

Food guide to Japan

A vegetarian's point of view

Utkarsh Upadhyay



November 15, 2010

Outline

1 Vegetarianism

2 Indian food

3 Japanese food

Indian vegetarianism

- About 50% Indians are vegetarians (some eat eggs)
- Hindu Brahmins are the most staunch vegetarians

Why?

- **Hindu religious view:** Every animal has a right to live
- No economic reasons
- **Personal view:** A matter of habit and tradition

Cans and cannots

Synonymous with *lacto-vegetarianism* **Cannot** eat:

- Fish (no fish oil)
- Meat (*Cannot* take meat out of sandwich to make it vegetarian!)
- No eggs (Ummm ...)

Can eat:

- Grains, rice, vegetables
- Milk, cheese, curd
- Spices, vegetable oils
- Honey
- ...

Outline

- 1 Vegetarianism
- 2 Indian food**
- 3 Japanese food

Delhi *thali*



Veg-lunch in New Delhi

Rajasthani *thali*



Veg-lunch in Rajasthan

Mumbai *thali*



Veg-lunch in Mumbai

South-Indian *thali*



Veg-lunch in Chennai (Madras)

Outline

- 1 Vegetarianism
- 2 Indian food
- 3 Japanese food**

Breakfast - I



Cornflakes

Breakfast - II



Milk

Breakfast - IV



Cheese, butter, jam, cream . . .

Lunch - I



Pasta

Lunch - II



Kitsune-udon

Lunch - III



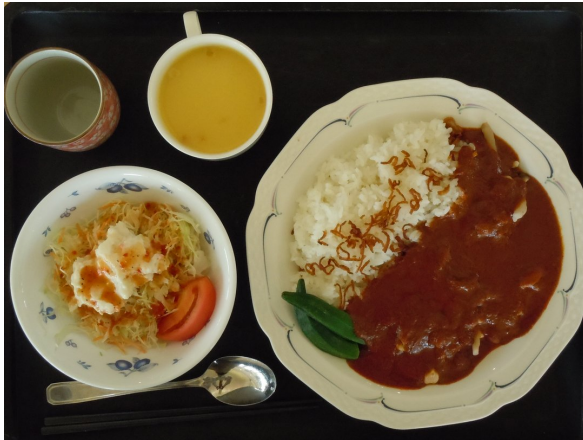
Mushroom rice with boiled vegetables

Lunch - IV



Fried rice and potatoes

Lunch - V



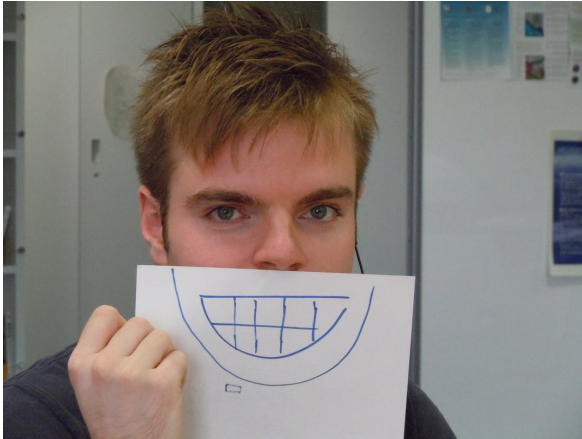
Vegetable Curry rice

Lunch - VI



Mushroom rice with tempura

Yann!



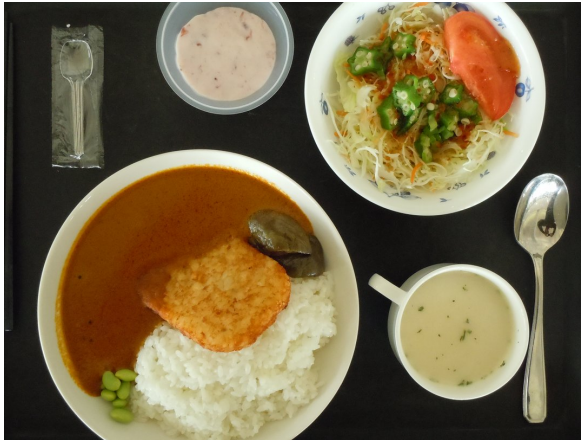
No rules about eating humans, technically

Lunch - VII



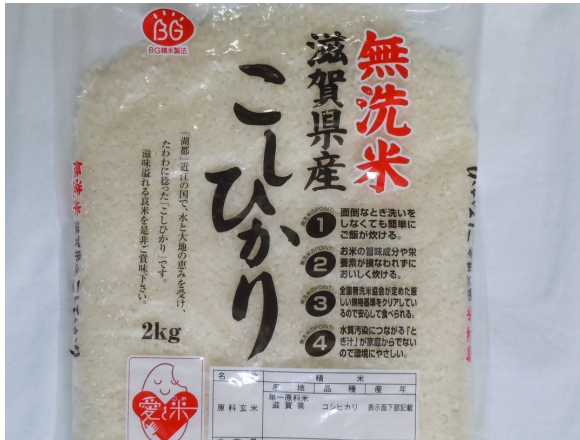
Cooked vegetables with rice

Lunch - VII



Hot curry with Rice and Yogurt

Dinner - I



Rice

Dinner - II



Rice noodles

Dinner - III



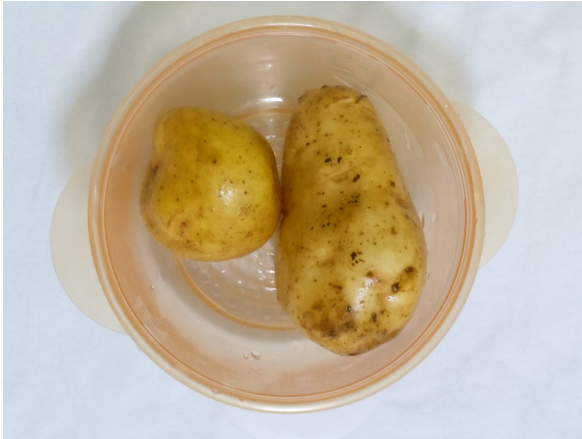
Spaghetti

Dinner - IV



Frozen vegetables and tomato paste

Dinner - V



Potatoes

Dinner - VI



Ready-to-eat veg curry

Dinner - VII



Well ... sometimes ...

Thank you

Have a nice day!

Utkarsh Upadhyay
utkarsh.upadhyay@epfl.ch