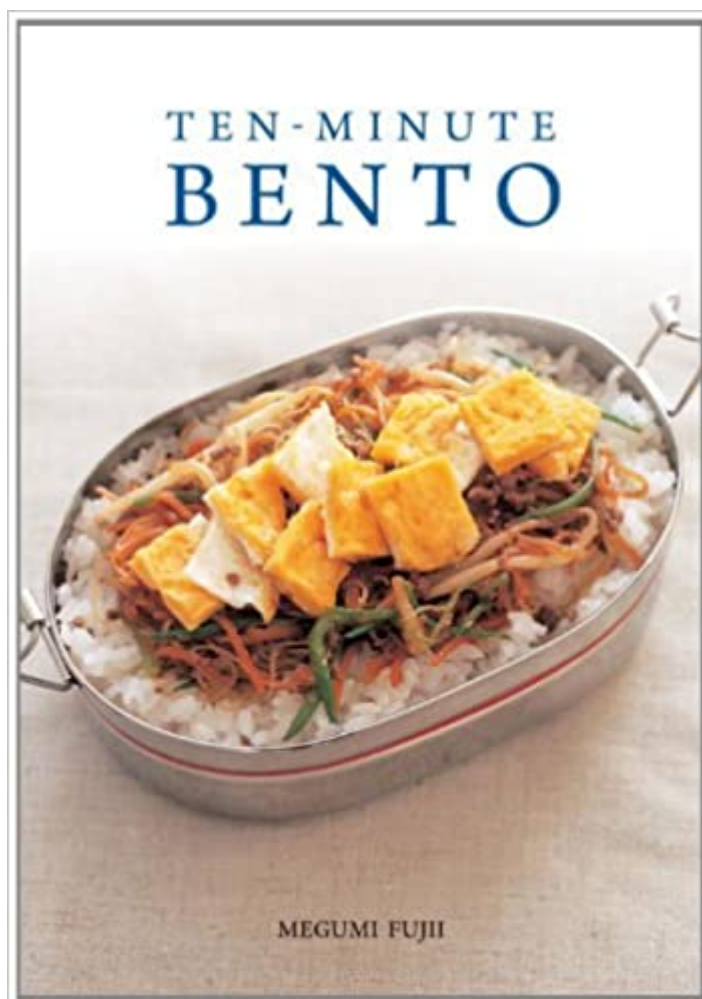


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Ten-Minute Bento



Synopsis

Everyday millions of Japanese people, young and old, leave their homes with a bento in hand. Bento (boxed lunches) are handmade every morning packed with tender-loving care to give their recipients a warm-hearted well-needed boost to finish off the day. In her first English-language release, TV chef and nutritionist Megumi Fujii has prepared 72 mouth-watering box lunch recipes that are easy to make but are over-flowing with the hearty-goodness that is essential in every Japanese bento. Her Ten-minute bento will not rely on visual designs seen on Flickr streams or on blogs. Instead she focuses on sharing everyday Japanese dishes created to satiate hunger and satisfy an ever expanding Japanese palette. Featured dishes: Mushroom Hamburg Steak Easy Korean Bibimbap Colorful Eggs & Ham Yuzu Chicken Avocado Salad Sandwich Open-face Spring Roll Bento Chicken Cutlet Bento Beef Bowl Bento Chicken Teriyaki Bento Salads Radish & Buckwheat Noodle Salad French Toast Salad Chinese-style Noodle Salad Desserts Cheesecake Balls Petite Muffins

Book Information

Paperback: 80 pages

Publisher: Vertical (June 26, 2012)

Language: English

ISBN-10: 1935654411

ISBN-13: 978-1935654414

Product Dimensions: 0.3 x 0.3 x 7 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 50 customer reviews

Best Sellers Rank: #113,329 in Books (See Top 100 in Books) #44 in Books > Cookbooks, Food & Wine > Asian Cooking > Japanese #465 in Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy #1231 in Books > Cookbooks, Food & Wine > Regional & International

Customer Reviews

Megumi Fujii was born in August 1966 in the Tokyo suburbs of Kanagawa. A graduate of the Kagawa Nutrition University Fujii has been a food coordinator for Japanese television programming. She has since gone to produce meals and recipes for books, magazines, TV, and special events. Throughout her extensive career on TV and in print, Ms. Fujii has compiled more than 40 cookbooks and is regarded as one of the most beloved culinary experts in Japan, with books covering everything from European desserts to organic dining to intricate Japanese holiday

meals. Ms. Fujii is currently a regular on Nippon TV's cooking program 3 Minute Cooking. Her website address is <http://www.fujiimegumi.jp/>

Since this didn't have a search inside feature, I didn't know what to expect. I was very pleasantly and happily surprised with this book. It contains quick to prep, single portion sized recipes to be served atop rice, pasta, bread or noodles with very nice pictures of the finished product. Recipes such as mushroom-stuffed hamburger, pork cutlet and ramen salad bento are just a few listed. There's even a small section on freezable mini desserts like brownies and sesame dumplings. Most of the ingredients should be available at a well-stocked grocery, although some items may only be available at an asian market (i.e. sake, bonito flakes, etc). The last page does contain a short list of common ingredients used in japanese cooking (with substitutions for some of them) and a list of online resources. This is not a bento book that shows you how to make cute designs and characters, rather, it provides relatively simple and quick recipes to prepare for your bento meal. All in all, I am very pleased with this book and can't wait to start making some of the recipes.

When I saw that a good looking new English bento book was released, and from a Japanese author, I had to have it right away. This is only the second English bento book I have. If you are interested in bento making and can't read Japanese, I say get this book RIGHT NOW. You should have no hesitations whatsoever. If you can read Japanese, you probably wouldn't be looking at this book anyway, but just in case: I highly advise you to skip on this book because there is nothing new in it that you won't find from much better books. A few recommendations are

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That being said, let's get to the actual review of it as a cookbook: I found the recipes authentic yet very simple. There are decidedly Japanese bentos (ex. Rolled omelet and boiled hijiki bento) and very non-Japanese bentos (ex. French toast salad bento) included in the book to satisfy every palate. However, quite a few of the recipes include Japanese items that may not be easily found in your regular grocery store. I believe this is because the book is just a translation from its Japanese counterpart. Things like seven-spice powder, yukari, konjac, wakame, hijiki; I definitely do not have in any grocery stores near me. I would not even know what some of these items were if it wasn't for my Japanese bento books. But at least half of the recipes use only common ingredients (assuming you have access to things like mirin, sake, rice vinegar, miso). If you have an Asian store near you, no problem. I

personally make bentos every day of the workweek and prefer to use ingredients I can obtain easily. One thing that should be noted is that this book is based on bentos that have the sides on top of the rice. That is the case for every bento in the book that has rice, and the ingredients and toppings are selected to be appropriate for that purpose. Compared to my other bento books I found this book rather thin, empty, and void of content in general. I read the entire book in less than half an hour. (Yes I did read an entire cookbook, to get an idea of all of the recipes) I do like the presentation and organization of the book, though. Most probably it looks so empty because all of the recipes are as concise as they can possibly be, but the book just left me wishing there was more in it. For example, in the Just Bento Cookbook, most recipes come with variations and in depth explanations of what works, what doesn't work, and why. But it still did have some nice ideas I hadn't thought of before, such as the easy ham katsu, and quail egg topping. If you are an absolute beginner in bento-making, I don't think you can jump in and begin making these recipes right away. The explanation of recipes are very short. Even for simple things like tamagoyaki or teriyaki, I think one needs a thorough introduction when they first begin making them. So for a beginner, I would recommend The Just Bento Cookbook as a first step, and this book as a second step.

I bought 3 bento cook books, and I use this one the most. I do sometimes tweak recipes, but I know a bit about cooking, or I will use the cook book to give me ideas and then find better recipes but this book has been used quite a bit and for as simple as some of these recipes are they make decent lunches.

Great little book on how to efficiently pack your Bento style lunches. I'm looking for ways to eat better and incorporate healthier eating habits and this is great! Plenty of prepare ahead tips, tasty lunch ideas, and realistic prep times. Well worth it if you're looking for this type of information.

I'm not the kind of person who'd wake up early in the morning and make bento boxes, but thought I'd grab this book and what's the worst it could be? Turned out I LOVE the book and recipes! I use them for daily cooking when I want to make some home made Japanese dishes. My husband loves what I have made so far from using the ideas from the book and he'd pack the leftover for lunch next day or so. As a picky fish eater, there is some fish that I would never cook in my own kitchen cause I think it "smells", salmon is one of the fish. I used the salmon recipes from this book and now I'm obsessed with salmon and I cook it once a week! If you love cooking and are always looking for different recipes that's totally manageable, this book would be a great addition for you, whether you

want to use the dishes for bento or not.

All the recipes are simple including rice and pasta bentos. Some very asian and others more western styled. It has great tips, such as simply preparing some ingredients the night before when time is affordable; different bento storage containers, reference guide to ingredients etc. Pictures make the food look delightful and recipes are a breeze to follow. This is a great, simple bento book. All recipes serve 1.

I have really been enjoying this book. It has a lot of bento ideas for people on time budget. And has lots of helpful photos that help you pick what to make, and step by steps that show you how to make it. I love the presentation of the bentos. There is a number of them that call for specialized ingredients though, so if you don't have a Japanese supermarket near you you may not be able to make everything. I highly suggest getting this book if you are trying to get into making bento.

Very interesting, with good ideas and food.

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