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Hello, Bento! - A Collection Of Simple Japanese Bento Recipes

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Synopsis

Japanese cuisine's play on flavors and textures certainly puts that extra oomph to their meals. Not only that, it's also recognized as one of the healthiest cuisines in the world. With the emphasis on rice, fresh fish, meat and vegetables, it's no wonder that Japanese cuisine is amazingly low in fat and calories. Not only is Japanese food delicious, it's also quite pleasing to the eye. And nowhere is this more visible than in the ubiquitous Japanese tradition of making bento or packed lunches. This book will feature yummy and easy-to-do Japanese bento recipes as well as a few quick tips on how you can decorate them.

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Customer Reviews

We love Japanese food, from sushi to simple homestyle recipes, we appreciate the healthy and attractive foods. It's so easy to get into a rut. While my husband loves variety, he'll also happily eat a ham and cheese sandwich daily. I get bored fast and find even making the same lunches boring. I purchased 2 small stackable bento boxes and followed the instructions on a Japanese Cooking

Video on YouTube, 'Cooking with Dog" and put together a typical bento lunch. I work at home and it was very nice to eat the bento lunch at noon, and my husband enjoyed the meal at work. Even the people at his workplace were intrigued by the appearance of the box in their office fridge. I realized for future Bento meals I needed more recipes and could not find any on youtube as informative. I looked for a bento cookbook and found this one. I was not disappointed, it has plenty of variety, intriguing recipes and beautiful illustrations.

If I had my doubts, I would take this book, rework it and turn it into a fine example of bento cooking. But alas, no one asked me. I love bento, I cook myself a boxed lunch even on days when I don't even leave the house. There aren't many English language bento cookbooks on the market at the moment, so I always devour any new book as soon as it comes out. Although not Japanese, I do have a fair bit of experience cooking Japanese food (both Traditional and Western style) and I found much of this book hard to follow. This book includes a lovely selection of bento staples. Everything from Onigiri to tonkatsu, and even an unexpected recipe for taco salad is jammed into this little production. As for the things that need work: There are no safety instructions. Storing perishable foods like meat, eggs, cheese, all day long, at room temperature is possible if you know what you are doing. But there are things you need to know. This book fails to cover them, and I cringe to think what could happen. Moreover salt plays a major role in keeping food from spoiling in a bento box, however this book shies away from it out of Western prejudice, and offers no substitute for preventing spoilage. I tried a few of the recipes and found the portion sizes to be rather unusual and the instructions difficult to follow. You need to be already familiar with the techniques and even then, it's not always enough. For example things like shaping the onigiri or the quick pickle recipe don't make sense if you are a new comer to these techniques. This is pretty much standard throughout the book. Some of the ingredients are not easily available to people who do not live near a Japanese Grocery store. Although, .com is starting to get things like Yakisoba Stir Fry Sauce, 12.7-Ounce (Pack of 3) these days. I noticed many errors in the text, which suggests there are probably a lot more than my dyslexic brain can see. The photos show up well in my cloud reader, but look very unappealing in black and white on my Kindle 3. To me, this book could be really great with some (lots) more editing and a critical eye. Maybe some test cooks that are new to the whole idea of cooking bento style food, to show where the instructions fall short. This book could easily be twice as long and far more expensive if the publisher took a little more time with it, but as it stands, it reads very much like a self published rush job. A better book for a beginner bento maker would be The Just Bento Cookbook: Everyday Lunches To Go. Basically the same kinds of food, but

the instructions are clearer with more instructive photos.

I'm very excited with this bento book that has super easy Japanese recipes that anyone can whip together in no time. Once you have learned the basics your bento lunch can be filled with an amazing variety of healthy and delicious foods that only you can limit with your imagination! Highly recommend this book!

This is a very nice, basic bento book. There are better ones out there, but I did get a new recipe or two from this one. The recipes are clear and easy to follow and the photos help to visualize what you will be making. I would have liked to have seen some more bento arrangement ideas, and an index at the back would be a nice addition as well.

This review is from: Hello, Bento! - A Collection of Simple Japanese Bento Recipes (Kindle Edition) I selected this cookbook as my kids love Japanese foods and in particular Bento-style foods. I loved reading this cookbook as the recipes sound delicious and the book is filled with a good variety of color photos illustrating the recipes. Unfortunately the book lacks adequate safety instructions on how to keep the food safe to eat. I would recommend eating these recipes at home as to do otherwise would be potentially unsafe. This kind of defeats the purpose of preparing a Bento lunch but it pays to follow USDA food safety rules. Recommend with caveats given. Penmouse

This recipe book is has easy to follow, great tasting recipes. It provides a variety of delicious foods with clear instructions. If you are a beginner or just want some simple tasty treats give this book a try.

I have mastered many methods of cooking, and now am trying Japanese. This book offers many recipes to take to work for lunch, or to have for an easy dinner

Really helpful. I'm making these immediately! Can't wait to bring my bento to work with me! So excited!! Highly recommend!

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