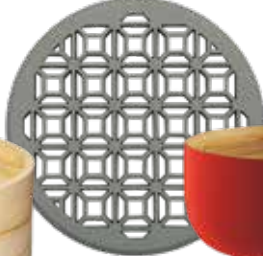


feasting

**Stand and serve. Trivet, £6, sainsburys.co.uk
Emiko bamboo bowls, £20 each, habitat.co.uk**



Authentic and traditional. Two-tier bamboo steamer, £6.49, kitchencraft.co.uk



Stir it up. Non-stick wok, £87.99, wayfair.co.uk



Chop, chop! Spoon and chopsticks set, £7, kitchencraft.co.uk



Release the aromas. Pestle and mortar, £14.50, sainsburys.co.uk



Souper! Bowls (set of three), £19, procook.com



Jasmine or green? Tea pot, £19.99, homesense.com

Liquid refreshment. Tea cup, £3, and soup spoon (set of two), £4, sainsburys.co.uk

Delight your senses

It's easier than ever to bring Asian delicacies into your kitchen. Explore your local supermarket or nearest Asian food store and find inspirational ingredients to create dishes that nurture and nourish – from steaming bowls of ramen noodles, inspired by Japanese cuisine, to fragrant curries and sizzling stir-fries made with aromatic herbs and spices.

Let your imagination run wild and fill your home with the evocative aromas of the East.

Handpainted and unique. Sakura vase, £35, habitat.co.uk



Blogger spotlight



Shu Han Lee moved to London from Singapore as a student and taught herself to cook the food she'd grown up with. She is founder of Rempapa Spice Co (rempapa.com) and author of her first book 'Chicken And Rice: Fresh And Easy Southeast Asian Recipes From A London Kitchen'. Shu shares her recipes on her blog mummyicandcook.com.

Try 'her Two-minute noodle bowls' or her mum's 'Ngoh hiang – five-spice pork rolls' for an authentic taste of Asia.

PHOTOGRAPH: GETTY IMAGES

Taste Asia. School of Wok bao bun kit, £3.50, tesco.com; Lee Kum Kee sesame wok oil, £2.29, sainsburys.co.uk; Humm coconut lime kombucha, £3.50, planetorganic.com; Masala Chai, £12.95, theteamakers.co.uk; Glorious Super Soups Indian sweet potato & coconut daal, £2.20, groceries.morrisons.com



BOWLS WITH SOUL *Food with flavour, spice and all things nice*



1 Chicken And Rice by Shu Han Lee (Penguin, £20) 2 Leon: Happy Curries by Rebecca Seal and John Vincent (Octopus, £16.99) 3 Wok On by Ching-He Huang (Octopus, £20) 4 My Asian Kitchen by Jennifer Joyce (Murdoch Books, £20)