

The book was found

# Hello, Bento! - A Collection Of Simple Japanese Bento Recipes

## Hello, Bento!

A Collection of Simple  
Japanese Bento Recipes



## **Synopsis**

Japanese cuisine's play on flavors and textures certainly puts that extra oomph to their meals. Not only that, it's also recognized as one of the healthiest cuisines in the world. With the emphasis on rice, fresh fish, meat and vegetables, it's no wonder that Japanese cuisine is amazingly low in fat and calories. Not only is Japanese food delicious, it's also quite pleasing to the eye. And nowhere is this more visible than in the ubiquitous Japanese tradition of making bento or packed lunches. This book will feature yummy and easy-to-do Japanese bento recipes as well as a few quick tips on how you can decorate them.

## **Book Information**

File Size: 1199 KB

Print Length: 61 pages

Page Numbers Source ISBN: 1482055201

Publisher: 168 Publishing (August 12, 2012)

Publication Date: August 12, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B008WVLR10

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #175,875 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #24 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Occasions > Brunch & Tea #29 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > Asian > Japanese #68 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Brunch & Tea

## **Customer Reviews**

If I had my drothers, I would take this book, rework it and turn it into a fine example of bento cooking. But alas, no one asked me. I love bento, I cook myself a boxed lunch even on days when I don't even leave the house. There aren't many English language bento cookbooks on the market at the moment, so I always devour any new book as soon as it comes out. Although not Japanese, I

do have a fair bit of experience cooking Japanese food (both Traditional and Western style) and I found much of this book hard to follow. This book includes a lovely selection of bento staples. Everything from Onigiri to tonkatsu, and even an unexpected recipe for taco salad is jammed into this little production. As for the things that need work: There are no safety instructions. Storing perishable foods like meat, eggs, cheese, all day long, at room temperature is possible if you know what you are doing. But there are things you need to know. This book fails to cover them, and I cringe to think what could happen. Moreover salt plays a major role in keeping food from spoiling in a bento box, however this book shies away from it out of Western prejudice, and offers no substitute for preventing spoilage. I tried a few of the recipes and found the portion sizes to be rather unusual and the instructions difficult to follow. You need to be already familiar with the techniques and even then, it's not always enough. For example things like shaping the onigiri or the quick pickle recipe don't make sense if you are a new comer to these techniques. This is pretty much standard throughout the book. Some of the ingredients are not easily available to people who do not live near a Japanese Grocery store. Although, .

[Download to continue reading...](#)

Bento Box Cookbook: Delicious Japanese Cooking Recipes For Lunch And Dinner (Bento Box Recipes, Japanese Cooking, Japanese Recipes, Japanese Bento, Sushi, Rice Cooker) Hello, Bento! - A Collection of Simple Japanese Bento Recipes Simple Bento Box Recipes, A Bento Cookbook of Easy-to-Make: but Delicious Bento Recipes for all Ages Bento cookbook :Learn to prepare delicious bento launch box to style japanese (japanese cooking 1) Japanese Cooking Made Simple: A Japanese Cookbook with Authentic Recipes for Ramen, Bento, Sushi & More Bento Cookbook: 30 Bento Box Recipes You Will Love! Genki: An Integrated Course in Elementary Japanese II [Second Edition] (Japanese Edition) (English and Japanese Edition) Beyond Polite Japanese: A Dictionary of Japanese Slang and Colloquialisms (Power Japanese) Japanese Slanguage: A Fun Visual Guide to Japanese Terms and Phrases (English and Japanese Edition) Confessions of a Japanese Linguist - How to Master Japanese: (The Journey to Fluent, Functional, Marketable Japanese) The Manga Cookbook: Japanese Bento Boxes, Main Dishes and More! Kawaii Bento Boxes: Cute and Convenient Japanese Meals on the Go Hello Again, Linear Algebra: A Second Look at the Subject through a Collection of Exercises and Solutions Photographic Collection of Unknown Tea Bowls: Picking out Unknown but Wonderful Tea Bowls Japanese Pottery and Tea Ceremony (Japanese Edition) Crock Pot: 2,000 Crock Pot Recipes Cookbook (Crock Pot Recipes, Slow Cooker Recipes, Dump Meals Recipes, Dump Dinner Recipes, Freezer Meals Recipes, Crock Pot Recipes Free) Jello Shot Recipes: 55 Fun & Creative Jello Shot Recipes

for your Party (Jello Shots, Jelly Shots, Party Recipes, Jungle Juice, Punch Recipes, Vodka Recipes, ... Rum Recipes, Cocktail Recipes, Wine Making) The Mega Crockpot Recipes Box Set: Crockpot Recipes, Slow Cooker Recipes, Crock pot Recipes, Dump Dinner Recipes, Quick Meal Recipes: Over 300 All Time ... Recipes For You & Your family (99+1 Book 4) Breakfast Meals Made Simple Cookbooks: 100 Sensation Breakfast Recipes - Healthy food (Breakfast, Meals Made Simple, Breakfast cookbooks, Breakfast recipes, Breakfast ... : 100 Sensation Breakfast Recipes) Japanese Takeout Cookbook Favorite Japanese Takeout Recipes to Make at Home: Sushi, Noodles, Rices, Salads, Miso Soups, Tempura, Teriyaki and More (Takeout Cookbooks 6) Yum-Yum Bento Box: Fresh Recipes for Adorable Lunches

[Dmca](#)