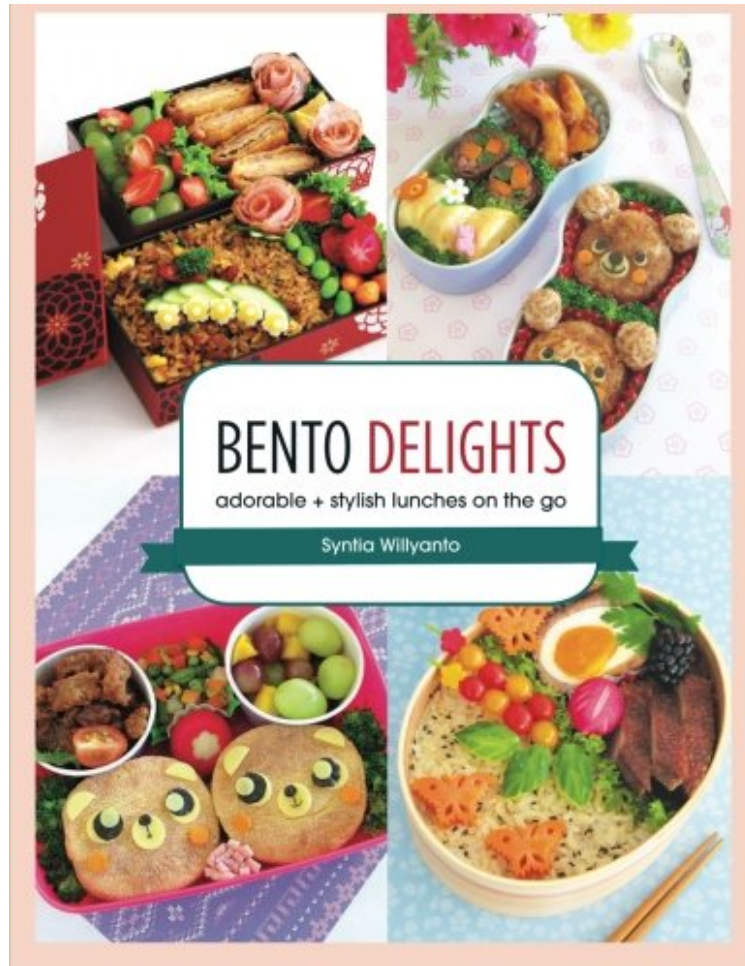


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Bento Delights: Adorable + Stylish Lunches on the Go

Syntia Willyanto

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Syntia Willyanto : Bento Delights: Adorable + Stylish Lunches on the Go before purchasing it in order to gage whether or not it would be worth my time, and all praised Bento Delights: Adorable + Stylish Lunches on the Go:

1 of 1 people found the following review helpful. Pricy compared to other similar booksBy NebusoffThis is my third or fourth bento cookbook purchase, and I found that it doesn't really contain anything special or different from the recipes I already have. The book does have nice pictures, which is a plus. However, I feel the price is too high compared to other similar titles (Effortless Bento, Just Bento Cookbook, etc.). I would recommend those books over this one (or perhaps Yummy Kawaii Bento for those more interested in charaben) as the recipes are similar and they are both under \$15 (this book was listed at \$23 at the time of my purchase). I am not displeased enough to return the book, but I do somewhat regret the purchase.4 of 4 people found the following review helpful. I like making stylized bentos as an effort to eat healthyBy Iram SadiqI like making stylized bentos as an effort to eat healthy. This book had great ideas and the recipes given are delish that I've tried so far. To note the recipes are geared toward adults so if

looking for recipes for kids this may not be the book for you 1 of 2 people found the following review helpful. Five Stars By Hachi Very picture friendly !!

Written by the author of the popular bento blog, www.cookinggallery.blogspot.com, Bento Delights is a must have for all bento lovers out there! Bento Delights contains 31 adorable and stylish bento menus accompanied with 100 delicious recipes. This cookbook is divided into two main sections: Character Bento (Charaben) and Traditional Bento. The Character Bento section includes clear step-by-step photographs and detailed instructions on how to craft whimsical characters like sweet teddy bears made from rice balls, little koala bears from bocconcini cheese and cute frogs from cucumber. The Traditional Bento section features more practical yet elegant lunch menus focusing on delectable Japanese and modern Asian recipes. Additionally, Bento Delights also features chapters on Bento Basics, Bento Boxes, Tools Accessories, Further Tips Tricks, Resource Guide and Glossary. Each recipe is beautifully photographed and each new chapter is preceded with gorgeous kimono-inspired graphic illustrations. This cookbook is perfect for both bento beginners and advanced bento makers alike, and will also appeal to anyone who is interested in the art of beautiful food presentations. Make your own fun and creative bento meals and bring a smile to your face and your loved ones'!. To find out more about the book, visit the following link (a blog post about the book written by the author): <http://cookinggallery.blogspot.com.au/2014/05/my-bento-cookbook-bento-delights.html>

About the Author Syntia (a.k.a CG virtually) started to blog about food in mid 2009. Her virtual food journal, cookinggallery.blogspot.com, evolved to be one of the most popular English language bento blogs in early 2011, when she started making both Charaben and Traditional Bento meals to satisfy her creative urges. Syntia's bento style is known to be whimsical, bright and colourful. Besides including delicious protein-rich food items in her packed lunches, she also loves to use the natural vibrance of fruit and vegetables to accentuate her bento designs. Having lived in three different continents throughout her life, Syntia appreciates and enjoys the variety of foods the world has to offer, even though Asian cuisine in general remains her most favourite. Syntia likes to experiment in the kitchen, whipping up tasty fusion dishes, even though on her lazy days you might catch her eating a pack of sodium-rich instant noodles and munching some sugar-packed chocolate chip cookies!