

English transcript of Coco's Christmas Kitchen, with Coco Briden, Fifi Garfield, Chris Laing and Ahmed Mudawi on 12th December 2022

- based on live voiceovers by Sandy Deo, Sean Johnson and Adrian Bailey

Coco	Hello and welcome to my kitchen! This is BSL Zone 's livestream, a Christmas Kitchen Special. I've got three special guests here joining me tonight. Let me introduce them. Do you remember three years ago we had a host called Fifi? I've now taken her job! Here she is, she's a special guest, hello to Fifi.
Fifi	I'm so excited to see you at work, Coco.
Coco	Yes, it does feel very odd though doesn't it, me being the host and you being the special guest. We also have Ahmed...
Ahmed	Hello, yes, very happy to be here.
Coco	And we have Chris...
Chris	Hi.
Coco	Now, before I get started with some questions, I will be cooking a dish; parmesan shortbread with loads of tomatoes, mozzarella and some pesto. Now I chose this because it's cheap, cheerful, it can be made vegan, but it's vegetarian, and you can change the flavours as much as you like. And these are also very festive colours too, so it's very appropriate.
Fifi	Ooh, that's very exciting, can we eat it later on? All I want to do is eat it.
Coco	You've only come for the food, haven't you?
Fifi	Yes.
Coco	Now, also we will be here for the hour, so we will be welcoming questions from you, the audience. Now our three special guests have been working really hard this year and we want you to ask any questions about anything they've been up to, whether it's their personal life, what their Christmas plans are, what they've been up to. Okay, now, the first thing that I'll do is, we will make some pesto. So we have basil leaves, so maybe two cups full, put them into the blender. Does everybody like basil?
Ahmed	Yes.
Fifi	Yes, I love all herbs. Do you like all herbs?
Ahmed	The only one I don't like is coriander. Not a coriander fan at all.
Coco	Everyone always says it tastes like a flower. I love coriander.
Ahmed	I just react badly to it, but there's no coriander in this, right?

Coco	There is not.
Fifi	Come on, please chuck some in!
Coco	Now we do have some thyme, now that will be part of our dressing for our tomatoes. So, we're going to have three cloves of garlic, some parmesan cheese, so maybe 75g, and then what we will do is I've got some pine nuts and we need to try get the flavour out. Once that has been done, we'll add that into the blender, process the lot and then we can get started with some questions.
Fifi	Bring it on!
Coco	Okay, so in 2022, thinking about BSL Zone , you've all been involved with some fantastic projects, you've had some brilliant things this year. So, with This Is Deaf , Ahmed, this is the second series that you've been the presenter for. You've had so many different opportunities, you know, the projects you've been involved in... talk us through what's been your highlights, what's been your challenges?
Ahmed	Oh, I don't think I've had a bad moment really, it's been lovely to be back working as a TV presenter. I've had a varied career but I was a TV presenter on Vee TV back in the day, and See Hear as well. But it's nice to have this different role and to work within different things in This Is Deaf . These conversations have been really, really focussed, just like being in your own kitchen at home, which really focuses discussions in BSL and it's been a real pleasure to be involved in that. And just to have the opportunity to be involved in so many things this year. Yes, we saw the BSL Act got approved back in 2022, yeah, come on, get in! But I've also been volunteering a lot, making sure that the deaf community is understood. Everything has been going on in terms of the passing of that Act just so that more people can come along and be more knowledgeable about it. That's been great.
Coco	So you were saying about people's reaction, what were their reactions? Was it about the BSL Act itself or was it about their rights, or?
Ahmed	Well, I'd say most deaf people didn't really have any sense of understanding what was going on in terms of the BDA's campaign that had gone out. I mean, information had gone out, but it wasn't necessarily in BSL, so as a team of volunteers we said we needed to make sure that all of this information was available in BSL, so we were basically a UK-wide network across England, Wales and Northern Ireland and we set up these localised groups because actually most people didn't know what the BSL Act was and didn't understand what was next. But as we got into it and what the aims and objectives were, it drew more people in and people were able get involved and support.
Coco	I think it's really nice that we've now got the recognition and also support. Much better that it has been historically.
Ahmed	Yes, I think, I mean I've got to tell you, you know, this year's been absolutely amazing, it's been one of the best years. I mean, particularly with having a TV game show, you know, a BSL game show, and to see black actors like Chris in Four Deaf Yorkshiremen , absolutely amazing.
Chris	Thank you.
Fifi	Now where's your white beard gone, Chris?

Chris	I dyed it.
Coco	I thought we were going to see you with a bit of a posture issue, where's that? Oooh, just while we divert, let's pop some olive oil in too, so gradually you add the pine nut mix to the mixture in the processor. Have you done this before, any of you?
Fifi	No, I've not made my own pesto.
Ahmed	Oh yeah, I like in terms of making pesto, yeah, I like green pesto, I like red pesto, but I buy it in a jar, you're making it yourself – amazing.
Coco	Now this tastes so fresh, and you literally only need four or five ingredients, so everything that we've used today is so simple. Someone from the audience has asked a question. What's our favourite dish? Now for me, I just love wraps with sauce on them, so maybe a chicken or lamb wrap, nice and easy, quick to make at home, add some salsa in. Do you have a favourite dish?
Fifi	I love all food; I've got to be honest. I just look forward to eating.
Ahmed	My favourite dish – I love Italian food, pasta, lasagne, yeah, that kind of stuff. Talking about wraps though, I love a kebab. I love a kebab!
Fifi	After a drink!
Ahmed	That's the one.
Fifi	But I really like sushi, I really like Thai food, just something that's different.
Chris	So, I really like jollof rice with chicken, Ghanian food is my favourite.
Fifi	Can you cook that?
Chris	Well sometimes, shall we say sometimes, but my mum takes over and I tend to back off from the kitchen myself!
Coco	Do you want to help me do this?!
Chris	No, no, give me a few years.
Fifi	This is not the right thing is it now, okay, you need the cooking skills.
Coco	But I do have to say actually, a huge well done Ahmed, you've also won an award two weeks' ago.
Ahmed	Oh, it was really overwhelming, really, really lovely. A special events night.
Coco	And were you actually short-listed down from 50 original nominees, down to 10, and then you won?
Ahmed	Yes, I was one of the 10 winners, yes, that's right. [Laughter as Coco accidentally sprays parmesan cheese whilst grating]

Fifi	What happened? Oh I missed that.
Coco	It was just a bit of snow, just a bit of snow!
Ahmed	Yes, it was a really beautiful night, hosted by Signature, just watching these videos that they played about these 50 people who had all been short-listed. These wonderful groups and individuals, these outstanding achievements that people have made and then to be announced as one of the 10 winning entries in the Hall of Fame, I was convinced that they were all better than me, you know, they'd all get in there before me, but to see my name up here now was quite a moment, everyone celebrating me, you know, giving me a handshake, it was overwhelming. So to get up and receive that award, meaning therefore that my skills and signs have been recognised was really quite something. It just inspires me to carry on working hard.
Coco	I think you've got so many exciting things coming up, haven't you? Right, we've finished off the pesto, so we've added salt, we've got some pepper, we've added some parmesan and now I'm going to add pine nuts. You can use different nuts, you can use walnuts if you're not a fan, if you don't like nuts, you don't have to add any nuts, that's completely fine.
Fifi	Can you fry them with oil?
Coco	No, no, you roast them dry, just a dry roast in the pan. You can add some oil but it would be too much as there's already oil in it. Do we have any more questions from the audience? We do have a question... about what the pesto is for. Now, this dish that we have chosen is a form of canape and the reason that I chose this is of course when you're preparing the turkey and you're cooking a Christmas dinner, you always fall asleep in front of the TV, you're always waiting for food to come, you're really hungry, so I like to have some canapes for that in-between, just before dinner. You know, you've got your siblings round, your family, your friends, they just like a little snack. My dad's normally asleep in his armchair and it's lovely, and when he's awake we can re-join and we start having our food. Now, do you all have traditions for Christmas?
Fifi	So, my family, we are Jewish and my mum always cooks Shabbat on Friday night, she always cooks for us, so we have a lot of meat dishes, I absolutely love her chicken soup, that's my mum's special.
Coco	What does she make?
Fifi	Oh chicken. I love her Jewish chicken soup, I love my mum's cooking, and I've never been able to live up to it. I do think I'm a good cook but yes, haven't been able to do that.
Ahmed	Well I'm Muslim, my wife is Catholic, so we do allow Christmas in our house, and have a very traditional dinner; we'll have a lovely roast chicken, potatoes, all these other dishes as well. I like to add all these snacks as well, like Christmas stuff that you can eat. And we always have leftovers for the next day, all very traditional. It's lovely.
Chris	Yes, we always have that type of food, the roast, we prepare it in the morning, we cook it all the way through the morning as well and we have all the family together and that's what we've done every year.

Fifi	I mean my mum has always said, growing up, she always said that we weren't allowed to celebrate Christmas. Obviously when we left home, sorry mum, we do celebrate Christmas.
Ahmed	Yeah, I think, for me, you know, it's important that my children grow up with the whole experience and they experience different traditions. They see me as a Muslim and my wife as a Catholic, it's broadening their horizons and I think that's really important.
Fifi	Yes, diversity is important. I think luckily, you know, the Jewish alternative to Christmas is Hanukkah, you know, and we light candles for eight nights. That actually overlaps the Christmas period, which is beautiful, but I still do that and I celebrate both.
Ahmed	Yes, I live in a predominantly Jewish community, so we do see the candles, the menorahs going up.
Coco	Now, my processor is not working at the moment. Panic mode. I'm afraid we only have 40 minutes left, give me one second. I don't know what to do because my kitchen assistant is going to bring me a new processor. So, I'm going to focus on the tomatoes. Fifi, I've seen you eyeing up my tomatoes, do you want one? Help yourself.
Ahmed	Yes, I'm mad on tomatoes, come on!
Fifi	I absolutely love red things. Some people like white sauce, white food, but I'm all about red food, that's what I like. Red sauce, tomato sauce, I don't really like white sauce.
Coco	Do you like red cabbage, purple cabbage or beetroot?
Fifi	Yes, absolutely.
Chris	Do you eat them raw or do you have to cook it?
Fifi	Oh I eat them raw, or cook it, I don't really mind, I will just cut cabbage up raw and eat it.
Coco	Now the next part, when the processor is working, you need to roast, we need about an hour in total so we just add some olive oil to the tomatoes, a pinch of salt and some pepper. And obviously, you can season this to your own liking
Fifi	What is this?
Coco	Oh that's pepper. I do have some thyme as well for some added flavour, so that's more of a woody herb.
Fifi	That's really strong. Do you think it's too strong?
Ahmed	Yeah, it tastes different.
Coco	Now we do also have some questions from the audience, I believe. Yvonne has asked Fifi – you make an amazing Christmas cake, what would be your top tip? [Ahmed knocks over a glass of water] Oh no!

Fifi	That's such a Deaf thing to do – This Is Deaf!
Ahmed	You are absolutely right, This Is Deaf!
Coco	Don't worry I will sort this out, don't be nervous Ahmed, it's fine!
Ahmed	I'm just Deaf!
Fifi	You've had too much thyme!
Ahmed	I have indeed!
Fifi	So, I made a Christmas cake...
Coco	... and I heard it was horrible.
Fifi	No, it wasn't, it hasn't been tasted yet! I follow a Waitrose recipe from years and years ago. Now I actually forgot to add walnuts, so it was meant to be crunchy, and I don't like orange peel and it said to add orange peel so I actually added some cherry glaze, so glazed cherries, I added the glazed cherries and I did this back in October because you need to soak them, so all of your dried fruit, so your raisins, your cherries and obviously you soak them in alcohol, soak them overnight and you know just add your flour and your sugar and mix it really, really well. Bake it in the oven for 3 hours. Leave it to rest and then 2 weeks later, maybe a month, add some more alcohol, I don't know how you spell it, it begins with a D, and again every 2 weeks. Cover it with foil and just keep doing that. It tastes amazing.
Coco	Sounds lovely.
Fifi	So I don't know what my tip would be. Just give it your love!
Coco	So it seems it requires a lot of time and effort from you?
Fifi	No I just put it all in, I just bake it in the oven for about 3 hours, watch two films while it's baking or you know, do some housework.
Coco	So, you put these in the oven for an hour about 140 degrees.
Fifi	Why such a low temperature?
Coco	So, you really want the tomato juices to cook really well together and then crisp up really nice.
Ahmed	You wouldn't want them in a high temperature because you'd just burn them.
Coco	So, our lovely kitchen assistant has got us a new blender! I was just going to bring it back, let's go talk to Chris. Okay Chris, so, you have very recently been cast in your very first acting role in Four Deaf Yorkshiremen , is that your first acting proper acting job?
Chris	Yes, it's my first time working with a big crew. I think that was July/August and that was an absolutely fantastic experience. Slightly overwhelming working with a big crew, you need to find your feet but it was a lovely, lovely time. You know, it was great to see everyone working together silently, really working fluidly, naturally. The dynamic between people was great. It was almost like self-care, because I'm an architect, which can be stressful, so working there for

	two weeks helped me to switch off from that and do some self-care, which was lovely. It was lovely to work alongside such experienced people.
Fifi	So, you were also playing somebody else, you weren't being Chris, you were being a character, so you didn't have to be yourself.
Chris	Yes, yes. And you really had to absorb yourself into that character and it was really great to lose yourself.
Fifi	I noticed changes in your body posture, that must be really hard?
Chris	Yes, I stooped as the character, and had to make sure I stretched enough when I stood up straight again, it was really quite difficult but to lean forward ...
Fifi	Who taught you that?
Chris	I just came out with it myself, you know. I looked at what potentially Fred may walk like and I just exaggerated it.
Fifi	Absolutely.
Ahmed	So good.
Fifi	It's quite tiring though, isn't it?
Chris	Yes, it is, yes. I think when we'd finished filming and all went off on the last day, I was still stooping a bit and had to tell myself to stop, let it go, lean back!
Fifi	Chris is back!
Ahmed	Fantastic.
Coco	So when you left the set, you were still hunched in your character mode. Wow, amazing! Now, I'm just going to add gradually some oil.
Ahmed	Why do you do that?
Coco	Because it can separate, so you want the consistency to be stable, smooth and consistent all the way through. If you don't add the oil gradually it tends to split. Now I do have another question from the audience: "Can you make Asian food? So, like Thai food, can you make any of that?" For me, not really, I don't cook Indian food, but I am actually going to Bali tonight so hopefully I'll know. Yes, after this I'm boarding a plane! I would absolutely love to learn to cook Thai food, but a speciality of mine that I focus more on is street food, kind of burgers and steak and things like that, vegan and vegetarian options too.
Fifi	So, when you're back from Bali will you do another live stream? Is that what you're going to do?
Coco	Well actually, I think it should come from someone from Asia, who knows their roots. I mean they would be the best cooks, You don't need me. Yeah.

	<p>Now, so Chris, that was your first acting role, did you have any challenges that you had to overcome, what did you find difficult? What were your ...what were your favourite parts?</p> <p>Or maybe the audience, do you want to ask any other questions about his filming experience?</p>
Chris	Looking back on my experiences, I did my first short film when I was 15.
Coco	Was it a deaf film?
Chris	<p>Yes. It was a very, very short film, really it was a hobby for me. Then I became side-tracked by architecture. But I always miss it, though; I do have that feeling, and want to get back to acting. Luckily, I was in What if? in 2020, and then Four Deaf Yorkshiremen came after that. So, erm, that was great.</p> <p>The thing that's been the most challenging for me has been scripts. Obviously, I'm a BSL user, but when I read an English script, I feel influenced by it, you know, it takes over and influences how I sign. But you need to move away from English structure, so that's a process in itself. So, that's still a challenge. Also, sometimes I might not know what something means, or how to sign it, but luckily there'll be a BSL consultant around to work with. It's been a really good experience, though. Yeah.</p>
Coco	<p>It sounds brilliant. You don't stoop or have a grey beard, so when I saw you, I was like, oh my God, that is not Chris!</p> <p>So you said there was a BSL monitor. Fifi, you've worked as a BSL monitor haven't you on some of your many, many productions. Have you had similar challenges?</p>
Fifi	Yes, and I agree with you, Chris, that actually when you read a written English script, it's very easy to be influenced by it. The most important thing is to learn about what the meaning of those words actually are. If you learn the meaning of those words, then you think about how to translate it and produce it in BSL your own way. That is part of the challenge, and I think you did it well, so well done.
Chris	Thank you.
Ahmed	Yes, I do agree.
Fifi	I think actually some people... if you gave the same script to three people, they'd all translate it differently. But. there is no right or wrong way, it's whatever works for you, as long as you are very clear in your signing.
Ahmed	I think that's right and like some of the work I'm doing lately is on how translation works; how a translator would approach something compared to how a TV presenter would do. It is so different and actually it's important for me to be mindful of that distinction. If I'm being a presenter then I'm presenting very much as myself, as Ahmed, rather than ...
Fifi	You have to be neutral.
Ahmed	Yeah, rather than doing that, and that's something that is very difficult.
Chris	I had to really absorb myself into the character of Fred and I had to really learn how to not stick to the script, you know, there could be last minute impulses in front of the camera. When you've sat there and learned the lines and you get the request to change that little bit, it can be

	quite daunting because you're fixed on a script, or I was. To find that fluidity is a learned skill and that's something I've been working on.
Fifi	Absolutely. You know, that's why I don't over-practise my script. I don't over-rehearse. It's very easy then to become fixated on those lines and then it's very difficult to be flexible with your translation. So, I might do maybe two or three times a week to get the idea of what needs to be said and then produce it.
Ahmed	Just building on what Fifi's saying there, it's very easy to be able to be overwhelmed by the English and actually that influences you to become more SSE or... kind of, move away from your own personal style. So, flexibility is really important. I remember actually, I was doing exactly the same thing, I'd get into such a panic because I'd get fixed on the English and it wouldn't work and actually having that flexibility and being more accepting it just makes things so much better and actually much less of a panic and much more engagement with the material which is great. Absolutely right, Fifi.
Coco	Now can you smell the pesto? We've had a question from the audience. "How do we know when to stop putting the oil in?" Now the answer really is you can see the consistency, can you smell it? Oh yes, I can smell that now, fabulous. So, the consistency needs to be rather thick. Now of course if there's too much oil, it will be really runny which is not what you want, but if you want the consistency to be quite smooth. It needs to be very thick and there shouldn't be any floating.
Ahmed	Oh, let me get my nose on that.
Chris	Let me smell it.
Fifi	No thank you, Coco, that's dirty!
Chris	Oh, that's amazing, fantastic.
Coco	Has anyone dipped their finger in? Do you want to have a taste?
Ahmed	Oh, why am I wasting all my money at the shops, I could make it myself, instead of wasting my money at the shops.
Coco	That's how you know – make sure there's no separation of oil floating on the top, the consistency needs to be really thick, it will be quite thick. Now we will cook our parmesan shortbread, so we just need three ingredients. Very easy. We have some flour, 150 grams, so sieve your flour into your bowl. So Fifi, do you want to do that for me? Thank you. We'll add some parmesan cheese.
Ahmed	Got her working hard here.
Coco	Fifi, would you like to add the butter? Thank you. Make sure it's at room temperature, not cold.
Fifi	Oh, I don't know how to do it.
Coco	All of it babes, just chuck it all in there, thank you.

Fifi	No spoon? I've cleared the plates. Success.
Coco	Now, we're just going to add our parmesan cheese, a very quick grate. Now I will explain in a bit, bear with me.
Ahmed	All of it?
Fifi	Wow, that's expensive though, that's very expensive cheese.
Coco	To be honest, all of the ingredients altogether cost about £10. One of these costs about £3.
Fifi	Well, how much does a jar of ready-made pesto cost?
Coco	Well, fresh is just much cheaper, to be honest. Basil, oil, you've probably got that at home. Pine nuts are maybe £2 and then you've got your flour. Most of these ingredients people tend to have in their pantries.
Fifi	Yeah it's the time, you've got to chop all the butter.
Ahmed	Yes, it's the time to cook as well, isn't it?
Fifi	Ahmed, you're just a busy man, aren't you?
Coco	Yeah, I mean, you're always presenting.
Ahmed	All of this travelling, TV presenting and translation work, you know, deaf counselling as well, I'm just a very busy man. I mean it's so different to how it was before.
Coco	I mean, first you said you weren't and now you're nodding, it's like you had that realisation. You're obviously busy.
Ahmed	Yeah, I had to say it, I'm getting a nudge, yes.
Coco	Now we do also have a question from an audience member, she has asked, "what do you do at home?" So, what does your Christmas Day look like? Do you sleep all day? Do you wake up early in the morning? What do you do? We'll take it in turns. Chris?
Chris	So, when I'm in bed I can already smell my mum's cooking. I'll come downstairs, I'll be a bit nosey, I check everything out, I ask her if she wants help, hope she doesn't, and then ... as long as you ask it's okay isn't it?! And then I'll open presents, watch a bit of TV, yeah just relax really.
Ahmed	Yeah, so I've got two kids and they're the ones who get us up, so we have to be up and ready for them, we have to make sure ... they tend to stay in bed more.
Fifi	So, you're now waking them up?
Ahmed	No, they come to us, they're waking us up, yeah, they're waking us up. So, we open the presents and then we have contact with our family because they don't live in this country, they live overseas, there's some in Dubai, we've got some family in Brighton as well. We watch TV, sometimes we play some games..., yes, when my deaf family visit, we always play games.

Coco	I'm just going to intervene here, so we need eggs, we've got beaten eggs and put about half in.
Ahmed	My deaf family love playing games so that's a really important part of the day, then when people have gone home, we'll fall asleep in front of a movie. .
Fifi	And you'll have a drink?
Ahmed	Oh yes, we'll have a bit of a drink!
Coco	I'm pretty much the same as Ahmed. So obviously you're Jewish, Fifi. I was just wondering there is anything different for you?
Fifi	No, growing up my mum would just treat it like a normal day, so she would wash the windows and things like that, and we'd be watching a Christmas film and she'd be moving in front of the TV just cleaning the house. So, she just treated it as a normal day. When I left home gradually that started to change, so I started to follow the Christmas tradition, so waking up my children, getting them to open their presents, having a coffee, watching a film, cooking. I mean, my husband does all the cooking, to be honest. I have a lovely rest.
Ahmed	Really? It's the other way round in our house.
Fifi	Oh yes, I'm a very well looked-after woman.
Coco	So, what do you do, nothing, you just sit there?
Fifi	I drink port, actually.
Coco	A few glasses?
Fifi	Oh, like the queen!
Chris	Oh yes, she'd like to be the queen, yes.
Ahmed	I think most people tend to have their Christmas lunch, but I've always had it so late.
Fifi	About 3 o'clock.
Ahmed	About 2 or 3, yes.
Coco	Now, all of the ingredients, the flour, the butter, half an egg. So just use your fingertips, not the palms of your hands because it's too hot, but just use your fingertips to mix your dough, just the way I'm doing it. So you want it to form a dough but you want to do it very slowly, very lightly. Oh I do apologise, I didn't mean to do that, sorry.
Ahmed	Oh, it's so Christmassy.
Coco	So you've acted, you've presented, but now you have been presenting a new game show Sign2Win and it's your first ever game show. How do you feel in your new presenter role?
Fifi	Well, to be honest, have I ever really dreamed of being a game show host? No, but I got an offer from my agent saying they wanted me to send a self-tape through and I was like, really? A game show host? Okay, I'll give it a go! So, I did my self-tape, sent it in, I got shortlisted, got

	<p>through to round two. There was another person there and obviously it was throughout Covid, so ideally, they wanted to have two presenters, but because of Covid they had to reduce it to one. I would have liked to have had two. Yes, so they reduced it to one game show host which meant that I got it, which I was not expecting at all! I couldn't believe it!</p> <p>Now luckily, I'd been in the pilot show, so I'd already had a taster, and the pilot hadn't actually gone out just yet so it was just kind of a taster but for me, to get an idea of, sense of the show, how it all worked, what the set up would be, how can we interact with the contestants, which was a huge challenge for me. I think, you know, to have that communication with the competitors, you want to make sure that you build a rapport with them, you want to make sure that then you've got a good rapport with the camera, you need to remember the contestants' backgrounds, ask the right questions... there are so many things that I was constantly processing and thinking about, and I had to ask the producer, what questions do you have? Oh yes, these are the questions, right!</p> <p>Now I absolutely love it, I mean, I love telling people how much they scored, watching people's faces and they're just waiting for that result, I really love it, anticipating what's going to come through. What's really surprising is, you know, is how people react to the game, people are really shocked by their own... what they come out with, they didn't score everything that they thought they would. The memory matching game, whether they managed to do it or not. I think at home they're always like, "Oh my God, I could have done better than you!", but actually when they're in that situation and they're under pressure, they really struggle.</p>
Coco	Yes. Now, you need to store this in the fridge, so put this in cling film into the fridge there. Here's one we made earlier!
Fifi	How long do you put it in the fridge for?
Coco	<p>Minimum half an hour, so yes, about 30 minutes. You want to make sure that the dough is stiff enough so that we can roll it out, we don't want it to get sticky. I always use baking paper, so I just cheat really and it just stops the probability of it sticking to the surface. So yes, let's just start unravelling the dough. We start rolling it out and then I'll use some cutters.</p> <p>Now let's go back to Fifi, sorry. Oh, we do have a question from the audience. "What's the best part of Sign2Win? What's your favourite thing about Sign2Win?"</p>
Fifi	Well actually, we do two programmes a day, we film one in a morning and then we will do a second one. What is really interesting, I mean, I've always watched the shows afterwards and there are things that I honestly just can't remember at all, because it's all so intense and fast at the time. So always watching the shows back, what was the best thing about it? Let me think. The reaction of the winning team I think, or the reaction of the losing team, or when people have given the wrong answer and I'm like, no, they know that it's wrong, and just their reaction, their realisation, and it's hilarious. Coco was actually in the first series!
Coco	I absolutely loved the experience.
Fifi	How did you feel under pressure?
Coco	Isn't it funny? I was really nervous at first, but Aimee and I are very competitive, so we got in the zone very quickly, we forgot about the cameras, we focussed on you, focussed on the game, the adrenaline kept surging through, yes, so it was quite fun.
Chris	I wouldn't be in that at all, I am really not good under pressure. I open my mind and it just goes blank, so it wouldn't suit me.

Coco	I dare you to come along, Chris.
Chris	No, you won't be able to make me, I will never, never.
Ahmed	Well, you never know, they might set up a Sign2Win celebrity edition.
Coco	You have to come too, Ahmed.
Ahmed	I would be well up for that, come on, I would, but you never know, I might end up with zero points! I might not get anything right! You just don't know. But I think the environment's exciting, isn't it? There's that competitive environment, which is fantastic.
Fifi	I mean for me, there are some people that I knew already, new people that I'd met and that's the best part of it I think as well.
Coco	I think we established our friendship from working together on Sign2Win didn't we? So, paprika, a sprinkle of paprika is next.
Fifi	Is that spicy?
Coco	Probably not, it's very mild, very mild.
Fifi	Why do you put paprika in?
Coco	Just for a bit of colour, a little bit of smoky flavour. What do I do next, let me see, we have some poppy seeds just for a bit of crunch and because it's pretty.
Fifi	Also, they get stuck in your teeth.
Ahmed	Yeah, that always happens to me.
Coco	I mean to be honest; you're just showing your age! This used to happen to me as well. The older I'm getting; I'm finding food in my teeth. It's disgusting!
Ahmed	Yeah, been there, I've had to get a toothpick and pick all the seeds out.
Coco	Which ones shall we do? Shall we do a heart shape?
Ahmed	I'll go for the star.
Coco	Ahmed, you want the star.
Ahmed	Yes please.
Fifi	Maybe I should be the star, to go with what I've got on.
Ahmed	Aaah, I told you it's important to be flexible.

Coco	Right, more questions, we have another question come in from the audience. We've got a question from Aimee, "So, in 2023, what changes would you like to see in 2023 in deaf media?" Is there anything you'd like to see changed?
Fifi	I'd like to see more programmes in the mainstream TV industry, much more awareness for hearing people to notice, to see that we are capable of producing some really good programmes. Just the same as everyone else. I don't want in-vision programmes. I just don't want them. No offence, Ahmed. How many people are actually watching in vision interpreting? Do you watch them?
Chris	No.
Fifi	So, this is what you'd rather, you'd rather have a deaf person in a programme who could sign directly to you and you could enjoy that much better?
Coco	I don't understand some in vision interpreters, to be honest.
Fifi	To be honest, I think it's suitable for programmes like the news, current affairs programmes, you know. I think there's a lot of... you know, when one person signs multiple characters in a programme, it is really difficult to follow.
Ahmed	I think it works well in some places, some areas it's a bit more of a challenge, but I do think it is good for deaf people who don't get benefit from subtitles and want access to the same amount of information. I think particularly for children it's very important to see ... I think there's a bit more education out there about sign language as well, but yes, you're right...
Fifi	Yes, I agree with that.
Chris	Also, I want to see more representation, especially Black people. I want to see more role models for Black children out there.
Ahmed	I think for me, year to date, we've got Sign2Win , we've got the film, it's amazing, but I'd like to see longer films, you know, perhaps even 40-60 minutes, just longer-duration films. And can we have more adult content as well, particularly for over 18s?
Coco	18? Oh yes, I would love that, definitely.
Ahmed	Just to explore the reality of life and society, I think that's really, really important. I mean, children's programming, you know, that's great, and we've got presenters that can do that, we can see more of that.
Fifi	Yes, fantastic. Oh, look see how I put my ...
Ahmed	I'll have mine on the other side, I'm flexible, alright, yeah.
Coco	No, you didn't cut it, Ahmed, you can't take the credit for it. Our hearts and stars, we'll pop them in the oven for about 10 minutes. Bake!
Fifi	So, egg wash?
Coco	Yes, thanks for the reminder.

Ahmed	Oh, well done.
Coco	I'm too busy talking, I'm engrossed in conversation. Right, let me focus, okay, we just need to have a little egg wash, it just helps the pastry.
Fifi	You can pay me later!
Coco	Fifi's clearly my assistant. Lovely. Have you tried doing this before, anyone?
Fifi	No.
Ahmed	Yes, I get mine from Marks & Sparks, yes!
Chris	I used to make them when I was small, but not now.
Coco	Right, now, we've had another question, someone's asking me a question, lovely. So how did I get into cooking and why? To be honest, my parents are rubbish at cooking! They are. They're both deaf, they've never really learned to cook, but my sister Mandy and I always watched Ready Steady Cook, you know, and we always watched the show. So when my mum came home from shopping, we'd get the bags of whatever she bought, and Mandy and I would do a little role play, we'd start getting out the ingredients. Today we're going to cook this dish, so when we were about 16 or 17, we started to cook and then I taught myself how to cook, I didn't go to college, you know, I'm not qualified or anything, I'm probably self-taught watching TV programmes. I'm maybe a bit similar to Yvonne Cobb, she's my role model.
Fifi	You forgot the egg wash, so clearly being self-taught isn't enough!
Ahmed	She's upset. She's still bitter about taking that presenter role, isn't she?
Coco	So, my sister works as a chef and we have now set up our business. We're called the Deaf Chefs and we work out of a caravan and we make loads of food, so I've worked in kitchens now and again and I just really enjoy it, I find it so relaxing. Food brings people together. I'm a feeder, I love feeding people. I love having groups of people together and feed them. Yes, that's what Christmas is about as well. Oh, the tomato smells gorgeous. Ooh lovely, maybe 5 minutes. Ta dah. Okay, what does Christmas mean to you?
Ahmed	Well for me it's about family, it's about family for me, it's about friends, neighbours, the neighbours on the other side.
Fifi	For me, being Jewish, I would say family and friends come round every day, it's not really about the specific day. That day, we eat a lot of rubbish food.
Chris	Yes, I think with family, you know, I've got aunties and cousins that I don't see that often, so it's a really good opportunity to get everyone together.
Ahmed	Absolutely, and like during Ramadan, that's a really holy month and that's about family and we do come together when we eat, we eat every day and we share food. And I think that's something that Christmas does in a day, you know, what we do in a month in Ramadan, it's about caring and looking after each other, and giving gifts as well, you know. When we come

	to the end of Ramadan, we give gifts as well, so I think, you know, my kids are lucky, they get Eid presents, they get Christmas presents, they get birthday presents.
Fifi	Let's not forget as well there are some people who are lonely at Christmas, they go through hardship, they don't have friends and family and sometimes it's nice to think of those people, you know, they don't have the kind of luxury that we enjoy. There's always a pressure, I think, on people to have these marvellous Christmases, and it doesn't have to be that way.
Coco	Absolutely, I think for us it's just having family time, but this year I wanted to focus on myself, what I wanted to change for 2023, what are my priorities, what do I want to achieve next year? And, you know, I want to start Christmas... it's really a time of reflection, I think. This is a great opportunity for us to talk about the past year and reflect upon those things that you've managed to achieve and congratulate yourself as well. So don't forget to do that as well and you know, you all have had amazing years, all of us have this year and, I think, take that time to reflect upon that.
Ahmed	Yes, absolutely true.
Fifi	What's your biggest achievement this year?
Coco	Well, I really started working in the media industry this year in May. I worked on Food Fighters , not sure if you've heard of that, it's going to be released next year, it's coming out. So it's almost like the Great British Bake Off, but a children's version, and it's absolutely lovely. Before media I worked in education. I left education and my first job in media was working with children on Food Fighters , so it really helped me as a calming presence to really work well with those children, I'm really used to working with children. And just seeing how enthusiastic they are about cooking, and how skilled, is brilliant. So, we're managing you Fifi, make sure you do your job properly.
Fifi	Yes, always.
Coco	Anyway, before we press on, we need some mozzarella cheese. We've obviously got the star cutters, so we want to try to make sure that we cut the mozzarella smaller than our shortbread, so make sure it will all fit on there, so just make sure you check the size.
Fifi	I'm not sure my mouth's big enough. I'm really going to have to stretch it.
Ahmed	I'll get it all down in one go, lovely.
Coco	Now, we do have a question. I don't know if this applies to everybody. Do you like panto, do you like main theatre shows?
Fifi	Do you mean panto or theatre?
Coco	Panto or Christmas theatre, what do you prefer? Mainstream plays or theatre?
Fifi	Well, I'm in London Deaf Drama group and sometimes we've put together pantos, occasionally. I think we did it three or four times.
Ahmed	I remember those, London Deaf Drama Group was really good, and I went to see so many shows, yes.

Fifi	It's an amateur drama group, not professional, we just do it for a laugh really. What was our favourite? I don't know. Oh you went to see it – which one did you go and see?
Chris	The one where someone fell over and ... no that was another.
Fifi	That was Agatha Christie, Chris, that was not panto, for God's sake. I don't watch enough panto, to be honest, I don't go to the theatre enough to watch panto, so yes, I probably need to go and see panto. Maybe I should do it this year!
Coco	Yes, I haven't really. I think I saw panto for the first time last year actually.
Ahmed	Well going back in the old days, way back when, when See Hear put on a Christmas panto, we'd get a load of deaf actors in it. It was so good. I would love to be in that panto, just switching traditional fairy stories like Cinderella, Snow White, but putting our own spin on it, like modernise it, that's the essence of panto and I think that's something I'd really love to see. I haven't done it myself, so I want it to be known, you know where I am, you know where to contact me! I'm definitely interested.
Coco	Would you actually like to be in a panto?
Ahmed	Yes, I do some comedy acting, definitely. I think I would like to do some acting, but even in my presenting I've got a comic personality and I think that extends to acting, certainly in panto, it's a lot more fun isn't it? There's a lot of celebrities who aren't actors but they get into panto, they start as presenters and they become actors, so if they can do it, I reckon I can and you know where I am, call me, text me.
Fifi	It's not all about TV for me, I do also act. With Deafinitely Theatre, I acted in Everyday, which was about domestic violence.
Ahmed	Oh, so powerful.
Fifi	I work in both theatre and TV. I really like, what's the word, the thrill of the live audience reaction.
Chris	I think that's one of my aims. So far, I've done TV. I would really like to try theatre, though, I think that's a real challenge, I'd love to try that one day.
Fifi	One day. I mean to be honest; this is a really good way to start developing your character. In TV, you don't get much opportunity, whereas theatre is a really big challenge and helps you have that time to develop your character.
Coco	Do you think you have more time?
Fifi	Yes, I think you rehearse for about a month and something happens, you just have to cover what's happened. You don't just go ooh, ooh, I've made a mistake or whatever. To do that you've got to be able to make it so that the audience can't tell the difference.
Chris	If people forget lines, you've got to support other actors there, you know, if you've forgotten the lines, how do you get support?
Fifi	Yes, it's happened to me and you just manage to bluff your way through

Coco	You know, there's the presenting, acting, whether you're on TV or theatre, what tips do you have for young people? What tips do you have for anybody who wants to become an actor in the future?
Fifi	Try to get involved in amateur theatre, go to the Definitely Youth Theatre. It's a deaf-led company; get in there. Some theatre companies are hearing-led, and they don't really understand how to work with deaf people. So, work with the right people; that will get you on the right track and they will give you the right level of support and signpost you to other things that you will benefit from. So I would say Deafinitely Theatre is a really good starting point.
Coco	Drama school?
Fifi	Maybe a deaf drama group? So, do you [inaudible] what do they do? Maybe they should attend a Deafinitely Hub? I don't know if that's still running at the moment. I think it's dependent on funding, but that was a really good project, that was really good.
Chris	Yes, I think, across my time I've never been involved in drama school. You know, I started in small films, as I said, yes, you know, dipping my toes into acting. So, I started from there.
Fifi	Yes, I think, participate in amateur drama as much as you can. If you're invited to things, just go for it.
Ahmed	Yes, I think, work hard at school, make sure you get your A grades! You've got to pass those grades and then you can do whatever you want. Yes, you can be an actor, you can be a presenter, but if you want to be a TV presenter or if you're dead set on becoming an actor, you've got to have that vision. You've got to set yourself up, you've got to build that resilience and enthusiasm as Chris was saying. And as Fifi was saying, you need to get involved in those groups, get involved in Deafinitely. It's really important that whatever you do you're developing this talent and that will help you flourish and blossom. We're a very, very small community, the deaf media community, and you know, in the next five years maybe, I'll probably be bent over, with bad posture, like Chris's character there, yes.
Fifi	I have to say I've been involved in the media industry for over 30 years and it's amazing to see how many young faces there are, like you and you! I mean you're already there, which is brilliant. You know, we need to see all these new faces coming through and I'm really looking forward to seeing what their future holds.
Coco	Now we have time for one more question from Amy. She asks what the top tips would be for anybody who wants to get involved in media but has no experience. So, perhaps like me or you, Chris, for me it's perseverance, keep going. I would say constantly email BSL Zone, Mutt & Jeff, Flashing Lights, Drummer TV, all of these deaf-led TV organisations. You should say look, this is what I'm really looking to do. You've got to have self-confidence.
Fifi	I think, you know, if someone's looking for a runner, a runner role is a good opportunity. A runner is somebody who makes tea and things for the crew, tidies up, maybe is responsible for transport, it's basically helping everybody on set. And when they see that from you, you will get rewarded in another role.
Coco	How did you get involved at a later stage?
Chris	So, like I said, I started when I was 15 and that helped really grow my confidence. And in 2020 I thought I'd apply, so I applied.

Fifi	Fantastic.
Chris	And they made me an offer and I said “yes”, and I accepted, and from there it’s just snowballed.
Coco	That’s right, go for it! I think we’ve got five minutes left, so is there just anything you would like to share with the audience or maybe you’ve got some fans there who watched you in Four Deaf Yorkshiremen and they’re swooning over you right now, anything you want to share?
Chris	Be yourself, that’s it, that’s the bottom line. You know, don’t have those self-doubts, it comes down to skill and the confidence of being yourself, yes. I think it’s really important to engage with the team and build that network. Enjoy it, really.
Ahmed	I’d say above all it’s having an open personality. An open mind and attitude is essential and that personality can drive you on to achieve things; that’s definitely how it’s worked in my career.
Fifi	Well life is short, grab whatever opportunities are offered. And you’re allowed to make mistakes, we’re all human. I’ve made so many mistakes, but the important thing is to learn from them. It doesn’t mean that you just give up if you make a mistake and never try again. Take the positives from it, learn from that experience and move on. Grab those opportunities.
Coco	Also, I would say, you know, I always worried about age; “Oh it’s too late, I’m too old now,” but no, if you have that passion and you have that drive and you want to do it, just go for it. There are no restrictions, just go for your dream and grab the opportunities. You know, be really true to yourself and, you know, manifest those good things and the universe will bring them your way.
Chris	It’s really important to never be afraid to ask the team for advice.
Coco	Right. OK, we’re almost done, we’re almost out of time, ta dah. Okay, now we’re going to add our mozzarella cheese. Lovely. Would you like to put some on?
Fifi	I can’t reach!
Coco	And now we have our tomatoes. You can see I’ve roasted the tomatoes. Lovely. Pop them on like so.
Coco	So, this is for the crew for later on, going to save those. Now ...
Ahmed	Definitely have to get these down in one go, yes.
Fifi	I think 3, 2, 1 and then go, yes?
Ahmed	Ooh, I’m drooling.
Coco	Okay, now here we have our parmesan shortbread, ta dah. Now these are perfect for a quick nibble before your Christmas dinner.
Ahmed	Absolutely right.

Coco	It's a little bit messy, but let's ignore the presentation. It's all about the taste.
Fifi	Let's try them. 3, 2, 1!
Coco	Wait, okay, let's do cheers, 3, 2, 1 – wait, 2023. Okay, in one go.
Fifi	Yes, of course.
Ahmed	Cheers.
Coco	Be honest, give us marks out of 10.
Fifi	11 out of 10.
Coco	Here, have a kiss from my shirt.
Ahmed	Wow, I mean, I get the pesto, I've got the tomato, I've got all of these flavour notes, it's a taste sensation in my mouth.
Chris	It's wonderful, there's so much flavour in it, it's beautiful.
Coco	Thank you. I hope you've all enjoyed them. Now, just to make you aware, in 2023 we've got some really exciting things. So, we have: This Is Deaf , we have a special.
Ahmed	Yes, we've got a Christmas special it's next week, next week, wow. Yeah, a Christmas special for This Is Deaf . It's amazing, we had such a laugh. Make sure you watch it!
Coco	Yes, make sure you watch it. Chris has got one more episode next year, right?
Chris	Yes, it's coming out on 2 nd January.
Coco	2 nd of Jan, fab. Now I've heard there are some funny developments for your character, somebody's watched that.
Fifi	We have Sign2Win Series 2 coming. We also have ... I'm in a drama but I'm not allowed to say what it is. Okay, it's called Coffee Morning Club and I'm acting in it, finally, not presenting, not the host, you know. Obviously as a host or as a presenter I have to, you know, be myself, but actually, as an actor, I get to create my character from the script.
Coco	Oh beautiful.
Fifi	So yes, I look very, very different. Make sure you watch it!
Coco	For me, I have Food Fighters coming out next year too, it should go out on 9 th January, so we have lots of exciting programmes coming up. Please make sure you tune in, watch them, feed back to us how you think they went and have fun.

	Thank you very much for taking the time to watch our kitchen livestream. We really hope you have a lovely festive season, enjoy the new year, celebrate, eat, drink and be merry, make these parmesan shortbreads.
Fifi	Yes, make these, absolutely. Ahmed, you've just dropped some mozzarella.
Ahmed	Yes, I'll try to sort that out.
All	Bye, bye.