

shojin ryori recipes pdf

Buddhist cuisine is an East Asian cuisine that is followed by monks and many believers from areas historically influenced by Chinese Buddhism. It is vegetarian or vegan, and it is based on the Dharmic concept of ahimsa (non-violence). Vegetarianism is common in other Dharmic faiths such as Hinduism, Jainism and Sikhism, as well as East Asian religions like Taoism.

Buddhist cuisine - Wikipedia

In Japanese cuisine, the traditional type of wheat gluten is called fu (餛飩), lit. "gluten"), originated from Jiangnan dialect for ed khaw-fu. In Japan, the two main types of fu are most widely used in Buddhist vegetarian cooking (Shojin ryori) and tea ceremony cuisine (cha-kaiseki 茶会). There are two main forms of fu, the raw nama-fu, and dry-baked yaki-fu.

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