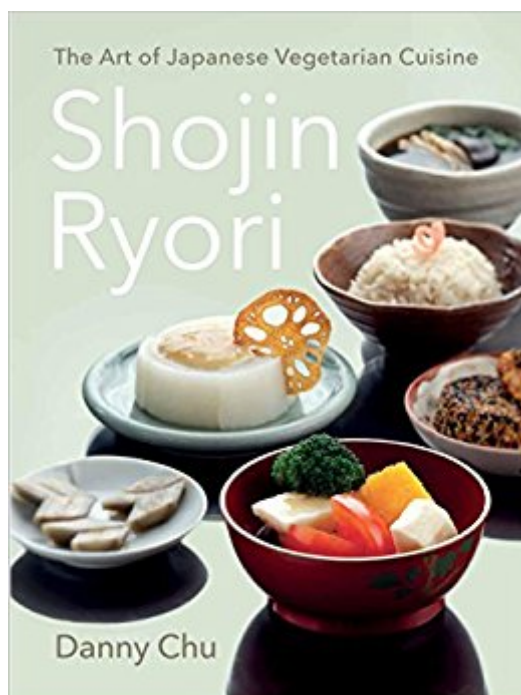


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Shojin Ryori: The Art Of Japanese Vegetarian Cuisine



Synopsis

Shojin ryori is the art of Japanese vegetarian cuisine that originated from the Japanese Zen temples, but is today widely popular all over the world for its healthful and well-balanced meals prepared without meat, fish, eggs or dairy products. With clearly written step-by-step instructions and insightful cooking tips, chef Danny Chu of Enso Kitchen will show you how to transform simple, readily available ingredients into creative, flavourful and satisfying shojin ryori meals in your home kitchen

Book Information

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Customer Reviews

Danny Chu is a former foreign currency trader who left the corporate world and followed his passion to Japan to learn more about shojin ryori, the art of Japanese Zen cuisine. With hard work and unwavering determination, Danny mastered traditional Zen temple cooking and became the first shojin ryori chef in Singapore. He ran Enso Kitchen for several years, delighting both vegetarians and non-vegetarians alike with his creative dishes, and garnered rave reviews from the media, including Wine & Dine, Travel+Leisure, BBC Good Food, Appetite, The Peak, Business Times and Channel News Asia. Today, Danny is based in Taiwan but returns to Singapore every quarter to organise lunch and dinner sessions which are eagerly anticipated and quickly snapped up once bookings open

Photographic composition is beautiful. The author knows how to best present both the recipes and

the pictures. The glossary of unique ingredients (pictures and descriptions) presented at the end of the book were very very helpful for cooks who are not completely familiar with Japanese cooking. Can't wait to try some of these recipes out.

Have not made too many recipes from this book yet, but love the simplicity and beauty of it.

beautifully presented book, and the recipes are lovely, the only thing is because the book is sectioned into seasons- some of the recipes are repeated. Would of been better to just write a reference to the recipe in another section instead of devoting a whole page to repeating the recipe again.

Fast shipping. Lovely photos and the recipes were exactly what I was looking for to prepare.. Thanks.

For me, the recipes are simple enough. The book is an enjoyable read and the pictures are excellent.

Great book, beautiful pictures. It's a pleasure by just reading it!

wonderful recipes

This cookbook is one I appreciate much more after a demonstration of shojin ryori than I would have before the class. Each meal consists of 5 dishes, rice and soup. Two meals are provided for each season. Seasonal desserts are provided as a final section. There are photos of the complete meal as well as the individual dishes to show the presentation element of the meal. The recipes are very well selected - most are flexible so that you can experiment with alternate vegetables or grains. They carefully introduce you to many basic techniques and sauces so that by working your way through the cookbook you can become a decent Japanese home cook. It even points out things you would learn by watching your Mother e.g. using the water from washing rice to boil vegetables. While you need access to Japanese ingredients, the recipes use items that are most easily found if you have any access to Asian ingredients. Occasionally this means lemon not yuzu but it is rare for the simplicity of ingredients to harm authenticity. While one needs no special tools to cook the dishes, you will likely soon want a suribachi, a sushi bamboo rolling mat, chawan mushi cups ... and

a collection of small single serving dishes, bowls, plates, sauce cups ... The reason is that Japanese dishes are individual not combined onto a single plate or platter. The flavors do not spread into each other. But one can collect these as you find the recipes that you wish to repeat and vary - get what makes that recipe easy to make and serve. Example recipes: - Goma dofu (Sesame tofu) as kuzu based starter- Daikon rolls- Braised burdock and carrot- Cabbage rolls- Asparagus with walnut-miso dressing- Ganmodoki (tofu fritter)- Eggplant with goma dressing- Sweet potato with cucumber puree- Courgette wrap- Nagaimo mushroom croquettes- Hijiki teriyaki- Vegetable tempura- Nagaimo chanwan nushi- Lotus root dumpling- Yamatoimo nori rolls- Mochi balls- Watermelon jelly

With detailed directions and a detailed appendix on the ingredients, this cookbook truly makes Japanese cooking approachable. The only thing missing is a comment that the rice and soup tend to end not begin a meal. As a next step I would suggest

Â Good Food from a Japanese Temple: a 600-year tradition of simple, elegant vegetable cookery

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