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Yummy Kawaii Bento: Preparing Adorable Meals For Adorable Kids



Synopsis

The lunchbox reinvented: transform the boring routine of your children's packed lunches into cute, edible cartoon characters! Packing school lunches for fussy children can be a chore. Parents are bored of making the same old soggy sandwiches every day, and your picky eaters don't even show any appreciation when they return their lunchboxes with uneaten veggies and scrappy bits. What if you could entice your children to eat balanced lunches every day? Even better: how do you transform the routine of unoriginal packed lunches into a joy for yourself? Inspired by the Japanese tradition of the bento box—a home-packed meal served in a box with compartments containing different foods—Yummy Kawaii Bento reinvents the concept of the stale packed lunch. Learn to make your very own creative bento boxes and turn the law of "don't play with your food" on its head by reimagining dishes as colorful cartoon characters. Entice your children with: Teddy bear-shaped mini pizzas; Hot dog buns; Scrambled egg chicks; Porky pastas; Panda bamboo salads; and many more edible critters! With more than 160 step-by-step tutorials on how to assemble balanced bento boxes, create food art, and cook individual recipes that bridge the East and the West, Yummy Kawaii Bento turns food preparation into an art and makes eating fun again for both parent and child. Soon, your children will boast to their friends about their lunches, and your spouse might even ask for his or her own takeaway lunch! Lunchtime, or dinnertime, will never be the same again. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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Customer Reviews

I bought several Bento items for my daughter for Christmas, including Totoro-themed Bento Boxes, sauce containers, bento bags, recipe books, etc.. She's having a lot of fun creating lunches for her Bento box. And her dad is also reaping the benefit. :) I'll share all the items we bought as we launched wholesale into the Bento adventure. We've cooked many interesting meals - no misses yet! And everyone's had fun with their Bento boxes. Even my husband is enjoying his, which was a surprise. Since we were starting Bento from scratch, we bought some Bento cookbooks, even though we have some Japanese cookbooks already: [The Just Bento Cookbook: Everyday Lunches To](#)

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[Cookbook](#)http://smile..com/gp/product/4921205078?redirect=true&ref_=cm_cr_ryp_prd_ttl_sol_0 and several Bento items to accommodate lunches with and without soup, etc. Her main bento box (she never microwaves it, and she washes it by hand). It came with chopsticks, but she also wanted the Totoro utensil set listed below which fits in her bag nicely with this box. [Bento: Studio Ghibli Totoro Design 2-tier Microwavable Bento Lunch Box \(Volume: 380ml + 250ml\)](#)<http://smile..com/gp/product/B006YG0BU8?>

After having this cookbook and trying some recipes from it for more than 4 months, I'm here to say that this book is really awesome and I highly recommend to anyone from the beginners to more advanced bento makers. For full disclosure, the author Ming is my blogger friend and I received this

book to review for my blog and YouTube channel. However, all thoughts and opinions are my own. I have to say the best part about this cookbook is that it's very user friendly. Here are some of my points: 1) Lots of pictures: There are no single page that does not contain a picture, except for Contents and Glossary. Each recipe has FULL step by step pictures, not just pictures, very detailed, well-photographed pictures. The final photos of the recipes are all beautifully taken, which inspires me to make bentos just like how she makes them. 2) Well organized: The book starts with the explanation of bento, and continues to explain about the bento boxes, tools, and techniques before getting into recipes. Each recipe has a big final picture, detailed ingredients and well-written directions with large step by step pictures. Toward the end, Ming also shares simple quick recipes that can be added to your bento, in case you need one or a few more dishes to pack into bento. 3) Details!: I can't emphasize enough how detailed this cookbook is. I love more pictures and descriptions and this book has them all. One feedback that I have is that I wish recipes have approx time to prepare the bento or the level of difficulty. As a blogger myself, I know this is a very hard to specify because everyone has different skills and preparation time can vary.

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