

SPRING ASIAN PRODUCE



Try these ideas to get the best from spring's fresh Asian favourites, from chillies to starfruit.

OYSTER MUSHROOMS

These soft, delicate mushrooms aren't just great for sautéing, stir-frying or adding to soups - brush them with olive oil and barbecue, too.

LEMON GRASS

To prepare lemon grass for stir-fries, trim the base and remove the tough outer layers. Bruise with the flat side of a knife to release the flavour, then slice the pale section.

CHILLIES

For an authentic Mexican hot chocolate, halve and seed a chilli and add to the mixture with a split vanilla bean. Simmer to infuse, then strain before serving.

CARAMBOLA

Known as starfruit, this really does give star quality to any fruit salad. Less ripe fruit can also be pickled to serve with curries: soak it in a syrup made with equal parts sugar, water and rice vinegar.