

## Effortless Bento 300 Japanese Box Lunch Recipes

Everyday millions of Japanese people, young and old, leave their homes with a bento in hand. Bento (boxed lunches) are handmade every morning packed with tender-loving care to give their recipients a warm-hearted well-needed boost to finish off the day. In her first English-language release, TV chef and nutritionist Megumi Fujii has prepared 72 mouth-watering box lunch recipes that are easy to make but are over-flowing with the hearty-goodness that is essential in every Japanese bento. Her Ten-minute bento will not rely on visual designs seen on Flickr streams or on blogs. Instead she focuses on sharing everyday Japanese dishes created to satiate hunger and satisfy an ever expanding Japanese palette. Featured dishes: Mushroom Hamburg Steak Easy Korean Bibimbap Colorful Eggs & Ham Yuzu Chicken Avocado Salad Sandwich Open-face Spring Roll Bento Chicken Cutlet Bento Beef Bowl Bento Chicken Teriyaki Bento Salads Radish & Buckwheat Noodle Salad French Toast Salad Chinese-style Noodle Salad Desserts Cheesecake Balls Petite Muffins

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.

Enlightened Kitchen is a Kodansha International publication.

Experience the World of Japanese Pop Culture Through a Whole New Medium—Japanese Food! #1 New Release in Animated Humor & Entertainment With dishes inspired by otaku culture, this cookbook brings Japanese anime and manga to chefs of all levels. Experience Japanese culture like never before. Japan fever has taken the West by storm. Praised for its attention to detail, it's no wonder that some of the most appealing images are colorfully culinary. From beautifully animated bowls of ramen and curry to cakes and confectionery, Japanese food culture never looked so good. If only you could reach out and take a bite...and now you

can! For the anime and manga reader. With our increasing hunger for Japanese pop culture, comes an appetite to match. And with dishes from pop culture icons like One Piece and Naruto, manga and anime can finally be enjoyed in the comfort of your very own kitchen. Whether you're enjoying Japanese ramen from Naruto or fried rice from Food Wars, readers and foodies can learn about Japanese cooking basics and some new series to enjoy, featuring recipes like: • Mitarashi Dango from Samurai Champloo • Onigiri from Fruits Basket • Yakiniiku from Rurouni Ken shin If you enjoy Asian food, or books like The Manga Cookbook, Japanese Soul Cooking, or The Just Bento Cookbook, then Otaku Food is your next cookbook!

A beautifully photographed and designed cookbook and guide to the cultural phenomenon that is boba, or bubble tea--featuring recipes and reflections from The Boba Guys tea shops. Andrew Chau and Bin Chen realized in 2011 that boba--the milk teas and fruit juices laced with chewy tapioca balls from Taiwan that were exploding in popularity in the States--was still made from powders and mixes. No one in the U.S. was making boba with the careful attention it deserved, or using responsible, high-quality ingredients and global, artisanal inspiration. So they founded The Boba Guys: a chic, modern boba tea shop that has now grown to include fourteen locations across the country, bringing bubble tea to the forefront of modern drinks and bridging cultures along the way. Now, with The Boba Book, the Boba Guys will show fans and novices alike how they can make their (new) favorite drink at home through clear step-by-step guides. Here are the recipes that people line up for--from the classics like Hong Kong Milk Tea, to signatures like the Strawberry Matcha Latte and the coffee-laced Dirty Horchata. For the Boba Guys, boba is Taiwanese, it's Japanese, it's Mexican, it's all that and more--which means it's all-American.

A bento box meal (single portions of different foods packed in one reusable container) is a Japanese tradition that lends itself well to today's busy lifestyle. Although bento boxes are available to take out from restaurants and food stands, they are most frequently prepared at home, very often by parents wishing to provide their children with delicious, healthy, fun--and environmentally-responsible--lunch and snack-time alternatives. Kawaii Bento Boxes offers dozens of recipes and menus. For each box, the authors include detailed instructions for cooking, seasoning, decorating and assembling the components as well as an icon indicating how long it will take to prepare. The meals are not just easy to make, they are tasty, nutritious and economical, with each portion carefully calculated so that there are no leftovers. There are also suggestions for the right container for each meal. Most of the ingredients used are familiar and available to American cooks. Here are whimsical creations like soccer balls and animal faces made from shaped rice, tulips cut from dyed hardboiled eggs, hearts and stars carved out of vegetables, and much more. Perfect for parents looking to liven up their children's school lunches or park snacks, or for busy people who want to fix a quick and cheerful meal to take to work, Kawaii Bento Boxes highlights the Japanese passion for making food a treat for the eyes as well as for the mouth. CONTENTS: ONIGIRI BENTO (16 variations including faces, soccer ball, animals, triangles, spheres) RICE BENTO (11 variations including bear, rabbit, ship, seasoned rice, teriyaki chicken over rice, etc.) SUSHI BENTO (12 variations) BREAD BENTO (12 variations including mini-sandwiches, rolls, etc.) NOODLE BENTO (9 variations including spaghetti, yakisoba noodles, udon) SUMMER AND WINTER BENTO (12 variations including summer dishes that won't spoil in the

heat and winter dishes that are better when eaten warm) TRADITIONAL/POPULAR/FAVORITE BENTO (11 variations including favorite dishes like hamburgers, fried shrimp, fried chicken) TIPS ON HOW TO STUFF THE BENTO BOX WHAT TO STUFF IN THE BENTO BOX (including calories, carbohydrates, protein, etc.) CUTTING AND DECORATING MENUS BASED ON COLOR EASY DESSERT RECIPES

Exciting Whole-Food Lunches You'll Be Proud to Pack and That Kids Will Love to Eat! Pack your child a healthy, tasty lunch the easy way! Each lunchbox focuses on just one nutrient-dense homemade component that can be prepped ahead of time for easy grab-and-go options on busy days. Prep a big batch of Carnival Copycat Corn Dogs and stick them in the freezer— they'll defrost just in time for lunch. Make The Best Chinese Takeout Copycat for dinner one night and you can pack the leftovers in the kids' thermoses later that week. And what could be easier than letting your child assemble their own lunch with a chapter full of healthy Lunchables® copycats? From Pizza Lunchables® Copycat featuring whole-food pizza crust and customizable toppings, to Easy Homemade Cracker Stackers Lunchables® Copycat, you'll find tons of ideas to make lunchbox prep fun, nourishing, and practical. Renee Kohley, author of Nourished Beginnings Baby Food, has compiled this delicious, allergen-friendly collection of gluten-free lunches to make sure every child has the energy they need to power through the busy school day. Fill a lunchbox with no-fuss sides like seeds, crackers, and fresh fruits with a single from-scratch item for a balanced meal that your kids will be excited to eat. With so many great choices, you'll never have to wonder what you should pack for lunch again. \*All recipes are gluten-free and allergen-friendly!\*

The essential guide to Japanese home cooking—the ingredients, techniques, and over 100 recipes—for seasoned cooks and beginners who are craving authentic Japanese flavors. Using high-quality, seasonal ingredients in simple preparations, Sonoko Sakai offers recipes with a gentle voice and a passion for authentic Japanese cooking. Beginning with the pantry, the flavors of this cuisine are explored alongside fundamental recipes, such as dashi and pickles, and traditional techniques, like making noodles and properly cooking rice. Use these building blocks to cook an abundance of everyday recipes with dishes like Grilled Onigiri (rice balls) and Japanese Chicken Curry. From there, the book expands into an exploration of dishes organized by breakfast; vegetables and grains; meat; fish; noodles, dumplings, and savory pancakes; and sweets and beverages. With classic dishes like Kenchin-jiru (Hearty Vegetable Soup with Sobagaki Buckwheat Dumplings), Temaki Zushi (Sushi Hand Rolls), and Oden (Vegetable, Seafood, and Meat Hot Pot) to more inventive dishes like Mochi Waffles with Tatsuta (Fried Chicken) and Maple Yuzu Kosho, First Garden Soba Salad with Lemon-White Miso Vinaigrette, and Amazake (Fermented Rice Drink) Ice Pops with Pickled Cherry Blossoms this is a rich guide to Japanese home cooking. Featuring stunning photographs by Rick Poon, the book also includes stories of food purveyors in California and Japan. This is a generous and authoritative book that will appeal to home cooks of all levels.

Origami master John Montroll introduces nearly 50 figures that range from simple to sophisticated. They're perfect for those who are familiar with the basics but seek more challenging models as well as for experienced folders. Models include a cup, hat,

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sailboat, crane, frog, and fish for beginners; a pheasant, robin, pig, and octahedron for intermediate folders; and a deer, elephant, bee, and waterwheel for advanced origamists — plus many other imaginative figures. Clear instructions and crisp diagrams accompany each project.

Since elementary school, I spent almost every evening in my mother's kitchen helping her prepare dinner. She showed me that cooking can be fun and simple recipes really can be delicious! I cherish all the tips and tricks she taught me and incorporate them into my daily cooking, using fresh, high quality ingredients. This cookbook is a collection of the most popular recipes shared on my blog, Just One Cookbook, over the past three years. It includes classic Japanese recipes like chawanmushi, gyudon and kitsune udon, as well as modern favorites like California rolls and green tea ice cream. Enjoy!

Step-by-step instructions and over 300 diagrams for creating deer, elephant, cat, seal, walrus, mink, bear, and five more. Graded according to difficulty.

Korean Mother's Easy Recipes will teach you how to make traditional Korean dishes at home with easy-to-follow illustrations. Okhee Yoon has taught Korean cooking to students from all over the world for 20 years and has selected 40 Korean recipes that are fun and easy to make. Main dish, side dish and dessert recipes are illustrated with step-by-step instructions so even beginners can easily follow them. The book also includes special dishes for hosting parties. After practicing Korean cooking and different cuisine from all over the world and teaching Korean cooking at the Blue House Korean Food Experience Center, Cheong Wa Dae Sarangchae, Yoon has written a book that anyone can follow so they can enjoy traditional Korean food in the easiest way. Try these recipes then post your photos to [korean\\_mothers\\_easy\\_recipes](#)

A collection of more than 100 recipes that introduces Japanese comfort food to American home cooks, exploring new ingredients, techniques, and the surprising origins of popular dishes like gyoza and tempura. Move over, sushi. It's time for gyoza, curry, tonkatsu, and furai. These icons of Japanese comfort food cooking are the hearty, flavor-packed, craveable dishes you'll find in every kitchen and street corner hole-in-the-wall restaurant in Japan. In Japanese Soul Cooking, Tadashi Ono and Harris Salat introduce you to this irresistible, homey style of cooking. As you explore the range of exciting, satisfying fare, you may recognize some familiar favorites, including ramen, soba, udon, and tempura. Other, lesser known Japanese classics, such as wafu pasta (spaghetti with bold, fragrant toppings like miso meat sauce), tatsuta-age (fried chicken marinated in garlic, ginger, and other Japanese seasonings), and savory omelets with crabmeat and shiitake mushrooms will instantly become standards in your kitchen as well. With foolproof instructions and step-by-step photographs, you'll soon be knocking out chahan fried rice, mentaiko spaghetti, saikoro steak, and more for friends and family. Ono and Salat's fascinating exploration of the surprising origins and global influences behind popular dishes is accompanied by rich location photography that captures the energy and essence of this food in everyday life, bringing beloved Japanese comfort food to Western home cooks for the first time.

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.

With these fun, easy and delicious recipes, anyone can venture into the world of bento boxes—no special tools or containers necessary! Hosts of popular NHK World cooking show Bento Expo, Marc Matsumoto and Maki Ogawa share their bento-making expertise on the pages of this stunningly photographed cookbook. As a Japanese-American, Marc is ideally placed to help Western readers add Japanese touches to their lunches with easy-to-find ingredients. As a Japanese mom of teenage boys, Maki is an expert at creating simple yet delicious bento box combinations that can be put together easily every morning. Together they have created an accessible, authentic bento cookbook that everyone will enjoy. Ultimate Bento is packed with practical techniques, step-by-step instructions, and useful tips for 85 recipes that can be mixed-and-matched for 25 nutritionally balanced bento box lunches. Each bento in this book costs under \$3 per serving, so you and your family can save money while also eating healthier. Recipes include: Summer Rolls Japanese-style Coleslaw Wasabi Chicken Snap Pea Stir-Fry Yakitori Chicken Skewers Mini Stuffed Peppers Ginger Pork

A collection of family-friendly, easy and inexpensive recipes used and honed over many years by Japanese mom Kanae Inoue. Real Bento is packed with the time-saving tricks that allow you to make bento box lunches each morning in just 10 minutes, using ingredients and recipes that will satisfy the whole family! The recipes are presented by flavor type and key ingredient, so it's easy for parents to find dishes their kids will love. In Real Bento, Inoue presents 200 recipes, divided into "main dishes" and "sides" for 22 completed bento boxes. The colorful photos and step-by-step instructions make this an incredibly practical and easy-to-use resource for busy households! In her recipes, Inoue places great emphasis on healthy, fresh and colorful foods that look and taste great when presented together. Her recipes include Japanese favorites and original recipes like: Teriyaki Chicken Stuffed Bell Peppers Ginger Salmon Broccoli and Pasta Salad Beef and Egg Stir Fry Inoue got hooked on bento fifteen years ago, when she began making daily bento box lunches for her husband and herself to take to work, and later for their three children to take to school. She sees bento box lunches as a way of saving money and getting her family to eat fresher, healthier meals. This beginning bento book is a perfect tool for getting lunches packed and a family out the door on a busy morning!

Bestselling author and food writer Debra Samuels uses her unique skills and deep love of Japan to make the cuisine of her adopted country attainable in My Japanese Table. Bringing a wealth of experience and a great passion for Japanese cooking to the table, Debra introduces the aesthetics and quality food that are the hallmarks of Japanese cuisine. She learned through her years in Japan that true Japanese homestyle dishes are easy to prepare once you master a few basic techniques. And now that authentic Japanese ingredients are available in most supermarkets, Japanese food has become far more accessible than ever before. The recipes in this Japanese cookbook, the result of decades spent teaching and preparing homestyle Japanese dishes, include familiar favorites like Hand-Rolled Sushi and classic Miso Soup and less familiar but equally welcome dishes such as Lobster Rolls with Wasabi Mayonnaise and Fried Pork

Cutlets. There is also a chapter on the increasingly popular bento lunch boxes, along with a wonderful selection of desserts, including the delectable Mochi Dumplings with Strawberries. All of the recipes come with stories and cooking tips to help bring the sights, aromas and tastes of Japan into your kitchen at home. This Japanese cookbook includes chapters on: Basic recipes Sushi Snacks and appetizers Soups and salads Rice and noodles Meat and poultry Fish and seafood Vegetable and tofu dishes Bento Desserts and drinks

Many people bring their lunch to work to save money, time and to help control what they are eating (with no hidden nasties from processed shop-bought food), but sometimes it's hard to think of interesting, nutritious things to make. Sara has come to the rescue with her vibrant, fun and inspirational approach to lunch boxes. She concentrates on having 5 clear elements: complex carbs, protein, fruit and veg, and sprinkles as well as the 5 colours used in authentic Japanese cooking: red, white, black, yellow and green. With just a few essential ingredients, you add your extras to create highly nutritious, vegetarian, colourful boxes of joy. Sara includes ideas for bento breakfast boxes (Sesame Snap Granola Bento and Mighty Muesli), 15-minute bento (Busy Days Instant Noodles and Lazy Tamago Bento), Everyday bento (Red Velvet Quinoa Bento, Green Theme Bento and Zen Bento) and the Fantasy bento (Starry Sky Bento and Fairy Jewel Box Bento). With tips on how to stock your bento store-cupboard and basic ingredients and recipes to get you going, now is the time for bento to bounce into your breakfast, lunch box, or even into your dinner parties, filling you with Bento Power! [www.shisodelicious.com](http://www.shisodelicious.com) @shisodelicious

Bento includes over 70 quick, easy, and delicious box lunch ideas for your family.

The author of the best-selling Just Bento Cookbook is back with hundreds of delicious new Japanese-lunchbox-style recipes — including many low-carb, vegetarian, and vegan options -- that can be made quickly and without a lot of fuss. The passion for bento boxes shows no signs of letting up. Leading the way in popularizing these compact and portable boxed meals has been Makiko Itoh, blogger extraordinaire and author of the perennial bestseller, The Just Bento Cookbook. Itoh was instrumental in spreading the word that bentos are perfect for busy adults-on-the-go — they don't have to be cute and they don't have to take a lot of planning or prep time in order to be tasty, nutritious, and economical. In THE JUST BENTO COOKBOOK 2: Make-Ahead Lunches and More, Itoh offers hundreds of new recipes for bento-friendly dishes. The premise of this second cookbook is that anyone can make delicious, healthy bentos quickly and easily. Itoh focuses on three types of bentos with specific and appealing benefits: bentos that can be made ahead of time, “express” bentos that can be put together fast, using components right off the shelf or out of the refrigerator, and bentos for special dietary needs. Full-color photos accompany the directions and showcase the finished dishes. THE JUST BENTO COOKBOOK 2 opens with Itoh's basic bento rules, revised to reflect comments she's heard from her

many fans after the first book came out. "Build Up Your Stash" explains why having some items ready to pack up and go is the key to stress-free bento-making. Here are tips on making foods that store well, organizing storage space, the best containers to use for different foods, what store-bought items to have on hand, etc. The first section, "Make-Ahead Bentos," features recipes for a wide variety of dishes that can be prepared the night before or first thing in the morning. Here are different kinds of meatballs and burgers, including both Western versions and Japanese variations; mouth-watering chicken, pork, beef, egg and fish dishes; a section on "Tofu and Vegan" treats such as Ginger Tofu Teriyaki and Green Lentils and Brown Rice; and recipes for Rice Sandwiches such as Egg-wrapped Rice Sandwich with Bacon Rice Filling. A special section of Low Carb recipes based on shirataki noodles and konnyaku (konjac) offers fun and creative ways to use this no-cal, no-carb, no-sugar, gluten-free "miracle" noodle in dishes like Rice and Shirataki Pilaf with Shrimp, Shirataki Chicken "Ramen" in a Lunch Jar, and Shirataki with Sesame. "Express Bentos" presents very quick-to-assemble boxes comprised of foods that don't require detailed recipes and don't rely on pre-homemade items. From Mediterranean Pasta and Yakisoba bentos to a Deconstructed Taco Salad and Stir-fry Bento, the ideas here will prove to be lifesavers for busy people who need to get out of the house in a hurry but still want their flavorful, filling, and healthy lunch. Other new and exciting additions to this second volume include an entire section of recipes for Vegetable Side Dishes (Roast Asparagus with Balsamic Vinegar, Spicy Broccoli, and Potato and Corn Salad), and one for Japanese Vegetable Side Dishes (Buttery Kabocha Squash, Crunchy Stir-fried Soy Beans, Hijiki Seaweed with Garlic). Recipes for different versions of dashi will help readers keep a supply of this staple ingredient at the ready. And advice on tools and equipment, types of bento boxes and accessories, as well as a glossary and resource section, will ensure that preparing bentos is as enjoyable as eating them.

Think inside the box--the beginner's guide to tasty bento boxes Easy, tasty, and healthy are three great aspects of any good meal. Combine them all together--in an easy to-go box--and you have the beauty of bento. In *Bento for Beginners*, you'll learn how this Japanese culinary art can help you build 60 appetizing, well-balanced lunches that can be taken just about anywhere. In addition to recipes, the book is filled with tons of tips and tricks on streamlining prep time, how to improve the storage life of your ingredients (without using preservatives), the right containers to use, and what foods make the best (and easiest) fusion dishes. There's so much to savor in these to-go treasure boxes. *Bento for Beginners* includes: Best of both worlds--Enjoy classic homemade Japanese foods as well as staples from Western and American cuisine. Off-the-shelf--Create lunches you'll be excited to eat using easy-to-find ingredients available at the grocery store. Save money--Put an end to spending \$5 to \$10 a day on lunch--the average cost of a filling homemade Japanese bento is about \$1.85. In the world of bento books, this one can take you to tasty new heights.

Yum-Yum Bento is back with 52 more easy seasonal-themed bento lunches. From the depths of winter to the height of summer, a beautiful lunch can brighten any day. Japanese bento boxes are portable and pretty meals packed with healthy portions and plenty of cheer. And they're outrageously cute! With Yum-Yum Bento All Year Round, you'll fall in love with 52 tasty, in-season lunches. Spring into make-ahead action with packing tips, tutorials, side dish recipes, and more. From summer Sunshine Smiles to Christmas Gingerbread Friends, there's a bento just perfect for your lunchbox today. Selections from the Table of Contents: Springtime Fun: Easter Chicks Dainty Daffodils Green Pea Brothers Summertime Splash: Rainbow Sushi Cheerful Crab Seashell Fun Fall Frenzy: A Pear Anywhere Fried Rice Jack-o-Lantern Pumpkin Twins Winter Wonderland: Tomato Santas Rudolph the Red-Nosed Bagel Penguin Elves From the Trade Paperback edition.

Cooking a wide variety of Japanese meals doesn't have to require a lot of effort, multiple cookbooks, and guesswork. Here's the key to making delicious Japanese food at home tonight. People love Japanese cuisine, but very few prepare it themselves. Japanese Cooking Made Simple provides the basic techniques and recipes that unlock your ability to prepare delicious, authentic Japanese meals to enjoy with friends and family at home – without requiring significant investments in time and money to do so. Japanese Cooking Made Simple contains more than 100 easy-to-follow authentic Japanese recipes with ingredients you can find in your local grocery store. Sushi and bento boxes will become part of your weeknight meals, as will Ramen with Braised Pork Belly, Tempura Soba, Fried Tofu in Broth, California Rolls, Pan-Broiled Salmon with Scallions, Chicken Yakitori, and Green Tea Ice Cream. Step-by-step instructions and illustrations will have you preparing sushi, including norimaki and temaki, with ease. Color photos help you put a beautiful Japanese dish on the plate. In Japanese Cooking Made Simple, Salinas Press has once again created a cookbook that provides home chefs not only with a wide variety of delicious recipes to choose from, but also the simple tools to make it easy.

This book makes creating colorful, cute, and tasty Japanese-style lunches easy and fun! Learn how to craft your favorite foods into a variety of shapes—from caterpillars, cars, and puppy dogs to pretty flowers, princesses, and kitty cats to make the yummy, healthy lunches that are all the rage in Japan. Featuring chapters on Cuties & Critters, Fairy-Tale Friends, and Special Day Treats, plus a handy shopping guide, easy recipes for mini snacks, general tips and tricks, and so much more, Yum-Yum Bento Box is the perfect guide for beginner bento makers and expert chefs alike. Stop wasting money on pre-packaged lunches—and start making beautiful, healthy bentos! Includes: · An introduction to Japanese Lunches · Packing a Bento Box · Bento Boxes, Tools, And Accessories · Ingredients · Cuties & Critters · Fairy-Tale Friends · Special-Day Treats

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Learn to recreate delicious dishes referenced in over 500 of your favorite anime series with this practical guide to anime food. Japanese animation has beautiful designs, fleshed out characters, and engaging storylines—and it's also overflowing with so many scrumptiously rendered meals. Do you ever watch your favorite anime series and start craving the takoyaki or the warmth of delicious ramen or the fluffy sweetness of mochi? Now, you can make your cravings a reality with Cook Anime! Join an otaku on her tour through anime food and find out what your favorite characters are savoring and sharing and then learn to make it at home! Including: -Miso Chashu Ramen from Naruto -Rice Porridge from Princess Mononoke -Onigiri from Fruits Basket -Taiyaki from My Hero Academia -Hanami Dango from Clannad -Rice from Haikyuu!! -And many more! Along with each recipe, you will discover facts behind the food, such as history, culture, tips, and more. A perfect gift for foodies and otaku alike, Cook Anime is the all-inclusive guide to making the meals of this Japanese art form.

An illustrated step-by-step guide to preparing simple Japanese dishes using ingredients found in every Western kitchen teaches budding chefs how to make everything they see in their favorite manga--from rice balls to Japanese-style pizza.

There's not a lunch box, birthday party, or afternoon snack that isn't made more delicious and fun with onigiri! These bite-size balls of rice can be made with favorite and nutritious ingredients, and are easily shaped and decorated to make animals, flowers, and more. This book features more than 30 recipes for flavorful onigiri with a range of fillings as well as master recipes for cooking rice, plus extras to round out the meal: a miso soup to float the rice balls in, perfect soft eggs to wrap in rice, and pickled ginger to serve on the side. More than 20 color photographs inspire new creations and teach kids and adults alike to make these creative treats.

The lunchbox reinvented: transform the boring routine of your children's packed lunches into cute, edible cartoon characters! Packing school lunches for fussy children can be a chore. Parents are bored of making the same old soggy sandwiches every day, and your picky eaters don't even show any appreciation when they return their lunchboxes with uneaten veggies and scrappy bits. What if you could entice your children to eat balanced lunches every day? Even better: how do you transform the routine of unoriginal packed lunches into a joy for yourself? Inspired by the Japanese tradition of the bento box, a home-packed meal served in a box with compartments containing different food, Bento Blast! reinvents the concept of the stale packed lunch. Learn to make your very own creative bento boxes and turn the law of don't play with your food on its head by reimagining dishes as colorful cartoon characters. Entice your children with: Teddy bear-shaped mini pizzas Hot dog buns Scrambled egg chicks Porky pastas Panda bamboo And many more edible critters! With more than 160 step-by-step tutorials on how to assemble balanced bento boxes, create food art, and cook individual recipes that bridge the East and the West, Bento Blast turns food preparation into an art and makes eating fun again for both parent and child. Soon, your children will boast to their friends about their lunches, and your spouse might even ask for his or her own takeaway lunch! Lunchtime, or dinnertime, will never be the same again.

After strangling her husband, Masako Katori, a middle-aged wife and mother working the night shift at a Tokyo factory, enlists the aid of four co-workers to conceal the crime. Reprint. 50,000 first printing.

The award-winning ¡Ask a Mexican! columnist presents a narrative history of the progression of Mexican cuisine in the United

States, sharing a century's worth of whimsical anecdotes and cultural criticism to address questions about culinary authenticity and the source of Mexican food's popularity. 25,000 first printing.

Japanese home cooking is simple - no need for the difficult techniques or hard-to-find produce sometimes used in restaurants. All you need are the well-selected ingredients and seasonings that elevate a dish to something truly special. Japanese Food Made Easy showcases favourite recipes such as ramen, gyoza, teriyaki and tonkatsu, as well as Japanese dishes generally eaten at home, such as grilled peppers with bonito flakes, kakiage fritters and homemade fried tofu. You'll discover how to make your own teriyaki sauce, tonkatsu sauce, miso dressing and shichimi togarashi (seven chilli mix) - these homemade versions are a healthier alternative to store-bought and will bring instant flavour to the simplest dish. There are also recipes for making dashi broth, sushi or sashimi from scratch, for those who want to try making more traditional Japanese food.

Blogger Michele Olivier is beloved by parents for sharing her easy, delicious and healthy recipes that kids will actually eat. This is not your typical bento cookbook, which relies heavily on processed foods in cutesy shapes. Little Bento is 100+ seasonally inspired recipes to make lunch making and eating more fun for the little ones and maybe some big ones, too.

Make mealtimes healthier and more mindful with beautiful, balanced bento boxes. A carefully assembled bento box can bring joy to even the most stressful day. Learn the craft of bento, eat well, and save money with this introduction to the Japanese style of boxed lunch. With a mix of Japanese, Chinese, and fusion bentos, there are recipes to appeal to every palate. Prepare one of 30 bento box meals, or mix and match over 60 different recipes to create your own bento box combinations. Helpful tips for prepping ahead and making efficient use of kitchen time means you can have beautiful bentos packed and ready to go quickly each morning. -Something for everyone--includes meat, poultry, and fish bentos as well as vegetarian and vegan options. -Easy to prepare--simple recipes with clear instructions and easily sourced ingredients -Low cost--save money by preparing bento meals at home instead of eating out -Calorie conscious--built-in portion control with fewer than 500 calories per bento box meal

Presents a collection of two hundred humorous and eccentric inventions from Japan, from the Drymobile and the Solar-Powered Torch to Duster Slippers for Cats and Walk 'n' Wash Ankle-attachable Laundry Tanks. Original. 50,000 first printing.

"[Everyday Bento] is packed with ideas for fun, delicious lunches."—AlphaMom.com Your kids will look forward to what's in their lunchbox every single day with the delightful collection of recipes in Everyday Bento! The bento food movement teaches us that foods can be attractive, nutritious, fun and delicious all at the same time. Kids love to try foods that bring a smile to their faces, and will often eat things they wouldn't otherwise try. For example, they'll love an adorable bear cub made from brown bread, peanut butter and jelly nestled on a bed of blueberries. Cut watermelon into hearts, and tuck them next to a ham sandwich shaped like ballet slippers for your budding ballerina. Create building bricks from healthy cheese, carrots and cucumbers—or a hot dog octopus, swimming across a sea of cucumber. Picky eaters or not, they'll try it! Wendy Thorpe Copley writes the popular bento blog Wendolonia, which takes the traditional Japanese concept of bento—a single meal packed at home in a reusable container—and Americanizes it. Using simple ingredients found in any grocery store, Wendy creates entertaining meals that are sure to delight

even the most finicky eater. Some of the fun and easy bento creations here include: Princess Bento Rock and Roll Bento Snowman Bento Butterfly Bento Farm Yard Animals Bento Besides being great fun to look at, bento lunches are a healthy way to enjoy food while keeping portions in check. Freshly-prepared lunches packed in portable, reusable bento boxes are also kind to the environment and easy on the wallet—very important in today's economy. Everyday Bento teaches you a few simple techniques to make creative lunches, all in a reasonable time-frame for busy working parents. The 50 bento meals in this cookbook feature familiar foods with fun themes that will appeal to children and adults alike. Follow the easy step-by-step instructions to recreate each bento box, or mix and match different elements from the book to make your own unique creations. Make lunch fun again with Everyday Bento!

Are you a big fan of Japanese food? If you really are, then you will be amazed by these Bento Box Lunchbox Recipes. You will find a total of 25 easy meals, that are so healthy. The best thing is that you can pack them in your lunch box, and just get it when you are on the go. This will save you during your busy days when eating healthy is your priority. If you always prepare a lunch box for you and your kids, this cookbook will be of huge help. Keep in mind that you will cut down on budget while eating tasty and nutritious foods at the same time. This is an awesome way to avoid processed foods and rely on homemade meals. Hurry up and use the discount!

Store all your favorite family recipes here. Holds up to 100 recipes. Great as a gift!

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