



RED HOT, RIGHT NOW John Lewis currently have 20% off selected fashion and homeware items

Trish Deseine

Food writer and TV presenter



Trish Deseine is one of France's most celebrated food writers.

She has sold over 1 million cookbooks worldwide, presented two TV series and written countless articles and reviews both in English and French.

Born in Northern Ireland, Trish moved to Paris in the early 80s and, after working in Marketing and PR, set up a company selling her favourite product - chocolate. She was quickly approached by French illustrated book publisher Marabout, who loved her imaginative, rule-breaking style.

Trish has now produced 18 food books in several languages. Many of her books have won prestigious awards and her second title, *Je Veux du Chocolat*, is a worldwide bestseller.

Trish's English language TV food programmes have been broadcast prime time by RTE and Good Food Channel and throughout the BBC Lifestyle Network.

Trish's range of cook's chocolates - Chocolate by Trish - are sold exclusively at Selfridges.

Chocolatebytrish.com

When entertaining I make my table look special by using "colour block" sheets of Canson paper (from Marie Papier in Paris) under plain white plates from Habitat, Ikea tealights and individual, single flowers or leaves (matching the paper colours) at every setting. I like to make it different every time.

My ultimate comfort food is buttery mashed potatoes and roast chicken, preferably cooked by chef Richard Corrigan.

My 'home late from work' recipe is fresh pasta with lemon zest, mascarpone and parmesan. Ready in a few minutes, all the ingredients are always in my fridge and larder.

The best meal of my life was at Noma, Copenhagen, with my children. Musk ox, cloudbberries, smoked quail eggs, malt "soil", yoghurt "snow" - it was like eating a walk along a Nordic beach.

My detox routine is to cut out all alcohol, reduce carbs and drink at least 1.5 litres of Vittel a day.

Five things you will always find in my shopping basket are smoked salmon or trout, lemons, cream, butter, and chocolate.

The wine I drink with a Sunday roast is Mas Amiel, Notre Terre, 2008.

My stress-busting remedy is a body scrub/polish, deep tissue massage and pedicure at the Cowshed Spa in Carnaby Street.