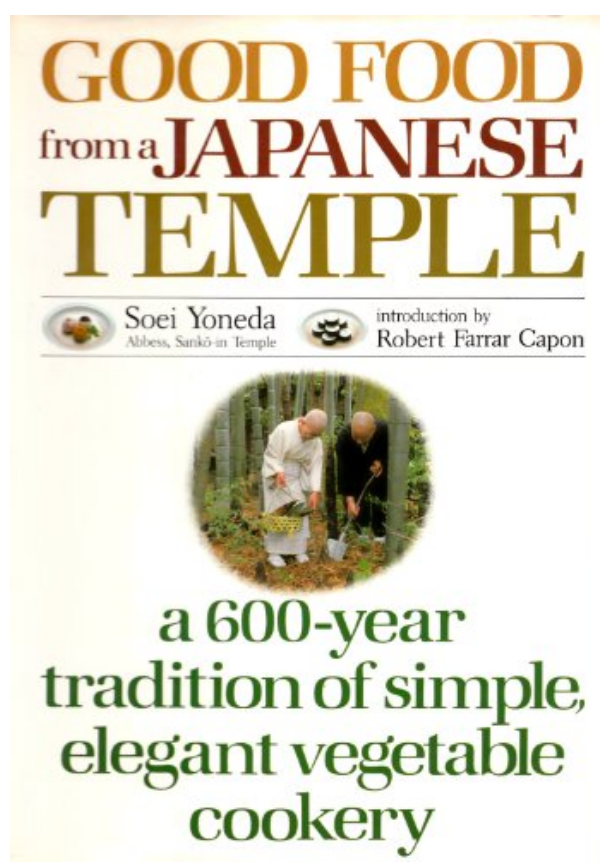


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Soei Yoneda
Abbess, Sankō-in Temple



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0 of 0 people found the following review helpful.

' My favorite recipe is from this book

By rhinoceroslodge@pon.net

The recipes are delicious and the author writes with a sense of humor: one recipe is included that one cannot make, but the author includes it 'because everyone needs a little fantasy.' My favorite recipe is from this book: it is so simple even I cannot make a mess of it.

15 of 15 people found the following review helpful.

Good Food from a Japanese Temple - Cookbook

By Aunty Glory

Shojin Ryori is Japanese for Buddhist Temple Food; vegetarian of course, and it is the cuisine for the monks and nuns. This book was written by an Abbess in a very easy to follow way. There are lovely color photos illustrating how to serve a complete meal, what the ingredients look like, what many of the dishes look like when complete and a photo of a Zen temple's meal service.

Nowadays we understand the importance of having seasonal food and this is what the Japanese have always followed when making menus. The recipes are grouped according to the four seasons.

Most of the ingredients are widely available but there are a few items that are difficult to find outside of Japan such as Rape Blossoms. Fresh Bamboo shoots may also be hard to find but during bamboo season markets in Japan and China overflow with the succulent shoots and there are so many ways to serve them. However you can usually find them in your local Japanese market in a plastic sealed package.

With this book, anyone could become a good cook of Japanese vegetarian Zen Temple food.

I have a copy of Good Food From A Japanese Temple in two locations that I cook in. Its one of my most-used cookbooks and I'm not even a vegetarian (but I love veggie meals!)

9 of 9 people found the following review helpful.

The Best Vegetarian Recipes in the World

By Frederic J Feingold

I have a large library of cookbooks. I have professional cooking experience. I try to adhere to a vegetarian regime. Many years ago I borrowed a copy of this book from a library. I read the recipes and tried, as I always do, to imagine the tastes and textures. In this instance I could not do it. When i prepared some dishes the results were, to me, magical, and could not have been anticipated. The whole is so much greater than the parts. Someone out there should create a restaurant based only on this book and / or package the measured ingredients ready to go. So happy that I finally own my own copy.

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