indo-Malay curries have, like, a nutty sweetness to them as well as spicy and it's just amazing.

If you're someone that doesn't want to have, because like, Indian food, Indian curries are great but they can be heavy on the belly. But Indo-Malaysian curries for some strange reason just don't have the same effect on your gut and I think it's because they don't use ghee and stuff. Because, like, I think the Majapahit empire passed through that part of Asia and they brought their Indian influences of food but then the Chinese influences also, kind of, remained as well so it's like a marriage of the two. But each country you go to in that golden triangle area they have a different ratio of, like, indigenous, Indian, Chinese so, like, in Malaysia and Indonesia there's still, like, a very strong Chinese element but then as you go further down, some parts of these countries, it's a much more Indian. The Philippines it's more indigenous but there are still elements so yes. Sorry, I love food.



Ed Gamble

No, this is great. We've got a foodie in the house.

James Acaster

That sounds delicious and I never knew everything you just said so-

Nabil Abdulrashid

Broccoli's man. Also, if you want to try good Indonesian, Indo-Malaysian food, Rasa Sayang, which is literally a straight line from Soho Theatre. It's in Chinatown. Amazing.

Ed Gamble

Great.

James Acaster

Oh, great.

Ed Gamble

Or Uncle Lim's in Croydon.

James Acaster

Your dream starter.

Nabil Abdulrashid

My dream starter. Okay, now because I'm homesick because my mum's just come over from Nigeria. I grew up in Northern Nigeria in a place called Kaduna from the word 'kada' in my language, which means crocodile. Kaduna means loads of crocodiles because apparently before human beings, kind of, settled there it was just crocodiles and we lived near a river. And Nigeria itself is named after rivers so there's the river Niger and you-know-who came over and drew a line around this river and called it the Niger Area and then they couldn't be bothered to give us a proper name so just called Nigeria. And where, near one of the rivers, the offshoots from there called river Kaduna, which again, river with loads of crocodiles. So we love seafood and we love barbecue so to start off the meal I would say, we do this thing called Balangu. Now, it's not goo at all. If you drive down the streets of northern Nigeria you will find people, like, roasting a whole lamb or a whole sheep or a whole goat and it's roasted in a very specific way, smoked for hours, and then you pick what part you want and they slice it off into a newspaper. You have to get it in newspaper, on a plate it's just not the same and then they sprinkle a special chili powder on it called byadgi and give you, like, some salad and red onions on the side and now there's a special, I don't know whether to call it bread or cake that you can have with it called waina or masa, the different words you can use for it and it's made from fermented yoghurt and rice paste, yeast and a bit of sugar and then it's cooked in, like, it almost looks like the sort of thing you make cupcakes in. Like, you cook it over a fire and it's a little bit crunchy on the outside but super soft on the inside. You can make it for meat dishes. It's slightly different and then you can also have it with savoury dishes. Stews and soups and stuff. So what they'll do is they'll get those little rice cakes. They look like crumpets. They look like crumpets but they're whiter. They just cut them into squares and



sprinkle it over your Balangu and your chillies and that is perfect starter. And you can have fish Balangu and there's also something called suya. I'm sure you've had Nigerians on here before.

Ed Gamble

Yes, we've spoken about suya before.

Nabil Abdulrashid

Well if they're not from the north, what they call suya is fake because we created it, right? Everyone bites our culture but they don't like-, so traditional suya, it has to be made with a marinade made from nuts and beans and paste and the oil. So they're like, 'Oh, you guys use so many nuts in your cooking in Nigeria, what about Nigerians who have nut allergies?' 'They're extinct.' Culinary Darwinism. They're extinct but you must try it, honestly. Suya and Balangu normally would be sold side by side so suya is meat on sticks and then you'll have, like, a whole fish and we have, like, 'I surrender,' chicken, which is basically chicken that's like this. We call it, 'I surrender,' or 'I swear to God.' And you grill it and it gets cut up. You have, like, a little mixed grill situation and that is the perfect starter.

James Acaster

Are you having just the lamb or the lamb and the chicken and the fish, or?

Nabil Abdulrashid

I mean, I'm assuming we're having this meal together.

Ed Gamble

We can do.

James Acaster

Yes, we can do if that's the dream.

Nabil Abdulrashid

Meals are best shared. I don't like eating by myself so I would say I would get that and a mixture of different things so we can try it because even the offal in the cow is, or the goat or whatever is grilled the same way. A lot of people are like, 'Ugh, I would never eat intestine.' But then you actually try it and it's like, 'Oh, actually, that's not bad.' And besides, it's in sausages and stuff, so.

James Acaster

You should eat the whole animal. If you're going to-, you know.

Nabil Abdulrashid

I'm a big believer in that. In fact, I went back home on Eid and so we have a traditional-, we have a salter net in northern Nigeria and they stretch back, like, even around the time of the Ottoman empire, they never interfered. They respected our emirate, so, like, we're predominantly Muslim, like, 90-something percent Muslim in the north. I think we're the last people to hold our traditional rulership. All of the invaders that came to Nigeria could not destroy the empire. It stretched from northern Nigeria to Ghana, to Sudan, parts of Morocco, like, really, really huge empire. So I speak the widest spoken



language in West Africa, second widest spoken language in Africa. There is actually a BBC host service in my language, Hausa. Yes, so we had sultans and emirs who ruled over us in traditional rule, and the English could not get them out of traditional rule or make us stop practising our faith. So they had to compromise with the north and say, 'Okay, look. We'll rule you guys indirectly because we're tired of fighting. How about that?' And we're like, 'Okay, fine because we're tired of dying.' And so they still maintained that role, so even though there's a democracy in Nigeria, our traditional rulers still have some level of power in the north. And every year we have, like, a legendary king who went on this battle and he took out all of the corrupt rulers in the north. He went by horseback with a bunch of his relatives and they cleaned the North of despotic rulers. Wish he'd come back and do it again.

Every year on Eid they re-enact this legendary mission he went on and his descendants sit down in chairs and the best horse riders do it, they charge toward the royal family and stop within feet and the king never flinches, never moves. It's this, like, big thing and then my grandfather was our second ever high commissioner to the UK and he nearly got killed in a coup but because he grew up with the guy who was king at that time, long before he became king, that king lied and said that my grandfather was part of the royal family so you can't, you know, you can execute democratic rulers but you cannot touch royalty. So they let my granddad go even though he wasn't, so as a mark of thanks, until this king now has passed away. But up until his death we would go every Eid to visit him. I've actually, I can actually show you a picture of me and him but we would go to say thank you. I'd go with my mum and then they'd give us, like, a ram or a goat or something to slaughter for Eid. And this last trip I went on with my mum we got given a ram and I named him Rambro and, you know, there's this thing that rams do where they stomp their feet on the floor and point their head to challenge to you and, like, this guy kept trying to escape from the boot so, like, we went back and he'd untied himself somehow and then he, like, challenged me to a duel. I didn't oblige.

We tied him back up. We stuck him in the boot and when we got back home we fed him and fattened him up for, like, a week before, you know, the inevitable. I had a bond with this animal and I feel like if you can't kill an animal you shouldn't eat one and waste not, you know, so we used the skin to make a rug. We used different ligaments for string instruments and things. There are people that come and collect it. Everything, everything from the animal had to be used and you know what? Out of respect, I made sure I seasoned him properly when I cooked him, so at least I could, you know-, but I'm like 'Oh my god, I could never, like, I saw an animal,' or, like, they see fish, they go to these places where they get live fish and they can't eat the fish. To me, that's hypocrisy. You should be able to, you know. Because if everything went to pan tomorrow, you know, eventually Tesco and stuff would be empty. You'd have to hunt and kill your own meat.

James Acaster

You said the chicken is surrendering.

Nabil Abdulrashid

Exactly.

James Acaster

Are all of the other animals in that position when they're on the side of the road? Flippers on the fish-,



Nabil Abdulrashid

Well, actually, I'll tell you what. The ram's upside down so it's, kind of, like a-

James Acaster

Yes. Yes. That's proper surrender. If you were in a war and you were like, 'Come out of here.' And they came out standing on their hands with their legs in the air I'd go, 'Yes, they're proper surrendering, those guys.'

Ed Gamble

Yes. You'd think that's a plan?

James Acaster

Yes.

Nabil Abdulrashid

If you had a road rage incident and the guy got out of the car doing a handstand, especially in Brazil because they've got, like, the- I'm getting back in my car.

Ed Gamble

If it was that guy you used to work with and he got on his hands, you'd be like, 'No way. That guy's about to kill me or fuck me.' But I'm not even going to know because it's so quick.

James Acaster

Your dream main course.

Nabil Abdulrashid

My dream main course, okay. There are so many runners up. I was thinking ofada rice, is one. I don't know if you've ever had that?

James Acaster

No.

Ed Gamble

No.

Nabil Abdulrashid

It's a special grain of rice grown in Nigeria but there's a story behind it, so, like, a lot of soldiers were deployed in World War 2 from Nigeria. I say 'deployed,' forced, well, you know, they were convinced to go fight for Queen and country. They were deployed to Burma. My great uncle was one such person. He was deployed in Burma and he had a lot of funny stories there. Apparently he got married out there and then-, anyway, so a lot of people lived out there and learned how to grow certain crops, and they came back with a species of rice from Burma and they crossed it with Nigerian rice. And one of the breeds of rice that exists now is ofada rice, which is a distinctly pungent rice and it's very heavy. So, like, a kg of ofada rice looks a lot smaller than a kg of regular rice and it takes a lot longer to boil, but it's



supposedly something a hipster would call a superfood. You know, like, it's packed with all kinds of nutrients and stuff, but the Nigerian army brought it back and we eat it with a stew called Ayamase or designer stew, which is made from an ungodly amount of chillies, like scotch bonnet. Like, Nigerian food is hot. I'm sure you realise that but this is food so hot that even most Nigerians think 'Yes, you can only have that, like, once in a month or something.' Like, it's super hot. So you make a stock from goat meat, put it aside and then you blend about six green bell peppers, about six red onions and about fourteen or fifteen scotch bonnet chillies-

Ed Gamble

Oh my god.

Nabil Abdulrashid

Some ginger, some garlic. You then fry it in palm oil and, of course, ethically sourced palm oil because in Nigeria our palm oil is gained simply. We don't burn orangutans to get it. Please. Thank you. I have to say that because I did Celebrity MasterChef and I used palm oil and someone commented, 'You monster.' I'm like, 'Did you even read where I got the palm oil?' So just to pre-empt that.

Yes, you fry it in palm oil. You probably walk off for a little bit and cry and your life will flash between your eyes. You then add the stock back in. You can roast your meats before you put them in the sauce just to give it a little bit of crunch and you serve it over ofada rice with some fried plantain on the side and traditionally what we would do is we would wrap it in banana leaf for a little bit before opening it and you eat it in the banana leaf.

Ed Gamble

That sounds so good.

Nabil Abdulrashid

So that would have been my main but I thought you guys already had Nigerians here and while that is Nigerian it's not distinctly northern Nigerian so I would go for something northern Nigerian, something distinctly northern Nigerian would be miyan taushe. So miyan means 'sauce of' and taushe is pumpkin and, like, with a lot of Nigerian foods, like how Cajun cooking has a roux, or Jamaicans have green seasoning, we have a thing where we'll blend onions, tomatoes, chillies and so on together. And then what we do is, again, we'll boil a meat of choice, keep the stock and while you're boiling the meat you'll also boil a pumpkin, carve out the insides and you fry your sauces in your oil, add in the mash from the pumpkin and then very, very specific raw, organic peanut butter that we make, where you add it in and toss your meats in and we can eat that with ground rice. Have you ever had ground rice or seen it?

Ed Gamble

I don't think I have.

Nabil Abdulrashid

It's kind of, like, you know how you've got mashed potatoes and stuff?



James Acaster

Mhm.

Nabil Abdulrashid

So we have similar concepts in Nigeria where we can do it with rice. We can do it with yam, plantains. General term, you can call it swallow or fufu, and you can use your hands to eat it so we have those in the north. We can make it from rice. We can make it from maize, flour, semolina. Pick your poison really and we would eat something like that with miyan taushe, and it's a sweet, nutty, spicy dish. It's amazing. Last time I went home, like, aunties kept on sending it. My wife did not complain. You know, honestly it's amazing and also you have to have a bit of spinach or kale in there as well. Once it's done, you just put a bunch of spinach in there and it wilts and it's a delicious dish, man.

Ed Gamble

Sounds so.

James Acaster

I've never heard of that before.

Ed Gamble

Yes.

James Acaster

We haven't had that. You're right that we haven't had that. I don't know if we had ofada rice before. Maybe we hadn't but we definitely haven't had miyan taushe before.

Ed Gamble

Yes.

Nabil Abdulrashid

I wish there was a way I could describe how it tastes because it's so good and it's so different.

Ed Gamble

Yes, the pumpkin and peanut butter in there. That sounds so good.

James Acaster

That sounds like the kind of thing you'd buy from Marks and Spencer, Ed.

Ed Gamble

I was just thinking, 'I wonder if Marks' do it.'

James Acaster

I tell you what, I've walked through places like Waitrose and Marks and Spencer and I'm like, 'Do you know what? Posh white folk do eat a lot like Africans, though.' Because I saw a container of goose fat



and I'm like, 'We use fats as well, as a replacement for oil and things like that,' so I'm like, 'Hey, I guess we're not so different after all.'

James Acaster

Your dream side dish.

Nabil Abdulrashid

Has anyone here mentioned moi moi to you before?

James Acaster

No.

Ed Gamble

No.

Nabil Abdulrashid

Really?

Ed Gamble

No, I don't think so.

Nabil Abdulrashid

You've had Nigerians on here and they haven't mentioned moi moi?

James Acaster

I don't think they have.

Nabil Abdulrashid

Bunch of plastic Nigerians. What the hell, man. would somehow talk about jollof. I'm not even going to talk about jollof-,

Ed Gamble

We often get bogged down in the jollof wars.

James Acaster

In the Ghanaian versus Nigerian jollof-,

Nabil Abdulrashid

Silly. The kind of Nigerians and the kind of Ghanaians that argue about that stuff would need Google Maps to find their way around if they went back home, is all I'm saying. That is the most basic aspect of our cuisine. The most basic, like, it's bloody rice, bro. I mean, and the thing is neither of us invented it. Senegal did but you know how stupid we must look to Senegalese people? 'Our version of this Senegalese dish-', 'Shut up, man.' Honestly, I love jollof rice, right, but it's African food 101. Like, if I had the friend that I'm not sure of ,but he's invited to the cook-out but I'm still not quite sure, I would give him



jollof. That's the most basic African dish right next to white rice and stew. It's just basic and when I think you're levels, then I might introduce some pounded yam and egusi soup or, you know, something like that. But jollof? That's like arguing about who makes fish and chips better. It's the most basic dish, I mean, it's good. It's better than all of the rice dishes. Even Ghanaian jollof rice is better than 90% of rice dishes. Ghanaian jollof rice is brilliant. It tastes almost like the real thing. But, also it's the style to who cooks it, you know, and plus Nigeria we've got 300 tribes, everybody makes it different. I would say ours is the best because we are the closest to the originators, the Senegalese, culturally we're very similar to them.

But then, there's people from my tribe in Ghana too. So, yes, I make fun of Ghana because it's a national requirement, but honestly I have no problem it's fine, Jollof. But, yes, moi moi is a good side dish, or Akara similar thing. So, you get beans ground into a paste, and you can get put in like a boiled egg in there, or whatever you want in the paste, put it in a mould, and steam it, and it comes out like this really high protein bean cake type thing. Or, you can fry them and it becomes like buns, but made from beans. And, in Brazil they're eaten as well, and they're called Acarajé, but you have to go to Bahia in northern Brazil because, you know, a few hundred years ago a bunch of West Africans were dicking there on work experience, and it was quite an experience and lots of work. And, yes, but like a lot of traditional Nigerian cuisine, or West African cuisine, can be found in Brazil, even other parts of South America. I think, other parts South Americans have something called Tamales, and again, it's a very similar sort of thing. So, again, you could boil it in a mould, or if you want to be super traditional banana leaves, you boil them on the side. Thing is, if you eat all these things in combination you're going to fart yourself into orbit, like. I mean, no I don't want to.

Ed Gamble

If you're eating this meal you want to make sure you're not doing anything for the rest of the day right? You can't-

Nabil Abdulrashid

Okay, I'm going to ask a question right, I don't do toilet humour.

James Acaster

Sure.

Nabil Abdulrashid

But, I just want to know if it's only me, have you ever farted so hard that it pushed your balls?

James Acaster

Pushed them where?

Nabil Abdulrashid

Like, you're sitting down, and like because you're sitting down your gas kind of like has pushed your balls.



James Acaster

I mean I've not noticed that, but.

Nabil Abdulrashid

You've never done a ball tickler fart?

Ed Gamble

I've probably done a tickler, but I've not pushed-,

Nabil Abdulrashid

No, like, I didn't even push, the fart came out, there was so much power. Have you watched Dragon Ball Z?

Ed Gamble

I've not seen much Dragon Ball Z.

Nabil Abdulrashid

You know about the spirit bomb?

James Acaster

I don't know about the spirit bomb.

Ed Gamble

I don't- but I think I know where you're going with it. But, I think I've probably felt the fart on my balls.

Nabil Abdulrashid

But, it didn't push?

Ed Gamble

It didn't move the balls, if you see what I mean? Is that what happens in Dragon Ball Z?

Nabil Abdulrashid

No.

James Acaster

Is they fart and push each other's balls around?

Nabil Abdulrashid

I mean, maybe off camera. But, you have like these massive fireball things that they-, it was like of farts, like I had to stop what I was doing and take a few minutes to just collect myself.

James Acaster

And, had you been eating moi moi is that what has done it?



Nabil Abdulrashid

Yes.

James Acaster

Your dream drink?

Nabil Abdulrashid

This is tough, my wife's already probably angry with me because I've not put in anything from her culture. But, there's one thing of hers that-, so, there's three runners up right, there's a drink called Zobo, and it's made from boiled hibiscus leaves, like dry, really dry from the hibiscus flower, boiled with ginger, cloves, cinnamon and some other shit. And it's boiled until the colour's extracted into the water, and then you add a bit of sugar and maybe some vanilla flavouring, and once chilled, that drink is probably one of the best things I have ever tasted in my life. Right, like, I don't do alcohol I've never tasted alcohol in my life, but if that drink was intoxicating I'd be Barney Gumble, like, it's that good. So, there's that, then there's a Nigerian Chapman drink which until today nobody's sure exactly how it's made, and it was around for a specific period, only one restaurant anywhere outside of Nigeria makes it and it's called Enish.

Ed Gamble

Yes, we've heard about that on the podcast before.

Nabil Abdulrashid

Yes, I'm convinced that there's like a witch doctor there who just opens up a portal and it bleeds into a jug, because honestly I don't even know how to describe, it's like we would try and make our own, we'll try and mix like Fanta and Coke and then put some Grenadine in it or something, and lemon. But, like, cucumber all I know is that cucumber is an essential part of that drink, yes Nigerian Chapman, and obviously non-alcoholic version I know there's an alcoholic version. Nigerian Chapman is another drink so good, that I'm convinced it must be really bad for you, because there's no way God will allow such a thing to exist, and taste that nice and it's harmless. It probably shaves years off your life, I don't know what it is, I don't know, but it's really good so there's that. Then there's Mango Lassi which is, you know, anyone who's ever stumbled into an Indian restaurant at some point and asked for something to help with the spiciness of their food knows about Lassi, and that drink's amazing, and it's also great for your bowels.

James Acaster

Yes?

Nabil Abdulrashid

Yes, it's fantastic.

James Acaster

Why are you looking at Benito for 5 minutes, and nodded?



Nabil Abdulrashid

He looks constipated.

James Acaster

Yes, little tip for you, there's nothing coming out of there his balls haven't moved in years.

Ed Gamble

His balls haven't moved in years.

James Acaster

No, stationary.

Nabil Abdulrashid

Don't worry, might be saving it up for that one day, one day.

Ed Gamble

Nigerian wedding day.

Nabil Abdulrashid

So, yes, those three things, or just apple juice man, I love apple juice. It's amazing.

James Acaster

Yes, it is amazing.

Nabil Abdulrashid

Anyone who doesn't like apple juice is a psychopath.

Ed Gamble

You had apple juice yesterday when we went for lunch.

James Acaster

Yes, and you didn't comment on that.

Nabil Abdulrashid

I knew there had to be something about you I'd like.

James Acaster

I ordered apple juice twice and I expected Ed to make fun of me for it, but it didn't happen.

Ed Gamble

Yes, but it was a nice place and I felt like they probably did apple juice really well, it wasn't like-



James Acaster

Yes, they were freshly juiced.

Ed Gamble

Yes, freshly juiced.

Nabil Abdulrashid

Have you ever had Guaraná?

Ed Gamble

No, didn't they put that in Boost bars once?

James Acaster

Yes, they did.

Nabil Abdulrashid

So, weird story there was this guy in Nigeria, again, I think he was a corrupt politician or some shit. But he was married to a Brazilian woman, and so she opened up this business in Nigeria, and she just imported loads of Brazilian stuff over, and for some strange reason there was this drink, like, the equivalent of a Fanta but made with Guaraná called Brahma Guaraná. And it was nuts, it was a big part of my childhood, like, the drink, and I never even knew it was Brazilian until one day when I walked past a Brazilian supermarket. Because like I live in Croydon and we have a huge population of Brazilians. And, I walked past and I was like, 'Oh shit.' And, I saw all these things from my childhood, and I was like, 'I didn't even know all this stuff was Brazilian.' That being said, like growing up there's a huge Lebanese influence in the North, so like we have a lot of Lebanese Nigerians, probably Palestinian ethnically but have a Lebanese passport, and they moved to Nigeria when I was like a kid. And, growing up there was so many I didn't know Lebanon was another country, I just thought Lebanese were a tribe of Nigeria. So, like there's a Nigerian shawarma which is different from a regular Lebanese shawarma, yes. So, there's a whole bunch of like, that's like a sub-set of Nigerian cuisine that no-one even really talks about outside of Nigeria. But, like yes there's Lebanese Nigerian food.

James Acaster

Sorry, which drink have you settled on here, which is the dream drink?

Nabil Abdulrashid

I was going to go with apple juice, but you had it yesterday, so.

James Acaster

You won't choose apple juice because I had it yesterday?

Nabil Abdulrashid

You know like when someone moves into the neighbourhood and you're like, 'There goes-,'



James Acaster

I've ruined apple juice for you?

Nabil Abdulrashid

Yes, I thought I was the only one that liked it.

Ed Gamble

Spoiled it, man.

Nabil Abdulrashid

No, no, if I say I like it, it sounds like I'm having it because he had it.

Ed Gamble

No, but you had mentioned apple juice before I brought up that he had it yesterday.

Nabil Abdulrashid

People listening don't know that, they might think that we agreed to promote apple juice. I think I'll go with the first one, the sorrel drink, the hibiscus leaf drink.

James Acaster

Yes, the way you described that saying it's one of the best things you've ever tasted, I mean, it's got to be. So, there's a bit in all the different drinks you were listing that I think a lot of our listeners who have been listening for a long time, will listen to and they'll go, 'Why didn't they pick him up on that?' And I'll tell you why.

Ed Gamble

Oh yes, okay, that's interesting.

James Acaster

So when you said Mango Lassi a lot of them will be listening and going, 'Now Krishnane Guru-Murthy came on the podcast, told these guys it's pronounced Lussi, ever since then they've pronounced it Mango Lussi, why are they not picking Nabil up on this?' It's because Nabil is very knowledgeable about loads of things, so I'm assuming that-

Ed Gamble

Turns out you've been getting it wrong again.

James Acaster

That I've been getting it wrong, because the news reader here cannot know as much as Nabil does.

Nabil Abdulrashid

I'll tell you where he's saying Lussi, I know it's Lussi. But, to be fair, I'm sure there's a whole bunch of stuff from my culture Krishnan Guru-Murthy can't say, so fuck him. You know.



Ed Gamble

Finally, this is the feud that people have been waiting for Nabil Abdurashid versus Krishnan Guru-Murthy.

Nabil Abdurashid

If he can say roti canai , Miyan Taushe right, then okay I'll call it Lussi, but until then I'll call it's Lassi biatch, just like the dog.

James Acaster

Dream dessert?

Nabil Abdurashid

Close second is Fura Da Nono, which is for us steamed millet mixed with fresh sour cream, yoghurt and brown sugar and left to chill. And so we have these, there's a tribe called Fulani people, there's loads in West Nigeria, Guinea-Bissau, Guinea-Conakry and all of that. But you can even find them as far across Africa as in the east, in Somalia right? And they're mainly cattle rearers like most nomads and like those that still practice the nomadic stuff, you see some, they walk down the street and they have these Calabashes, so a big wooden bowl. And it's a bowl within a bowl within a bowl and they carry it on their heads in the summer and I remember as a kid you'd stop them and you'd ask for some Fura and somehow they did it in such a way that it was insulated, so it was cold, but there was no technology. It was just the wood and some cloth and stuff and they would put like a little bit of the millet, they'd mash it and then they'd pour the cream and yoghurt into it and you'd have it in the summer and it was so good. Millet, especially when it fermented for a little bit had this lethargic effect on you. It was really relaxing and it was sweet and sour, but it was a dessert. It was almost like imagine the same texture as-, not even a rice pudding because there was liquid in there and there was a bit of solid chewiness to it, but not like tapioca balls. I don't know how to explain it, but it was good, it was really good.

Ed Gamble

It's obviously sweet because it's got the brown sugar in it?

Nabil Abdurashid

Yes.

Ed Gamble

But is that a girl's sweet, or can boys have that one too?

Nabil Abdurashid

No it's a manly sweet.

Ed Gamble

It's a manly sweet.



Nabil Abdulrashid

Because it's got spiciness to it as well.

Ed Gamble

Oh nice.

James Acaster

Yes.

Nabil Abdulrashid

So that's one of the few sweet things that you could have and no one could call you any names, like that I was, yes.

Ed Gamble

Because it's got a bit of spice to it?

Nabil Abdulrashid

Yes.

Ed Gamble

Yes.

Nabil Abdulrashid

Love to suffer a little bit.

Ed Gamble

Yes. It makes you strong, it's a dessert that makes you strong, yes.

James Acaster

Yes, makes you strong.

Nabil Abdulrashid

It makes you strong. It makes you strong. So there's that, or my wife, her auntie makes a dessert that's-, I think it's a Pakistani style bread pudding called Shahi Tukray, and I don't know how it's made, I have no clue. It's one of those things that I think it's better I don't know, and again, it's one of those things that probably if you have four in a week, it will kill you and they taste that good.

James Acaster

Four?

Nabil Abdulrashid

Yes, I know. Stuff that tastes that good can't be good for you.



James Acaster

No, yes.

Nabil Abdulrashid

Just it can't.

Ed Gamble

You said four there, so that must mean that one week you had three?

Nabil Abdulrashid

Yes, and I'm just glad to make it out alive, it just felt too good, bro. I must be sinning somehow, this is too good. Sweet, cinnamony, bready.

Ed Gamble

Oh yes.

Nabil Abdulrashid

Yes it's fantastic.

James Acaster

Did you have anything on that? Custard or anything? Or any sort of?

Nabil Abdulrashid

There's some kind of yellow stuff on it, I don't know whether it's custard, I don't know whether it's just flipping condensed-, I don't know what it is. There's like, they had you know the dried rose petal thing that is in a lot of South Asian desserts?

James Acaster

Yes.

Nabil Abdulrashid

And yes, I don't know what the hell that stuff was man, but it was good.

Ed Gamble

I love how obviously knowledgeable you are about like Northern Nigerian cuisine and you know everything that goes into it and how to cook it and this thing was so good that you're like, 'Don't tell me anything, I don't want any knowledge.'

Nabil Abdulrashid

And also because it's a dessert and you know, I can't know how to make it because-,

Ed Gamble

Yes, it's got rose petals on it for god's sake.



James Acaster

Yes, yes you are. You're lucky that you're eating that in Croydon. If the news gets back home.

Nabil Abdulrashid

I'm finished, ex-communicated, I'd have to get a Guinean passport.

Ed Gamble

So which one did we decide on?

Nabil Abdulrashid

I think the second.

Ed Gamble

Yes, yes.

Nabil Abdulrashid

It's just because I don't want my wife being angry with me for not representing.

Ed Gamble

Yes.

James Acaster

You're representing your whole life here.

Nabil Abdulrashid

Yes.

James Acaster

You as a person across the board. Yes, yes, no Ed's very much looking forward to this.

Ed Gamble

I'm very excited now Nabil because this is the part where James reads the menu back.

James Acaster

I'll read you your menu back to you.

Ed Gamble

So James is now going to attempt to remember the pronunciation of everything that you've listed.

Nabil Abdulrashid

Oh this is going to be good.

James Acaster

Right, Nabil's put his hands behind his head, he's reclined in his seat.



Ed Gamble

Like a lamb.

James Acaster

He's ready.

Nabil Abdulrashid

Surrender.

Ed Gamble

Also, let's not forget that he is reading a list that has been written by the great Benito.

James Acaster

Here we go. Still water, poppadums or bread, roti canai with curry lyan, yes? Starter, mixed meat and fish Bolangu with masa bread.

Nabil Abdulrashid

Yes.

James Acaster

Main course, Miyan Taushe with ground rice.

Nabil Abdulrashid

Very good.

James Acaster

Side dish, Moi moi, drink, Zobo, dessert.

Ed Gamble

Oh no.

James Acaster

Shahi Tukray, I did alright.

Ed Gamble

Yes you did, you did really well, but I could feel every time Nabil said a dish, I could almost hear you going over it in your head over and over again, practising how to say it.

James Acaster

It's just like, 'Oh this guy's never had a McDonald's, what's going on?' Come on, I've got to say this stuff.

Nabil Abdulrashid

Actually, have I? In Morocco.



James Acaster

Oh yes.

Nabil Abdulrashid

Because here there aren't any Halal McDonald's.

James Acaster

You had a MarocDonald's.

Nabil Abdulrashid

I held you in high esteem until now.

James Acaster

Oh yes because you did the pun earlier.

Ed Gamble

Yes we all laughed at fucking Rambro.

James Acaster

That's great.

Ed Gamble

You know some people get away with it.

James Acaster

Rambro's brilliant.

Ed Gamble

Nabil, that menu sounds absolutely amazing.

James Acaster

Sounds incredible.

Ed Gamble

Like quite often there's things that me and James are like, 'Oh we'd like to try that.' But these are things I didn't know existed and I can't wait to try them.

James Acaster

I'd eat every single bit of that.

Nabil Abdulrashid

If you'd like to give any of this stuff a try, there's a place called Baba Foundation in Norbury and he actually is a Hausa man like me, so he's from the north of Nigeria. And especially when it comes to our BBQ stuff, he does it all including grilled pheasant.



Ed Gamble

Oh wow, yes I'm doing that, wow Baba Foundation. Thank you so much Nabil.

Nabil Abdulrashid

Thank you for having me.

James Acaster

Thank you Nabil.

Ed Gamble

Thanks so much to Nabil for coming into the dream restaurant.

James Acaster

Thank you Nabil.

Ed Gamble

That was an amazing episode.

James Acaster

It was an education, it was hilarious.

Ed Gamble

Yes. We barely had to do any work.

James Acaster

Yes thank you for that Nabil.

Ed Gamble

Yes. Just honestly, just completely enraptured by him, just sat there, let him tell us history about Northern Nigeria, about the food from that area and then just laughing and laughing and laughing.

James Acaster

Yes, the debt collecting that was funny.

Ed Gamble

Yes, that was good.

James Acaster

I had a great time.

Ed Gamble

Yes, loved it, absolutely loved it and also very happy he didn't say the secret ingredient, purple carrots James.



James Acaster

Which Benito pointed out, he probably would definitely not pick that because people may count that carrots aren't meant to be orange anyway and that that's man-made.

Ed Gamble

Yes.

James Acaster

And the purple ones are how they're meant to look, so Nabil probably would not trust the orange carrots anyway, would prefer the purples ones.

Ed Gamble

And you know the word 'orange,' James, for the fruit and we use it for the colour. The colour is named after the fruit, which is named after a man.

James Acaster

What?

Ed Gamble

Yes.

James Acaster

Jason Orange? Wow.

Ed Gamble

The fruit was created for, I think it was William of Orange or one of those guys. So they called it the orange and then that colour we know call orange because of the fruit because of the guy.

James Acaster

That's crazy.

Ed Gamble

Yes and I'm sure I'm wrong and someone get in contact and tell me.

James Acaster

Do you know what else I just thought?

Ed Gamble

What?

James Acaster

Jason Orange yes?



Ed Gamble

Yes.

James Acaster

I never met or heard of anyone else with the surname orange, is it just him?

Ed Gamble

William of orange.

James Acaster

That's of, William of Orange, but like Jason Orange, I've never met anyone else, 'Hello my name's Barbara Orange.'

Ed Gamble

Yes I guess his family.

James Acaster

Yes, but where are they? I've never heard of them.

Ed Gamble

Yes, but you're not going to have heard of them because they're not famous, but I'm sure his family, the Orange's.

James Acaster

I've never even heard him talk about.

Ed Gamble

Yes that's true.

James Acaster

I think it might just be him.

Ed Gamble

Yes. Why don't we get him on and ask?

James Acaster

I'd happily get Jason Orange on the podcast.

Ed Gamble

We know what the secret ingredient will be.

James Acaster

An orange.



Ed Gamble

Don't forget Nabil is on tour, the purple pill, go and see that show, it will be absolutely brilliant. Check our his website and social media for details. Come and see me on tour, Hot Diggity Dog, EdGamble.co.uk. Buy my book, Glutton, The Multi-Course Life of a Very Greedy Boy. Anything you want to plug James?

James Acaster

When's this going out? New Year? Happy New Year everyone. I guess I'll plug my audio sitcom, Springleaf.

Ed Gamble

Yes.

James Acaster

My album, Party Gator Purgatory by Temps. My book, James Acaster's guide to quitting social media. Going to go on tour in the new year. As of recording, not sold out yet, Hacklers welcome.

Ed Gamble

We're too busy man, why are we doing that?

James Acaster

Too talented, too god damn talented.

Ed Gamble

Yes that's true, apart from with our diaries.

James Acaster

Yes, not very talented with them.

Ed Gamble

We will see you next week in the dream restaurant.

James Acaster

See you next week in the dream restaurant.

Ed Gamble

Love you.

James Acaster

Love you.