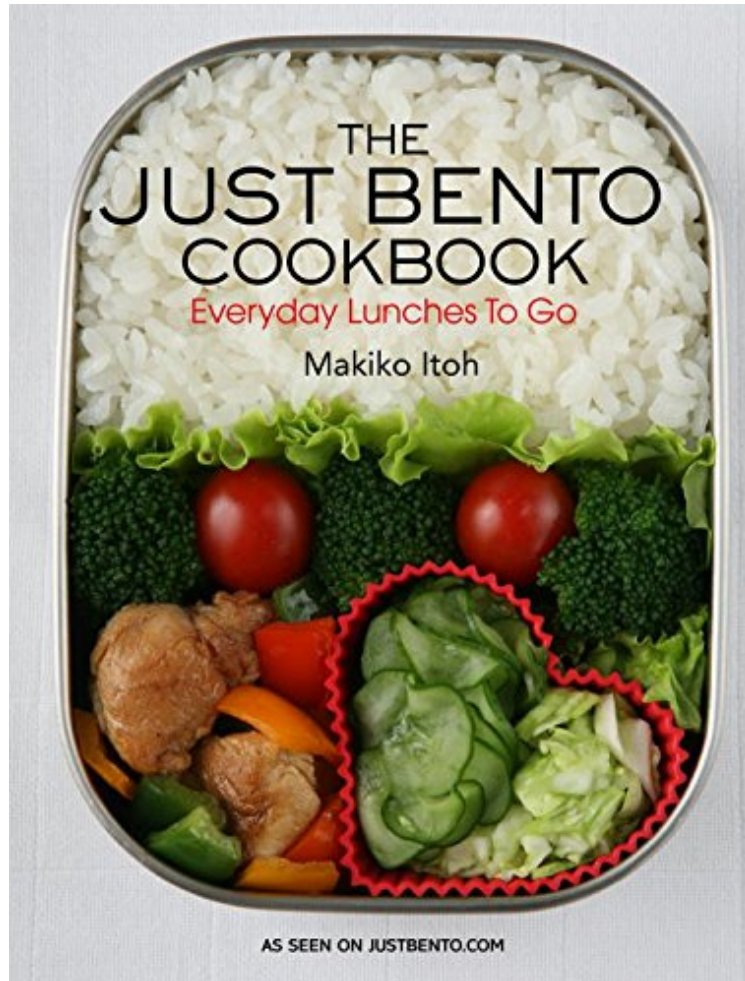


## The Just Bento Cookbook: Everyday Lunches To Go

*Makiko Itoh*

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**Makiko Itoh : The Just Bento Cookbook: Everyday Lunches To Go** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Just Bento Cookbook: Everyday Lunches To Go:

1 of 1 people found the following review helpful. Great Customer Service, Even Better Product! By OddyThe 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 thats an author error or my own. I love the step-by-step pictures, though! 0 of 0 people found the following review helpful. Great book! Lots of easy ideas! By

ShopperI 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.2 of 2 people found the following review helpful. Everything I wanted and moreBy DominoFor a little bit of background, I can cook meals that people think are delicious but I'm no master chef. I have a few cookbooks but I'm collector. However, this book is everything I was looking for in making bentos and more! I've been a long-time follower on her blog at JustBento.com and when buying my bentos, decided to buy this book on a whim. A lot of her recipes are things you can find on her website, but it's presented in such a way that doesn't make it intimidating for beginners. Maki doesn't only give you a list of recipes, but a way to present it and a bunch of varieties (for the mini burgers, there are about 5 different varieties including one that involved canned tuna). Another great thing is that almost all of the recipes involve ingredients that can be easily found in the states (provided that you live close to an Asian store) and are pretty budget-conscious. I absolutely love the presentation and versatility of this book. Can you find a lot of the info on her website? Yes, but the book just has everything together so nicely.

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.

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