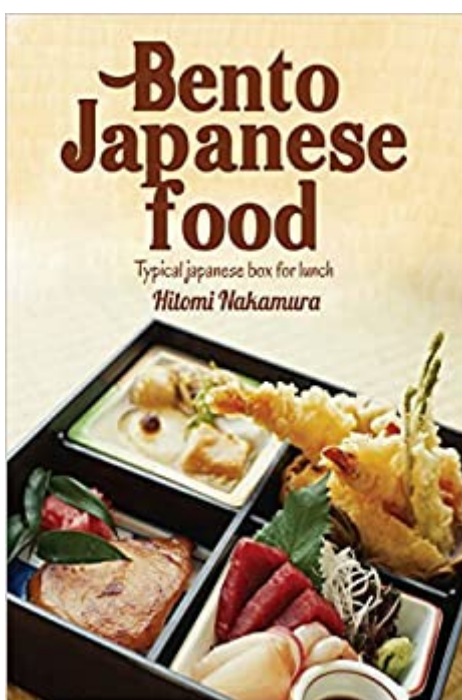


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# Bento Japanese Food: Learn To Prepare Delicious Bento Lunch Box To Style Japanese (Bento CookBook) (Volume 1)



## Synopsis

Make Incredible Bento Dishes! with this japanese cookbook Today only, get this bestseller for just \$0.99. Regularly priced at \$5.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Now Including a Bonus Section right after the Conclusion! Grab Your Copy Today! Haven't you always wanted to | Make food that's as delicious as it is beautiful (Wow friends and family with amazing food Spice up your regular menu Whatever your reasons may be for wanting to pick up a copy of The Bento Cookbook: The Artful Japanese Lunch Box, you'll quickly discover that making Bento creations are easy and delicious! Even if you have no experience cooking, this guide will walk you through everything you need to know in a way that's easy to follow. With this book, you'll discover: A brief history of Bento boxes. The key characteristics of Bento. Dozens of delicious and eye catching recipes. Fun and tasty desserts. There's a reason why so many people love Bento " and now you can find out why! With The Bento Cookbook: The Artful Japanese Lunch Box, you'll wonder why you haven't tried creating your own Bento box sooner. Download your copy now and become a Bento master!

## Book Information

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## Customer Reviews

This book is great for the history of Bento Japanese Food. I was curious about what exactly Bento is and was pleased to read a short history before getting in to the description. I feel like a few of the chapters could have been condensed. The types of bento boxes and keeping them safe chapters could have been combined. The choosing a bento box and the type of bento boxes should have

been combined for sure. There was so much information that I took in that I feel like I could truly create a Bento box for anyone and they would enjoy it. My only 1 real criticism is that in the recipe chapter there are ingredients that I don't know how to make and were not broken down with it's own recipe. I am not Japanese and have never had sushi or Japanese food so Japanese crab salad, Soboro don, nori, Japanese mayonnaise...those things are not on my normal grocery list, nor are they in my cupboards. If given direction on how to make these items I would definitely try them. I did learn that I can make my own Bento box with things we know are healthy and how to make in our daily lives so I will do that until I figure out what this Japanese stuff is. If you want a very in depth history and description of Bento with a quick idea of what to put in it, grab this short read. I love the bit of info I learned! It took about an hour to read!

I picked up this book as I was planning on bring Bento Dishes. As the book said, you won't be able to perfectly imitate the Bento Boxes that are directly from Japan, you will be able to make your own. Because of this, a lot of this book is about the philosophy of Bento and organization of the food groups. For those looking for recipes: yes this book has many recipes. These recipes are mainly to serve as a guideline for different Bento dishes. But the bulk of the book is mainly about preparation and appreciation of Bento. My only complaint is that I would prefer more pictures in the recipes section. But overall this is a fantastic and simple guide to Bento.

I never even considered trying to make my own bento boxes, but when I saw this book, I had to check it out to see if it was something I could do. I have had a life long interest in all things Japanese and have tried bento before. This is a very comprehensive guide to putting this original lunch box meal together. You don't even have to use Japanese food, but the ratio of rice to vegetables to protein is something not to be overlooked. Textures and flavors are important. There are some recipes included in this book that look delicious, such as Karage bento, quick black beans & Chinese burrio, Tempura bento and Cauliflower sweet potato latkes.

This book is a great book to teach you how to make bento boxes. The book says there aren't any recipes in here since bento is about using whatever you like but in chapter 8 it gives "bento lunch ideas" which are recipes with ingredient lists and directions. This book goes deep into the process of making the bento boxes as well as explaining the rules and tools for making them. It even has chapters about keeping the bento lunches safe in all aspects. Chapter 10 explains how bento boxes can be used effectively for weight loss. I really enjoyed reading this book and recommend this book

so any and all food loves who like to try new things. i received this product for free or discounted in exchange for my honest and unbiased review. my opinions are my own and not everyone will feel the same as i do. If my review helped in any way for your buying experience please take the time to hit the yes button and thank you very much for reading my review!

I bought this for free or at a discount I have always loved Japanese Bento and other foods from that culture as well. I was intrigued with the opportunity to make the dishes at home authentically with a step by step guide. First off I love how its offered for kindle, makes it super accessible whenever I want to look something up or save my place. I love how clear the instructions are! each chapter takes you step by step of the importance of preparing the bento in different ways. I love how helpful the instructions are. It even has a chapter that goes into detail about "choosing your bento box" I think this is a great addition to anyone who enjoys having authentic, homemade food while keeping the traditions of japan! I would recommend this to anyone looking to enjoy such amazing meals!

I have always liked learning about Japanese traditions and customs and now I read about Bento lunch boxes and how to make my own! Which is awesome. They look cute and can make eating healthier more fun and easier. I bought this during a free promo to provide an honest review.

Japanese box lunches to go. How cool is that. This cookbook has a lot of information in it about bento and how to prepare your own box lunches. It has a lot of ideas about the food and some really delicious recipes. So read the book and enjoy your Japanese box lunches

First and foremost....YUM. I had just been looking for a few things to make for my bf, I didn't really expect to find anything I really liked. but there are so many yummy things in this book! And quite a few of them are super easy and require minimal effort. As a pretty picky eater, I was pretty impressed. Some of them are little outside my comfort zone, so I will put that warning out there for picky eaters. Disclaimer: I received this product for free in exchange for my honest and unbiased review. My opinions are my own and have not been influenced in any way.

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