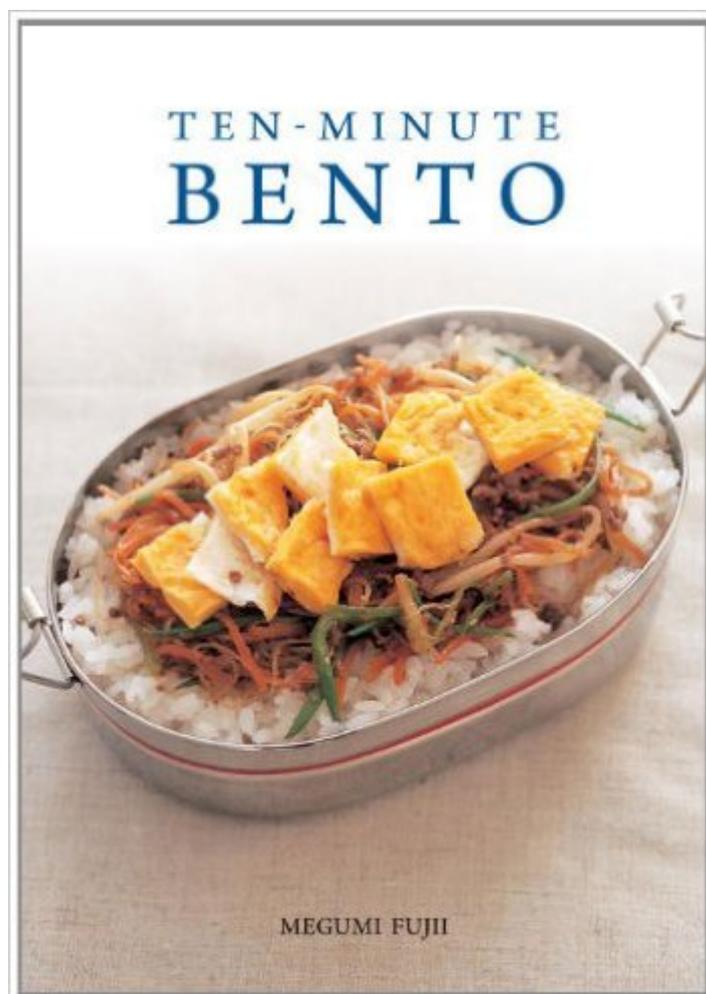


The book was found

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 [See all reviews](#) (45 customer reviews)

Best Sellers Rank: #171,787 in Books (See Top 100 in Books) #70 in [Books > Cookbooks, Food & Wine > Asian Cooking > Japanese](#) #672 in [Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy](#) #2075 in [Books > Cookbooks, Food & Wine > Regional & International](#)

Customer Reviews

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

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.

If you don't know what bento lunches are, they are packed box lunches made to be attractive and healthy with a good variety of foods. Frequently packed in boxes specifically made for bentos, they can also be packed in other boxes like plastic refrigerator food storage boxes. That's just a very quick definition, because they can be complex and are absolutely an art form. 10 Minute Bento was originally written in Japanese by Megumi Fuji and translated to English. It's paperback and printed in full color with lots of photographs of the finished food and great serving ideas. Instead of cute characters, these are bento lunches that are attractive without being carefully planned out to create images. You'll start with steamed rice, then add in the main course and vegetables. The recipes are written with cooking for one in mind. The recipes can be doubled if you're cooking for more than one. Instructions are clearly written and understandable, and measurements are by weight. The rice steamed ahead of time and the meat topping and vegetable sides are the 10 minute part of the cooking, that includes prep time. If you're doubling the recipe it may take longer for cutting and prepping. The portions are smaller than a lot of people are used to, but perfect for healthy lunches on the go. For people who rarely eat or cook Japanese food, there are some recipes that will be familiar enough to be comfortable. These are just a few of my favorite examples. There are several more.

[Download to continue reading...](#)

Simple Bento Box Recipes, A Bento Cookbook of Easy-to-Make: but Delicious Bento Recipes for all Ages Bento Box Cookbook: Delicious Japanese Cooking Recipes For Lunch And Dinner (Bento

Box Recipes, Japanese Cooking, Japanese Recipes, Japanese Bento, Sushi, Rice Cooker)
Ten-Minute Bento Bento Cookbook: 30 Bento Box Recipes You Will Love! Hello, Bento! - A
Collection of Simple Japanese Bento Recipes Bento cookbook :Learn to prepare delicious bento
launch box to style japanese (japanese cooking 1) Sixty-Minute Seder: Preserving the Essence of
the Passover Haggadah (Sixty-Minute Collection) The 15 Minute Focus: SPORTS VISION:
Exercises For Improving Peripheral Vision, Hand-Eye Coordination, and Tracking Ability (The 15
Minute Fix Book 14) 1 Minute Core: Strengthen Your Core In Only 1 Minute? The 5-Minute Clinical
Consult 2017 (The 5-Minute Consult Series) The 5-Minute Pediatric Consult Premium –
Online and Print (The 5-Minute Consult Series) The 5-Minute Clinical Consult Standard 2015:
30-Day Enhanced Online Access + Print (The 5-Minute Consult Series) The 5-Minute Obstetrics
and Gynecology Consult (The 5-Minute Consult Series) The 5-Minute Pain Management Consult
(The 5-Minute Consult Series) Wills Eye Institute 5-Minute Ophthalmology Consult (The 5-Minute
Consult Series) The 5-Minute Emergency Medicine Consult (The 5-Minute Consult Series) 3-Minute
Reading Assessments: Word Recognition, Fluency, and Comprehension: Grades 1-4 (Three-minute
Reading Assessments) Five Minute Gratitude Journal: 5 Short Minutes A Day To Develop An
Attitude of Gratitude (Five Minute Journals) (Volume 1) The 15-Minute Standing Abs Workout Plan:
Ten Simple Core Exercises to Firm, Tone, and Tighten Your Midsection Take Ten: New 10-Minute
Plays

[Dmca](#)