

CIPRIANI

Monte Carlo  
MONACO



  
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I wrote about the Zen Shop Japan in [my blog post earlier this week](#) as a place to find interesting, high quality Christmas gifts. Well, now I'm going to tell you about the food they carry.

Here is where you'll find ingredients for Japanese cuisine that are of better quality than you'll find in local ethnic food shops, or the foreign food section in your *supermarché* and it's bright and spotlessly clean. They carry fresh tofu, different kinds of seaweed, *shoyu*, sesame oil, rice, frozen foods such as black sesame and *matcha* ice cream, *gyoza* wrappers, and on and on. They also have a good selection of Japanese beer, sake, and high quality tea – and I mean high quality.

One of the teas they stock is from Paris-based tea company called [Tamayura](#) and it's some of the best and freshest I've ever tasted. Their *Gyokuro* for example is from [Kyushu](#), one of Japan's best but lesser known tea growing regions. I met Tamayura's Parisien tea master, Mr Olivia Leclerc who was showcasing Tamayura's teas in the *Zen Shop Japan* booth at the Monaco Gastronomy Fair in early December where I



sampled and bought some sublime *Gyokuru*. Their teas aren't cheap but they are definitely worth it.



This is now my “go to” shop for fresh tofu, tea, and other Japanese ingredients. When I was there last week I met Shane MacNeil, one of the chefs from the Cipriani here in Monaco. He and I were doing the same thing, scooping up goodies to fill our pantries.

The Zen Shop can also organise sake tasting, sushi demonstrations and tea ceremony so you can learn all about how to best use what they have on their shelves.

The Shop is located in Beausoleil, just behind the main entrance to the Monaco train station and it's open non-stop, Monday to Saturday.

**[Zen Shop Japon](#) 5 av d'Alsace, Beausoleil 04 93 52 15 03**

by [Jennifer](#). Find out more about Jennifer [here](#).

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