

The Just Bento Cookbook



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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.

作者介绍:

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评论

很好的教做便当的书。觉得最好的地方是与其列一堆菜谱让读者按部就班的做，作者似乎更想指导读者怎么自己搭配出好的便当——就是那种“授人以鱼不如授人以渔”的书

简单美味营养实惠，尤其适合海外村民。菜谱十分实用，但想学习传统日料的读者可能要失望了。

Excellent book.

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书评

书很cute，两页彩色，两页黑白。基本每个菜一看图就知道大致是什么了。没几样觉得好做而且自己又喜欢吃的，不过理念非常好。就是午餐盒想营养搭配也不是那么难的事，并不需要做一个肉菜再做一个蔬菜什么的，只要随便拿点蔬菜搭配一下就好了。比如做了一个肉菜，就在饭盒里配...

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