

VEGAN & VEGETARIAN

GUIDEBOOK

BY IPLANET & GLC AA



EAT / SHOP / RECIPE

CONTENTS

vol.1 p2~5

What are vegan and vegetarian?

vol.2 p6~9

Vegan/vegetarian restaurants in Sendai

vol.3 p10~17

*List of vegan / vegetarian foods
available in supermarkets*

vol.4 p18~24

*Vegan recipes
using Japanese ingredients*

vol.5 p25~27

*Japanese expressions related to
veganism/vegetarianism*



vol.1

*What are vegan and
vegetarian?*

Vegetarianism

- Practise of 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

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



Halal

- Activities and food allowed under the Islamic law



Vegetarian

- Doesn't eat meat, seafood, and gelatine, or anything else being 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, and 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, non-vegans.
- Note 2: Some vegans don't want a kitchen with non-vegans/vegetarians.

Halal

- Unlike vegan and vegetarian, 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 of other animals can only be eaten if the slaughter follows regular procedures.

vol.2

*Vegan/vegetarian
restaurants in
Sendai*



Restaurants

1

DASHIRO

<https://www.dashiro.com/>

This is Ramen restaurant.

You can enjoy Vegan Ramen
"Consai-dashi misopota"



2

Zaytoon

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



The restaurant serve Arabic food.

You can enjoy Falafel,
Hummus, and so on

3

Twins Bake

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

This is Vegan Sweets Shop!

You can enjoy Vegan Sweets
such as muffin, vegan cheese cake and
so on.



Restaurants

4 vegeto · LIKO

This is Vegan Café.

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


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



5 Tori-hei



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

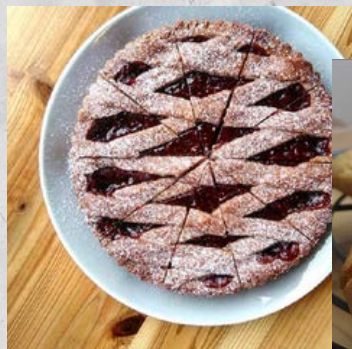
The restaurant serve izakaya food. You can enjoy Soybean Meat Ham Cutlet, okonomiyaki, and so on. If you find the V mark in this izakaya menu, it means Vegan food! (like that )

6 La Maison Rose

This is Vegan Sweets Shop!

You can enjoy Vegan Sweets such as Linzertorte and chocolate chip cookies and so on.

https://www.instagram.com/lamaisonrose_sendai/



Restaurants

7 Millis -Shisha bar & café.

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

This is Israeli restaurant.

You can enjoy "Vegetarian" course meal.

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

Also, there is other vegan food
available.



vol.3

*List of vegan/
vegetarian foods
available in
supermarkets*

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



Yakisoba



Shin ramen



Yuzu stock



Bibim noodle



Teriyaki sauce



Ginger sauce

Vegan cheese

In Aeon, you can find various vegan cheeses!



Sliced cheese



Block cheese



Feta cheese



Shredded cheese



Shredded cheese

Vegan Yoghurts, Whip Cream



In Aeon, you can find many plant based yoghurts!



- Soy yoghurts
- Almond yoghurt
- Coconut yoghurt
- Plant-based whip cream



Sweets

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



Agar jelly



Konjac jelly



Daifuku with strawberry and azuki paste



Vegan pudding by Glica



Pear ice cream by LOTTE



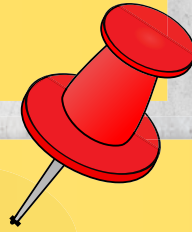
Soymilk ice cream series by Kracie



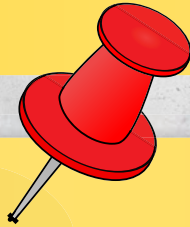
Warabi-mochi



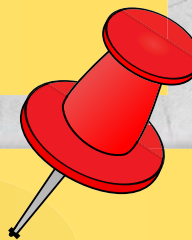
- 寒天 (kanten) ➔ agar-agar
- 餅(mochi) ➔ (sticky) rice cake
- きな粉(kinako) ➔ roasted soybean flour
- 黒蜜(kuromitsu) ➔ brown sugar syrup



- 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 plant-based products so it's worth to check it out! :)

Beans, Soy meat, Other



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



Soy meat



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.



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

vol.4

*Vegan/
vegetarian
recipes
using Japanese
ingredients*



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 : <https://vegeness.com/recipe/japanese/63300/>

- ((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☆, 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!

<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 : <https://recipe.rakuten.co.jp/recipe/1530003478/>

(1) Mix the ☆.

(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
- sugar 1/2 tsp
- mirin 1 tbsp
- cooking sake 1 tbsp
- grated ginger about 1 tsp
- soy sauce about 1/2~1 tbsp
- 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.

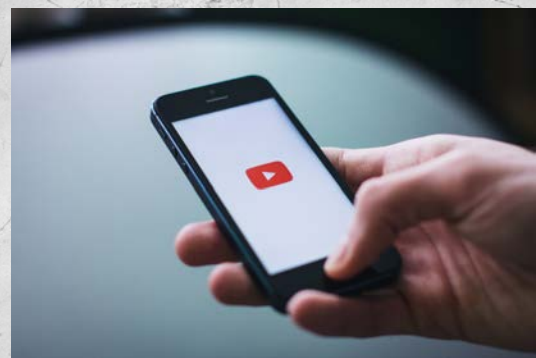
☆Sprinkle with spring onions and sesame seeds for extra flavour.

☆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 HANA KO**
 - <https://www.youtube.com/c/HANA KOveg>
- **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/UCnyisg9uFzFhddrInIHSIpg/about>



Other resources

- Blogs about being vegan in Japan
 - <https://japanvegan.blogspot.com/2013/07/welcome-to-japan-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 in Japan

vol.5

*Japanese
expressions related
to veganism/
vegetarianism*

E. 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. Is ____ used in this dish?

J. この料理に__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 the Shikoku prefectures Tokushima and Kagawa. 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 butter and honey overtones.

It is used in making sweets and yokan, as a coffee and tea sweetener, in dipping sauces at sushi restaurants, and in baking 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 the sugar called "awa wasanbon toh" is considered by some people to be the highest grade.

For questions/contact regarding the brochure, please contact

E-mail : tohoku.ipla@gmail.com