

Ultimate Vegan & Vegetarian menu selection inspired by
Buddhist temple cuisine



Temple Food

鉢盂供養

First Chime Chef Privé / 2021 Spring Menu

What is Temple Food

Illustrated by Cultural Corps of Korean Buddhism

Temple Food constitutes a cultural core that gives a concrete form to the essential teachings of Buddhism on its path to healthy living and ultimate enlightenment.

It trains human beings on how to live harmoniously with nature and take nature's offerings in the spirit of inter-being.

In temple food, there is a strong emphasis on the importance of not being attached to food itself. Food is an agent to the goal of producing a pure and healthy vessel to hold and fulfill Buddha-dharma. It uses seasonal vegetables to satisfy both flavor and nutritional needs and as a result it comforts both mind and body.

Different ingredients are carefully combined to teach a lesson of peaceful coexistence and the truth of interconnectedness of all beings.

Temple Food reminds us of the circle of life by showing how all humans, like food, are born from nature and ultimately returns to it.



5 Forbidden Pungent roots

五辛菜 (Oshinchae)

Onion, Garlic, Shallots, Leeks and Asafoetida

They are also known among the Buddhist monks as the “forbidden foods,” due to their intense scent and spiciness, which may cause distraction during meditation. Buddhists are advised to avoid these herbs, as they tend to disturb the peacefulness of the mind.

Buddhists hold reverence for all living lives and embrace a harmony with nature. They do not use meat nor fish, and any artificial flavor enhancer. They use only seasonal vegetables and soybean paste and soy sauce made by themselves at temples.

Instead of artificial flavors, temple food uses a variety of mountain herbs and wild greens, which has led to the development of a vegetarian tradition.

As most temples are located in the mountains, providing easy access to wild roots, stems, leaves, fruits and flowers, monks and nuns have naturally become leaders in shaping vegetarian culture.





Lotus

Lotus Set

1. Lotus Leaf Wrapped Rice

Mix of sweet rice, sushi rice, red beans, wild rice, ginkgo, Jujube, chestnut, lotus root steamed in lotus leaf

2. Pan Fried Zucchini

Lightly pan fried with no egg binding agent with green and red pepper slice toppings

3. Grilled King Oyster

Scored king oyster grilled with seasoned soy sauce topped with minced green peppers and crushed pine nuts

4. Braised Kobucha Squash

Sweet Kobucha squash braised in light shoyu and sliced Jujube

5. Mung Bean Jelly Salad

Freshly made Mung bean jelly served with soy sauce based dressing topped with marinated and roasted nori and sesame seeds

6. Grilled Bonnet Flower Roots

Flattened Bonnet Flower roots grilled with wild sesame oil coated with gochujang based sauce



Gondre

Gondre Set

1. Gondre (Indian Thistle) Rice

Blanched and seasoned Indian thistles cooked with rice served with soy sauce

2. Braised Eggplant

Lightly sautéed Asian eggplant with sweet soy sauce reduction. Garnished with chopped green peppers and crushed pine nuts

3. Pan Fried Tofu

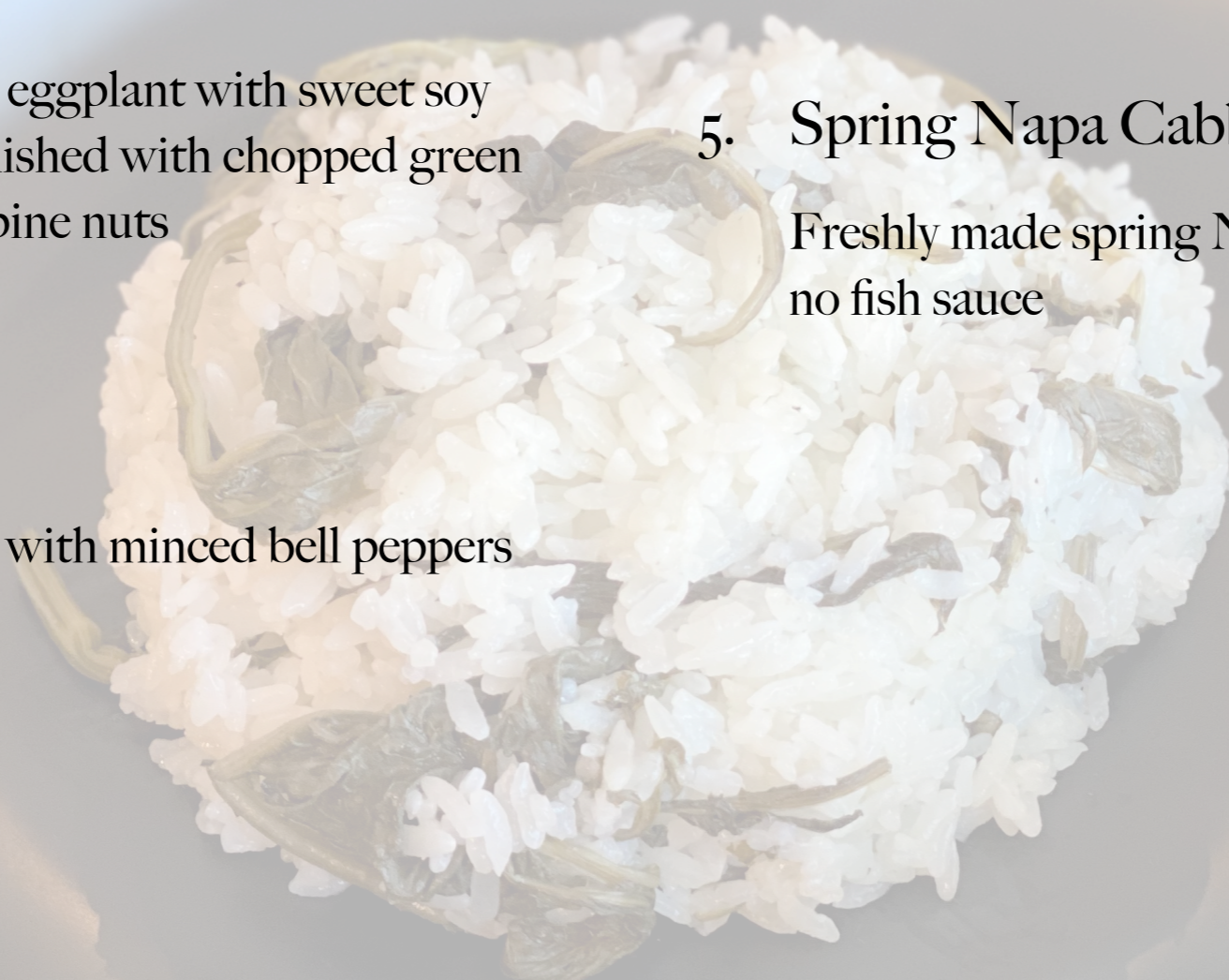
Pan fried organic tofu with minced bell peppers

4. Assorted Fresh Mushroom With Sweet & Sour Sauce

Lightly fried assortment of fresh mushrooms with no egg binding agent served with sweet & sour sauce

5. Spring Napa Cabbage Kimchi

Freshly made spring Napa cabbage kimchi with no fish sauce



Mushrooms



Mushroom Set

1. Mushroom Rice

Lightly sautéed fresh shiitake mushrooms cooked with rice

2. Pan Fried Lotus Root

Pan fried Lotus root filled with bell peppers with no egg binding agent

3. Ginseng Wrap

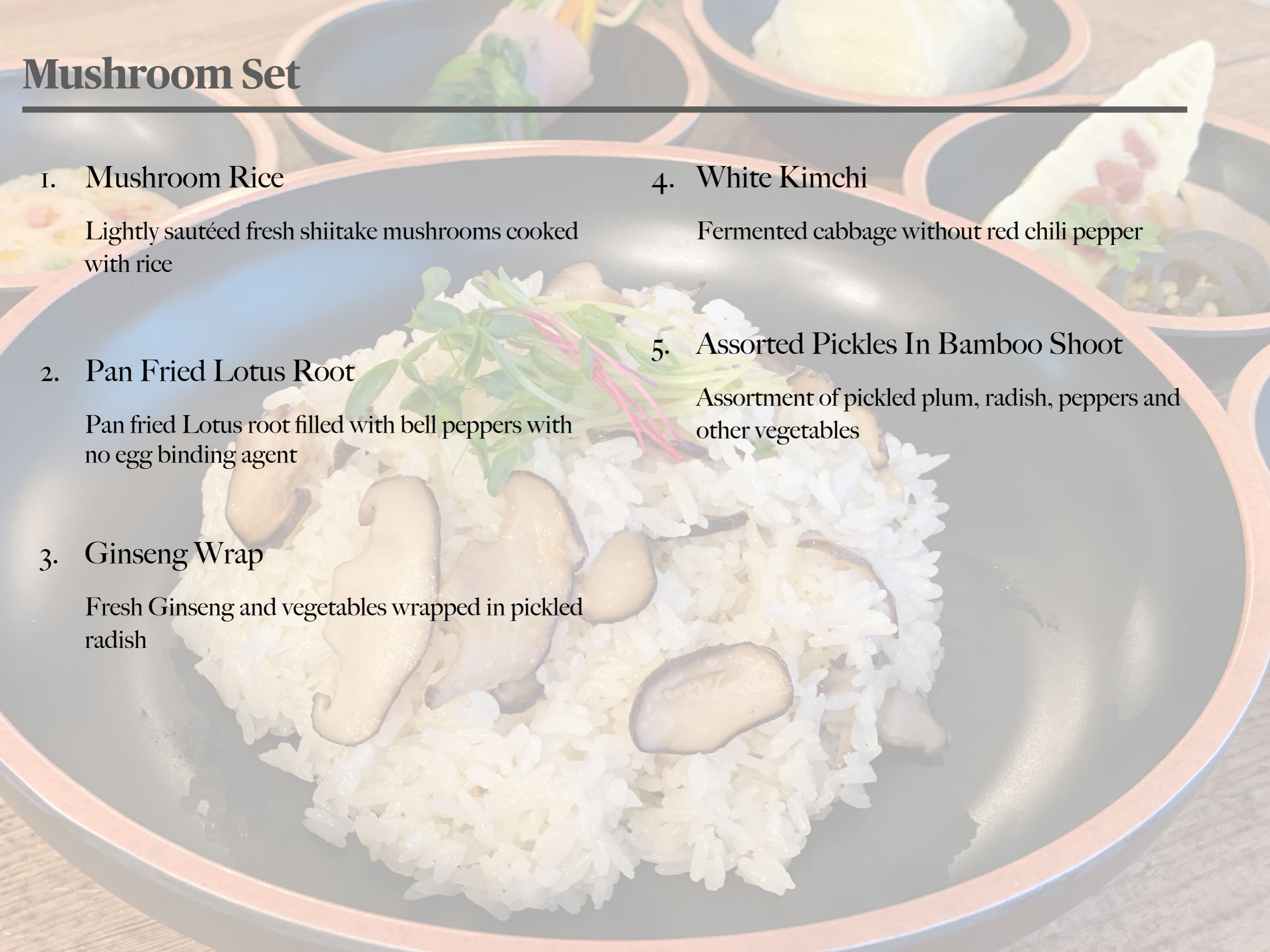
Fresh Ginseng and vegetables wrapped in pickled radish

4. White Kimchi

Fermented cabbage without red chili pepper

5. Assorted Pickles In Bamboo Shoot

Assortment of pickled plum, radish, peppers and other vegetables





Dessert 韓菓



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