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Yum-Yum Bento Box: Fresh Recipes For Adorable Lunches



Synopsis

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

Book Information

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Customer Reviews

“Move over, brown bags. Bento box lunches are prettier, eco-friendly and just plain fun.”

Working Mother “Jazz up your child’s lunch box with cute little bento that are easier to make than you think.”

Mother Nature Network “Yum-Yum Bento Box is too cute for words.”

Modesto Bee

Crystal Watanabe (a.k.a. Pikko) started making bento boxes for herself as a way to eat small,

healthy portions, and she enjoyed it so much that she now shares her hobby with bento fans worldwide at her blog Adventures in Bentomaking (www.aibento.net). She lives in Hawaii with her husband and two children. Maki Ogawa (a.k.a. Luckysundae) is a Japanese mom who loves to make cute bento boxes for her two young boys, her husband, and herself. She shares her creations on Flickr and at her blog, Cute Obento (www.cuteobento.com).

It's a really easy book to follow if you are just starting out on making Bento boxes. All the items are pretty common and you will probably be able to find them at your local grocery store. I also like that it gives you tips and suggestions. Another good part is that it gives you substitutes for some food like fish or other sea food. I am allergic to shellfish and several types of fish so I found that part to be awesome that they took the time to put that in. The only complaint I have for the book is that a lot of the recipes and "How To" are things that you can just find for free on the internet. I bought the Kindle version for \$3 but I personally would not pay the \$11 for the physical book but that is completely up to you. Maybe the book can offer you something that a website can not.

I have to give it five stars because I've never created bento boxes before. This has opened a entirely new culinary creative avenue for me. The book is beyond basic. I am talking pre-teen to teenager basic, but since I had no previous knowledge I found it so useful from the ground up. This book is something that you can easily reference, and practice with for a few months. It is by no means a build upon technique book. This is meant as showing you the very basic skills needed to make very simple bento boxes. Where you choose to go from there is up to you. I would have liked to see more instruction in this book and more products geared for the American population. (I have looked far and wide and cannot find anything that will double as fish paste or any palatable fish paste for that matter). The resources listed in the book are lacking at best and provide minimal if any help finding tools, supplies, or products. The book sparked my interest and held it. Provided me with basic training that was easily followed for the most part and fun. If you are starting out. Good book. If you already know what you are doing, I can't see how this book could provide you with any new information.

This book is amazing. Over 100 pages of information, recipes and ideas. The first few pages give you an introduction to bentos with pictures and descriptions of tools, additional items that you may wish to use and how to make shapes and faces. So many ideas, recipes and full-color pictures and a shopping guide in the back to help you locate items that may be impossible to find in certain

areas. This is the third bento book I have purchased and it is by far my favorite. All the recipes seem easy enough to recreate and the great part is you can substitute any meat, veggie or fruit to your own taste and still have it come out tasting delicious.

My granddaughters are in to the Bento Box lunches. They were charmed by the boxes them selves and the cute lunches displayed in them. We are very happy with the cook book as it gives very clear instructions how to make all the foods and proper presentation of the dishes. It has moved our pack the lunch time from moans and groans to happiness and adventure. Suddenly the girls are paying more attention to foods in the store and making healthier choices because they want to make the healthy vegetable etc. stuff in the book. No more requests for cookies and chips and candy. We are eating healthier and having more fun in the kitchen putting together these lunches. Yes it takes a little more time to prepare, but it has become a family activity and I'm not the only one in the kitchen. We are all planning the lunches and making ahead all we can so not every night is cooking, Some nights we are just putting up the lunches. All recipes have been very good.

I make my grandson's lunch everyday and I wanted some new ideas for making it fun. This has all the ideas I need. When my kids were little I used to draw pictures on their lunch sacks or leave them silly notes inside. This takes it to a whole different level and will make memories for him to chuckle about when he gets older.

Some good ideas and recipes, but if you are a hardcore Bento fan, these will probably seem simplistic for you. Beginners will find it most useful and helpful.

I absolutely love this book! My children are a little older, 14 and 11, but they hate cafeteria lunches. Personally, I hate paying for them when they don't get eaten. This book has given me ideas, great ideas, that I have taken and used to create fun lunches for both of them. The best part is that the kids get in to it with me. We make their lunches together. Anyone who has teens knows how rare it is for them to want to do something with their parents. My daughter (14) thinks this is the greatest thing ever, and my son (11) has come up with some fantastic ideas of his own. My hat is off to the authors! Thanks for helping us come together over making a nutritious lunch!

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