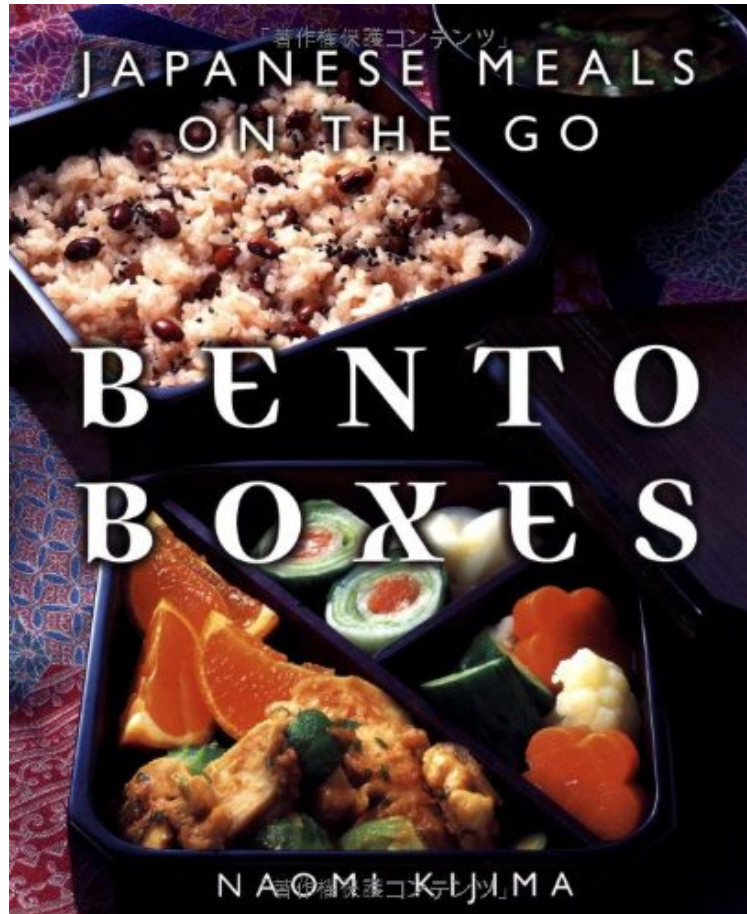


(Download pdf) Bento Boxes: Japanese Meals on the Go

Bento Boxes: Japanese Meals on the Go

Naomi Kijima

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#1195368 in Books 2001-09-28Ingredients: Example IngredientsOriginal language:EnglishPDF # 1 7.80 x .20 x 9.70l, .55 Binding: Perfect Paperback64 pages | File size: 76.Mb

Naomi Kijima : Bento Boxes: Japanese Meals on the Go before purchasing it in order to gage whether or not it would be worth my time, and all praised Bento Boxes: Japanese Meals on the Go:

0 of 0 people found the following review helpful. How to master bento boxes for the confident cookBy M. J. SmithOkay, I would love it a whole lot more if it were longer. But as a practical introduction for a confident cook with reasonable access to basic Asian ingredients, this is an excellent way to learn to make a wide variety of bento boxes. (Note: if Asian groceries are hard to come by check - you can find reasonable produce and meat locally then use .)The structure of the cookbook is designed to build a variety of bento boxes: First, one is presented with complete boxes that are traditional Japanese favorites - crispy mackerel, beef sukiyaki, chicken dumplings, inari-zuzhi/maki-zushi, chicken-tofu rice ... Next one learns to vary elements with protein and vegetable recipes using crisp frying, grilling, pan frying, braising ... This is followed by the largest section which gives a variety of rice and noodle options including donburis, fried rice, rice balls ... with rice sprinkling options to add variety. This is finished with specialty items - low fat temptations, pickles, sprinkles etc. The final section is how to make soup packets to go with the bento boxes - appropriate as soup and rice are the traditional close to a Japanese meal.If one gets confused and the pictures

are insufficient, a search of the web should provide any assumed knowledge that you may not know e.g. how to easily julienne burdock (yes, I was recently shown a simple way compared to my big hassle method). But working through this book and observing the structure of the completed box will make you a very competent bento box creator. 39 of 39 people found the following review helpful. Not for the beginner By Anime Junkie While most of the recipes can be executed as described, some are missing key steps or oversimplifying. Case in point the directions for tamago. It says to combine the ingredients and make an omelet in a square pan. What is left out is that you are supposed to pour part of the egg mixture into the pan. As it sets up, fold it in half so it sits on one side of the pan. Then pour more of the egg into the bare part of the pan. When it sets up, roll the previously cooked half back over the newly added side. Repeat the process. This changes the texture of the finished product as well as the appearance. Also as a word of warning, these will take a while to make. Some of the lunches presented incorporate 3-4 separate dishes. However you can mix and match so the book is a great resource in that sense. In addition the photos are beautiful and helps to make up what is missing in the directions. 1 of 1 people found the following review helpful. Excellent cook book. By Joshua Kornmiller I bought this Cook Book along side a bento box. I'm an over-weight person and I figured that If i could use the bento box for portion control and the cookbook for good, and healthier food then fast food. I could help loose some wight. The awesome thing about this Cook book is that some of these recipes would be great for dinners for a single person as well. I love how the cook book is laid out makes it easy read with wonderful photo's of the finished products. The only complaint I have is not with the cook book itself, but the lack of ingredients my local markets sell that the recipes this book require. And some of these ingredients I have never heard of before, but that's part of the adventure!

This book offers an elegant way to enjoy delicious, healthy food on the run. Includes more than 40 main dish recipes and step-by-step illustrations.

About the Author Naomi Kijima is a well known cookbook author and teacher in Japan. She has appeared on Japanese television and her recipes are regularly featured in women's magazines and newspapers there.