



SKETCHY
teacups

Some drawings appear so life-like that they could be photographs, but what about objects that appear uncannily drawing-like? The 'Shade' collection of homewares and furniture from Swedish collective Front Design are three-dimensional objects designed to look like hand-drawn sketches. Embodying the charm of initial sketches as they come straight from the imagination, this 'Shade' teacup and saucer adds a fanciful M.C. Escher-like dynamic to a tea party. @ www.frontdesign.se



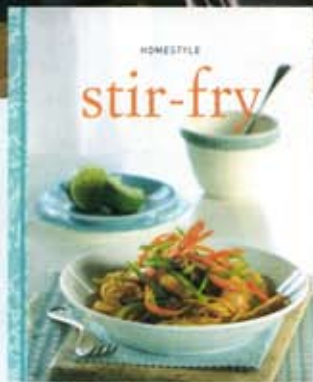
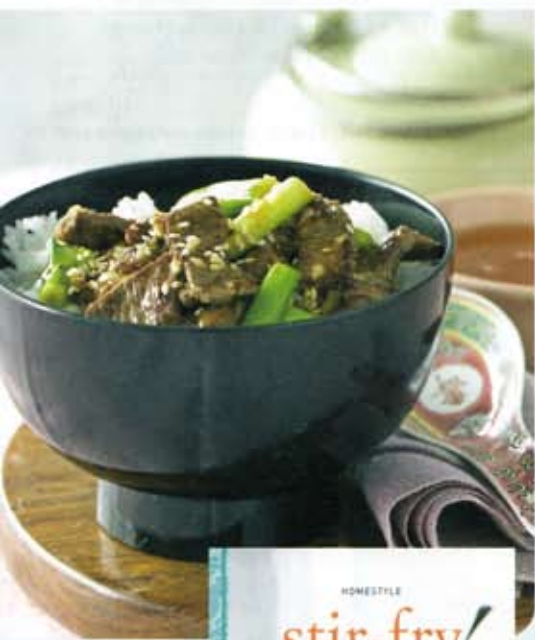
PRECISION
chopsticks

Mastering the art of chopsticks comes naturally to some, while others aren't quite so dexterous. With this in mind, Finnish designer Lincoln Kayiwa created Tukaani. Inspired by the shape of a toucan's bill, the set of chopsticks and plate is intended to provide a steadier grip for those who find it hard to transport food from their plate to their mouth with traditional chopsticks. Though devout chopstick traditionalists may cry out in protest, the Tukaani will hopefully prevent others from the terror that the thought of using such Asian cutlery brings. @ www.kayiwa.fi



ORGANIC
curry

The rich, aromatic scent of a hearty curry makes the stomach leap with anticipation. For many cultures, curry is not only a beloved cuisine staple, but also a trusted health remedy. Turmeric is known as a natural antibiotic and some believe that it helps prevent Alzheimer's. Whether or not you believe in the health benefits, it's hard to deny the opportunity to indulge in a spicy pot of curry. Westcourt's new range of organic curry pastes brings tantalising flavours from around the globe into your kitchen, whether you're craving Thai Green, Tandoori or Malaysian. @ www.firstray.co.uk



REJUVENATING
tea
Legend has it that, back in 2737 BC, Shen Nung the Chinese Emperor was boiling drinking water over his open fire when the leaves of a *Camellia sinensis* plant happened to flutter into the pot. Upon drinking the water infused with the aroma of the leaves, the wise emperor was astonished, declaring it to be a liquid that provided 'vigour of body, contentment of mind and determination of purpose'. And so became green tea. Now, more than 5,000 years later, countries such as Japan and China still celebrate the soothing liquid for its astounding benefits and Western society is catching on, whether it's to warm the spirit on a chilly day or to help with the digestion of a delicious meal.



PREPARATION TIME: 15 minutes
TOTAL COOKING TIME: 12 minutes **SERVES** 4

- INGREDIENTS**
oil, for cooking
500 g lamb backstrap (loin fillet), thinly sliced
2 garlic cloves, crushed
4 spring onions (scallions), thickly sliced
2 tablespoons soy sauce
80 ml (1/3 cup) dry sherry
2 tablespoons sweet chilli sauce
2 teaspoons sesame seeds, toasted

TO MAKE
Heat the wok until very hot, add 1 tablespoon of the oil and swirl it around to coat the side of the wok. Stir-fry the lamb strips in batches over high heat, adding more oil whenever necessary. Remove all the lamb from the wok. Reheat the wok, add 1 tablespoon of oil and stir-fry the garlic and spring onion for 2 minutes. Remove from the wok and set aside. Add the soy sauce, sherry and sweet chilli sauce to the wok. Bring to the boil, reduce the heat and simmer for 3-4 minutes, or until the sauce thickens slightly. Return the meat, with any juices, and the spring onion to the wok, and toss to coat with the sauce. Serve sprinkled with the toasted sesame seeds.

MONGOLIAN
LAMB

From Homestyle Stir-Fry, Murdoch Books. Available from all good bookstores.