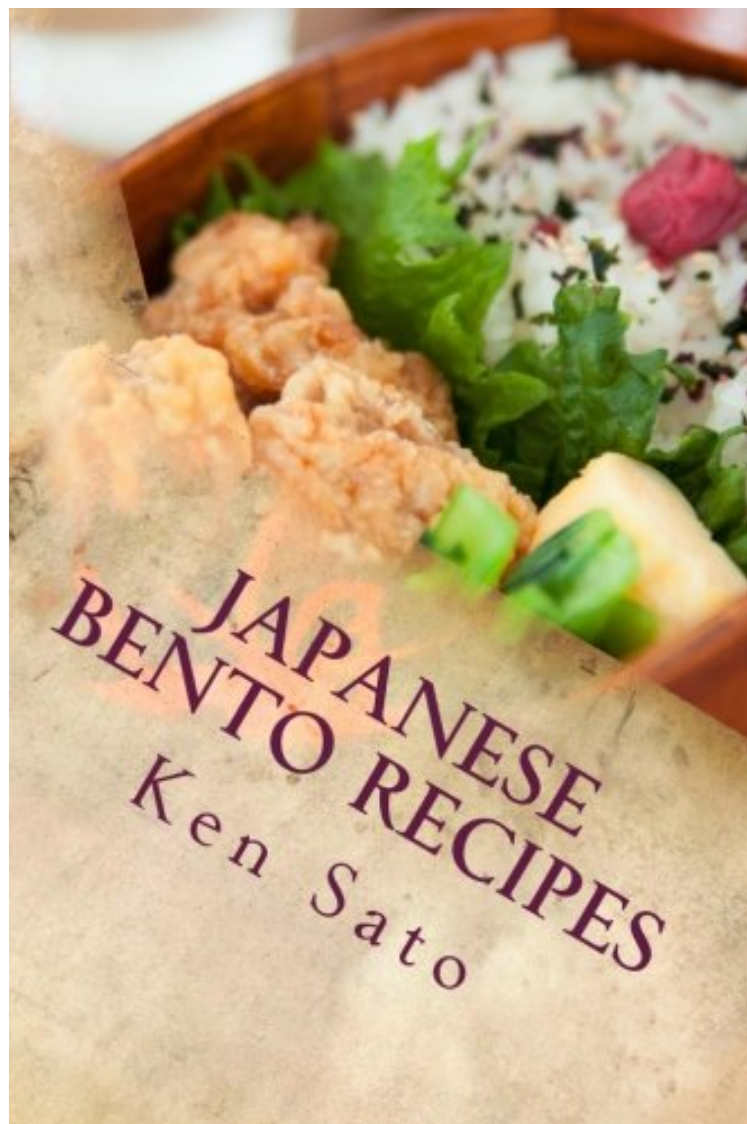


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## Japanese Bento Recipes: Easy and Healthy Cookbook Using Everyday Ingredients (Samurai's Recipe Series) (Volume 2)

*Ken Sato*

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(Volume 2):

The Japanese Bento is extremely popular in Japan, and is also starting to show signs of popularity outside of the country as well. The term "Bento" was originally used for portable foods that required little hassle to prepare at home. The culture of eating a Bento has existed for a very long time in Japan. Schools with cafeterias are rare in Japan, so most students bring Bentos made by their mothers for lunch. 35% of business people also go to work each day with a Bento made either by themselves or their family. The secret ingredient found in every Bento made by your family is "love." When people in Japan enjoy their Bento, it is customary to feel a sense of gratitude towards the person who made it for them. In this book, we'll introduce recipes for Bentos that you can make using popular ingredients found in your refrigerator. Popular Bento dishes include white rice, grilled fish or meat, tamagoyaki, and pickled vegetables or plums. You can include white rice as it is, turn it into a rice ball, or wrap it in fried tofu for inari sushi. Bento boxes come in all shapes and sizes, and some include features such as insulation. For appearance, you can find everything from solid colors, Japanese-styled designs, and even boxes with popular mascots printed on them. You can find the perfect Bento for you by doing a search on Amazon for "Japanese Lunch Box." Through this book, we hope that more people will and enjoy healthy meals by learning about the Japanese culture of Bentos.