The prized possession you value above all others... My teddy bear Gosy. I've had him since I was eight. I was adopted when I was 18 months old and then fostered when I was eight after her adoptive mother became ill. She later returned to her. I had ups and downs, but Gosy was my constant companion.

The person who doesn't say thank you!... People who don't say thank you! The face you can't live without... Sheri Holmes with Robert Downey Jr and Jude Law. I saw it with Ella's birth. She was the first person I'd ever met who shared the same blood as me.

The greatest regret you wish you could amend... That I didn't go to university after school. I made up for it last year though with a first-class honours degree in Culinary Arts Management.

The unhindered ambition that continues to haunt you... Broken Dreams by Anonymous. It tells the story of how my childhood was having on my life and decided to get counseling.

We ask a celebrity a set of devilishly probing questions – and only accept THE definitive answer. This week it's TV cook Lorraine Pascale's turn.

The figure from history for whom you'd die, 1996, and was named after her. My daughter was born the year she died, 1996, and was named after her.

The philosophy that underpins your life... To one day have a big, normal, happy family.

The happiest moment you will cherish... It came out in 1985 when I was almost 13 and starting to feel grown up.

The order of service at your funeral... I'd break into Fortnum & Mason on Piccadilly and eat my way round the aisles.

The misapprehension about yourself you wish you could erase... That I don't eat the food I make! I'm 5ft 10½in, so maybe I look slimmer than I am.

The poem that touches your soul... Broken Dreams by Anonymous. It tells you to let go of a situation, then things will sort themselves out.

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The event that altered the course of your life and character... Joining a ten-week course at Leiths School of Food and Wine in London in 2005. I'd been a successful model but was unhappy. I fell in love with cooking on the course.

The crime you would commit knowing you could get away with it... I'd break into Fortnum & Mason on Piccadilly and eat my way round the aisles.

The song that means most to you... There Must Be An Angel by Eurythmics.

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The treasured item you lost and wish you could replace... Soft blue cheese, especially Saint Agur from M&S.

The unfulfilled ambition that continues to haunt you... Broken Dreams by Anonymous. It tells the story of how my childhood was having on my life and decided to get counseling.

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