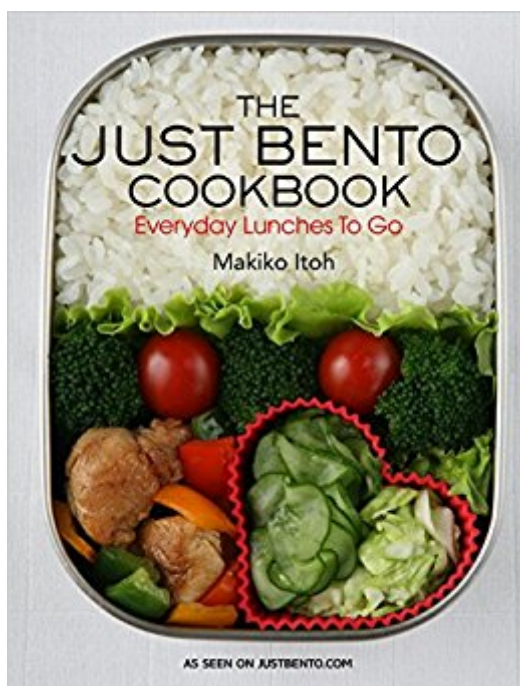


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# The Just Bento Cookbook: Everyday Lunches To Go



## Synopsis

Bento fever has recently swept across the West, fuelled not just by an interest in cute, decorative food, but by the desire for an economical, healthy approach to eating in these times of recession. A leading light in the popularization of bento has been Makiko Itoh, whose blog, Just Bento, boasts hundreds of thousands of subscribers, all of whom love her delicious recipes and practical bento-making tips. Now, for the first time, Itoh's expertise has been packaged in book form. The Just Bento Cookbook contains twenty-five attractive bento menus and more than 150 recipes, all of which have been specially created for this book and are divided into two main sections, Japanese and Not-so-Japanese. The Japanese section includes classic bento menus such as Salted Salmon Bento and Chicken Karaage Bento, while the Not-so-Japanese section shows how Western food can be adapted to the bento concept, with delicious menus such as Summer Vegetable Gratin Bento and Everyone Loves a Pie Bento. In addition to the recipes, Itoh includes sections on bento-making equipment, bento staples to make and stock, basic cooking techniques, and a glossary. A planning-chart section is included, showing readers how they might organize their weekly bento making. In a market full of bento books that emphasize the cute and the decorative, this book stands out for its emphasis on the health and economic benefits of the bento, and for the very practical guidelines on how to ensure that a daily bento lunch is something that can easily be incorporated into anyone's lifestyle. This is the perfect book for the bento beginner, but will also provide a wealth of new bento recipe ideas and tips for Just Bento aficionados.

## Book Information

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## Customer Reviews

**Product Description** Bento fever has recently swept across the West, fueled not just by an interest in cute, decorative food, but by the desire for an economical, healthy approach to eating in these times of recession. A leading light in the popularization of bento has been Makiko Itoh, whose blog, Just Bento, boasts hundreds of thousands of subscribers, all of whom love her delicious recipes and practical bento-making tips. Now, for the first time, Itoh's expertise has been packaged in book form. The Just Bento Cookbook contains twenty-five attractive bento menus and more than 150 recipes, all of which have been especially created for this book and are divided into two main sections, Japanese and Not-so-Japanese. The Japanese section includes classic bento menus such as Salted Salmon Bento and Chicken Karaage Bento, while the Not-so-Japanese section shows how Western food can be adapted to the bento concept, with delicious menus such as Summer Vegetable Gratin Bento and Everyone-Loves-a-Pie Bento. In addition to the recipes, Itoh includes sections on bento-making equipment, bento staples to make and stock, basic cooking techniques, and a glossary. A planning-chart section is included, showing readers how they might organize their weekly bento making. In a market full of bento books that emphasize the cute and the decorative, this book stands out for its emphasis on the health and economic benefits of the bento, and for the very practical guidelines on how to ensure that a daily bento lunch is something that can easily be incorporated into anyone's lifestyle. This is the perfect book for the bento beginner, but will also provide a wealth of new bento recipe ideas and tips for bento aficionados.

Itoh guides readers to build a beautiful bento lunch that is also nutritious and filling for both adults and children. Recommended for fans of bento lunches and anyone trying to get out of a lunch rut!

--Library Journal

Equal parts recipe book and bento how-to, The Just Bento Cookbook is an elegant guide to making lunch more fun. Filled with lovely boxed lunch ideas that can be made for one or more, depending on how many lunches you plan on packing.Â

--Serious Eats

The Just Bento Cookbook is packed with recipes for savory dishes that will make a tasty dinner or lunch. Most of the recipes include several variations using different proteins and make-ahead tips.

--Seattle Weekly

--This text refers to an out of print or unavailable edition of this title.

My only regret is that it is not on kindle. I looked high and low, read a lot of "authentic" books about bento written by assuming Americans, and a bunch of other books too and this book is hands down the best. I'm not Japanese but I'm Chinese with roots in Hawaii - we eat a lot of Japanese food there - and the recipes here are comfort food for me. I am relieved to have found them. Thank you Makiko Itoh!

I love this cookbook! I like having fresh lunches made with really good ingredients. This book has many tasty recipes and a lot of variations on recipes, so it really helps me come up with new ideas for lunches. Definitely one of the best cookbooks I've bought! I will say that the "timetable" doesn't work for me, the author has it set up for making everything the morning you plan to eat the lunch. Instead of doing that, I make up everything either for the week or every couple of days depending on how well I think the foods will keep. It's a lot of work but the reward is amazing!

This is my favorite cookbook lately - so many healthy and flavorful recipes that are easy to freeze. Unlike some bento books, the author doesn't spend much time teaching you how to make things cute. The end product ends up being attractive because of the colors and textures rather than because you were able to make a bunny shape or whatever. You don't even have to like Japanese food to get into what she is doing - many recipes have non- Japanese ingredients, and she offers lots of options. And if you do like Japanese home cooking, you'll be happy because she gets Japanese flavors out of easy-to-find American ingredients. The author's family used to run a restaurant in NYC, and she has great basic cooking skills that make simple ingredients taste amazing. She extracts tons of flavor out of easily available ingredients and teaches you not only how to cook but also how to freeze and organize. Her little burgers and veggie side dishes have become staples in my freezer for quick dinners and packable lunches. The recipes WORK - and that is what makes this cookbook shine. S

This cookbook is awesome: I have already tried at least half of all the receipts and I loved all of them. All the lunches are below 900 calories, and most of them are even below 700. Every lunch contains minimal-processed vegetable entries. So healthy! And such a lunch makes me really full. I still can't fit into the timeline suggested by the author: what supposed to take 20 minutes takes almost an hour from me. But I think this is a matter of practice. I would recommend this book not only to bento-beginners, but also to people who are interested in Japanese cuisine. It has changed my image of japanese food, that was all about raw fish and miso soup. Most receipts from this book can be easily made using ingredients from the nearest grocery store. One more thing: this book is very helpful for singles, because most receipts are 1-serving, so you don't need to cook a big pot and then eat the same dish every day for a week.

The Delivery came a day early. It was a nice, exciting surprise and the book was in great shape,

too!The book: I love the layout. Every thing is easy to read and scan! The only thing that was missing was a calorie estimate. I know it's something you can easily look up, but it would be great if in the next edition, something like that could be added. The recipes are fun and there are things that I really want to try, though I've felt that some of the foods in them were okay before. The most difficulty I have understanding is the tamiyagi eggs, but I'm not sure if that's an author error or my own. I love the step-by-step pictures, though!

I liked this book so much, I ended up ordering a second one to share it with a friend. There are lots of great ideas, some are Asian recipes, others are American recipes. Everything looks easy to make.

I actually love this recipe book, but I can't overlook that most of the content is already on her website. But that's really the case with most recipe books nowadays - you just look online. There is something comforting about having a hard copy to reference. The recipes are straightforward and inspiring. Nothing is outlandishly hard (just requires prep work) and she does a good job of outlining some key points like food safety, planning, and pantry staples. I am a big fan of Serious Eats and Serious Eats is a big fan of Makiko Itoh and that's what pushed me to buy the book.

I am in love with this book! As a newbie to bentos and Japanese cuisine (but relatively skilled in the kitchen) this is the perfect mix of easy-to-follow recipes that are simple enough for my American pallet. With multiple bento meal plans and cooking timelines for each one, it's super easy to choose a meal and know exactly how much time it takes to make. There are also alternative recipes for every single "meal" in the book, which is great for variety and for getting some ideas to spice it up. There's even a glossary at the back to help explain what some of the ingredients are, and some Americanized replacements--which is greatly appreciated. All in all, I could not be any happier with this purchase... I would LOVE to see a sequel.

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