



Off Menu – Ep276 – Emily Campbell

Ed Gamble

Welcome to the Off Menu podcast, taking the Weetabix of conversation.

James Acaster

Yes.

Ed Gamble

Pouring over the cold milk of chat and sprinkling on the raisins of humour.

James Acaster

Raisins, oh yes, very nice way to have your Weetabix, this morning-,

Ed Gamble

Paul Foot.

James Acaster

This morning, I didn't have my usual supplies for my Weetabix, so I went with dried mango and grapes.

Ed Gamble

Hello.

James Acaster

Not really the best combo, the grapes actually were very weird.

Ed Gamble

Well, the grapes are juicy and the dried mango is chewy.

James Acaster

Yes, yes.

Ed Gamble

So, you've gone through a wild variety of textures.

James Acaster

It wasn't what I'd usually go for, I just went for what was in the kitchen, 'Oh, I've got those to-hand, I'll have them,' but yes, I think you go one or the other on those really.

Ed Gamble

Yes, I think so.



James Acaster

I should have done that.

Ed Gamble

I think it'd be grapes for me.

James Acaster

Yes, well, I don't know, like, yes, anyway. That's Ed Gamble, my name is James Acaster. Together, we own a dream restaurant and every single week, we invite a guest in and their favourite ever starter, main course, dessert, side dish and drink, not in that order, and this week, our guest is Emily Campbell.

Ed Gamble

Emily Campbell, if you watch the Olympics, you will know Emily Campbell. She is a medal-winning weight-lifter.

James Acaster

Phenomenal.

Ed Gamble

Phenomenal, absolutely incredible, she's won medals in the last two Olympics. She is so fantastic. I've met Emily before on the show Great British Menu. She loves talking about food. She's great fun. I can't wait for this episode.

James Acaster

Yes, very excited. Is this our first Olympian?

Ed Gamble

Yes, I believe it is our first Olympian, James.

James Acaster

Very excited.

Ed Gamble

Hopefully not our last.

James Acaster

Not our last, please, if any other Olympians are listening, we want to-,

Ed Gamble

Not any other.

James Acaster

Huh?



Ed Gamble

Not any other, they've got to be a laugh as well.

James Acaster

Yes, you've got to be a laugh, yes, very important.

Ed Gamble

The skateboarders or something.

James Acaster

Skateboarders are cool, yes.

Ed Gamble

No, hopefully, some more Olympians to come but so excited to have Emily on.

James Acaster

Yes, really excited and, look, even though we're excited as possibly two little boys can be, we will kick Emily out of the dream restaurant if she chooses a secret ingredient, an ingredient which we deem to be unacceptable, and this week, the secret ingredient is?

Ed Gamble

Cream of chicken Campbell's soup.

James Acaster

Cream of chicken Campbell's soup.

Ed Gamble

Campbell's, Emily Campbell, but we've already done Campbell's soup because it was Babatunde Aléshé's secret ingredient because he was wearing the Off Menu Campbell's soup t-shirt.

James Acaster

You'd think it would have been Sam Campbell's secret ingredient, it wasn't-

Ed Gamble

Too late, already had it for Babatunde.

James Acaster

Yes but then, apparently, we're okay reusing it now.

Ed Gamble

Yes.



James Acaster

We should have done it for Sam and done a specific flavour and then done a different specific flavour for Emily, and then everyone who's called Campbell, we should have always done a different flavour of Campbell's soup.

Ed Gamble

Yes.

James Acaster

Which we're going to do from now on.

Ed Gamble

Yes, so watch out, Alastair.

James Acaster

Alastair, Bruce.

Ed Gamble

There are so many Campbells we've still got to have on.

James Acaster

There are two, yes, any others?

Ed Gamble

Yes.

James Acaster

Who?

Ed Gamble

Max Campbell, went to school with him.

James Acaster

Hey, Max Campbell, he's the ultimate Campbell.

Ed Gamble

Yes, Campbell sounds a bit like Gamble, I suppose, as well.

James Acaster

Yes, Campbell and Gamble, were you hanging out together?

Ed Gamble

Yes, we were good mates.



James Acaster

Max Campbell and Ed Gamble.

Ed Gamble

Yes, yes.

James Acaster

Fucking hell, that would have been funny.

Ed Gamble

Many people think Gamble is actually a derivation of Campbell.

James Acaster

I would not have been able to get over that.

Ed Gamble

Campbell and Gamble?

James Acaster

If I went to school with Campbell and Gamble and they were running around, and also Max Campbell and Ed Gamble as well, there's something about those names. Oh man, I would not have been able to get over it. I would have found it so funny.

Ed Gamble

I think he might listen to this as well, so hello.

James Acaster

Look, mate, it's funny and, like, if I ever have to leave this podcast, you know, let's say, I don't know, maybe I'll die before Ed, Max Campbell, you've got to replace me here.

Ed Gamble

Right, shall we get on with the episode now, James?

James Acaster

Yes, yes, yes, enough of our nonsense. We have an Olympian to talk to.

Ed Gamble

Yes. This is the Off Menu menu of Emily Campbell.

Welcome, Emily, to the dream restaurant.

Emily Campbell

Thank you very much, absolutely.



James Acaster

Welcome, Emily Campbell, to the dream restaurant, I've been expecting you for some time.

Emily Campbell

Finally, I heard the queue was long, so I'm glad you finally let me in.

Ed Gamble

Yes.

James Acaster

Well, do you like queuing, hate queues?

Emily Campbell

No, it's a very British thing, isn't it? Really frustrates me, like, I was going on a training camp to Tenerife and everybody's queuing just for the sake of queuing, then they're announcing that the flight's going to leave, so I start going through the queue. Everyone's getting really mad at me. I'm, like, 'Well, you guys can stand here, I'm going to get on the flight that's just about to leave,' and it's just we just queue because we think we should queue. Like, there's actually no real purpose to it. You ask somebody, 'Why are you stood there?' 'I don't actually know, because everyone else was stood there.'

Ed Gamble

No, the flights are the maddest ones as well. They try everything, give you a group number to board. They do it by row number. No matter what they do, everyone's just standing up and queueing. It drives me up the wall.

James Acaster

Yes, stressed as hell.

Ed Gamble

Yes.

James Acaster

Also, if you've not got much luggage, it's really great to just, like, sit there and watch everyone and be, like, 'Look at these idiots.'

Emily Campbell

Yes, oh yes, queuing for a seat that you've paid for is beyond me, it's, like, you've paid for that seat, that is yours, no-one else is taking it. I've been standing there for, like, an hour and I'm like, 'Yes,' I think it's a very British thing, definitely.

James Acaster

I think you should just walk on the plane if you're one of those people who doesn't queue and just sit down, and when the person arrives, be, like, 'I beat you here. You should have been further ahead in the queue. I'm playing by your rules.'



Emily Campbell

Yes, 'Sorry that you're in the window seat, this is my row now.'

James Acaster

Yes.

Ed Gamble

I reckon you can pull that off, Emily.

Emily Campbell

Yes.

Ed Gamble

You could be just show your bronze medal and just be, like, 'Look, I win, it's my seat.'

Emily Campbell

Yes, 'Sorry, this is my seat now.'

James Acaster

Do you put that in your carry-on or do you check it in your luggage?

Ed Gamble

Great question.

James Acaster

I would think, like, that's going to affect the weight, either way, that's a hefty medal.

Emily Campbell

Yes, no, definitely carry-on.

James Acaster

Not that it's a problem for you, you're a weightlifter but, you know, where are you putting it?

Emily Campbell

Yes, no, definitely carry-on because, obviously, you know, you've seen how they throw them suitcases in the bottom and there's just a little fling and you get about 10,000 dents by the time you get your suitcase back, don't you? So yes, keep it with you. There's, like, a trend, where a lot of the athletes put it on underneath something, go through the scanner and obviously it goes off and they go, 'Ooh, sorry,' and then pull it out. It's quite funny, to be fair. I've never done it myself, personally but I've seen it on the Gram.

Ed Gamble

Have you ever tried to get an upgrade by wearing the medal at check-in?



Emily Campbell

No, I did on the way back from Tokyo, which was pretty cool but that was just because, like, they already knew but I do have the rings tattooed on the inside of my arm. So sometimes, you know, it's just a quick fix of the hair or something, do you know what I mean, so it doesn't look too obvious and then they're, like, 'Oh, what do you do?' I'm like, 'Well, it's funny you ask.'

Ed Gamble

Yes but I could do that.

James Acaster

Yes, you get tattoos all the time.

Ed Gamble

Yes, I could just get one and then see it works.

Emily Campbell

That's it, no-one will ever know.

Ed Gamble

Yes but then if they say, 'What sport do you do?' Then I have to make something up.

Emily Campbell

You do, let's get your story straight now then.

Ed Gamble

Yes, so what sport do you think I could say and potentially get away with it?

Emily Campbell

I think you could say equestrian, yes.

Ed Gamble

Okay, the two poshest ones, alright.

James Acaster

I was at King's Cross St Pancras, or just St Pancras actually, you know, they're two rival boroughs.

Ed Gamble

They're not rivals, man, they're not rivals.

James Acaster

What? Oh yes, they're rivals, have you been there? It's nuts, like West Side Story. I was at St Pancras when everyone came back from the Olympics this year and everyone was wearing their medals, and I didn't know it was going to happen. I wasn't there to, like, greet all the athletes or nothing, I'd said goodbye to my friend and sent him off to Kettering, he wasn't even wearing a medal, and then turned



round and all these people with Team GB t-shirts, and I was like, 'Oh, that's cool, people have got the merch.' Then I realised they were also wearing medals. It was all of you had come back on the Eurostar.

Emily Campbell

All of us, yes, I think I might have been in that queue.

James Acaster

I didn't see you.

Emily Campbell

I might have been, yes, yes, another queue for us all to get out.

James Acaster

Yes, what a life.

Emily Campbell

Yes, they make a big thing of it and make you wear-, we had, like, a homecoming Eurostar and, oh, it was all going on. I mean, carriage one was not the most exciting though, we were all so tired that all of us just fell asleep and this guy came up with his guitar and Team GB was, like, 'I don't think you want to go in there because if they beat you up, I can't help you.' So, he just stood at the door and went, 'Okay,' and we just literally were all conked out but apparently, down the rest of the train, they had a great time. They were partying. We saw footage and we were, like, 'Wow, can't believe that was the same train.'

Ed Gamble

What was the craziest carriage? Which athletes, like, throw down hard?

Emily Campbell

I think it was actually the rowers, you know, the rowers were really going for it, the rowers and I think the hockey that were in there as well, yes but they were having a right party, yes. It was all going down, and yes, I just saw it on social media later and I was, like, 'Wow, I didn't know that was the same train.'

James Acaster

Well, the rowers, you know, they never get to see people's faces half the time, so it must be nice just to be in a carriage and partying with everyone, rather than just looking at the back of someone's head and sitting down. It's a pretty boring job.

Emily Campbell

It's a fair point, to be fair, and they all came back as well because they were finished. So, a lot of people came back for the closing ceremony, which, honestly, I wouldn't have bothered, but it was interesting. But yes, a lot of people came back so it was little more of, like, a united front because a lot of people had gone home because they'd finished a week ago or whatever, so they'd gone home. And obviously, because it was only Paris, people just popped back on the Eurostar and came back, so it was a bit of a



bigger crew to go. So, yes, we had quite a homecoming train, which was pretty cool. So yes, you probably got to see a little snippet of that.

James Acaster

Yes, I was very excited, felt like I was watching proper history, everyone coming back. I saw one of the rowers actually having a selfie with someone but she didn't look happy about it, to be fair to her. I'd also seen her being interviewed on TV and being like, 'This is utter bullshit'.

Emily Campbell

Yes, no comment.

James Acaster

She liked winning the gold medal but she was, like, 'This press stuff afterwards can absolutely go F itself'.

Emily Campbell

Yes, it's true. Everyone doesn't remind you of what comes with when you get a medal. Like, you get really excited about the medal and then you realise what actually comes with it and it's, like, kind of obligatory. You're, like, 'Hmm'. I mean, you can press out and say, 'You know what? I don't want to do press. I don't want to do it,' but then you just look like a dick though, don't you? If you don't speak to anybody. So, you can't win either way, can you? You've got to just be miserable and get through it.

James Acaster

We haven't had many athletes on the podcast.

Ed Gamble

We've not.

James Acaster

So, we haven't really got to talk about, you know, the diet of an athlete. You know, when you're a weightlifter, what does it look like? When you're eating and, like, you're getting ready for a competition, does it change?

Emily Campbell

No, it's pretty much the same, to be fair but it's just a lot of food all the time. So, it's like I have this real, like, love-hate relationship with food because I'm Caribbean, so food is everything. You know, every time we have a party, food has to be immaculate, else it's just not a good party and things like that, so I've grown up eating really great food and love food but then, obviously, when I became an athlete, I'm a super-heavyweight, so I had to keep my body weight up to a certain level and just eating is a chore. It's just when you finish eating and you're still full, it's, like, eat again. I can't remember the last time I felt hungry. It gets to a point where you're like, 'I'm not actually sure what hunger feels like,' because you're literally still full from the snack that you've just eaten and then it's lunchtime and then you've got to eat another snack before training. Then, after training, probably the first time that you feel hungry because you've done, obviously, a workout for, like, two hours, and then you eat that and then it's 45 minutes



later, it's dinnertime and then it's pre-bed snack. Yes, it just doesn't stop. I mean, I have a fantastic nutritionist, she is excellent. Like, she's so good and she's so good at trying to vary things and keep it exciting because she knows we have to eat a lot but yes, sometimes it's just get it down you.

Ed Gamble

That pre-bed one would kill me the most, I think.

James Acaster

The pre-bread, oh fucking hell.

Emily Campbell

Yes, it's got to be 30 minutes, essentially, before you fall asleep.

Ed Gamble

So it's working overnight?

Emily Campbell

Basically.

James Acaster

What's the pressure there though on fullness because if I know I've got to get to sleep at a certain time, I can't, I just lay there awake but if I'm, like, 'Right, I've had my pre-bed snack, in that 30 minutes, I've got to be asleep.'

Emily Campbell

Yes, I can't relate, sorry. I'm a, like, fall asleep anywhere kind of person, at any time. Like, I have a real skill for sleeping. I don't know if it's a skill or if I should get it checked out. I'm not sure, I'm, like, on the border of it but I can literally be chilling, having a conversation with someone and next minute, I'm fast asleep.

Ed Gamble

Well, we'll see what happens later on this episode.

Emily Campbell

Yes, so if you start boring me, guys, sorry.

James Acaster

I don't think I'd want that characteristic if I was a weightlifter. If I was halfway through a-, if I've got the weights above my head and I dose off, I'm in trouble.

Emily Campbell

Yes, that's why you take a lot of caffeine, don't worry about that. We would do that to counteract that happening but yes, but no, sometimes it's nice to have a nap before as well because we weigh-in two hours before and then you've just got this horrible time where you're just sat there waiting. There's



nothing really to do. You can't warm up too early or you can't do anything, so it's just, like, eat a little bit of something and then sometimes I think, 'Oh, you know what, get a quick twenty minutes in, power nap,' wake up and then ready to go.

James Acaster

So, a pre-nap snack?

Emily Campbell

Pre-nap snack, yes. So, on competition day, it is a little bit different, in terms of, like, depending on when you compete. She'll, like, basically collate me a table and tell me exactly what time to eat everything. So, it's not really exciting, to be fair because she pulls you off fibre, she pulls you off spice and everything that, like, stops you from absorbing carbs properly.

Ed Gamble

Spice stops you from absorbing carbs properly?

Emily Campbell

Yes, sometimes, yes. Sometimes if you're, like, a gut that doesn't agree with it or whatever or you're not used to it, yes, sometimes it can interfere with the way that you absorb stuff. So yes, she pulls you off that, so normally it's, like, a chicken sandwich with mayo but you know sometimes the staples do the job, don't they? You know, you can't go wrong, just so long as the chicken's not dry because there is nothing worse in life than dry chicken.

Ed Gamble

Completely agree.

Emily Campbell

Like, that poor chicken did not deserve to die for it to be dry and unseasoned. Do you know what I mean? That's the stuff that, kind of, makes me think, 'You know what, I'll go vegetarian,' because how are you going to chicken like that, for it not to be even just treated with a little bit of care? Do you know what I mean? That's my opinion.

James Acaster

Absolutely, yes, no, I think that poor dry chicken will probably make a lot of people go veggie. We'll start with still or sparkling water.

Emily Campbell

Still water, if you drink sparkling water, you're a psychopath, standard. It's not nice. You can't convince anybody that it's nice, it's just not.

James Acaster

Yes.



Ed Gamble

We have a lot of guests on this that absolutely love sparkling water.

Emily Campbell

Bless them.

Ed Gamble

Are they all psychopaths?

Emily Campbell

Yes, absolutely, absolutely, yes, or they're just doing it to please their friends or something, it's not nice.

James Acaster

Also, I think any time we do have, like, people who are sports people or whatever on, they choose still water because they're not drinking sparkling and then going and exercising.

Emily Campbell

Yes.

Ed Gamble

You've got to drink a lot of water as well, I guess.

Emily Campbell

Yes, absolutely. I mean, I'm not going to front, water, in general, is just not the nicest really. I'm one of those, like, I'm a squash person. Like, I've got those little travel ones and have a little but I'd rather drink squash than drink water. Water's just boring, isn't it? It's just there for hydration.

James Acaster

Well, we'll let you have squash as your water course, if you want.

Emily Campbell

Oh yes, would you?

James Acaster

Yes, yes.

Emily Campbell

Oh, that's great, yes.

Ed Gamble

What's your flavour?



Emily Campbell

I love, like, an orange and pineapple or a tropical or something along those lines, yes, solid. Oh that's good. Well, that just got better, didn't it, already?

James Acaster

Yes, and do you want it in one of those squeezy little pouches? Is that what you're talking about, the little squeezy ones?

Emily Campbell

I mean, they're just convenient, aren't they, but any squash works, you want to go double-strength really because you don't want it to be weak.

James Acaster

Crazy, the double-strength one.

Emily Campbell

It is, you have to be really careful with that, you know, because it can get a bit too much.

James Acaster

You'd go to space, it's crazy.

Emily Campbell

Yes, I have mine really sweet as well, apparently, because I remember once, we were catching a flight and I was with a couple of the lads, we were going to an international, and I said, 'Oh, come on, finish this because I can't finish it all,' and they were, like, 'Emily, what the hell is that? Like, how much juice is in there?'

Ed Gamble

Are these weightlifters as well, these big boys?

Emily Campbell

Proper big boys, yes, because I travel with all the heavyweights, so whatever it was, I was, like, 'Just finish that,' and they were like, 'That is awful, Emily.' They were, like, 'Have you got half a bottle of squash in there?' I was, like, 'No,' I didn't even think it was that sweet, it's how I've been drinking it my whole life.

Ed Gamble

You're hardcore.

James Acaster

Yes, you're just strong, like the squash.

Ed Gamble

Yes.



James Acaster

It's what you've got to tell them. You've got to tell those boys, 'This squash is stronger than you guys.'

Emily Campbell

Wow, I'm going to go put that on my Hinge profile.

James Acaster

Are you ever, like, got one of those little pouches and thought about shotting it?

Ed Gamble

Yes.

Emily Campbell

Oh no, that is pretty-, wow, you went to a dark place for that, didn't you?

James Acaster

I bet someone's done it.

Emily Campbell

Shotting squash.

Ed Gamble

Someone must have done it, someone's done it.

Emily Campbell

Someone's got to have done it, yes, definitely, what, just that squirted in their mouth?

Ed Gamble

You know how you see some weightlifters, they use, like, smelling salts or something?

Emily Campbell

Smelling salts, we do, yes.

Ed Gamble

You could do it instead of that. You could just get a shot, shot it, and then go for a one-rep max.

Emily Campbell

Maybe we've been getting it wrong the whole time, maybe squash has been the one.

Ed Gamble

Did you not know about the smelling salts?

James Acaster

I don't know what smelling salts is.



Emily Campbell

Oh yes.

James Acaster

Is that if you pass out?

Emily Campbell

Well yes, that is used because weightlifters do pass out a lot, especially in the clean-and-jerks, sometimes, if you have a heavy clean, you can get like-, and then, obviously, the bar's here, so sometimes, if you have to look down to, like, try and release your airways a little bit but yes, just in general, it just wakes you up and just gets you a little bit alert or whatever. So yes, and then, obviously, on the market now, there are stupid strong ones, like, they're getting crazy with making them because, obviously, once we've made something, we have to make it ten times worse, don't we? So yes, there are, like, really, really strong ones but yes, most weightlifters you'll see use sniffing salts. I don't tend to use them on the snatch but I use them on the clean-and-jerk.

James Acaster

It's the most stressful sport to watch. I'm just, like, 'You're going to crumple.'

Emily Campbell

I can really see the stress in your eyes as well.

Ed Gamble

Yes, you look really worried about it.

James Acaster

Every time, every time they lift it, I'm, like, 'Are you fucking kidding me? You're going to fall over, it's going to trap you.' Especially when you put it on the front, when it's on the back, that's bad enough but when it's on the front and your wrists are bending backwards and it's basically going to, like, cut your head off, I'm like, 'What are they doing?'

Ed Gamble

You know they train, so it's not going to trap them, right?

James Acaster

They're going to fall over, but they're pushing themselves, you got a PB.

Emily Campbell

I did, yes.

James Acaster

I'm, like, 'She hasn't done that before, is that wise? What are you doing?'



Ed Gamble

I mean, if you're going to get a PB, do it at the Olympics.

Emily Campbell

Yes, definitely. I mean, I would love to disagree with everything you're saying but you've actually got some really strong points, some really fair points, yes, it is.

James Acaster

When you drop it on the floor at the end.

Emily Campbell

Yes, that's the fun bit though, that's the fun bit.

James Acaster

I'm like, 'That's going to bounce up and hit someone in the face one day.'

Emily Campbell

Well yes, if it's too light but if it's heavy enough, it'll ground.

James Acaster

Fucking hell, or you just drop it on your feet, that's what I always think when you go bam, like that.

Ed Gamble

Yes.

Emily Campbell

Yes, well as long as you keep your feet inside the bar and, obviously, the bar's, like, that much off the floor, so the bar will never hit your feet. Even, like, if you fall back with it as well, as long you keep your head on the floor, the bar will just roll straight over your head because of the height it is off the floor. So, you're alright with that but yes, I mean, yes, there have been some accidents and there have been some people-, especially people on the Internet that see it and think, 'Oh, that's really cool, I'm going to give that a try,' and then they end up, like you said, folding themselves like a deckchair. Yes, it's really interesting and people are laughing at it but in our heads, we're, like, 'Oh my God, that is so bad.'

James Acaster

Yes, that's the worst, yes.

Emily Campbell

Yes, that is so bad, like, they are going to be literally killing-, and then you've got people that have dropped out on legs and quads and stuff and ended up tearing stuff and got big bruises all the way up, yes. It's rough. I mean, when you get to our level, you learn how to bail out of stuff but yes, in the beginning, you do. Yes, I mean, you hit yourself with the bar. We do a lift called a muscle-snatch, and it's just basically where you bring the bar through without re-bending your legs underneath. Sometimes you bring your head too-, and smack the bar, so people have duck-eggs in the middle of their head, and



it won't be the first and last time you do it. It's one of those, you know, could happen any time. So yes, it's not for the faint-hearted, our sport, no, I'd definitely give you that.

Ed Gamble

It's just so awful, smashing yourself in the head with the bar and your first thought is, 'I'll probably do that again.'

James Acaster

Yes.

Emily Campbell

Yes.

Ed Gamble

Awful.

Emily Campbell

You've got the rest of your session as well because normally, muscle-snatch is, like, at the beginning of the session as well. So, it's just, like, 'Well, get over it because you've got to get the rest of the session done.'

James Acaster

Yes, you've got your post-sesh snack in a minute.

Emily Campbell

Exactly.

Ed Gamble

It's a duck-egg, annoyingly.

Emily Campbell

Yes.

James Acaster

You do the thing as well, you lift it over your head and then you're smiling at everything. You're, like, 'Ha ha,' like it's the best thing ever.

Emily Campbell

That's it.

James Acaster

I'm like, 'Are you not stressed out?'



Emily Campbell

No.

James Acaster

I'd have it over my head, I'd be, like, 'Someone get this fucking thing off me.'

Emily Campbell

Next time I'm in training, I'm going to think about that now, 'Get this fucking thing off me,' yes.

Ed Gamble

Yes, the next big competition, you said the worlds are in December, right?

Emily Campbell

Yes.

Ed Gamble

I want you to do a snatch and scream, 'Get this fucking thing off me,' and the people who've heard this will know what it's addressing.

Emily Campbell

Yes, definitely, I'll probably have to lift the swearing out though because we get told off for swearing.

Ed Gamble

Do you?

James Acaster

Oh yes?

Emily Campbell

Yes, they're proper prunes about that stuff, yes, if you swear or whatever, like, even if you're coaching from the side as well and you swear at your athlete or whatever, they shout at you, the officials. It's because the problem is in our sport, right, the officials are made to feel dead special. They get their own little walk-out and everyone claps for them, they get to go their name, and it's, like 'Oh, behave, behave. You're here to do a job. Everybody knows you. You're great at your job, thank you very much but just go and sit in your seats and get it done,' but yes, they line us up and now it's all of us and then they line all the officials up. We've been trying to get rid for ages, it's dead boring, like, nobody cares. Like, it's literally to fill time and it is the deadest space of filled time you've ever seen in your life. So yes, so they all feel like they're dead important because they get their little wave and announcement at the beginning, so yes, they get a little bit ahead of themselves.

Ed Gamble

They're mad with power now, yes.



Emily Campbell

Yes, this is it. This is it, you give people an inch, they take a mile, don't they?

James Acaster

Yes, I mean, no-one's meeting them off the Eurostar.

Emily Campbell

Well, well shit.

James Acaster

Poppadoms or bread, poppadoms or bread, Emily Campbell, poppadoms or bread?

Emily Campbell

Oh, bread. Poppadoms, do you know what I mean, they're strong but I feel like they have to go with the full Indian meal. I think, on their own, they're a little bit random, aren't they, but bread, all different types of bread. I mean, people do the whole bread and olive oil thing, which is a bit weird to me. Like, I've noticed it before and I'm, like, 'Ooh, you're just dipping that in oil. That's, like, really strange,' I'm more of a bread and butter kind of girl.

Ed Gamble

Yes.

James Acaster

Salted butter?

Ed Gamble

Bread forms part of your, like, pre-competition diet as well? You say you have chicken mayo sandwich.

Emily Campbell

Yes, yes, definitely, yes, bread is a good staple, you know, we have it in breakfast, can have it for meals as well but yes, just don't think you can go wrong, when the bread's warm as well, it's got to be warm, warm, put the butter on straight away, it melts, jobs a good one.

James Acaster

In Paris, did you have many, like, warm fresh baguettes from the bakery, from the boulangerie?

Emily Campbell

We had a couple, to be fair, yes. We stayed in Saint-Germain-en-Laye for prep camp, which was pretty bougie, to be fair, it was really nice and there was a bakery across the road, which was lovely and you could smell it every morning as well. I mean, there's nothing better than the smell of fresh bread in the morning. So yes, that was really good but when you're on the way to training and you know you can't have the bread quite yet, until later, it's not ideal. Yes, no, it was really good. Then they had a bakery in the village as well, which was pretty cool. The bread they did not lack in in Paris, as you can imagine their bread skills. It was really funny, actually, watching people, because they literally just buy a



baguette, break it off and eat it, like, walking through the street, like it's normal, and I'm like, 'That's really weird,' because obviously we just don't see that, do we? That's such a normal thing in France.

Ed Gamble

Because it's so good you can just have a little nibble of it on the way home, bite the top off?

Emily Campbell

That's it, yes.

Ed Gamble

When you're away with the other weightlifters and you can, like, buy bread and you're having to eat all this food, do the other athletes from other sports get really jealous of you? Are there, like, climbers sat there going, 'Oh, fucking hell, I want a baguette'?

James Acaster

They're not sat there.

Emily Campbell

Well, it's funny actually because obviously the other weightlifters, they're all in weight classes, so they have to cut weight. So, a lot of them, by the time we get to competition, are on very reduced food, so they're very hangry. So, they're the opposite, I'm moaning because I've got too much to eat and they're moaning because they want some of what I'm eating, so you've got, like, the contrast between. But then yes, you know what? I was really surprised, actually, you know the sports where you think, 'Oh, they probably don't eat that much', or whatever? Like, your marathon runners, your long-distance runners, all them, they have to get so many calories in because they run so far that actually, you see a plate of food and you think, 'Go on'. Like, you didn't think they'd be able to put that kind of food away, do you know what I mean? It was really impressive how they eat, triathletes, you know, to keep themselves fuelled and that. So, really, to be fair, there are not many sports that you will see, like, really restricting, it's just your weight category sports. As they get closer to competition they've got to cut down because they've got to make weight. So, your taekwondo, your judo, weightlifting, etc., yes, they've all got to make weight, I suppose.

Ed Gamble

There's no way that-, the guys who are going up the wall fast.

Emily Campbell

Honestly, it's like a 100-metre sprint vertical.

Ed Gamble

Oh, it's mad, that.

Emily Campbell

Bonkers.



Ed Gamble

Crazy.

Emily Campbell

It's so impressive, so impressive. Yes, I was watching it and I was just like, 'Well'. And apparently, they know that course, so they know what they're going to do, they know, like, where they're going to put their hands, it's just essentially how fast can they do it. So, each time they've just got to nail it as fast as possible. But yes, surely they can't be eating loads of bread.

Ed Gamble

No, certainly not immediately before.

Emily Campbell

No.

James Acaster

Put some bread at the top of the wall.

Ed Gamble

Good plan.

Emily Campbell

Now you're talking.

James Acaster

Now you're fast. Straight up there, wanting that warm baguette.

Emily Campbell

If you ever need to get him up a wall, you know what to put at the top of it now.

James Acaster

You can smell it.

Ed Gamble

Right at the top, put an ice cream at the top, you're straight up there.

James Acaster

Oh, yes, I'd be straight-, I'd win the Olympics. If there were an ice cream at the top I wouldn't even need to know the course, I'd be straight up there.

Emily Campbell

Standard.



James Acaster

'James Acaster has done it. A novice has just won.'

Ed Gamble

Doesn't turn up for the medal ceremony because you've got your prize.

Emily Campbell

Yes, got your ice cream. 'Thanks. It's been real.'

James Acaster

I'm at St. Pancras cone around my neck. I'm a champ. We didn't get a specific type of bread off you, actually. I know you want warm bread with butter.

Emily Campbell

Yes. You can't go wrong with a good ciabatta, to be fair, or, like, a focaccia.

James Acaster

We can give you both in a little basket.

Ed Gamble

We can give you both of those.

Emily Campbell

Yes.

Ed Gamble

A little Italian bread basket.

Emily Campbell

That's it, yes, do a little pick and mix.

James Acaster

Your dream starter.

Emily Campbell

So, I would probably have to say either some, like, buttermilk-breaded chicken strips or chicken wings, one of the two. I'm not fussed, but it's got to be in, like, a honey and sriracha, like, sauce, so when it's fried, seasoned well and then tossed in the sauce so it's nice and hot, then with a garlic dip of some kind. I feel like, yes, that's a great starter.

Ed Gamble

This is, yes, solid.



James Acaster

I mean, we know this chicken's going to be nice and moist.

Emily Campbell

Absolutely, that is number one. Moist is such a weird word, isn't it?

James Acaster

Sure.

Ed Gamble

It is a weird word. It upsets a lot of people.

Emily Campbell

It's, like, a proper awkward word, yes. I mean, I'm absolutely fine with it, but it does just sound-, it sounds, I don't know what it sounds like, but it just doesn't-

Ed Gamble

Weirdly, I think if you're saying, 'I want the chicken to be moist,' that was fine to me initially, but now you've pointed out that moist's weird, when I just said, 'I want the chicken to be moist,' that made me feel odd.

Emily Campbell

Made you feel weird?

Ed Gamble

Yes.

James Acaster

Yes.

Emily Campbell

Sorry about that. Yes, I just made something out of nothing, didn't I?

Ed Gamble

Yes, you've ruined chicken for yourself.

James Acaster

But, you know, other people have done that. You're only thinking it because other people have said it to you, and it's a long chain of just people saying it's weird because one person said it once.

Emily Campbell

This is it, yes. So, whoever that person was in the world that said it to me, you've ruined it for everyone, thank you.



James Acaster

Yes.

Ed Gamble

But what else do you say? Juicy? You could say you want the chicken to be juicy.

Emily Campbell

Yes, juicy.

Ed Gamble

Is that weird as well?

James Acaster

See, now, that also sounds weird.

Emily Campbell

Yes, equally as weird, isn't it?

Ed Gamble

Sopping wet?

Emily Campbell

Wow.

James Acaster

End of the podcast. That's it.

Emily Campbell

That's been real.

James Acaster

That's it, man.

Emily Campbell

That's it, it's over.

James Acaster

Where do we go from here?

Ed Gamble

Sorry.



James Acaster

Is there a certain place where you've had chicken strips or chicken wings which you'd be like, 'I want it from there'?

Emily Campbell

I went to, like, a wings place in America where I had-, I think they were mango habanero.

Ed Gamble

Oh, nice.

Emily Campbell

Yes, they were really good. They were really hot, but the sweetness just made you forget about how much it was, like, burning your mouth. They were really good. Actually, it's something I really like to make at home, it's something I make at home all the time. I either make the strips or make the wings and then just, like, a bit of butter, sriracha buffalo sauce and honey, and then bubble it down on the stove and then flip them in, and just when they're nice and hot, it's really good.

Ed Gamble

Nice.

James Acaster

Well, you can have your own ones, you can have your home-made strips, home-made wings.

Emily Campbell

Yes.

Ed Gamble

I think both, you know?

James Acaster

Yes, mix it up.

Emily Campbell

Yes, again, like, just do mix and match. You see the thing is, right, because I'm Caribbean, like, we have about a thousand things on a plate. Like, every time we have dinner, it's about how many items can you fit on there. You'll go to a party and you'll have, like, jerk chicken, rice and peas, plantain dumplings, coleslaw, steamed cabbage, there are about 10,000 things on a plate. We don't know how to just be, like, 'Okay, protein, carbs, veg,' it doesn't make sense to us. We're like, 'Why don't we have a hundred carbs, a hundred proteins and a hundred veg?' I think it's just the way we are, so I'm just greedy.

Ed Gamble

You want a bit of everything. I understand that impulse.



James Acaster

Yes, I think that's a nice.

Ed Gamble

If it's all on offer at a party-,

Emily Campbell

Well, this is it, yes, and like you said it's dream, isn't it, so we can do what we want.

James Acaster

Yes, I think, starter, having both of them is great, with a dip as well, and because it's your dream we'll make sure it's the exact right amount of dip as well, you're not running out or having loads left over.

Emily Campbell

Oh, yes, or having loads left over.

James Acaster

And having to get your weightlifter buddies to finish it for you.

Emily Campbell

This is it, story of my life. Yes, no, I always feel like, you know when you've got loads of dip left over, it's such a waste, isn't it? You know when you go and get, like, loads of mayo packets and you squirt them all out and then you've got loads left? You're like, 'Oh, I've just wasted all that mayo for no reason.'

Ed Gamble

Now I'm just imagining you carrying round those little squash sachets and mayo packets. You've just got so many sachets on you at all times.

Emily Campbell

Yes, absolutely. Yes, you should see me when I go to internationals, I take, like, seasoning out with me and everything.

Ed Gamble

Do you?

Emily Campbell

Yes.

James Acaster

How did you get into weightlifting in the first place as well? Like you were saying about growing up, it just made me think about how did you, like, discover, 'That's my sport'?



Emily Campbell

So, I was actually 21 when I started weightlifting. So, I was at uni, I went to Leeds Beckett, and I did athletics, so I threw hammer, shot, discus. I was alright, like I enjoyed it. Like, to be fair, I just loved more of the social side of it and going to competitions. I was like, 'Oh, you know if I pushed myself a little bit harder, how well could I be at it?' Then everyone was like, 'You should try weightlifting because weightlifting will help you throw the shot further because you'll get stronger and it's good for transfer of power', etc. etc. So, there was a coach at the time and I just asked him, I said, 'Will you teach me this weightlifting stuff? Like, everyone says it will help me throw the shot further.' So, yes, he started teaching me the technique of it, I started doing it, and just really fell in love with it. Like, I just fell in love with the complexity of it. One day I went and it was going really well and I was thinking, 'I'm getting good at this', and the next day I looked like I'd never done it in my life, and it was so frustrating. I just wanted to keep going back and, like, trying to get better and better.

Then at one point, I started it probably when I went back to uni, so I was in my final year in 2015 and started it, and then the coach said to me, 'We're going to have what we call max-outs'. That's basically you go as heavy as you can until you fail. And we had a max-out and I maxed out what you needed to qualify for the British Seniors, and he was like, 'I know you didn't want to do a comp because obviously you just want it for your athletics, but do you want to just give it a go, see what happens?' I was like, 'Oh, why? Whatever.' So, I went to this comp and it ended up being this open-, actually, it was near where I live in Nottingham, it was in Mansfield. And I remember saying to my dad, I was like, 'Dad, do you fancy coming to this weightlifting competition with me?' He said, 'Weightlifting?' He went, 'Yes, alright, whatever'. My parents are just so supportive, like literally, I told them, I was like, 'I'm going to try weightlifting'. Mum said, 'Oh, God, here we go'. Like, do you know what I mean, as if to say, 'Oh, God, this is a crazy idea'? Because I'm one of them, I'm not really that scared to fail. Like, I just think, 'Give it a whack. If it works it works, if it doesn't it doesn't, I'll just move on and find something else.' We can't be good at everything, can we?

Yes, I took my dad to this comp with me, blah, blah, blah, and then I qualified for the British Seniors from that competition. My dad got in the car, and he's a man of many few words, but he talked to me and he went, 'You're alright at that, you know?' I was like, 'Cheers, Dad.' Then that's kind of literally how it started, really, and then just started going to, you know, national competitions. Then I won my first national title as a junior and then I won my first national title as a senior. Then, yes, it just spiralled from there. Then they said to me, 'We think you can go to the Commonwealth Games,' and I was thinking, 'Now this is getting out of control. I've been lifting five minutes, I know I'm alright at it, but-,

Ed Gamble

'I want to get back to the shot put.'

Emily Campbell

Yes, I was like, 'Have you lot forgot what I actually came for?' Then, yes, I had a crack qualifying for Gold Coast 2018, had one qualifier to do it, and I nailed it, I went six for six, knocked the girl out the rankings that was already currently in the rankings, put myself in-,



James Acaster

If you're listening, fuck you.

Emily Campbell

Wow. Not really. Not really, we love you. But, yes, just basically did exactly what they asked of me and then got selected for Gold Coast. That was when really the serious-, because up to that point I was winging it, I was just having a blast. I was thinking, 'I'm getting to go to these countries for free and I'm lifting a few heavy weights.' I didn't really have, like, any structure or anything, it was just a bit of a-, I was still working and everything, it was just like a, you know, hobby for me, really, that I was really good at. Then after Gold Coast I was like, 'If this is sick, imagine what the Olympics is like.' I was like, 'Let me try and see if I can make the Olympics.' I mean, at that point, if you had looked at me on paper they'd have said, 'Alright, babes, dream on.' No way on this planet I would have made it, but then I started, like, making decisions that were kind of around training instead of training being around my life, and then it was just dialing in with things like nutrition and training harder and that kind of thing and really dialing in. I went from strength to strength and then qualified for my first Olympics in 2021, so exactly five years after I'd started the sport.

James Acaster

Wow.

Ed Gamble

Wow.

James Acaster

Amazing. I think five years into stand-up I was still shit.

Ed Gamble

Yes.

James Acaster

Yes, he saw me.

Ed Gamble

Yes, I saw you.

Emily Campbell

Do you know what, though? It is so much harder than, like, people make out. Like, everyone thinks, 'Oh, yes, I'm dead funny, I'm dead funny,' and then go and stand in front of a group of people and be dead funny, it's a whole different ball game, isn't it?

James Acaster

See, I thought you were starting to talk about weightlifting and I was like, 'Yes,' and then when it was, like, stand-up, I was like, 'No, I'm not putting the weight on the front of my neck, I'm not doing all that stuff.'



Ed Gamble

Do you get people like that? Have you had that with weightlifting, people going, 'I reckon I could do that'?

Emily Campbell

Oh, yes, all the time, obviously, especially, men, bless them, do you know what I mean?

James Acaster

Shout out, fellas.

Emily Campbell

Yes, shout out to the fellas.

James Acaster

Shout out to my dogs.

Emily Campbell

They're like, 'Yes, yes, it's dead easy.' I remember once actually I had a party at my house and some of my friends came over and he bought a couple of his friends and he was, like, chilling with his boys outside and one of his boys was like, 'Yes, it's dead easy,' and his friend just went, 'Don't ever embarrass me like that again. It's not that easy, you can't do what she does. Don't embarrass me, please,' but his boy was proper like, 'Yes, it's easy, man. I can do it, I can do it.' My friend just looked at him and just went, 'Don't you dare ever again.' Yes, it is funny. The thing is, like, it's really funny, actually, because at an elite level it is probably one of the hardest sports that you can do, but actually grassroots is very accessible. It looks hard, but if you have the right people around you and you start in the correct way and you start with the correct weights, then it is really easy and people would be really surprised actually what they can achieve. So, I do think in that way you can, it's just when these people just think, 'Oh, because I've dead-lifted 70kilos I'm going to try and clean it.' It doesn't work like that, it doesn't translate over.

Ed Gamble

It's so technical. It's like, it's not just the weight, which I think a lot of people going, 'I could do that,' definitely couldn't even do the weight, it's every single movement. You've got to have it completely locked in, haven't you, like the techniques?

Emily Campbell

Yes, absolutely, it's so technique. Like, when I started, I was obviously really strong from the shot and I'd trained hard, and I was humbled, absolutely. Weights that I was probably strength-wise capable of I was nowhere near in weightlifting because my technique wasn't there. It is just about drilling and keep going over and over again. This is why, you know, technically we like to get kids into weightlifting around eight years old because they're really good at learning the technique. It's not about putting the weight on, you can give them a wooden pole or bar or PVC or whatever, it's just about them drilling the movement over and over again, because then once you've got that locked in, then getting strong is the



easy bit, whereas when you have to do it in reverse you have to really humble yourself, because you're like, 'I've got to go back down to basics and get this bit right until I can actually put some weight on.'

Ed Gamble

That's why it's a lot easier just to say, 'Oh, I could do that,' and then never try.

James Acaster

Absolutely.

Emily Campbell

Yes, absolutely, you don't have to follow through with it, do you?

Ed Gamble

That's the simplest.

James Acaster

I wish I'd done that with stand-up. I'd be well happy now as a bloke in a pub just saying, 'I could have done it. I'm funny.'

Ed Gamble

'I could have done that.'

James Acaster

That'd be a great life. 'I could have done it.' Listen to Off Menu with Ed Gamble and Nish Kumar. I'd just go, 'I'd be funnier than these pricks.' It'd be great.

Ed Gamble

God, that would be a good podcast.

James Acaster

The technique thing is mad. Watching you, when you bend down to pick it up, you put your hands on the bar and then you move them to somewhere else on the bar. I remember watching it and being like, 'I wouldn't have thought of that.'

Ed Gamble

She's not riffing it in the moment.

James Acaster

I'd be absolutely fucked before I even picked it up. You go like that, you put them on, and then you go woah, and then you move them again. I'm like, 'I don't even know what that's about.'

Ed Gamble

But you seem to be imagining it as if you're in the Olympics and you've never weight-lifted before, because you would have done some training, you'd be taught how to do it.



James Acaster

I don't know, man. Some things you can't teach.

Emily Campbell

All it is is everyone's different, to be fair. What it is is there are, like, what we call rings on the bar in between the knurlings, and it's me measuring that my hands are in the right place. I'm about a thumb-and-a-half's width away from where those rings are, so it's just me measuring that out so that I make sure I put my hands in the right position each time.

James Acaster

Genius.

Emily Campbell

Because, again, if your grip's off-, you know, because we have to be completely locked out, so if you've got one arm that's in, and then you obviously flip round and this one goes in after, they'll do you for it. Honestly, I mean, Tokyo Olympics, if you wobbled your eye in the wrong way they did you for it. They were being so savage it was unbelievable, so you have to make sure everything's, like, bang on the money and perfect.

Ed Gamble

The fucking officials, man.

Emily Campbell

Yes, honestly. I told you, it's because they get that walk out, walk out and wave. No one cares, honestly.

James Acaster

It must be annoying, especially in your sport, knowing that you could beat them up when, like, these pipsqueaks are scoring you down.

Emily Campbell

That's the thing. Some of them are ex-weightlifters. I'm not sure how good they were.

Ed Gamble

So they're livid, they're jealous, basically.

James Acaster

They're jealous.

Emily Campbell

Probably.

Ed Gamble

They're jealous.



Emily Campbell

I never even thought about it like that, Ed, they are. That's why they give so many red lights. Wow.

James Acaster

A bunch of pipsqueaks. You should call them pipsqueaks to their faces.

Emily Campbell

I haven't heard that phrase in a long time. Strong one, though, isn't it, pipsqueaks?

James Acaster

Yes, it is good.

Emily Campbell

I like it.

James Acaster

How about that as a compromise, they're allowed their walk out but someone has to say, 'Please welcome the pipsqueaks'?

Emily Campbell

That's actually genius, to be fair.

James Acaster

There you go, everyone's happy.

Emily Campbell

I'm going to recommend it when I go back.

Ed Gamble

And they play music but it's just one long fart sound effect, 'Please welcome the pipsqueaks.'

James Acaster

Your dream main course.

Emily Campbell

I am a massive seafood fan, so a seafood boil, like one of those you just, like, rip the bag open and let it all fall down, all the different seafoods, potatoes in there, eggs. Get a bib on, get your gloves on, crack it all open. Yes, love it. Absolutely love it.

Ed Gamble

Proper just messy food as well?



Emily Campbell

Yes, proper messy but it just tastes so good. Loads of, like, garlic butter to dip your lobster and your crab and that in, it's a ten out of ten.

Ed Gamble

So, there's lobster, there's crab. Shrimp?

Emily Campbell

Shrimp, yes, big king prawns. To be fair, I do like mussels. I'm, like, any seafood, really, there's not really a seafood-,

James Acaster

We both left that.

Ed Gamble

Yes, we were both going to make a shit joke there when you said, 'I like mussels.'

Emily Campbell

Were you?

James Acaster

Yes. 'I do like mussels,' and then we were like, 'Oh, why bother?'

Emily Campbell

Oh, well.

James Acaster

I mean, we both looked at each other and went-,

Ed Gamble

'Yes, weightlifter, muscles-, yes.

Emily Campbell

Mussels, yes.

James Acaster

I mean, all the listeners just did it at home anyway, just did the joke. 'Do you like mussels?' No point us-

Ed Gamble

'You've got enough of those already.'

James Acaster

Yes, exactly. Shells on with the mussels?



Emily Campbell

Yes.

James Acaster

You're getting into them?

Emily Campbell

Yes, get into them.

Ed Gamble

It's not a dainty meal, is it? I mean, you may as well leave the shells in, just get headlong into it.

Emily Campbell

That's it. I feel like it's part of the experience though, you know, cracking it open and digging it out and all of that. Obviously it's fiddly work, isn't it, you know, getting everything out and whatever. Hopefully they've, you know, cleaned everything properly before it's been boiled.

Ed Gamble

Corn on the cob in there as well?

Emily Campbell

Corn on the cob, solid. Absolutely. Yes, absolutely. You've got to have a bit of veg, haven't you, just a little bit, you know, just to say you've ticked the box, but really no one actually really cares about it.

Ed Gamble

Just to help everything go down.

James Acaster

Yes.

Ed Gamble

To help everything go down.

James Acaster

Yes.

Ed Gamble

You've got to have the-

James Acaster

That's like that Mary Poppins song about a corn on the cob helps everything go down. Yes, I remember it.



Ed Gamble

My friend Tom does seafood boils for delivery and then it has, like, the instructions and you just do it all in-,

Emily Campbell

And you just do it all?

Ed Gamble

Yes, it's amazing. Decatur.

Emily Campbell

That's brilliant. That's been needed for a very long time because it is a nightmare to try and go out and get all the ingredients separately.

Ed Gamble

Yes. He does, like, pop-ups as well so it's well worth looking out for. Decatur is the name of the company.

Emily Campbell

Decatur. Well done, Tom.

James Acaster

What do you want on your bib? Do you want a design on it? This is your dream meal, you get your dream bib.

Emily Campbell

Oh, a dream bib?

James Acaster

Because we haven't had a bib on the pod yet.

Ed Gamble

I don't think we have had a bib on the pod. We've talked about bibs.

James Acaster

I don't think we've had a bib on the pod. Do you know what's fun to say, is bib on the pod.

Emily Campbell

I feel like-

Ed Gamble

Bib on the pod.



Emily Campbell

Bib on the pod.

James Acaster

Bib on the pod is quite fun to say.

Emily Campbell

I think it'd have to say 'thick and juicy', because that's what I am.

James Acaster

Yes. Absolutely it can say that on it.

Ed Gamble

100%.

James Acaster

With a little cartoon prawn on there or something?

Emily Campbell

Yes.

James Acaster

Yes, rocking out.

Emily Campbell

Yes, why not?

Ed Gamble

Doing some weightlifting?

Emily Campbell

Yes, why not? Why not, you know, because obviously it's my whole identity now, so weightlifting has to be part of everything.

James Acaster

Sure.

Ed Gamble

Well, it's part of your brand, right? If you're wearing the 'thick and juicy' bib, then it's got to have a weightlifting prawn on it.

Emily Campbell

It's got to have a weightlifting prawn on it, yes.



James Acaster

It could have, like, a little hammer on the floor to represent your past.

Ed Gamble

Yes.

Emily Campbell

Oh, yes, just in the distance.

James Acaster

You've got the shot put on it.

Emily Campbell

Yes, shot put. Yes, why not? Let's get it all on there. Let's get a story on there, guys.

James Acaster

Would you be allowed to do two categories at the Olympics?

Emily Campbell

You absolutely can, yes. You can qualify for two sports, but obviously you would have to qualify within both sports. Every sport has their own qualification system in terms of making the Olympics so you'd just have to make sure that you participate in the two of them. I'm not sure if I'd be able to be world-class at two of them. I mean, especially the women's shot at the moment, the women's shot is, like, off the chain at the moment, the girls are throwing 21m. If you think about that, like, how far that actually is, it's insane.

Ed Gamble

It also seems to me, like, everyone who's at the Olympics has dedicated their entire life to that one sport-,

Emily Campbell

To that one sport.

Ed Gamble

So, you can't dedicate two lives to something, it might be quite difficult.

Emily Campbell

Yes, no, it takes a very special person. I mean, my good friend Kadeena, she in Tokyo and Rio did cycling and athletics and she managed to win gold in both.

James Acaster

What?



Emily Campbell

Yes, first woman in 56 years to do it or something crazy like that. I mean, she is an absolute superwoman. Yes, she did the 500m sprint in cycling and the 400m on the track, but I know how tough it has been for her to train for the two sports, like to try and split your time between the two.

Ed Gamble

No, you just cycle to running training.

James Acaster

Yes, that's a point. I don't think you get credit if one of them's cycling. I've got mates who cycle to the office.

Emily Campbell

Wow, this is it.

James Acaster

Do you know what I mean? Do you ever go up to the people, like, who are doing shot put and stuff, and, because you used to do it, be like the guy at your party, be like, 'I could have done that'?

Emily Campbell

Yes. Oh, yes.

James Acaster

Like around the village.

Emily Campbell

We say it to each other all the time, 'Your sport's easy.' I tell Tom Dean all the time, like, 'Swimming's dead easy. Just get in, don't die, swim to the other side.'

Ed Gamble

Get in, don't die.

Emily Campbell

He's always like, 'Oh, you're always training.' I'm like, 'Yes, well, we have to actually train for our sport. You just do a couple of sessions a week, you'll be fine.' No offence to swimmers because I know it's actually hard.

James Acaster

I would say if part of the technique is don't die it's quite a hard sport. I'd say if don't die is one of the things you've got to focus on, it's a pretty hard sport.

Ed Gamble

But that's a broad note for everything, I think.



Emily Campbell

I mean, to be fair, yes, you could apply that to every sport, right, don't die. I mean, some of those team sports are savage, they're smacking into each other. Have you ever seen, like, wheelchair rugby?

Ed Gamble

Yes.

James Acaster

Yes.

Emily Campbell

Those guys are-,

Ed Gamble

Murderball.

Emily Campbell

Wow, it really is something.

James Acaster

I wouldn't even move. As soon as the whistle blew I'd just been in my chair, 'I'm not doing this.'
Dream side dish?

Emily Campbell

I'd probably say a mac and cheese. Nicely baked as well, you don't want the cheese sauce too runny. You want a bit of sauce, but, like, in the Caribbean we have it like a pie, essentially. Good breadcrumbs on the top, nice melt, bit of parsley to finish it off.

James Acaster

I watched a video on YouTube of I think it was five people all made their mac and cheese, I think they were all from the Caribbean as well, and then they were trying each other's ones and scoring them. They were savage in how they scored each other's mac and cheese. They were like, 'I would not serve this at my house.'

Emily Campbell

I can imagine that could start a world war. That's pretty close to starting a world war. That's wild behaviour.

Ed Gamble

Specifically in the Caribbean?

Emily Campbell

Yes, just in the Caribbean. Yes, no, I can imagine that got pretty intense.



James Acaster

For a lot of the criteria you've just described as well. People were like, 'This is too runny. This is-, I would not serve this at a party.'

Emily Campbell

Yes.

James Acaster

And also, but bigging up their own ones, obviously.

Emily Campbell

Of course.

James Acaster

Because they were, like, really proud of it. 'Every time I have a barbecue, everyone comes over. Everyone loves this.'

Ed Gamble

'This is the best one,' yes.

Emily Campbell

Yes.

James Acaster

'People can't get enough of it. Everyone asks for thirds.'

Emily Campbell

It's true. It's pressure. Yes, I actually remember my friends had a party and I cooked, like, 2 real big trays of it. And I was, like, sweating the whole time because I'm thinking, 'Right, I think I'm banging at mac and cheese and if these people don't like it then it's just basically threw everything out of the window of what I believed of myself.' You know? That's everything.

James Acaster

Wow.

Emily Campbell

Yes.

James Acaster

That's quite-,

Ed Gamble

For an Olympian to say that, that's pretty-, everything you believed about yourself is mainly that you make good mac and cheese?



James Acaster

Just went out the window.

Emily Campbell

Yes, absolutely. But, thankfully, they all loved it unless they were lying to me, but, you know.

James Acaster

Have you got a secret when you make it? You sound like a-

Emily Campbell

Can I reveal that?

James Acaster

Yes, that's what you've got to think. That's what you've got to ask yourself.

Emily Campbell

You need to get a good hot sauce. A good hot sauce that goes into the cheese sauce then. And take time with your cheese sauce as well, you know? People like to rush cheese sauces but you've got to make your roux properly and then it's got to be the right amount of cheese and milk and that in there. And you've got to-, it's all about layering. It's all about layering your sauce, layering the flavours in.

Ed Gamble

Do you talk to your cheese sauce as you're making it?

James Acaster

What? Where has that come from? Well, fair enough if the answer's yes, but-,

Emily Campbell

Absolutely, yes.

Ed Gamble

Well, just the way Emily said, 'You've got to take time with the cheese sauce.' Yes, so I was just-,

James Acaster

That seemed like a wild question but then the answer was yes. So, fair enough. I, you know, good intuition, Ed. You talk to it?

Emily Campbell

Yes, you taste it along the way and you get excited because it's starting to come together. Yes, I mean, I just talk in general anyway when I'm cooking. Like, honestly, I think you could make a show out of people sat in another room hearing me cook in the kitchen. I'm on my own completely and you would think I'm having a conversation with someone. So, yes, you just get into it, you know? Once you get the tunes on and you get right rocking and rolling and, you know, like we said, got 100 dishes to get on one plate. You know, you've got to get cracking. You've got to get in the mode.



James Acaster

So, what do you say to the cheese sauce?

Ed Gamble

Yes, are you kind to the cheese sauce or are you like, 'Come on, you cheese sauce bitch?' Like-

James Acaster

Yes, you get in trouble for that at the Olympics.

Emily Campbell

Yes, I think it depends on how it's going, you know?

Ed Gamble

Yes, if it's working with you or not.

Emily Campbell

Yes, that's it. We're all happy when things are going well, aren't we? When it's not, all of a sudden a side comes out of us, you know, we didn't know we had.

Ed Gamble

What hot sauce do you use?

Emily Campbell

I actually-, it's a home made one and I can't remember the brand. But they used to come on Nottingham Christmas Market every year. You don't come any more. So, if you know who you are, you need to come back, please. And he's got, like, this basically his own brand hot sauce on there and it's called a Caribbean hot sauce. But it's got a little bit sweet, bit of spicy and it's really nice. It really compliments the mac and cheese well. I think I've got, like, one bottle left but, yes, I need to find out who that person is and shut them down.

James Acaster

What else is on this Nottingham market? Is it a Christmas market, you said?

Emily Campbell

It's a Christmas market. We have a good Christmas market, to be fair, in Nottingham. Yes, we have a good one. There are quite a few bits and bobs. I mean, lots more food and stuff now. And then, obviously, they've done, like, a bar and we have the ice skating rink and all of that nonsense. But there used to be some really good stalls of, yes, just cheeses, hot sauces, things like that. And then there was, like, little trinkets. You know the ones your mum loves to go and walk around and get a thousand things from and she's just dragging you, 'Oh, look at this. Oh, look at this,' and you're like, 'Yes, that's lovely, Mum. That's lovely. That's the same as the one you just picked up. That's really nice, that is.' You know, you get dragged around for like an hour. Everyone's done it, everyone's been there, but she's your mum so you do it. Yes, it's quite a good market, to be fair. We try and make an effort to go down each year and have a look and see what they've got on stall. But yes, definitely, taking more of-, like,



the food stands are taking over a little bit more now than the actual stalls. But yes. No, I like to buy from small businesses. Small businesses, people that are, you know, different and out there, trying things like that. I like a lot of black-owned art as well, so I try and find artwork for my house that is from black artists and things like that. So, yes, that's the sort of thing that's quite close to me. So, anything like that, I'm pretty sold.

James Acaster

What's got pride of place amongst the art that you've got in your house? What's your favourite piece that you show off to people?

Emily Campbell

I've got a canvas in my room that's a pretty cool one that I actually had for a shoot. I had to have an imaginary bedroom for a shoot and they gave it to me after, which is really cool. So, that's now in my bedroom but it's, like, of a woman and it's got flowers painted behind her and it's got really powerful words all over her body. Ed's actually in my house as well.

James Acaster

What?

Emily Campbell

It's a photo from when we were on Great British Menu.

Ed Gamble

Yes.

Emily Campbell

It was a good photo.

James Acaster

Ed's in your house?

Emily Campbell

Ed's in my living room, yes. You know, it was a good photo. We look good.

Ed Gamble

Yes. We had a lovely day.

Emily Campbell

You've got that cool school shirt on or whatever it was, yes.

Ed Gamble

I'm a cool guy.



Emily Campbell

Yes, we look good.

Ed Gamble

I keep telling him I'm a cool guy.

James Acaster

I mean, I'd say a picture of Ed Gamble is the opposite of black-owned art. It's the whitest thing you can put in your house.

Ed Gamble

Ed Gamble on Great British Menu?

James Acaster

Yes, are you kidding me? What was he eating? A souffle?

Emily Campbell

Yes, I think he ate his fish, yes, in that.

Ed Gamble

Yes.

Emily Campbell

So, but, yes, no. But, no, I'm definitely on the hunt for some more. I need some more for my stairs in London.

James Acaster

Everyone's to send Emily as much art as you can.

Ed Gamble

Yes.

James Acaster

Try and get on that stairs and landing. Also, British comedians, if Ed Gamble can get on the wall.

Emily Campbell

Yes, absolutely.

James Acaster

We've all got to try and get on the stairs.

Ed Gamble

You've got to get on the stairs.



James Acaster

I've got to get on those stairs.

Emily Campbell

That's it.

Ed Gamble

Well, we're going to have a photo after this episode, so-,

Emily Campbell

Yes, maybe.

James Acaster

We'll send you a print.

Emily Campbell

If the photo's good enough, yes.

Ed Gamble

Yes.

James Acaster

We'll send you a decent print of it.

Emily Campbell

Sounds good.

Ed Gamble

When you were talking about hot sauce there, I just remembered a hot sauce that I love but I haven't had for ages which is Caribbean hot sauce. Aunt May's. Have you had Aunt May's before?

Emily Campbell

Oh, Aunt May's is a good one, to be fair.

Ed Gamble

And it comes in, like, the-, it looks like a lemonade bottle.

Emily Campbell

Yes.

Ed Gamble

So good.



Emily Campbell

Yes, that is a good one. I can't remember where I tried that. I think that was at, like, a family friend's house or something and I was like, 'Oh, this is really good.' Like, I think it's from Barbados or something, isn't it?

Ed Gamble

Yes, I think it is. Yes.

Emily Campbell

Yes.

James Acaster

I've never heard of it.

Ed Gamble

You've got to get some Aunt May's.

Emily Campbell

You've got to get some Aunt May's in your life. Change your life.

Ed Gamble

And then you get on the stairs.

James Acaster

Finally. A picture of me on the stairs with a-, glugging a bottle of Aunt May's.

Emily Campbell

That's it. I mean, that's black-owned, innit?

James Acaster

Yes, there you go.

Your dream drink.

Emily Campbell

So, I'm kind of like-, I don't really drink alcohol. Like, it has to be a really, really special occasion and I'm just not a massive drinker anyway. I'd rather not drink. So, for me, I like mocktails. So, like, anything really fruity, tropical. So, I'd say probably, like, something with pineapple juice, maybe a bit of grenadine in it. Mango daiquiris. Mango daiquiri's a strong one, I was drinking that in Jamaica quite a lot. But yes, anything, like, mocktail style. Basically just a load of fruit juices banged together with something fizzy. Sold.

Ed Gamble

Posh squash.



Emily Campbell

Posh squash, yes. But we'll save the squirty squash for the water.

Ed Gamble

Sure.

Emily Campbell

Yes, we won't get that involved.

James Acaster

As a mocktail drinker, do you get annoyed when they stick 'virgin' on the front of a normal cocktail? Because I hate asking for that because I'm like, 'Can I have a virgin mojito?' And absolutely have to-, every fibre of me is trying to say to them, 'I've had sex'.

Emily Campbell

Yes.

James Acaster

'I'm not a virgin. I just want the drink that doesn't have alcohol in it.'

Ed Gamble

But you know they're not thinking that, right?

James Acaster

They are thinking that.

Emily Campbell

Do you reckon? It's really triggered you, hasn't it?

James Acaster

It's impossible to say to someone, 'Can I have a virgin daiquiri?' And they're like, 'This boy, never had sexual intercourse'. Do you know what I mean?

Ed Gamble

I think that might be your vibe rather than the drink.

Emily Campbell

I was about to say, I can't say that I've ever felt that way, but-,

James Acaster

Yes, I guess when you carry yourself the way that I do, you do have to feel like, 'Everyone thinks I'm a virgin', and I have to explain it all the time to people, that I swear down I'm not.



Emily Campbell

Do you not think explaining it's making it worse, though?

James Acaster

Yes, definitely, actually, yes. They don't seem to believe me.

Ed Gamble

'Can I have a virgin mojito please? I have had sex.'

James Acaster

Yes.

Emily Campbell

Yes, or when people are like, 'No, you haven't.' 'No, I really have.'

Ed Gamble

Yes.

James Acaster

'I swear, I've had it and it was great.'

Ed Gamble

'2 thumbs up from me'. Yes.

James Acaster

There was a kid who used to sit next to me in school and he would just, you know, everyone else was pretending they had had sex at that age. They'd be like, you know, get back from summer holidays. They'd be like, 'Yes, I totally did it with someone and she goes to another school or she lives in another country,' or whatever. Whereas he would, like, say to me. He was like, 'I've never had sex. Have you? I'm a virgin.' And I was like, 'Yes, I've done it.' And he was like, 'Man, it's going to feel so good. I can't wait until we get to have sex with people one day. Can you imagine?' And he would sit next to me in RE class and he'd go, 'Can you imagine how good it's going to be? I can't wait to do it.' And I'd be like, 'Yes, I bet it will be good.' He was like, 'No, it will be amazing, James. I can't wait. Can you? Oh, all I want to do is do it. I want to have sex so badly.'

Emily Campbell

Wow. I really hope his first time was everything it was all cracked up to be because that's a lot of pressure to put on you, isn't it?

Ed Gamble

Surely too much pressure on that for that age.

Emily Campbell

That is a lot of pressure, yes. Oh, bless him.



Ed Gamble

Yes, it's a lot.

James Acaster

Actually, I took-, we can not talk about this if you want. This is just a-, I didn't plan. I had to write something once, a scripted thing about the Olympic village and do research into it. No virgins there.

Ed Gamble

Yes.

Emily Campbell

Yes.

James Acaster

That place is bananas.

Emily Campbell

It's a bit-,

James Acaster

We don't have to talk about it.

Emily Campbell

No, absolutely. I mean, everybody wants to know, don't they? Everyone always asks the question but, yes, obviously, you've just got to imagine it's, like, lots of very good-looking people all in one place that have been disciplined for 4 years. And now you're not disciplined any more because the one thing that your whole life has been dedicated to for 4 years is now over. So, you can do whatever you want for the next, you know, how many days. And you're not going to see these people. You might never see these people again. You might not see them until another 4 years. So, yes, people just get a bit, you know, acquainted.

James Acaster

That sounds pretty reasonable, actually.

Emily Campbell

Yes, I mean, you put it like that, yes.

James Acaster

It's nice to hear a reasonable take on it.

Emily Campbell

Yes. I mean, some people I don't think wait until their event's done but that's their business.



Ed Gamble

What, during?

James Acaster

You'd get disqualified for that.

Emily Campbell

But, yes-, well, not actually at the event but, you know, in the downtime. But, yes, I think it's-,

James Acaster

That's his kind of humour.

Ed Gamble

Sorry, yes, that's perfect. That's perfect for me that.

James Acaster

It's like deliberately misunderstanding something.

Ed Gamble

Yes.

James Acaster

He loves it.

Ed Gamble

Yes, it's good. The swimmers, apparently, though.

Emily Campbell

Yes, I've heard they're pretty-, well, I mean, they are wild. Like, I mean, I'm not sure about the sexual activities.

Ed Gamble

They're in their trunks all the time.

Emily Campbell

But, yes, they are.

Ed Gamble

They're in their trunks all the time.

Emily Campbell

Yes, 100% that's what I mean. But, yes, they are absolutely wild. When they party after they finish, yes, they really party.



Ed Gamble

Because they finish earlier, don't they?

Emily Campbell

Yes. They always finish in the first week. So, yes, they love to party when everyone else is still trying to compete. I mean, I missed them this time because I was in the last day of the games. So, I actually didn't get into the village until the swimmers had all left. But, yes, I heard they were partying hard again. I mean, in Tokyo, yes, they were, like, swimming. There were, like, these fountains and apparently they were swimming in the fountains and all sorts. And, yes, they were having a real good time.

James Acaster

They love swimming.

Emily Campbell

Yes, they just love it.

Ed Gamble

They can't stop swimming.

Emily Campbell

You know what I mean, it's just them. It's their identity, you know?

James Acaster

What mocktail are we going for specifically for this?

Emily Campbell

I know. We didn't really nail it down, did we? I was a bit wishy-washy.

Ed Gamble

You said mango daiquiri.

Emily Campbell

Mango daiquiri's a strong one. Yes, let's go with that.

Ed Gamble

Brilliant.

James Acaster

Your dream desert. We arrive at the desert, my favourite course.

Emily Campbell

I love dessert. So I, very controversially, don't really like chocolate.



Ed Gamble

Oh, okay.

Emily Campbell

If I do, it has to be white chocolate, but I think my dessert would be a cheesecake. So, plain and simple, New York cheesecake with fresh fruit or fresh compote. I'm very, like, I do like strawberries, raspberries, that kind of vibe. I think with a compote and then some form of ice cream on the side.

Ed Gamble

Can't beat a bit of cheesecake. Yes, I mean-,

James Acaster

Tummy's just rumbling. You hear that? It's been rumbling every now and again throughout the whole episode.

Ed Gamble

Yes, I mean, I'm hungry. I didn't have breakfast and then we started talking about seafood boils.

James Acaster

As soon as we started talking about the seafood boils is when I heard it the first time.

Emily Campbell

That's it, yes. It really tipped you.

Ed Gamble

Yes, it's gone.

James Acaster

Why don't you like chocolate?

Emily Campbell

Don't know. I just think it's very overrated. I don't really-,

James Acaster

Oh, come on.

Emily Campbell

Yes. I don't-, it just doesn't do anything for me.

Ed Gamble

James was really worried when you said, 'Controversially, I don't like.' He thought you were going to say 'desserts.' So, he was all ready to get really angry with you.



Emily Campbell

Yes.

James Acaster

But I can't. I can't get angry with you. You'd kick the fucking shit out of me.

Emily Campbell

I can't fight so it's alright. You're safe there.

James Acaster

No, come on, I'm a virgin, mate.

Emily Campbell

It's true.

James Acaster

I'm not going to get angry at you.

Emily Campbell

Yes.

James Acaster

But I would have been sad if you didn't choose a dessert.

Emily Campbell

No, I've definitely got a sweet tooth. Like, love desserts or whatever but just not chocolate-based desserts. Like, if I was to be given a chocolate pudding or cake or brownie or anything that's my worst nightmare. So, yes.

Ed Gamble

Your worst nightmare?

Emily Campbell

Yes.

James Acaster

Nice. Pretty nice life, I guess.

Ed Gamble

Yes.

Emily Campbell

Yes.



James Acaster

Yes, if a brownie's your worst nightmare.

Ed Gamble

How does this grab you? I've got a slice of cheesecake in my fridge at the moment. If you think this has gone too far, apparently, it's protein cheesecake.

Emily Campbell

Oh, honestly, they want to make everything protein-based these days, innit?

Ed Gamble

It's mad.

Emily Campbell

Just give it up.

Ed Gamble

It's got a cartoon of a barbell at the side.

Emily Campbell

Does it actually?

Ed Gamble

Yes.

Emily Campbell

Well, that's outrageous. Does it taste alright?

Ed Gamble

Oh, I've not had it yet. It's an individual slice. I don't know why I bought it to be honest.

Emily Campbell

It's probably made out of, like, quark or something, innit?

Ed Gamble

Yes.

Emily Campbell

Something weird like that. We just, honestly, this is a big gripe of mine, this whole protein thing. Like, we don't need to make everything protein. Like, they're literally going to-, like, they've even tried to make water protein now. Like, it's actually getting out of control. Like, there are foods that have protein in them, they're just fine. They're lovely. Like, the foods that haven't, just leave them without. Like, we don't need to keep doing it all the time. It's like we keep making these protein yoghurts. Yoghurt has protein in it, like, already. Why are we putting more protein into something that already has protein? It



just doesn't make any sense to me, yet. It's just this whole new, like, fad and whatever and it's people who have no clue what they're doing, bless them, going out and buying. And, really, I said, like, unless as a female you can squat over 60, 70 kilos and as a man over 120, stop buying protein products. They're not going to help you.

James Acaster

Yes, okay.

Emily Campbell

Do you know what I mean?

Ed Gamble

Yes.

James Acaster

I saw a really-,

Ed Gamble

Just. I'm fine.

James Acaster

I saw a really tough looking-,

Ed Gamble

125.

Emily Campbell

That's solid.

James Acaster

Like, really solid-,

Emily Campbell

130.

James Acaster

Tough looking guy come out of Tesco eating a crunch corner. That was funny. You see someone really, really tough-,

Emily Campbell

A crunch corner?

James Acaster

Yes, just, like, standing in the street. That's why he had to put it on a-,



Ed Gamble

What was his style? What did he-,

James Acaster

Well, he had to put it on top of a bin to open it up and then-,

Emily Campbell

Do the tip.

James Acaster

And then he didn't tip it, actually.

Emily Campbell

He didn't tip it?

James Acaster

He had his shades on and he was acting like he was too cool to tip it. He talked to his friend, walking along, and his friend was much shorter than him. And they're just walking along and he's got a crunch corner in his hand and they're talking about what they're going to get up to like, 'The day is young. Come on. Let's go out and get it.' And I'm like, 'You've got a crunch corner man.' And the one with the little, like, coco balls, that one as well, like-

Ed Gamble

Yes. So, he didn't tip it. So, he was like-,

James Acaster

I mean, no, he didn't tip it when I was watching.

Emily Campbell

You didn't witness the tipping?

James Acaster

I didn't witness the tip.

Ed Gamble

Maybe his small friend had the little balls.

James Acaster

Every bit as a little shot. Tore it off for him, 'There you go.'

Ed Gamble

'There you go, buddy. There you go, bud.'



Emily Campbell

Yes, 'I'll have the yoghurt. Protein.'

James Acaster

Yes, it's the protein yoghurt. Oh, man, I didn't know all this about protein. I didn't know about protein water.

Emily Campbell

Yes, and there are, like, the protein pancakes, protein-, there's literally, like, a whole range now of everything that's just protein. And sometimes it's even a rip-off. Like, I eat a lot of cottage cheese. I've got, like, one of the most elite snacks. I get sweet chilli rice crackers and cottage cheese and, like, eat them together after training. It's so good. And there was, like, 'Oh, protein cottage cheese.' So, I picked it up and I looked at the back of it and it probably has 0.2 or 0.3 more grams of protein in than the normal cottage cheese. So, it's, like, they're charging you probably another £1, £2 more for something that, actually, really doesn't have much difference than the normal cottage cheese.

Ed Gamble

It's just a lot of marketing, isn't it?

Emily Campbell

It is.

Ed Gamble

I think they're hoping that if someone sees protein on something they're like, 'I'm going to eat that and I'm going to get such big muscles.'

Emily Campbell

Yes, 'I'm going to be hench.' And you're absolutely not, yes.

Ed Gamble

I still bought the cheesecake.

Emily Campbell

Yes.

James Acaster

You're worse than these kind of idiots.

Ed Gamble

I'm a sucker.

James Acaster

I'm pointing at Ed for the listeners. I mean, you've got to let us know how that cheesecake tastes now once you've eaten it.



Ed Gamble

Yes, I will, absolutely.

Emily Campbell

Yes, no, absolutely. I need to know.

James Acaster

You've got to have it on another episode and you can say, 'How nice is that?'

Emily Campbell

I bet it's not. I bet it's not good and it's only, like, 12 grams of protein or something. Just have an egg.

James Acaster

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

Emily Campbell

Okay.

James Acaster

You would like orange and pineapple squash, double strength, with your water. You want warm ciabatta and focaccia bread basket with butter. Starter, you would like buttermilk breaded chicken strips and wings with honey and sriracha sauce made by yourself. Main course, a seafood boil with your own bib, a custom-made bib. Side dish, baked mac and cheese, also made by yourself. Drink, you would like a mango daiquiri mocktail. Dessert-,

Ed Gamble

Virgin.

James Acaster

Ed, show some god-damn respect. Some of us are saving ourselves. I can't wait.

Emily Campbell

It's going to be amazing.

Ed Gamble

It's going to feel so good.

James Acaster

It's going to feel so great. I can't wait to do it. I can't wait. I think about it all the time.

Ed Gamble

We know when you order a mojito that you've done it. When you go-,



James Acaster

'One mojito, please.'

Ed Gamble

You go back to the same place.

James Acaster

'Hold the virgin.' That's how things start. Dessert, a New York cheesecake with berry compote and ice cream.

Emily Campbell

Yes.

James Acaster

Good menu?

Emily Campbell

I'm pretty happy with that. I think that's solid.

James Acaster

It sounds good.

Ed Gamble

Yes, that is good.

Emily Campbell

Yes.

James Acaster

It does sound really good.

Ed Gamble

And quite a lot of your own cooking on there as well which is great.

James Acaster

Yes.

Emily Campbell

Yes. Don't get me wrong, I love eating out, but I think a lot of what I do is I eat out and then I think, 'Oh, how can I recreate that at home?' And then I go home and try and, like, make my own version of it. But, yes, no, I just love cooking. I love cooking. I think it's something you definitely do on your own. You don't do with others.



Ed Gamble

Really? You couldn't cook with others?

Emily Campbell

No. People in my kitchen stresses me out.

Ed Gamble

What do you do if people come in your kitchen?

Emily Campbell

'Get out. Thank you, it's really nice to see you, but if you're going to stay there, can you stand over there, please?'

James Acaster

Yes, and coming back to what we started talking about at the start of the episode. If you ate all of that. If that was your meal, how soon after that would you have to eat again?

Emily Campbell

To be fair, that's, like, incorporating snacks, I think, and everything. So, that's a pretty big meal. So, I probably could get away with probably not eating for probably about 4 hours and then I'd probably have to eat again.

Ed Gamble

And then pre-bed snack.

Emily Campbell

Yes.

James Acaster

And the cottage cheese comes out.

Emily Campbell

Yes. Beef jerky's coming and then that's it, we're ready to go again.

Ed Gamble

Well, I'm aware we've been talking for over an hour now. So, you probably need to eat something.

Emily Campbell

Yes. No, absolutely, yes.

James Acaster

We're probably responsible for you going down a place at the next competition.



Emily Campbell

Yes.

James Acaster

Because we talked through snack time.

Emily Campbell

Yes because mid-morning snack is now delayed, yes. Oh well.

Ed Gamble

Well, okay, thank you very much for coming on the podcast, Emily. Please go and have a snack.

James Acaster

Thank you, Emily.

Emily Campbell

Thank you so much for having me.

Ed Gamble

Thank you so much to the brilliant Emily Campbell for coming on the podcast. James?

James Acaster

An honour. What a great episode. I learned so much.

Ed Gamble

Yes, she's so much fun.

James Acaster

Yes, I mean, I literally, you know, just know nothing about that world. So, what an education.

Ed Gamble

Yes, and I mean, me neither. Even though I try and do weight lifting sometimes, James. It's pathetic.

James Acaster

Yes?

Ed Gamble

I've neither mastered the technique nor the strength.

James Acaster

Well, I think all the listeners would love it if you posted videos because that's what people do when they want to get better at something nowadays. They video themselves and they put it on their social media to hold themselves accountable so they'll keep doing it.



Ed Gamble

So, then loads of people comment below going, 'You've got shit form, mate.'

James Acaster

No, the comments-

Ed Gamble

'You're going to injure your back like that.'

James Acaster

The comments will be nice, Ed. So, you've got to start doing that.

Ed Gamble

Okay.

James Acaster

You've got to start filming yourself doing your weights and putting it on your Instagram.

Ed Gamble

It's not really my style. It's not my style to do that, really.

James Acaster

Switch up your style. People love it when people switch up their style. When the Beatles did it, that was huge.

Ed Gamble

So, you see this as, like, a Beatles shift?

James Acaster

Yes, it's just like you're Sergeant Pepper.

Ed Gamble

Yes. Is that the phase I'm in at the moment? Pre-Sergeant Pepper?

James Acaster

Yes, you're in your Revolver. So, you're just moving over and, yes, people can see it's coming.

Ed Gamble

And the next step up is me posting weightlifting pictures and videos on Instagram, yes.

James Acaster

Yes, then people will be excited. They'll go, 'Oh, he's this guy now.' You know?



Ed Gamble

Yes, and Emily's got a brand new podcast, James.

James Acaster

Contender Ready.

Ed Gamble

That's what it's called. It's an unofficial Gladiators podcast that Emily is co-hosting with another former guest of the Off Menu podcast, Jess Fostekew, and it is out now wherever you listen to your podcasts.

James Acaster

And for the listener, because we've got some-, you know, we've got listeners all over the globe. So, some of them are thinking, 'Oh, wow, they've got a podcast about Gladiator 2, the Paul Mescal film.'

Ed Gamble

No.

James Acaster

That's great. Everyone's been watching that at the cinema. It's not that. It's a TV show called Gladiators.

Ed Gamble

Yes, that's what it's about. Great TV show and I can't wait to hear the podcast.

James Acaster

Yes, but I would also like Jess and Emily to do a podcast about the Gladiator film franchise.

Ed Gamble

Yes.

James Acaster

As well, I would like to hear that. I think that would be good.

Ed Gamble

Yes. Benito, sort it out.

James Acaster

Make it so. Oh, Emily, as well, thank you so much for not saying, 'Cream of Chicken, Campbell Soup,' or whatever Campbell soup it was.

Ed Gamble

Yes, thank you for that, Emily. Thank you so much.



James Acaster

Thank you so much.

Ed Gamble

Yes, other Campbells, Benito's let us know that we could have on-,

James Acaster

The footballer, Sol Campbell.

Ed Gamble

Sol and Naomi Campbell who you know. So-,

James Acaster

I know her. We did Jonathon Ross together. Sat next to me.

Ed Gamble

Enough about Naomi Campbell. Thank you to the brilliant Emily Campbell for coming on the podcast.

James Acaster

Yes. Thank you so much and Ed, do you want to say anything else before we let the listeners get on with their day?

Ed Gamble

No.

James Acaster

No? Not really. I guess, well, listen, we don't often say this to you guys, but thanks for listening.

Ed Gamble

We say it every week.

James Acaster

We appreciate it.

Ed Gamble

We say it every week, I think.

James Acaster

Oh, listen, I can't keep track of it.

Ed Gamble

That's your stomach going now.



James Acaster

Yes. It sounds like a little dinosaur, yes.

Ed Gamble

Yes.

James Acaster

Like a little baby dinosaur.

Ed Gamble

We've got to go eat. We've got to go eat, guys. Thanks for listening, bye-bye.