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

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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.

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## 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, .

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