



TEACHING TUESDAY

SHŌJIN RYŌRI

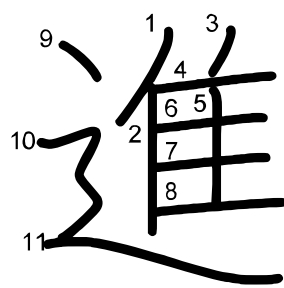
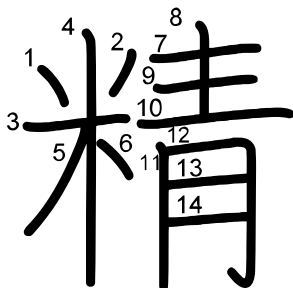
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Shōjin ryōri is the traditional dining style of Buddhist monks in Japan. It is made without any meat, fish, or other animal products and is popular among vegetarians and vegans. The cuisine is meant to help prepare the monks for hard work, meditation, and bringing the body, mind, and spirit into alignment.

Shōjin ryōri utilizes seasonal fruits and vegetables to bring you in flow with nature and is prepared so as to minimize waste. The cuisine relies heavily on soybeans in many forms as well as both fresh and preserved vegetables. The monks use the “rule of five,” so every meal offers five colors – green, yellow, red, black, and white; five flavors – sweet, sour, salty, bitter and umami; as well as five preparation methods – raw, stewed, boiled, roasted and steamed. A meal typically consists of a soup and three sides.

The kanji shōjin (精進) implies a procedure of constant reflection and the kanji ryōri (料理) is the word for cooking or cuisine. Shōjin ryōri spread during the 13th century as Zen Buddhism became popular.



Reading: Shōjin ryōri

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R/lyoh-oo-r/lee