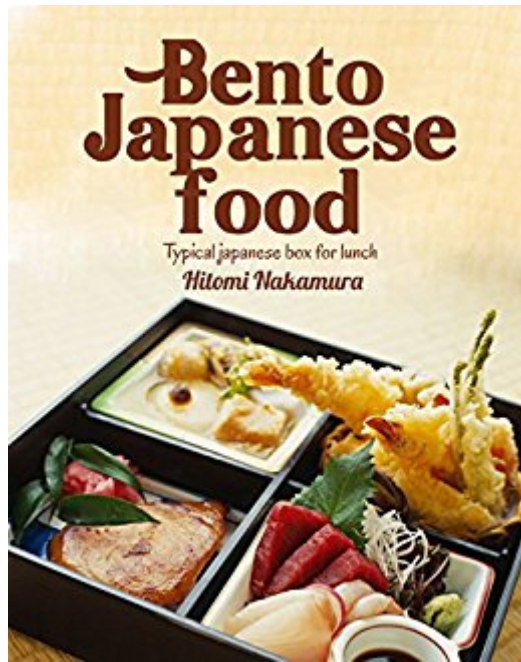


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# Bento Cookbook :Learn To Prepare Delicious Bento Launch Box To Style Japanese (japanese Cooking 1)



## 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

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 burrito, Tempura bento and Cauliflower sweet potato latkes.

I would recommend this book for someone who wants to learn more about Bento, history, what it is, how to prep/arrange food. The book comes with a few great recipes towards the back of the book as well. I've been making bento for many years and I wanted more of pictures and recipes to inspire me than history and how to arrange the food. Also there aren't a whole lot of pictures of Bento when it's completed or how it should look which I think would help the beginners. The overall "look" of bento is discussed in how the food is arranged but not much more than that so it does lack a bit on inspiration and creativity department. It's good for basic educational, short How-to instructions. For the lack of visual aids and decent amount of recipes in the book, I'd rate it a 4 out of 5 stars. I received this book for free to review and provide honest feedback.

I'm in love with this book! My daughter and I are going to Japan a couple of years and we have been all about experimenting with some of their traditions and foods. I love that this has recipes that have not been Americanized! We are having so much fun with this. I love that the author has written the book as if she is really having a conversation with you.

I am not Japanese, but yes I am a Bento lover. I know how to make Bento but I wanted to know whether it would help me in losing weight also or not. And I found the answer in this book. It was one of my best purchases. Keep on writing Hitomi :)

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!

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

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.

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