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The Just Bento Cookbook Everyday Lunches To Go

Makiko Itoh

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The Iust Bento Cookbook Makiko Itoh, 2018-12-24 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** The Just Bento Cookbook Makiko Itoh, 2016-09-09 The Just Bento Cookbook 2 Makiko Itoh, 2019-06-19 The author of the best selling Just Bento Cookbook is back with hundreds of delicious new Japanese lunchbox style recipes including many low carb vegetarian and vegan options that can be made quickly and without a lot of fuss The passion for bento boxes shows no signs of letting up Leading the way in popularizing these compact and portable boxed meals has been Makiko Itoh blogger extraordinaire and author of the perennial bestseller The Just Bento Cookbook Itoh was instrumental in spreading the word that bentos are perfect for busy adults on the go they don't have to be cute and they don t have to take a lot of planning or prep time in order to be tasty nutritious and economical In THE JUST BENTO COOKBOOK 2 Make Ahead Lunches and More Itoh offers hundreds of new recipes for bento friendly dishes The premise of this second cookbook is that anyone can make delicious healthy bentos quickly and easily Itoh focuses on three types of bentos with specific and appealing benefits bentos that can be made ahead of time express bentos that can be put together fast using components right off the shelf or out of the refrigerator and bentos for special dietary needs Full color photos accompany the directions and showcase the finished dishes THE JUST BENTO COOKBOOK 2 opens with Itoh s basic bento rules revised to reflect comments she s heard from her many fans after the first book came out Build Up Your Stash explains why having some items ready to pack up and go is the key to stress free bento making Here are tips on making foods that store well organizing storage space the best containers to use for different foods what store bought items to have on hand etc

The first section Make Ahead Bentos features recipes for a wide variety of dishes that can be prepared the night before or first thing in the morning Here are different kinds of meatballs and burgers including both Western versions and Japanese variations mouth watering chicken pork beef egg and fish dishes a section on Tofu and Vegan treats such as Ginger Tofu Teriyaki and Green Lentils and Brown Rice and recipes for Rice Sandwiches such as Egg wrapped Rice Sandwich with Bacon Rice Filling A special section of Low Carb recipes based on shirataki noodles and konnyaku konjac offers fun and creative ways to use this no cal no carb no sugar gluten free miracle noodle in dishes like Rice and Shirataki Pilaf with Shrimp Shirataki Chicken Ramen in a Lunch Jar and Shirataki with Sesame Express Bentos presents very quick to assemble boxes comprised of foods that don t require detailed recipes and don t rely on pre homemade items From Mediterranean Pasta and Yakisoba bentos to a Deconstructed Taco Salad and Stir fry Bento the ideas here will prove to be lifesavers for busy people who need to get out of the house in a hurry but still want their flavorful filling and healthy lunch Other new and exciting additions to this second volume include an entire section of recipes for Vegetable Side Dishes Roast Asparagus with Balsamic Vinegar Spicy Broccoli and Potato and Corn Salad and one for Japanese Vegetable Side Dishes Buttery Kabocha Squash Crunchy Stir fried Soy Beans Hijiki Seaweed with Garlic Recipes for different versions of dashi will help readers keep a supply of this staple ingredient at the ready And advice on tools and equipment types of bento boxes and accessories as well as a glossary and resource section will ensure that preparing bentos is as enjoyable as eating them **Teen Services 101:** A Practical Guide for Busy Library Staff Megan P. Fink, 2015-02-02 Need to amp up teen services but you re short on time or not sure where to start Teen Services 101 A Practical Guide for Busy Library Staff provides useful information that will help staff put together a basic teen services program with minimal time and hassle The author Megan Fink along with contributions from Maria Kramer provides practical tips and instructions on how to build core teen services into the overall library program Whether you re a new teen services librarian or staff in a one person library this how to guide on teen services can help you effectively serve teen patrons Let's face it teens are sometimes overlooked by libraries when it comes to services and programs However there are over 42 million teens in the US which makes them a sizeable and important demographic to serve Many of today s teens are struggling More are living in poverty than before and nearly 7 000 teens drop out of high school per day By setting aside some time to increase your library s focus on teens you will be providing a vital service and positioning your library as an indispensable part of the community The resources and information in this book can help you achieve that **Real Japanese Cooking** Makiko Itoh, 2025-08-05 Maki Itoh has succeeded in creating a treasure trove in her exploration of Japanese recipes and culinary traditions Perfect for the Japanese food loving home cook Elise Bauer Founder SimplyRecipes com The first comprehensive cookbook to fully cover all aspects of Japanese cuisine with 600 recipes This book has been a lifetime in the making Bicultural author Makiko Itoh was born in Tokyo and grew up in New York where her mother ran the leading Japanese restaurant for two decades She has since developed a career as a successful

bilingual food writer and translator uniquely positioned to explain the cuisine to non Japanese Her book answers all the questions foreigners typically have about one of the world's greatest cuisines including Why is Japanese food so unique A full overview from umami to seasonality to aesthetics Essential ingredients like miso mirin dashi sake and soy how and why they are used How to design a Japanese meal from tableware to equipment to etiquette Which recipes are right for you The 600 recipes in this book cover everything from bento boxes to nimono simmered dishes to izakaya sushi and hotpots But which ones should you try Itoh s mission is to demystify Japanese cuisine for non Japanese Her book contains 400 beautiful color photos with clearly presented recipes interspersed with fascinating essays and sidebars explaining all aspects of Japan s unique food culture A must read book for every Japanese food lover The Book of Difficult Fruit Kate Lebo, 2021-04-01 A richly researched food history gentle memoir and left field recipe book i newspaper A dazzling thorny new essay collection Samin Nosrat New York Times A beautiful fascinating read full of surprises a real pleasure Claudia Roden Inventive and charming profound and deeply felt Buzzfeed Inspired by twenty six fruits essayist poet and pie lady Kate Lebo expertly blends the culinary medical and personal A is for Aronia berry member of the apple family clothes stainer superfruit with reputed healing power D is for Durian endowed with a dramatic rind and a shifty odour peaches old garlic M is for Medlar name checked by Shakespeare for its crude shape beloved by gardeners for its flowers Q is for Quince which fresh gives off the scent of roses and citrus and rich women s perfume but if eaten raw is so astringent it wicks the juice from one s mouth In this work of unique invention these and other difficult fruits serve as the central ingredients of twenty six lyrical essays and recipes that range from deeply personal to botanical from culinary to medical from humorous to philosophical The entries are associative often poetic taking unexpected turns and giving sideways insights into life relationships self care modern medicine and more What if the primary way you show love is to bake but your partner suffers from celiac disease Why leave in the pits for Willa Cather's Plum Jam How can we rely on bodies as fragile as the fruits that nourish them Lebo's unquenchable curiosity leads us to intimate sensuous enlightening contemplations The Book of Difficult Fruit is the very best of food writing graceful surprising and ecstatic Includes black and white illustrations Le Mariage: Fake Love (Aku, Suamiku, dan Gunpla-nya) Shireishou,2017-11-20 Jika menikah seolah dijadikan pertandingan Jika menikah diharuskan karena usia yang terus bertambah Jika menikah hanya untuk membungkam pertanyaan yang terus berulang Jika menikah tak didasari cinta Akankah bahagia tercipta Delan sang maniak Gunpla Gundam plastic memutuskan menikah dengan Arlin sang maniak bento dengan sebuah janji Menikah hanya untuk menyenangkan orang tua masing masing Tidak saling usik satu sama lain meski tinggal seatap Ketika kehidupan pernikahan aneh itu dimulai kedua orang tua mereka meminta cucu secepatnya Akankah permintaan itu mengubah kehidupan pernikahan mereka Akankah cinta hadir di antara mereka Aku Suamiku dan Gunpla nya Akankah cinta bertaut The Chinese Family Favorites Cookbook: Stir Fries, Noodles, Dumplings, and Dishes from Every Province Monika Shah, 2025-07-20 The Chinese Family Favorites Cookbook Stir Fries Noodles

Dumplings and Dishes from Every Province This cookbook is full of real Chinese recipes that families have enjoyed for years The Chinese Family Favorites Cookbook brings you tasty stir fries noodles dumplings soups rice dishes and more from all parts of China This is not just another copy of restaurant food It shows you how Chinese people really cook at home You will learn about important ingredients tools cooking methods and flavors from different regions You will also get easy tips for using these recipes in a modern kitchen Every recipe has a story And every meal brings people together This book helps you cook Chinese food that feels like home Inside You Will Find More than 120 simple and tasty recipes Dishes from every region including Sichuan Cantonese Hunan and more Stir fries noodles dumplings buns rice tofu soups snacks and desserts Easy cooking tips for beginners and home cooks Tools and pantry items that are used in Chinese kitchens Ways to cook traditional food using your regular stove or kitchen tools Special sections on family meal planning celebration foods and drinks If you love crispy orange chicken spicy dan dan noodles soft soup dumplings or sweet mango pudding this book has everything you need to cook Chinese food the right way at home Bento für jeden Tag Makiko Itoh, 2016-09-16 Bento Boxen liegen voll im Trend Mit der japanischen Form der Tupperware die oft mit mehreren F chern fr verschiedene Speisen ausgestattet ist k nnen Sie jeden Tag ein gesundes selbst gemachtes Mittagessen genie en Bento fr jeden Tag enth lt ber 150 Rezepte aus denen die Autorin 25 kreative Mahlzeiten zusammenstellt und zeigt Ihnen neben klassischen japanischen Bentos wie Reis mit in Panko panierten Shrimps auch wie Sie dieses Konzept fr die westliche Ern hrung umsetzen k nnen Zus tzlich geht Makiko Itoh auf die verschiedenen Arten von Bento Boxen ein erkl rt die grundlegenden Kochtechniken und zeigt wie Sie eine ganze Bento Woche im Voraus planen Dieses Buch liefert die Grundlagen fr Bento Anfinger aber auch viele neue Rezeptideen fr ge bte Bento Liebhaber So k nnen Sie mit wenig Aufwand ein tolles Men zubereiten The Authentic Mexican Street Food Cookbook: Tacos, Tamales, and Bold Flavors Straight from Mexico's Busiest Corners Monika Shah, 2025-07-22 The Authentic Mexican Street Food Cookbook Tacos Tamales and Bold Flavors Straight from Mexico s Busiest Corners Step into the heart of Mexico s liveliest streets without ever leaving your kitchen The Authentic Mexican Street Food Cookbook is your full access pass to the bold comforting and unforgettable flavors sold on every corner in every market and from every food cart in Mexico From the crackle of hot oil frying tamales to the spicy kick of a street taco this cookbook captures it all Perfect for home cooks who crave real deal Mexican taste this book is loaded with recipes that are easy to follow and bursting with tradition from juicy tacos and fluffy tamales to cheesy gorditas sizzling sopes and ice cold aguas frescas Whether you re planning a fiesta or just hungry for something truly flavorful this book brings Mexico s most iconic street food right to your plate Inside You ll Find 100 authentic recipes for tacos tamales quesadillas sopes soups snacks drinks and desserts Classic dishes like Al Pastor Tacos Green Salsa Tamales and Sopa Azteca Regional variations that show how flavor changes across Mexico Essential ingredients pantry staples and cooking tools explained in simple terms Salsas sauces and condiments that bring every dish to life Tips for market shopping food stall style prep and street food party hosting Delicious ways to adapt

recipes for dietary needs like vegetarian or gluten free Real Mexican flavor made easy even if you re cooking it for the first time Whether you re chasing nostalgia or craving something new this is the cookbook that puts Mexico s soul food on your **Simply Bento** Yuko, Noriko, 2018-10-02 From the creators of the website Japanese Cooking 101 Simply Bento is a table complete collection of over 140 delicious and healthy bento recipes for everyone in the family Ready to make lunch guick easy and tasty Japanese bento boxes are single portion packed lunches perfect for anyone looking to save money and eat a balanced satisfying meal for lunch every single day Simply Bento features 140 healthy and delicious bento recipes including mains and sides that you can make every day of the week using a combination of traditional and non traditional ingredients Learn about different types of bento boxes and accessories how to assemble your box and everyday items you will need in your pantry as well as how to plan ahead so that your morning prep is a breeze Simply Bento shows you the finer points of bento making and there is something for everyone Classic Japanese Bento Sandwich Bento Sushi and Onigiri Bento Noodle Bento Popular Japanese Bento 10 Minute Bento Rice and Grain Bowl Bento Low Carb Bento Vegan Bento Bento for Special Occasions including for the first day of school and Halloween Bento at Home So if you re in the mood for Chicken Teriyaki Ramen Shrimp Avocado Pasta Salad Cauliflower Fried Rice Falafel Sweet and Sour Meatballs Tempura or Chicken Nuggets for the kids Simply Bento has the recipes plus much more Japanese Bento Cookbook Carla Hale, 2018-08-05 Creating one s own bento boxes has become a popular past time in the West not only by a desire to create cute and healthy lunches but by the desire to take on a healthy approach to lunch time If you have always wanted to make your own bento boxes then you have certainly come to the right place Inside of this Japanese Bento Cookbook you will learn to make authentic bento recipes such as Chocolate Chip Energy Balls Crunch Asian Salad Green Spinach Muffins Carrot Applesauce Spiced Carrot Muffins Peanut Butter and Cinnamon Popcorn Apple and Cranberry Oatmeal Strawberry and Squash Salad and even more So what are you waiting for Grab a copy of this Japanese bento cookbook and start making your favorite Japanese bento recipes 120+ Bento Recipes Cookbook - Everyday Japanese Lunchbox Magic Monika Shah, 2025-06-26 120 as soon as today Bento Recipes Cookbook Everyday Japanese Lunchbox Magic If you re tired of the same boring lunches or just want to try something fun this book s going to change the way you think about food prep 120 Bento Recipes Cookbook is packed with easy tasty and totally doable Japanese lunchbox recipes Whether you re just getting into bentos or you ve been making them for a while you ll find loads of ideas to keep things interesting every single day Inside you ll get All the basics on how to build a proper bento what to include how to balance flavors and how to keep things fresh Classic recipes like Teriyaki Chicken Onigiri Miso Salmon and Pork Katsu all the stuff you know and love Fun twists like Taco Sushi Rolls Avocado Toast Onigiri and even Nacho Nori Wraps Yes they sound wild but they work Sweet stuff too Matcha Cookies Miso Caramel Pudding Green Tea Madeleines perfect for finishing things off right Quick sides pickles salads and drinks that actually go with your meals we re talking real life combos not just filler Plus a bunch of smart tips for packing bentos that hold up well if you re eating on the

go You ll also find special recipes for holidays fun fruit ideas and a few personal go to bento meals from the author Bottom line These recipes aren t complicated You don t need fancy tools And you definitely don t need hours in the kitchen This is everyday bento for real life with flavor that hits Grab your copy now and start making lunches you ll actually look forward to Your lunchbox is about to get a serious upgrade The Little Lunchbox Cookbook Renee Kohley, 2020-08-04 Exciting Whole Food Lunches You ll Be Proud to Pack and That Kids Will Love to Eat 60 Recipes and 60 Photographs Plus a Bonus Chapter of Homemade Healthy Staples Pack your child a healthy tasty lunch the easy way Each lunchbox focuses on just one nutrient dense homemade component that can be prepped ahead of time for easy grab and go options on busy days Prep a big batch of Carnival Copycat Corn Dogs and stick them in the freezer they ll defrost just in time for lunch Make The Best Chinese Takeout Copycat for dinner one night and you can pack the leftovers in the kids thermoses later that week And what could be easier than letting your child assemble their own lunch with a chapter full of healthy Lunchables copycats From Pizza Lunchables Copycat featuring whole food pizza crust and customizable toppings to Easy Homemade Cracker Stackers Lunchables Copycat you ll find tons of ideas to make lunchbox prep fun nourishing and practical Renee Kohley author of Nourished Beginnings Baby Food has compiled this delicious allergen friendly collection of gluten free lunches to make sure every child has the energy they need to power through the busy school day Fill a lunchbox with no fuss sides like seeds crackers and fresh fruits with a single from scratch item for a balanced meal that your kids will be excited to eat With so many great choices you ll never have to wonder what you should pack for lunch again All recipes are gluten free and allergen The Routledge Handbook of Health Communication and Popular Culture Christina S. Beck, 2024-12-23 The friendly Routledge Handbook of Health Communication and Popular Culture offers rich insights into the ways in which communication about health through popular culture can become a part of healing wellness and health related decisions This Handbook allows readers to understand and consider messages that inform and influence health related choices through pop culture in the public sphere Written in an accessible narrative style and including interdisciplinary global and diverse perspectives a vast team of contributing authors from the field explores the intersections between health communication and popular culture The Handbook is divided into five parts Framing of Health Related Issues in Popular Culture Exploring Popular Culture Influences on Health Behaviors and Beliefs Considering Pro Social Public Health Interventions in Popular Culture Understanding Health Issues in Popular Culture from Diverse Perspectives and Pop Culture and Health Communication Looks to the Future The Handbook will be of interest to students and scholars in the fields of Communication Studies Health Communication Public Health Policy Media Literacy and Cultural Studies Sushi Lover's Cookbook Yumi Umemura, 2012-07-10 Make classic sushi along with more artful and exotic rolls with this illustrated sushi cookbook In this sushi making book Japanese cooking expert Yumi Umemura offers eighty five recipes that combine sushi rice with ingredients ranging from its time honored partners to unexpectedly delicious ingredients such as Thai fish sauce sun dried

tomatoes cooked meats like roast beef or chicken and French ratatouille that infuse Japanese sushi with an unexpected and international flair Sushi Recipes include Seared Tataki Beef Sushi Tempura Sushi Four Color Rolls Two Cheese Tuna Salad Rolls Simple Mushroom and Chicken Sushi Rice Poached Egg Sushi Rice Salad Prosciutto Rolls Tuna Tartare Gunkan Sushi Avocado Sesame Rolls Thai Shrimp Sushi Parcels Korean Kimchi Sushi Rolls Whether making the classic thick rolls thin rolls or experimenting with one of Umemura's fun and easy to make inventions such as ball or pizza sushi The Sushi Lover's Cookbook is the one sushi cookbook fanatics need to guide them to sushi nirvana My Japanese Table Debra Samuels, 2012-04-16 Bestselling author and food writer Debra Samuels uses her unique skills and deep love of Japan to make the cuisine of her adopted country attainable in My Japanese Table Bringing a wealth of experience and a great passion for Japanese cooking to the table Debra introduces the aesthetics and quality food that are the hallmarks of Japanese cuisine She learned through her years in Japan that true Japanese homestyle dishes are easy to prepare once you master a few basic techniques And now that authentic Japanese ingredients are available in most supermarkets Japanese food has become far more accessible than ever before The recipes in this Japanese cookbook the result of decades spent teaching and preparing homestyle Japanese dishes include familiar favorites like Hand Rolled Sushi and classic Miso Soup and less familiar but equally welcome dishes such as Lobster Rolls with Wasabi Mayonnaise and Fried Pork Cutlets There is also a chapter on the increasingly popular bento lunch boxes along with a wonderful selection of desserts including the delectable Mochi Dumplings with Strawberries All of the recipes come with stories and cooking tips to help bring the sights aromas and tastes of Japan into your kitchen at home This Japanese cookbook includes chapters on Basic recipes Sushi Snacks and appetizers Soups and salads Rice and noodles Meat and poultry Fish and seafood Vegetable and tofu dishes Bento Desserts and drinks

Everyday Bento Wendy Copley,2014-03-04 Who knew lunch packing could be this much fun Everyday Bento is packed with inspiring ideas that have me looking forward to packing lunches for my kids The photos are so delightful I have a whole new perspective on what can go into a lunchbox Whitney Moss co author of The Rookie Moms Handbook and Stuff Every Mom Should Know Love Japan Sawako Okochi, Aaron Israel, 2023-05-16 WINNER OF THE JAMES BEARD AWARD Discover comforting homestyle Japanese American cuisine with 100 unique simple and tasty recipes from the owners of the innovative Brooklyn restaurant Shalom Japan A FOOD NETWORK BEST COOKBOOK OF THE YEAR Steaming sukiyaki Pillowy soft shokupan Springy ramen noodles These famed Japanese dishes as well as modern interpretations and evolutions are all part of Love Japan a collection of beloved family recipes from the married owners of Brooklyn's Shalom Japan Like many of us chefs Sawako Okochi and Aaron Israel lead busy lives and often find themselves short on time in the kitchen Their secret to getting nourishing delicious food on the table for their family The Japanese inspired dishes that Sawako grew up eating While not rigid in tradition these recipes are all rooted in the Japanese flavors and techniques taught to Sawako by her mother with influences from Aaron's Jewish heritage as well as the menu at Shalom Japan Through years of practice in their

own home and in their Brooklyn restaurant Sawako and Aaron have distilled these recipes for maximum flavor and minimum fuss including Japanese staples and inventive delicious fusions like Karaage Japanese Fried Chicken Smashed Cucumber and Wakame Salad Roasted Cauliflower with Miso and Panko Butter Hiroshima Style Okonomiyaki with Ramen Noodles Home Style Matzoh Ball Ramen Omurice Omelet Fried Rice Slice and Bake Matcha Cookies Through Love Japan's user friendly recipes and gorgeous photography Sawako and Aaron demonstrate that Japanese cooking can be everyday cooking even or especially if you re short on time space or energy These satisfying dishes will open up a world of possibilities in your cooking Simplified Living with a Japanese Bento Cookbook Molly Mills, 2019-05-27 If you are always on the road or routine preparing lunch for work and for school for the kids you know the struggle to always thinking about what to cook next Cooking the same dishes and combining different food to assemble a lunch box can be a real burden if you don't have the right help and that is a cookbook Well this cookbook is what you need if you want to simplify your life and save time while you prepare the lunch boxes This is a Japanese Bento Cookbook Haven t heard about Bento box Well Bento box is a packed food at home for one person Usually the meals are square shaped divided and assembled as one bento box Why cooking just classical lunch boxes when you can enjoy Japanese dishes rich with many flavors and cooked for a very short time You can use the recipes from this book to prepare yourself for amazing picnics for when you are traveling or just for work or school In fact you can use the bento box recipes whenever you need a fast simple and yet flavorful meal on the go In this book Delicious simple and fast Bento Box Recipes Japanese recipes with distinct flavors Simple step by step instructions Easy to find and cheap Ingredients

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