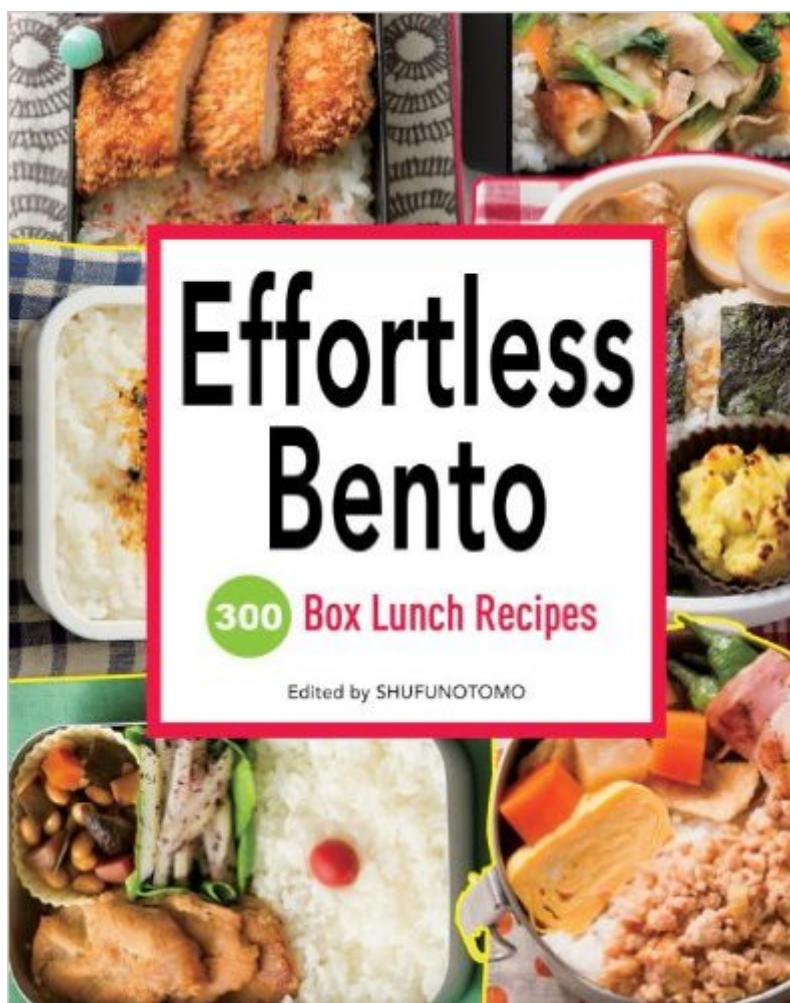


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Effortless Bento: 300 Japanese Box Lunch Recipes



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.

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