

Demonstration of Shojin ryori

(Japanese Buddhist Temple Cuisine)

In Japan, we enjoy many types of Japanese cuisines such as kaiseki ryori, wa-shoku, even yo-shoku.

Some are familiar dishes for Japanese home cooking but not many people know about "shojin ryori", a Japanese buddhist cuisine which has been sustained by Japanese buddhists from almost two thousands years ago.

Nowadays, the position of shojin ryori has changed to suit modern life styles, and vegetarians. It only uses seasonal vegetables, tofu, nuts, seaweeds and but there are many amazing ideas to create textures, looks and flavours using Japanese basic ingredients and seasonings.

A chef and author of shojin ryori, Mari Fujii who teaches temple cuisine for over 20 years in Japan and recently she has offered to present the shojin ryori in New York and Paris. This November, she is coming to London to promote shojin ryori!



Date: 8th November 2009

Time: 12:00~14:00

Venue: MACROBIOTICAFE 71 Regent Park Road, London NW1 8UY

<http://www.macrobioticafe.com/>

Cost: £35

Book online: <http://www.atsukoskitchen.com/civicrm/event/info?reset=1&id=16>

1. Introduction to Shojin ryori

History of shojin ryori

Style of the dishes (one soup and three dishes with rice)

Use of ingredients

(shojin ryori uses basic Japanese seasonings and unique soya product for their dishes, such as koyadofu, kuzu, konnyaku, seaweed, fu, whatever the unfamiliar ingredients for international people.)

2. Demonstrate the method of the creation

Creation of look, texture, flavour

Ideas of Imitation dishes

3. Tasting sample dishes / As an *imitation dishes, look real....*

Abalone

Teriyaki Eel

Fried prawn

Boiled egg
Cheese fondu
Kara age (fried chicken)

Customer will taste all these sample dishes at the end of the event.



Cooking classes

(Hands on cooking with 12 students finished by eating)

1) 8th: 18:00~21:00

2) 9th: 18:30~21:30

Venue: The Grocery 54-56 Kingsland Rd, London E2 8DP -The classes will be held in the cafe area-

Cost: £43 per person

-includes all the ingredients

Book online: <http://www.atsukoskitchen.com/node/3>

-Concept: 1 soup + 3 dishes with rice dish

-Introduction to the 5 methods of the shojin cooking, mix, boil, grill, steam, and fry.

Use the dried ingredients with local ingredients, variation of Tofu/ koyadofu, fu

Menu:

Gohanmono - rice dish

Aemono - mixed salad dish

Suimono - soup

Agemono - fried dish

Nimono - stewed dish