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Shojin Ryori: A Japanese Vegetarian Cookbook



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.

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Customer Reviews

I received this book as a Christmas present after my husband and I experienced shojin ryori at Koya-san in Japan. It was phenomenal food and we were so happy to find this book! We are looking forward to trying all the recipes this year-- the book is divided by seasons, which is a beautiful presentation of how Buddhist monks cook in harmony with their surroundings. The recipes we've tried so far have been excellent! Who knew that fresh bamboo shoots (I've only had them out of a can) could be so delicious!!

This book has wonderful photos, but there are many specialty vegetables that are not readily available. I shop both the Seattle and Tacoma international districts. I own a large selection of Asian cookbooks. The recipes here are either common, have vegetables that are not common, or seem bland. The written stories are interesting and well worded.

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.

Deliciously simple recipes that are grouped into seasons with easy directions and lovely presentation. I love this book.

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

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