



Bento Delights: Adorable + Stylish Lunches on the Go

Syntia Willyanto

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Written by the author of the popular bento blog, www.cookinggalleries.blogspot.com, Bento Delights is a must have for all bento lovers out there! Bento Delights contains 31 adorable and stylish bento menus accompanied with 100 delicious recipes. This cookbook is divided into two main sections: Character Bento (Charaben) and Traditional Bento. The Character Bento section includes clear step-by-step photographs and detailed instructions on how to craft whimsical characters like sweet teddy bears made from rice balls, little koala bears from bocconcini cheese and cute frogs from cucumber. The Traditional Bento section features more practical yet elegant lunch menus focusing on delectable Japanese and modern Asian recipes. Additionally, Bento Delights also features chapters on Bento Basics, Bento Boxes, Tools & Accessories, Further Tips & Tricks, Resource Guide and Glossary. Each recipe is beautifully photographed and each new chapter is preceded with gorgeous kimono-inspired graphic illustrations. This cookbook is perfect for both bento beginners and advanced bento makers alike, and will also appeal to anyone who is interested in the art of beautiful food presentations. Make your own fun and creative bento meals and bring a smile to your face and your loved ones'. To find out more about the book, visit the following link (a blog post about the book written by the author):

<http://cookinggallery.blogspot.com.au/2014/05/my-bento-cookbook-bento-delights.html>

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