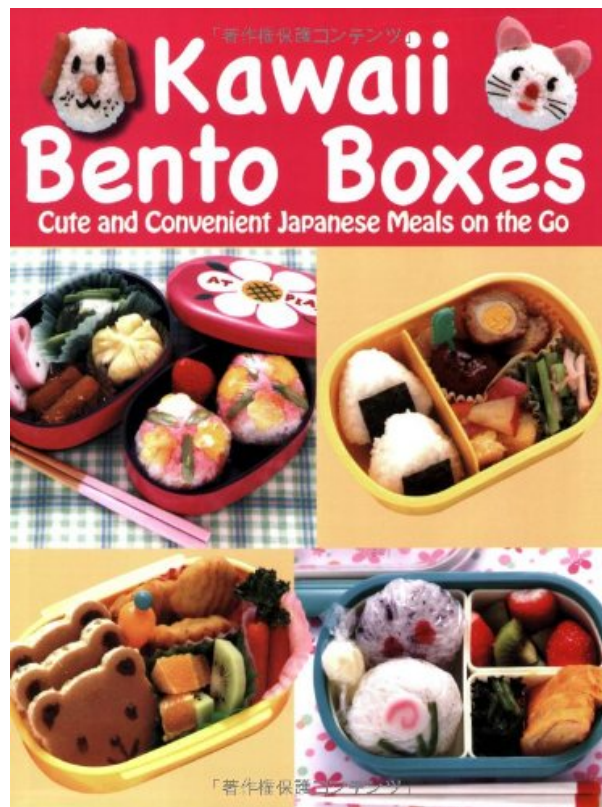
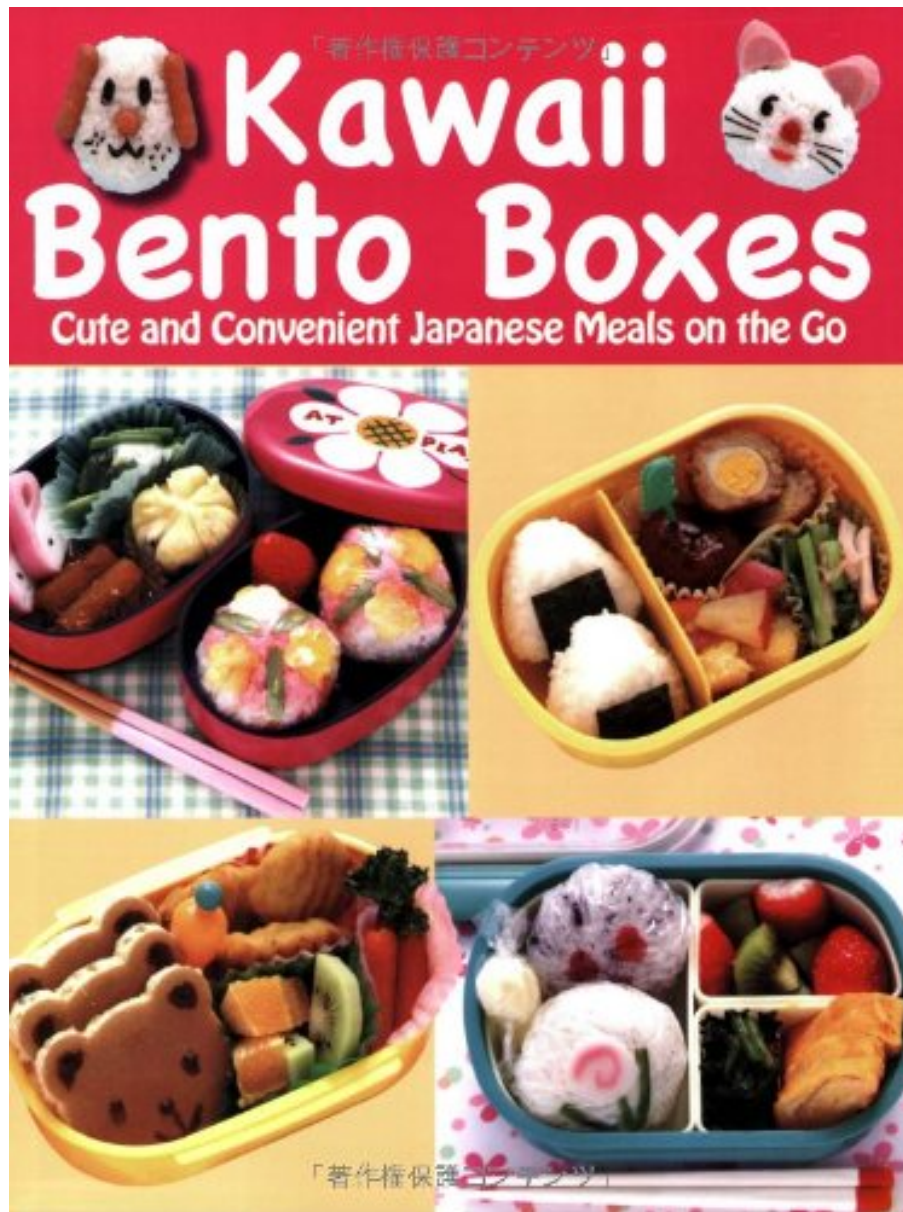


KAWAII BENTO BOXES: CUTE AND CONVENIENT JAPANESE MEALS ON THE GO BY JOIE STAFF



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About the Author

The Joie Staff are a Japan Publications author.

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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 wont 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

- Sales Rank: #484955 in Books
- Brand: Not Available (NA)
- Published on: 2009-09-01
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x 8.25" w x .25" l, .60 pounds
- Binding: Paperback
- 80 pages

About the Author

The Joie Staff are a Japan Publications author.

Most helpful customer reviews

50 of 51 people found the following review helpful.

Use daily for my daughters' bento!

By Christy

I live in Japan so I can get all the ingredients listed which makes this book extremely convenient for me. My daughter pretty much took onigiri (rice balls) or some form of rice for lunch her entire first year in youchien (preschool). Now she's asking me for stuff she sees her friends bringing to school so I wanted to get a bento cook book in English. I am so happy I got this one! First of all, my two daughters look at this book daily to point out things they want to try or to determine the following day's menu. They've even put tabs of paper in each page that has something they want to eat (which means there is a tab on nearly every page). Granted a lot of this is Japanese style food and may be way to out of the ordinary for the average American. My daughter is an extremely picky eater and has stepped out of her comfort zone and eaten things she wouldn't normally since using this cookbook.

A word of caution, each recipe lists how long it will take to make but I find them to be off. It doesn't include time it takes to cook rice and other important steps. Also, if you are a novice like me it takes a lot longer to make some of the details. Second, it uses ingredients that aren't exactly common in America. Quail eggs are at all the stores here, but I can't think of ever seeing them in America.

I have included pictures of 5 different bentos I made last week with notes on the pictures. This will give you an idea of some of the recipes in the book. Also, I mix and match recipes based on what I have fresh in the kitchen. If you are thinking about moving away from the standard American lunch then I would definitely look into Kawaii Bento Boxes, everyone in this house loves it!

49 of 51 people found the following review helpful.

A very good charaben and bento book, with some reservations

By cynical_reader

I have been looking and looking for a good book in English that matches the quality of information in Japanese books about bento lunches and charaben (cute decorated bentos). This one comes the closest. No wonder really, since it is a translation of a popular Japanese bento book! The photos are really clear, and the directions are easy to follow. Anyone can start making their own bentos, decorative or not, from this book. I just took off one star because it does use a number of ingredients that may be unfamiliar to non-Japanese

readers, and doesn't really describe them. (That's where bento blogs step in.) It's still practical to use for an American bento enthusiast.

30 of 32 people found the following review helpful.

Wonderful Surprise !!!

By Chao_Sweetie

I just received this book and I am very excited about it. I know some other Bento Books have been lacking when it comes to recipes, but this one is loaded with good ones. The recipes are a little quick and are pretty self explanatory. This is a good starter book for ideas, but some people who have never heard of some of the ingredients used will be lost. (That is what google is for) Overall, Its a great book with clear pictures and descriptions. The last few pages are color coded to the color food you want in your bento. If you want more yellow in your lunch, the recipe for curried cauliflower, more red.. shrimp in chili sauce.. etc etc.. Which is a good asset to avoid having a monochromatic bento lunch. I would also buy Hana Sushi for better sushi ideas.

[See all 45 customer reviews...](#)

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