



### The ultra-stylish foodie

Sophie Conran, 43, has inherited her father Terence's love for the world of food and design. A respected cookery writer and successful homewares designer, she's recently published *Soups And Stews* (Harper Collins, £14.99) – proof that you can be passionate about food and still be enviably slim!

#### MY FESTIVE CELEBRATIONS...

'The key to a stress-free Christmas is to delegate. Last year we went to my mum's and everyone had a job to do – I brought a big pile of profiteroles with chocolate sauce.

For me, the most enjoyable thing is to spend time with my children, Coco and Felix, who are 12 and 14. I love getting excited with them and decorating the tree. The days are so short that it's nice to do things around the kitchen table, like making biscuits or a gingerbread house.

Last Christmas I asked my son to tidy his room as his present to me because he collects everything: bits of old pencils, wire... He loves to build things, so it's like a workshop. He ended up making a Santa's sleigh out of all the rubbish – it had a sack at the back and some wrapped presents, then a man made out of cork with a photo of himself on it. It was gorgeous!

To see Sophie's homeware designs, visit [sophieconran.com](http://sophieconran.com) ►

#### Sophie wears...

**Dress**, £499, Issa at Fenwick (020 7629 9161).

**Satin shoes**, £149, LK Bennett (0844 581 5881). Gold-plated ruby

**cocktail ring**, £220, Monica Vinader (01485 512133; [monicavinader.com](http://monicavinader.com)).

**Necklace**, £257, Mawi at Harvey Nichols (020 7235 5000). **Other jewellery**, Sophie's own