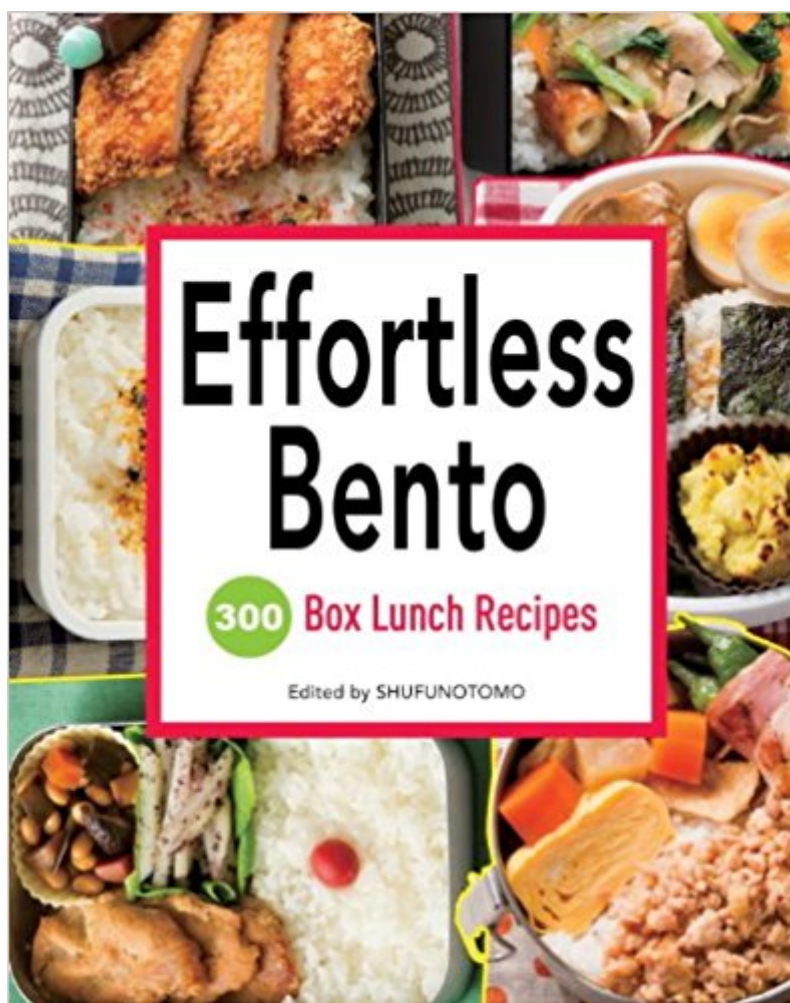


The book was found

Effortless Bento: 300 Japanese Box Lunch Recipes



Synopsis

Bento books have been some of the more accessible and popular genres coming out of Japan over the last few years, and Effortless Bento is essentially the bento encyclopedia. Filled with hundreds of full-color photos and numerous recipes this is the essential box lunch book.

Book Information

Paperback: 192 pages

Publisher: Vertical (May 27, 2014)

Language: English

ISBN-10: 1939130379

ISBN-13: 978-1939130372

Product Dimensions: 7.2 x 0.5 x 9.1 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (98 customer reviews)

Best Sellers Rank: #15,974 in Books (See Top 100 in Books) #5 in [Books > Cookbooks, Food & Wine > Asian Cooking > Japanese](#) #100 in [Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy](#) #171 in [Books > Cookbooks, Food & Wine > Regional & International](#)

Customer Reviews

The book is so easy to use thanks to well-organized recipes that are arranged by suggestions of what and how to pack to compliment colors and flavors. The book has many great suggestions and tips for cooking and packing each recipe. As an American, there are only two things about the book that give me pause, but in Japan they are perfectly normal so I didn't want to take any stars away. First, there is little to no fear of salmonella and many other food-borne bacteria, plus as is evident from the food safety and cleanliness processes that the author recommends over and over in the book, they are big on that so it further cuts down the fear of food poison and other problems with eating an unrefrigerated bento. They typically do not microwave bento items either, making cup noodles or soups with "soup bombs" where they pack the ingredients and use an electric hot water dispenser. Because of this, many bento boxes are not microwave safe. So if food safety and bacteria is a concern in your area of the world, you might want to use ice packs and just take them out an hour or so before you want to eat your lunch. If you need to microwave something, be sure your bento box is approved for it. Also, I try to pack a little less starch (in a typical Japanese-origin bento cookbook, you are recommended that half your container is rice, which is a bit much for me) and fill that space with vegetables, but the proportions are fairly good sizes otherwise. Those things

are really preferences, though, and don't take away from how amazing this book is. It truly creates delicious, easy recipes that are a nice break from my typical western-style lunches. Update: I made the karaage (fried chicken) recipe tonight.

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

Effortless Bento: 300 Japanese Box Lunch Recipes Bento Cookbook: 25 Healthy Easy Bento Box Lunchbox Recipes I Love to Eat Fruits and Vegetables (English Japanese bilingual, Japanese baby books): japanese children books, japanese kids books,japanese bilingual ... Bilingual Collection) (Japanese Edition) I Love My Mom (japanese kids books, japanese children stories, bilingual japanese books): japanese for kids (English Japanese Bilingual Collection) (Japanese Edition) I Love My Dad (English Japanese bilingual books, japanese children books): japanese kids books,japanese children stories (English Japanese Bilingual Collection) (Japanese Edition) Childrens Japanese book: Lisa can

Read.Ã£â Å Ã£Ââ ¢Ã£â ¬Ã•Ã£Â•œœÃ£Â•Ã¶Ã£â â œÃ£Â•Ã§Ã£â Ë†Ã£â Ã•Ã£â â Ã£â Ë†:
Children's English-Japanese Picture book (Bilingual Edition) (Japanese Edition),Japanese children
books,Japanese ... English picture books for children 9) I Love My Dad

Japanese Kids books,
 English Japanese bilingual, japanese children books bilingual, Japanese
 children stories) (English Japanese Bilingual Collection) I Love to Eat Fruits and Vegetables(English
 Japanese bilingual, Japanese children books, Japanese kids books,japanese kids
 language, Japanese children's picture book) (English Japanese Bilingual Collection) Brown Bag Lunches for
 Kids: Healthy and High-Nutrition Lunch Recipes for Kids' School Lunches (Healthy Meals & Lunch
 Recipes) Hawaii's Favorite Bento Box Recipes: Lots of Fun Lunches for Kids Hawaii's Bento Box
 Cookbook: 2nd Course Peekaboo baby. Japanese Baby Book: Children's Picture Book
 English-Japanese (Bilingual Edition) Bilingual Picture book in English and Japanese ... for children)
 (Volume 1) (Japanese Edition) My Daddy is the best!: (Bilingual Edition) English Japanese
 Children's Picture Book Bilingual Picture book in English and Japanese,Japanese kids book ... for
 children) (Volume 7) (Japanese Edition) I Love My Mom (Japanese Kids books, bilingual japanese
 books, japanese children books bilingual, Japanese children's picture book) (English Japanese Bilingual
 Collection) Living Language Japanese Complete Course, Revised & Updated (40 Lessons on 3
 Compact Discs * Coursebook * Japanese-English/English-Japanese Dictionary) (English and
 Japanese Edition) Anti-Inflammatory Diet Box Set: Anti-Inflammatory Diet Recipes Breakfast,

Lunch, Dinner And Smoothie Recipes Lunch Lady and the Cyborg Substitute: Lunch Lady #1 Lunch Lady and the League of Librarians: Lunch Lady #2 Lunch Lady and the Summer Camp Shakedown: Lunch Lady #4 Lunch Lady and the Bake Sale Bandit (Lunch Lady, Book 5)

[Dmca](#)