# VEGAN& GUIDEBOOK VEGETARIAN



EAT/SHOP/RECIPE

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# vol.1

What are vegan and vegetarian?

#### Vegetarianism

- Practice abstaining from consumption of meat, seafood, and by-products of animal slaughter.
- May also include partial or complete abstaining from consumption of other animal products.

#### **Veganism**

- Practice abstaining from the use of any animal products.
- Abstaining from participation in any activities that include animal exploitation.







#### Halal

 Activities and food are allowed under Islamic law.



#### Vegetarian

- Doesn't eat meat, seafood, gelatine, or anything else that is a product of animal slaughter.
- There are other types of vegetarianism besides veganism.
  - E.g., lacto-vegetarians who don't eat eggs but do eat dairy products

#### Vegan

- Veganism is not just a diet but a lifestyle.
- Vegan doesn't consume meat, seafood, eggs, dairy products, honey, or any other animal products.
- Doesn't buy or use leather products.
- Doesn't buy or use products (e.g., cosmetics) tested on animals.
- Doesn't use services involving animal exploitation, such as zoos and aquariums.
- Note 1: Some vegans do not want to buy animal-derived products (e.g., souvenirs) for others who are non-vegans.
- Note 2: Some vegans don't want a kitchen with non-vegans or vegetarians.

#### Halal

- Unlike veganism and vegetarianism, halal comes from religion.
- Halal includes things (food, drink, cosmetics) as well as things (promises, contracts, jobs).
- Halal excludes eating pigs, dogs, animals such as tigers and cats with tusks and claws for capturing prey, woodpeckers, donkeys, and mules.
- Meat from other animals can only be eaten if the slaughter follows regular procedures.



# Restaurants

1 DASHIRO

https://www.dashiro.com/

This is ramen restaurant.

You can enjoy Vegan Ramen "Konsai-dashi misopota"



<sup>2</sup> Zaytoon

https://www.zaytoon-sendai.com/menu



The restaurant serves Arabic food.

You can enjoy Falafel, Hummus, and so on

3 Twins Bake

https://twins-bake.jimdofree.com/

This is the Vegan Sweets Shop!

You can enjoy vegan sweets such as muffins, vegan cheesecake and so on.



# Restaurants

4 vegeto · LIKO

https://www.instagram.com/vegeto.liko/

This is a vegan café.

You can enjoy a vegan lunch plate, gluten-free pastries, gluten-free burrito, and so on.



5 Tori-hei



https://tabelog.com/miyagi/A0401/A040101/4007010/

The restaurant serves izakaya food. You can enjoy soybean meat ham cutlets, okonomiyaki, and so on. If you find the V mark (V) in its menu, it means the food is vegan!

6 La Maison Rose

This is the vegan Sweets Shop!

You can enjoy vegan sweets such as Linzertorte, chocolate chip cookies, and so on.

https://www.instagram.com/lamaisonrose\_sendai/



# Restaurants

 $\left(7\right)$ 

Millis -Shisha bar&café

This is an Israeli restaurant.

You can enjoy a "vegetarian" course meal.

The course name is "Vegetarian", but these are Vegan dishes.

Also, there are other vegan foods available.



https://www.millis-diningbar.com/

8

The Veggie Table

A 100% vegan plant-based restaurant.

This is a 100% vegan plant-based restaurant located on Jouzenji Street in Sendai City.

https://www.instagram.com/theveggietablesendai/



# vol.3

List of vegan/ vegetarian/Halal foods available in supermarkets

## List of Japanese to look for



English	Japanese	Alphabetical notation
Agar agar	寒天	Kanten
Vegetative	植物性	Shokubutsu sei
Plant based	植物由来	Shokubutsu yurai
Organic	有機	Yu-ki
Soybean	大豆	Daizu
Soy milk	豆乳	To-nyu

## **Grocery stores nearby**



#### Gyomu supermarket

 4-9-18 TIC Building B1F, Aoba-ku, Sendai City, Miyagi Prefecture





#### Aeon

2-3-6 Chuo, Aoba-ku, Sendai City, Miyagi
 Prefecture





#### Lopia

 1-2-13 Tsutsujigaoka, Miyagino-ku, Sendai City, Miyagi Prefecture



## Halal grocery stores nearby



- Majumder Foods (Halal)
  - 11-23 Shiheimachi, Aoba-ku, Sendai City, Miyagi Prefecture





 2-7-3 Itsutsubashi, Aoba-ku, Sendai City, Miyagi Prefecture



## Instant food, stocks, seasonings



- Yakisoba (by Topvalu)
- Yuzu Hot Pot Stock (by Ebara)
- Teriyaki sauce (by Ebara)
- Ginger sauce (shouga-yaki) (by Ebara)
  - **→**Aeon
- Shin-ramen (spicy)
- Bibim noodles
  - → Donki



Teriyaki sauce



**Ginger sauce** 



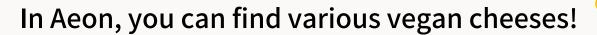
Yuzu stock







## Vegan cheese



883358











## Vegan Yoghurts, Whip Cream



- Soy yoghurts
- Almond yoghurt
- Coconut yoghurt



Plant-based whip cream







Almond yoghurt

#### **Sweets**



- Vegan pudding
- Soymilk ice cream, fruit ice cream
- Traditional Japanese sweets (wagashi)
  - Most of them are vegan!
  - Often made using azuki beans, agar-agar, rice cakes



Daifuku with strwaberry and azuki paste



Soymilk ice cream series by Kracie





📗 Konjac jelly 📄

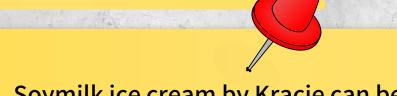


Pear ice cream by LOTTE





- 寒天 (kanten) ⇒ agar agar
- 餅(mochi)
- → (sticky) rice cake
- きな粉(kinako) ⇒ roasted soybean flour
- 黒蜜(kuromitsu)→ brown sugar syrup



- Soymilk ice cream by Kracie can be found only in some Aeons.
  - As for May 2022, they can be found in Aeon Sendai Ichibancho shop

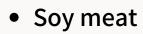


- Vegan pudding by Glico can be usually found in big Aeons such as
  - Aeon Sendai Store
  - Aeon Oroshimachi



- You can find wagashi and konjac jellys almost anywhere!
  - → any convenience store, any supermarket
- Aeon from time to time introduces new plantbased products so it's worth to check it out!

## Beans, Soy meat, Other



- You can buy it on Amazon
- ☆ You can also buy vegan mayonnaise, buillon, etc.
- Canned beans
  - You can buy them in Aeon, Kaldi, Gyomu
- Tofu
  - Try atsuage tofu! Toast it on a frying pan, add some seasoning, and you get a simple, tasty meal!





**Atsuage** 



- Gyomu supermarket is cheap!
  - Canned beans

Oatmeal

Coconut milk

- Tahini
- Frozen veggies and fruits

#### Cosmetics

 You can buy vegan shampoo, conditioner, and hair oil in Aeon.

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- You can buy other cosmetics on the Internet
  - iHerb: https://jp.iherb.com/

# vol.4

Vegan/
vegetarian
recipes
using Japanese
ingredients

# Full of flavor! Rice cooked with dry ingredients

## (INGREDIENTS)

- 2 cups rice
- 1 tbsp sprouted hijiki
- 5 g dried daikon radish
- 20 g carrot
- 2 dried shiitake mushrooms
- 1/2 sheet deep-fried tofu
- 1 tsp salt
- Water to taste
- (400 ml of water and ☆ combined)



- ☆Dried shiitake mushroom stock
- ☆1 tbsp light soy sauce

**(How to make)** 

Reference: https://vegeness.com/recipe/japanese/63300/

(1) Wash rice and soak for 30 minutes, then drain. Soak dried shiitake mushrooms in water and reserve the soaking liquid.

Wash kiriboshi-daikon lightly and cut with scissors.

Cut carrots into strips, lightly drain fried tofu in boiling water, drain off the water, and cut into 5mm square pieces with a knife.

(2)Put the rice and ☆ in the rice cooker, then add water up to the 2-cup mark on the inner pot.

(3)Add (1) ingredients and sprouted hijiki (dried) to (2) and cook rice in normal mode.

(4)When cooked, stir with a spoon, cover and steam for 10 minutes and you're done!

# Nutritious Gojiru soup with plenty of soybeans

## (INGREDIENTS)

- 2 tsp miso
- 1/3 sheet deep-fried tofu
- 1/4 carrot
- 1/8 onion
- 1/3 potato
- 10cm of green onion
- 200cc water



- Soy milk 80cc
- ☆ Boiled soybean 40g
- ★Juicy kombucha juice 100cc

#### **(How to make)** Reference: <a href="https://vegeness.com/recipe/japanese/63300/">https://vegeness.com/recipe/japanese/63300/</a>

- ((1) Smooth boiled soybeans and Kombu broth in a food processor.
- (2) Cut carrots and potatoes into chunks, onions into slices, fried tofu into strips, and green onions into small pieces.
- (3) Put 200 cc of water in a pot and boil (2) until softened, about 5 minutes.
- (4) Remove kelp, add carrots and onions, cook for 5 minutes, add potatoes and cook until tender.
- (5) After the mixture is cooked, add thinly fried tofu,  $1 \approx$ , soy milk, and miso, and simmer for 2 minutes without boiling.
- **%If the mixture comes to a boil, the soy milk will separate.**
- (6) Finally add the green onions and you are done!

#### Fried Kurma-fu

## (INGREDIENTS)

- 2 pieces of Kuruma-fu
- 3 tbsp potato starch
- 2 tablespoons salad oil
- ☆1 tbsp soy sauce
- ☆1 tbsp sugar
- ☆1 tbsp grated garlic



- ☆1 teaspoon grated ginger
- ☆Water (or mirin) 3 tbsp

**(How to make)** Reference: <a href="https://recipe.rakuten.co.jp/recipe/1530003478/">https://recipe.rakuten.co.jp/recipe/1530003478/</a>

- (1) Mix the  $\diamondsuit$ .
- (2)Soak the Kuruma-fu in water and squeeze out the water. Tear into bite-size pieces (about 6 equal pieces) or cut with a knife.
  - (3) Soak the Kuruma-fu in the seasoning liquid made in 1.
- (4) Dust the surface of the Kurum-fu with potato starch.
- (5) Place 4 in a frying pan with oil and cook over low heat, turning on both sides Cook over low heat, turning both sides, until golden brown.
- (6)When the surface is golden brown and crispy, it is done!

## Atsuage tofu in ginger sauce

## (INGREDIENTS)

Atsuage (deep-fried) tofu, 1 piece

1/2 tsp sugar

• mirin 1 tbsp

 cooking sake 1 tbsp

grated ginger about 1 tsp

about 1/2~1 tbsp soy sauce

sesame oil

a little bit ☆You can change proportions of mirin, sake and soy sauce to your taste

#### **(How to make)**

Reference: https://oceans-nadia.com/user/22780/recipe/260778

- 1. Cut the tofu into bite-size pieces.
- 2. Heat sesame oil in a frying pan and brown the tofu slightly.
- 3. Add mirin, cooking sake and sugar and cook until tofu gets some colour.
- 4. Add ginger and soy sauce. Cook slightly until they incorporate.
- ☆You can add mirin, cooking sake, sugar, ginger and soy sauce all at the same time, but it tastes better if you do it in the order above.
  - ☆Sprinkle with spring onions and sesame seeds for extra flavour.
  - ☆Recommended to eat together with rice!
  - ☆You can also make it with bought sauce!

## Japanese Vegan Youtube Channel

- ・ダンテ
  - https://www.youtube.com/c/rescuekitchen/featured
  - → Recipes for vegan "egg" sandwich and tiramisu!
- Yuka Yamazaki
  - https://www.youtube.com/c/YukaYamazaki
  - → Recipes for vegan mentsuyu (noodle dashi sauce)
- 菜食の華子さん Plant-Based HANAKO
  - https://www.youtube.com/c/HANAKOveg
- Peaceful Cuisine
  - https://www.youtube.com/c/ryoya1983/about
- TOKYO VEG LIFE
  - https://www.youtube.com/c/TOKYOVEGLIFE/about
- みっちゃんのヴィーガンクッキング Vegan Cooking
  - https://www.youtube.com/channel/UCnyisg9uFzFhdd rlnIHSlpg/about

#### Other resources

- Blogs about being vegan in Japan
  - https://japanvegan.blogspot.com/2013/07/welcome-tojapan-vegan.html
  - https://lets-vegan.com/en/lets-vegan-japan-2/
  - https://veganjpn.com/japanese-oreo-is-not-vegan/
    - ⇒List of vegan products and places availabel in Japan.



# vol.5

Japanese
expressions related
to veganism/
vegetarianism

English expression

J. Japanese expression

Pronunciation

E. Is this dish vegan-friendly?

J. この料理はヴィーガン対応ですか?Kono ryouri wa vegan taiou desu ka?

E. Are these eggs free range?

J. この卵は平飼い卵ですか?

Kono tamago wa Hiragai tamago desu ka?

E.	ls	used in this	dish?
	<u> </u>		

# J. この料理に<u></u>は使われていますか?

Kono ryouri ni \_\_\_ wa tukawarete imasu ka?

## Word Example.

English	Japanese	Pronunciation
dairy products	乳製品	Nyu-sei hin
dashi broth made from bonito	鰹だし	Katuo dashi
Gelatin	ゼラチン	Zeratin
Casein	カゼイン	Kazein
Isinglass	アイシングラス	Aishinn gulasu
Rennet	レンネット	Ren netto

# Introduction of cover photo Wasanbon

Wasanbon is a fine-grained Japanese sugar, traditionally made in Tokushima and Kagawa of the Shikoku Prefectures, located in the western area of Japan. The sugar is often used for Japanese sweets (wagashi). The sugar is made from thin sugarcane plants grown locally in Shikoku, called taket or chikusha.

It is a light golden colour, with granules slightly larger than icing sugar, has a unique aroma and flavour, with overtones of butter and honey.

Wasanbon is used to make sweets and yokan, sweeten coffee and tea, make dipping sauces at sushi restaurants, and bake at home.

It is manufactured traditionally in the prefectures of Tokushima and Kagawa on Shikoku Island, from sugarcane. It goes through 8 stages; the entire process takes about 20 days.

A grade of sugar called "awa wasanbon toh" is considered by some people to be the highest grade.

For guestions/contact regarding the brochure, please contact

E-mail: helpdesk@grp.tohoku.ac.j