

Zen & The Art of Bento

by Mari Fujii



Culinary Enlightenment

"Shojin Ryori" became established in temples in the late Kamakura period (1185-1133) as a cleansing, karma-neutral meal for monks seeking enlightenment. To this day it is revered as being gentle on the mind and body.

Mari Fujii, celebrated author of "Enlightened Kitchen", has spread the food culture of Shojin Ryori as a philosophy and lifestyle for over 30 years in Kamakura, the birthplace of Zen. She is personally curating and occasionally hosting an experience at her selected local Café, Café Guri, which also showcases the finest Kamakura-bori lacquerware, in the area.

Exclusive Program Features

- Serve your own Shojin Ryori in a Kamakura-bori bento box
- Experience at the iconic lacquerware museum/cafe in Kamakurabori Kaikan
- Learn under the guidance of an internationally renowned Shojin Ryori chef or one of her well trusted protégé
- Local interpreter can be arranged



Wine Down

To support her ethos that this is a way of life for mindfulness, relaxation and pleasure, Fujii-san loves to add midday tipples to her Shojin Ryori experience. We definitely recommend you follow her tried and tested formula!

Information:
Exclusive program for the travel trade. Access information and conditions here:



Location:
Kamakura, Kanagawa
E-Mail:
info@mitate.kyoto

KANAGAWA

Information as of December 2022