



Grandma's Shojin Ryori - Japanese Vegetarian Home Cooking

iori Akemi & Satsuki

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Shojin cooking is a meal that has been passed down by Japanese monks. It mainly uses vegetables and grains and does not use meat, seafood, gokun (five acrid or strong smelling vegetables, including onion, scallion, chives and garlic) nor alcohol. The spirit of Shojin cooking lies in the Zen mind of ahimsa (no killing) and appreciation of the food rather than a strict vegetarian diet. This book will show you fun, cheerful and simple recipes made by grandmas, including traditional breakfast, lunch, dinner, special meals for gathering, rice bowl dishes, ramen noodles and desserts. Even beginners can enjoy the rich and flavorful meals as they allow using infertile eggs, milk and sugar. We made this book by collecting the recipes they teach during their Shojin cooking lessons. If you want to enjoy mealtime and learn healthy Japanese cooking, this is the book for you. Don't hesitate to try these recipes; anyone can make delicious food easily with this book.



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