

Welcome to my portfolio

Alyana Cazalet

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Every Night's Friday Night



*Time and Freedom
For the Rest of Your Life*

Andrea R. Huff

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Amelia's world of wine

Love is all around

Whoever you're sharing Valentine's Day with this year, wine expert Amelia Singer has a feel-good bottle to suit

Valentine's Day can be stressful, expensive and, if you're not loved up, quite lonely. Which is why I always view it as a day for celebrating and being thankful for all the lovely people in my life. This approach makes being single on the day far more fun and means you can still get involved in all the gastronomic hedonism.

If you're entertaining at home this year, I've put together my top tips on what to drink, to guide you through any potential Valentine's pitfalls. I am a massive fan of romantic indoor picnics... unless your partner lives with a parent who insists on joining you. I will not dwell on my past experience here.

FOR THE LAST-MINUTE DECISION-MAKER

You forgot the card but rectified the situation by ordering a takeaway from your partner's favourite restaurant.

What about the wine? When in doubt, drink rosé! For your sushi or seafood delivery, paler is better. Fusion food, spicy dishes or cheese, meanwhile, will all be enhanced by a perfumed, fruity rosé that has a bit of residual sugar.

TRY Rustenberg Petit Verdot Rosé 2017 Stellenbosch, South Africa* (bin 615910; £8.99). Packed with ripe strawberry and raspberry fruit that work a treat with spicy food, this has an underlying earthy spice which makes it the ultimate charcuterie companion, too. »

PORTRAIT: ANDREW BIRCH; ILLUSTRATIONS: ALYANA CAZALET
*AVAILABLE IN SELECTED STORES AND AT WAITROSECELLAR.COM



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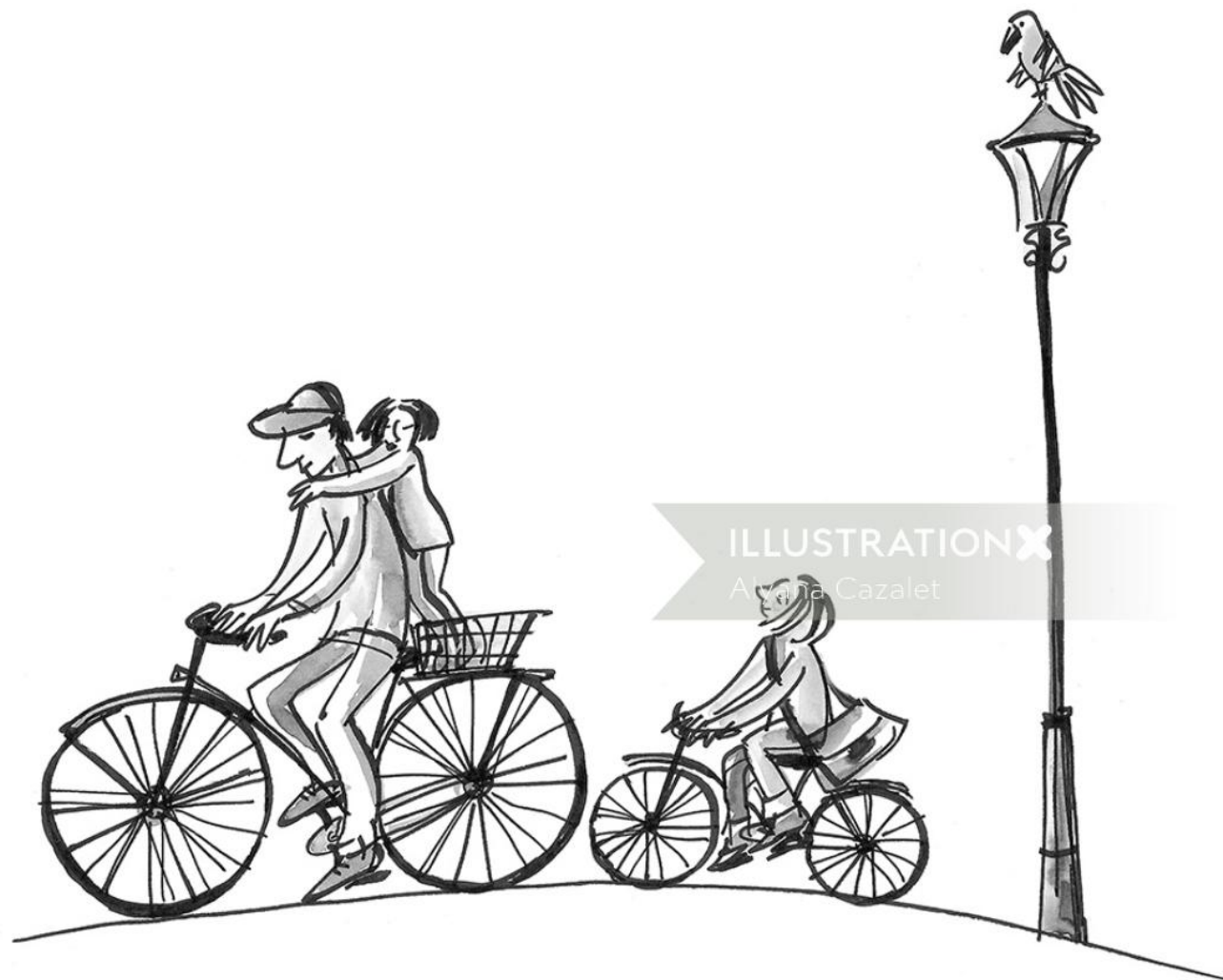
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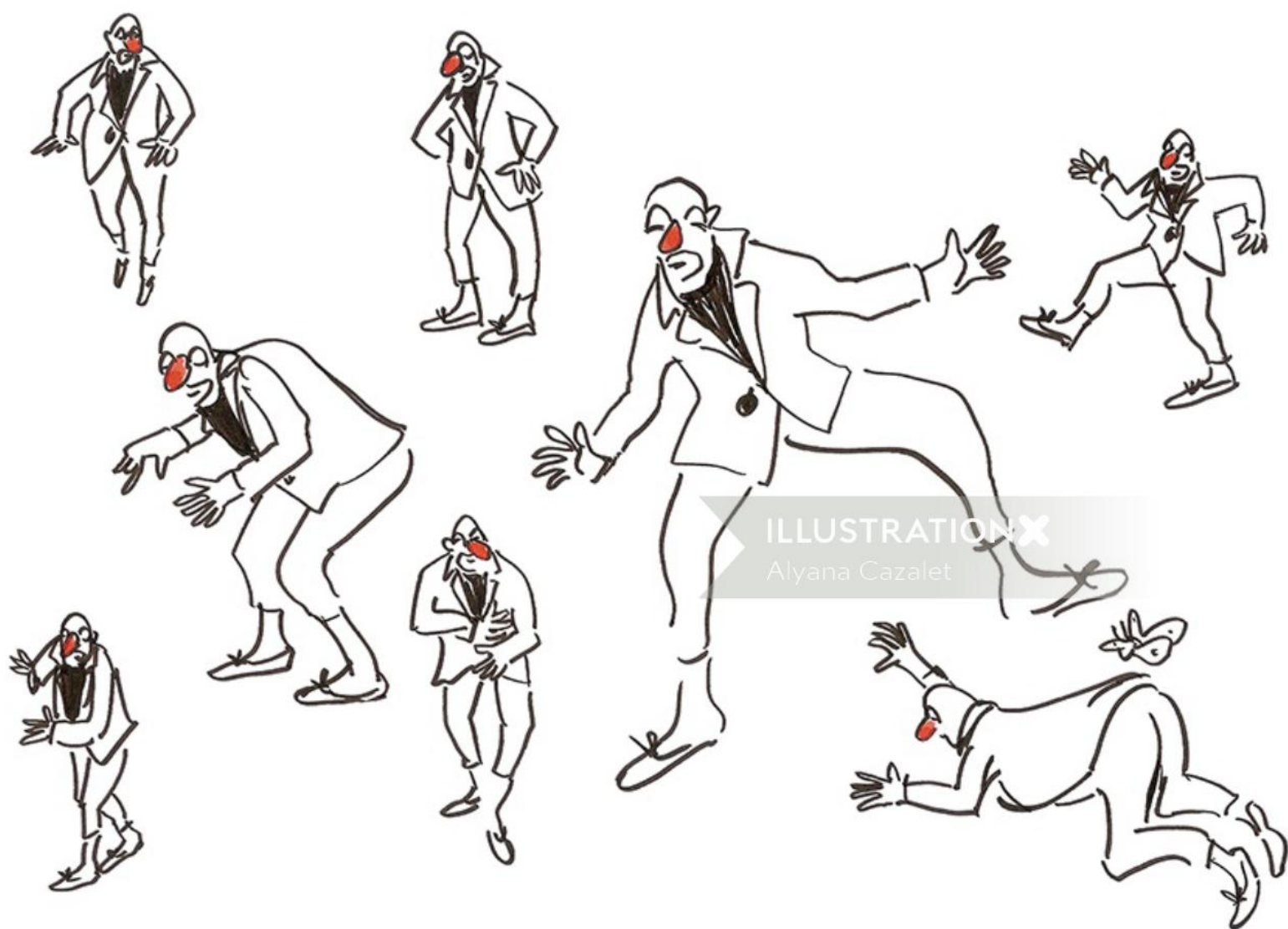
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Lunch break

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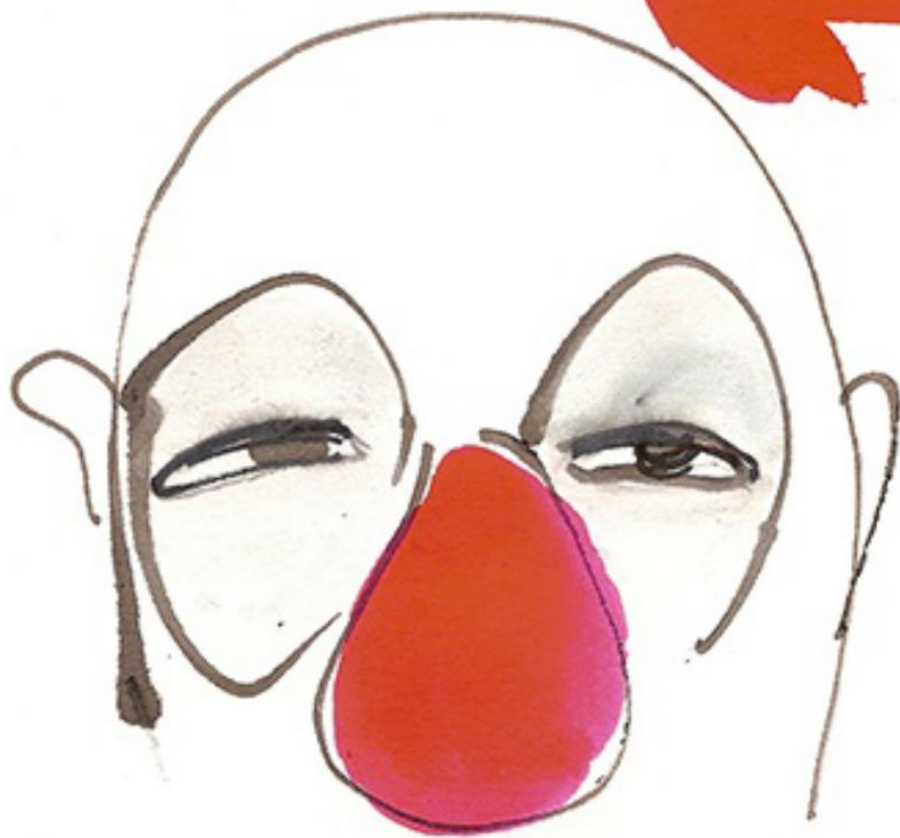
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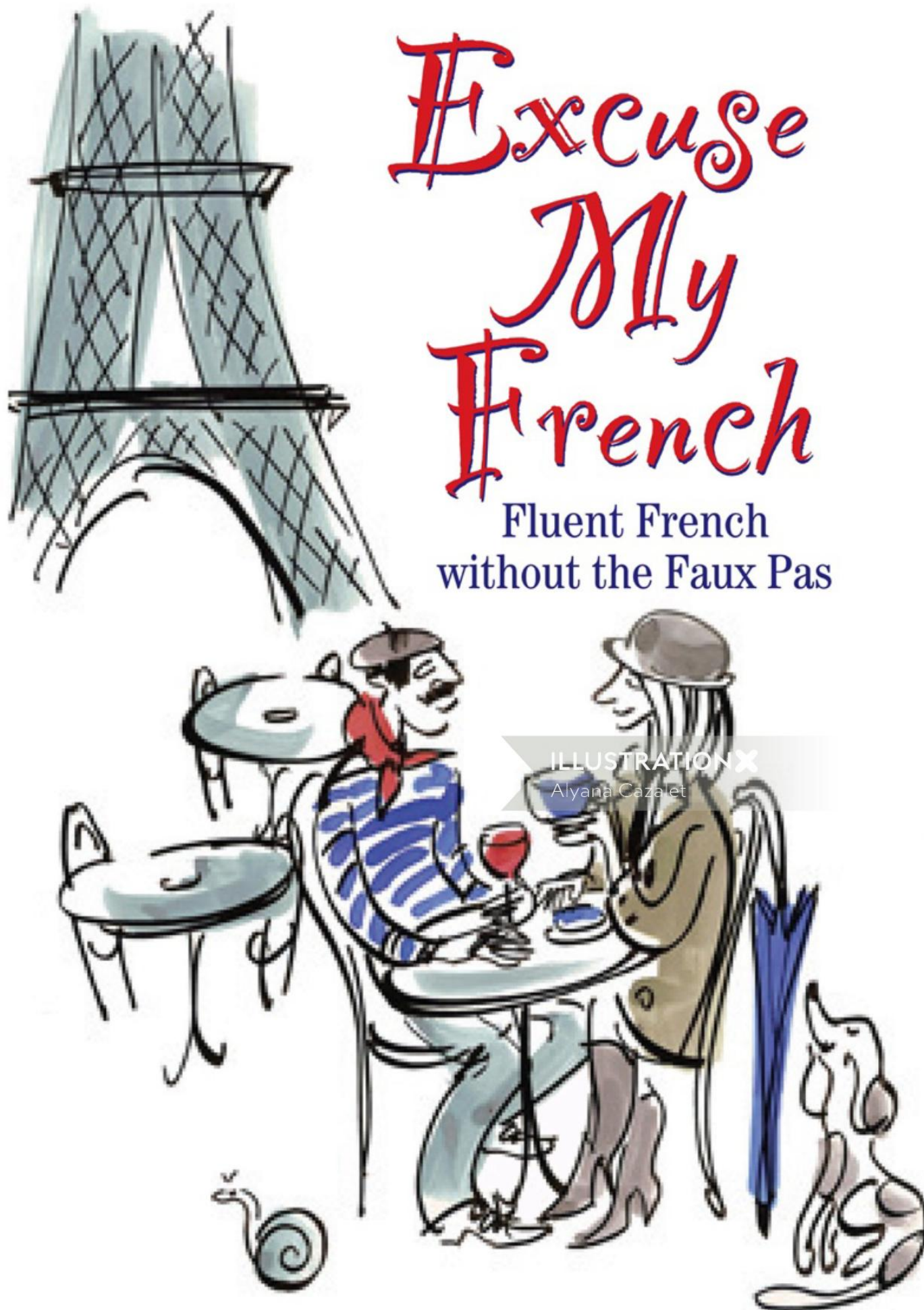
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Excuse My French

Fluent French
without the Faux Pas

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Rachel Best and Jean-Christophe Van Waes

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Puppets and Pupils

by
Helga
Williams

IN OLD LATIN *pupa* (or *pupilla*) had two meanings—"little girl" and "little doll." The English words *pupa*, *pupil*, *puppet*, and *puppy* all got their start from this word.

If you look into the pupil (center) of someone's eye, you appear in miniature form, like a puppet, even. In the Middle Ages an orphan girl was called a *pupilla* and her brother a *pupillus*. Later, a young student of either gender became the pupil we still know today.

Scientists who study insects must have thought that the cocoon stage of their charges resembled a swaddled baby doll and thus kept the Latin *pupa* intact for this cozy, inactive phase. Meanwhile,

the doll meaning of *pupilla* has survived in our *puppies* and *puppets*. Middle English *popi* referred only to small lap dogs, which were ladies' playthings.

Later, people started calling any young dog this—even if the beast was destined to become a large hound. The French put strings on the *puppet* and called it a *marionette*, since Marion was a popular name in Old French plays such as *Le Jeu de Robin et Marion*.



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