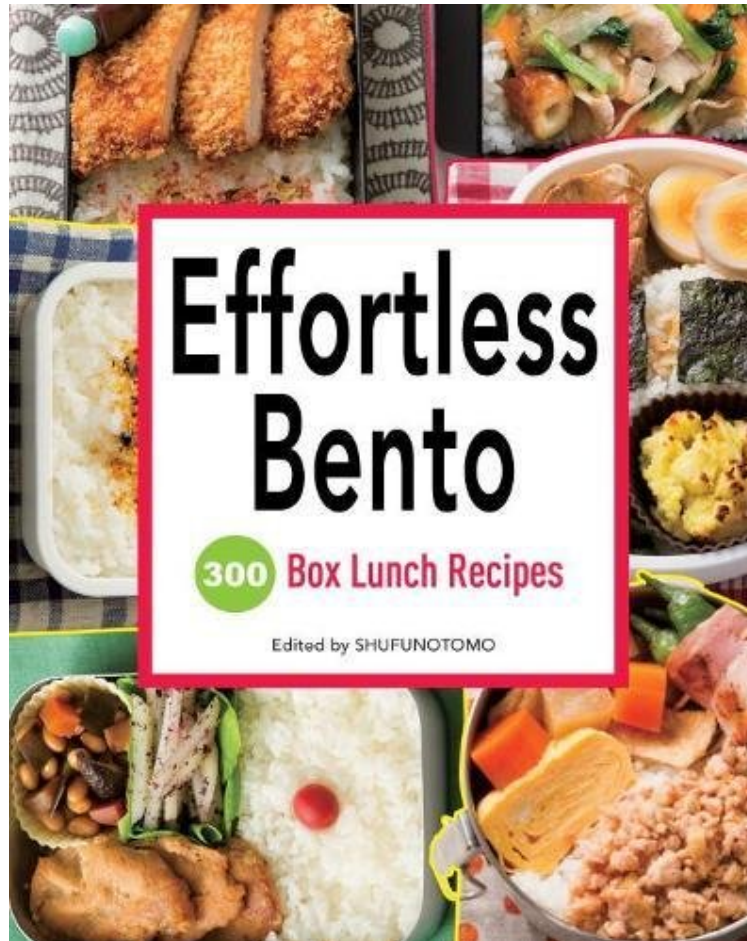


(Free download) Effortless Bento: 300 Japanese Box Lunch Recipes

## Effortless Bento: 300 Japanese Box Lunch Recipes

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#15227 in Books Ingramcontent 2014-05-27 2014-05-27Original language:EnglishPDF # 1 9.12 x .49 x 7.24l, .85 #File Name: 1939130379192 pagesEffortless Bento 300 Box Lunch Recipes | File size: 69.Mb

**From Ingramcontent : Effortless Bento: 300 Japanese Box Lunch Recipes** before purchasing it in order to gage whether or not it would be worth my time, and all praised Effortless Bento: 300 Japanese Box Lunch Recipes:

185 of 193 people found the following review helpful. Some experience required.By Erin NightwalkerLots of great recipes. (There's one for deep-fried carrots that comes out tasting like sweet potato. My dad hates cooked carrots and he was eating these like candy.) There are ways to prepare things ahead for bento, what's best made fresh and what can live in the fridge for a while, and many other great tips. Definitely a keeper for the bento library.My only quibbles (and they are small ones) is that this is not necessarily a beginner's bento cookbook. It expects some previous knowledge of how to cook in a Japanese fashion. (If you are a newbie to this sort of cooking, I highly recommend the youtube channel Cooking With Dog, hosted by a lovely grey poodle. The videos are an excellent way to familiarize yourself with Japanese cooking and their recipes are also delicious.) It is translated from a Japanese magazine, so it will not hold American hands through the very basics. On the other hand, this is a good thing because it doesn't rehash the simplest of recipes over and over and over again. (Rolled Egg Sheets, I'm looking at you.)95 of 98 people found the

following review helpful. Such a great resource, and so easy to use! By B. Moss The book is so easy to use thanks to well-organized recipes that are arranged by suggestions of what and how to pack to compliment colors and flavors. The book has many great suggestions and tips for cooking and packing each recipe. As an American, there are only two things about the book that give me pause, but in Japan they are perfectly normal so I didn't want to take any stars away. First, there is little to no fear of salmonella and many other food-borne bacteria, plus as is evident from the food safety and cleanliness processes that the author recommends over and over in the book, they are big on that so it further cuts down the fear of food poison and other problems with eating an unrefrigerated bento. They typically do not microwave bento items either, making cup noodles or soups with "soup bombs" where they pack the ingredients and use an electric hot water dispenser. Because of this, many bento boxes are not microwave safe. So if food safety and bacteria is a concern in your area of the world, you might want to use ice packs and just take them out an hour or so before you want to eat your lunch. If you need to microwave something, be sure your bento box is approved for it. Also, I try to pack a little less starch (in a typical Japanese-origin bento cookbook, you are recommended that half your container is rice, which is a bit much for me) and fill that space with vegetables, but the proportions are fairly good sizes otherwise. Those things are really preferences, though, and don't take away from how amazing this book is. It truly creates delicious, easy recipes that are a nice break from my typical western-style lunches. Update: I made the karaage (fried chicken) recipe tonight. I had skipped over it because I have a version I learned years ago that I like, so I went on to try other recipes for things I'd never eaten before. I am sorry I skipped it now, because this version trumps my old one by a mile. It was delicious and so easy. I was a little nervous about the broad bean paste because it smelled like fermented funk stank in a jar. When you cook the chicken, all the funky smell goes away and it just makes the chicken taste extra savory in a great way. I wish I had added a little more. A little goes a long way though. The potato starch made the chicken crisp up really fast, so the pieces cooked in just about two minutes or so for bite-sized chunks. \*\*\*Don't be thrown by the recipes calling for cake flour. Other Japanese recipe books I've bought do the same. It means AP flour (wheat flour with no salt or leavening), as opposed to rice flour. It doesn't mean the stuff called cake flour in the US, but you could use that too in a pinch.\*\*\* 3 of 3 people found the following review helpful. By far the best bento book I own By phil e white By far the best bento book I own. Lots of great, quick recipes that don't taste like you are cutting corners. The section on prepare ahead and freezing portions for the future is invaluable as far as meal planning and time saving goes. A book really has to stand out for me to review it, this one does.

Bento books have been some of the more accessible and popular genres coming out of Japan over the last few years, and *Effortless Bento* is essentially the bento encyclopedia. Filled with hundreds of full-color photos and numerous recipes this is the essential box lunch book.

About the Author One of the longest running publishers for women *Shufu-no-Tomo* has been releasing craft and fashion magazines and mooks since 1915. With its first publication, the seminal magazine, *Shufu-no-Tomo* in March 1917 SnT has set the standard for design for women ages 20 to 35 in Japan for generations. SnT currently publishes around 15 magazines and dozens of books each year making them one of the more recognized sources for crafts, cooking and women's fashion in Japan today.