

Culinary Historians of Chicago

感謝

KANSHA: Celebrating Japan's Vegan & Vegetarian Traditions

Presented by Elizabeth Andoh, author/teacher

Saturday, Oct. 30 2010, 10 a.m., Chicago History Museum

Kansha is both credo and culinary practice: an expression of gratitude for nature's gifts and deep appreciation for the efforts and ingenuity of those who take nature's bounty and turn it into good food. The spirit of *kansha*, deeply rooted in Buddhist philosophy and tradition, encourages all cooks to prepare nutritionally sound and aesthetically satisfying meals that avoid waste, conserve energy, and preserve the earth's natural resources. Classic *sh•jin ry•ri*, Japan's vegan temple cuisine, exemplifies this mind-set.

Join us on October 30, 2010 for a slide-illustrated talk by Japan culinary authority Elizabeth Andoh, as she guides us through the *kansha* kitchen. *Kansha* is not about abstention -- doing without meat, fish, poultry, eggs or dairy. *Kansha* is about abundance -- of grains, legumes, roots, shoots, leafy plants (aquatic and terrestrial), shrubs, herbs, berries, seeds, tree fruits and nuts.

Learn about the ecologically and nutritionally sound practice of ***ichi motsu zen shoku*** (one food, used entirely) that makes use of all edible parts of plant foods: peels, roots, shoots, stems, seeds, and flowers. Discover the pleasures of ***kondate-zukushi*** (planning a meal to showcase a regional, seasonal product), and playful ***modoki*** (edible look-a-likes).

Copies of Ms. Andoh's cookbook, Kansha: Celebrating Japan's Vegan & Vegetarian Traditions will be available for purchase at the event. She will be pleased to autograph them for you.

About our speaker... Elizabeth Andoh was born in New York, but has made Japan her home since 1967. A graduate of the Yanagihara School of Classical Japanese Cuisine, Andoh is the author of four books on Japanese cooking, including two IACP award-winners, *An Ocean of Flavor* and *Washoku: Recipes from the Japanese Home Kitchen*. She was *Gourmet's* Japan correspondent for more than three decades and was a regular contributor to the *New York Times* travel section for many years. Andoh lectures internationally on Japanese food and culture and directs A Taste of Culture, a culinary program based in Tokyo and Osaka.

Cost of the lecture program is \$5,\$3 for students and no charge for CHC members

To reserve, please call Catherine Lambrecht at (847) 432-8255.

Or e-mail your reservation to: Culinary.Historians@gmail.com.