



# Shojin Ryori: A Japanese Vegetarian Cookbook

*Danny Chu*

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## **Shojin Ryori: A Japanese Vegetarian Cookbook** Danny Chu

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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