



Enso Kitchen

Chef Danny Chu

If you're tired of the unhealthy festive feasting and want something healthy but artfully, mindfully and tastefully done, try Enso Kitchen.

Headed by Chef Danny Chu, Enso Kitchen, the first purveyor of Japanese vegetarian cuisine, *Shojin Ryori*, brings both the art and the cuisine into the privacy of your home or your office.

Chu's quest to learn the art of *Shojin Ryori* has not been a smooth one. Information about the cuisine was scarce and he was even told by the Japanese embassy here to give up trying to learn the art as it is something that's guarded fiercely, and entry barriers for non-Japanese are beyond high. But determination spurred Chu on until finally, with some leads, he was able to pack his bags in 2005 for Japan to learn the ancient culinary art.

Spread extraordinaire

The health benefits of an all-vegetarian meal like *Shojin Ryori* need little introduction, but the philosophy behind it may be less well known. *Shojin* cooking uses seasonal ingredients, hence capturing the natural flow of energy and offering maximum nutritional value. In *Shojin* cooking too, wastage is minimised by making use of most parts of the vegetables.

The fare

Meals start at \$38 per head for a 6-course meal. Customised menus are also available. Enso Kitchen serves up to a minimum of eight diners.

Done with flair

Personable and always smiling, Chef Chu takes pains to share the philosophies behind the preparation, before presenting the dishes. This way, you and your guests will get to appreciate the art of the cuisine beyond just consuming it. Enso Kitchen's most popular dish is the *goma-dofu*, or sesame tofu, normally served as a starter.

For Enso Kitchen's private dining service, visit www.ensokitchen.com.

Or call 8133 1182/ 9108 6078 or email admin@ensokitchen.com 

A Zen state of mind

Shojin Ryori is a Japanese vegetarian cuisine that originated from Zen temples and was popularised in the 13th century. "Shojin" means vigour or energy, and "Ryori" means cuisine.

The monks in the Zen temple used this cooking as part of their spiritual practice.

Although the Zen cuisine is simple in the use of ingredients and presentation, it is bursting with flavour. Certainly a unique way to enjoy a hearty and healthy meal!