

Read Book Ten Minute Bento

Ten Minute Bento

“ Inexperienced cooks need more than just a few lines of laconic text to help them along. Rachael Ray has coached a generation of rookies on her

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Food Network shows, talking and plopping and emoting her way through dish after dish. Her latest books, Rachael Ray 's Look + Cook, shows what each stage should look like in big photos. Betty Crocker, or more

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specifically, the 1976 edition of Betty Crocker ' s Cookbook, used to be my bulletproof go-to recipe source. But now Ray fills that role. ” — Time magazine

From her cookbooks to her magazine to her daily talk show,

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Rachael Ray ' s message remains the same today as the day she wrote her very first 30-minute meal—making delicious, knock-your-socks-off dishes should be fun, fast, fulfilling, and foolproof. Rachael

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now presents her best idea yet:
Rachael Ray ' s Look +
Cook—100 brand-new recipes,
each featuring beautiful and
helpful step-by-step full-color
photographs that illustrate how
to create each meal, along with

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photographs of the gorgeous finished dishes. You literally look along while you cook! But that ' s not all . . . at the back of Rachael Ray ' s Look + Cook, you ' ll find 125 bonus, never-before-published recipes,

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including 30-Minute Meals; Yes! the Kids Will Eat It; Sides & Starters; Simple Sauces & Bottom-of-the-Jar Tips; and Desserts. As if that weren't cool enough, Rachael Ray's Look + Cook also features

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accompanying real-time video available online for select recipes at www.rachaelray.com. Rachael makes it easier than ever to prepare delicious home-cooked meals as you follow along with the step-by-step

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photographs or even the video!
Having a last-minute dinner? No
worryes . . . you ' ll wow the
crowd with Gazpacho Pasta,
Fancy Pants Salmon, or Almost
Tandoori Chicken. Looking for
some fun twists on classic dishes

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that will have your kids clamoring for more? The Open-Face Turkey Burgers with Potpie Gravy and the Coconut Fish Fry are sure to be family faves! Wondering what to do with those last spoonfuls in the jars

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lining your refrigerator door?
Check out Rachael ' s Bottom-of-the-Jar Sauces and add pizzazz to any meal with Salsa Dressing, Orange Bourbon Glaze, or Spicy Thai Peanut Sauce. Packed with the value that her fans love and

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have come to expect, Rachael Ray ' s Look + Cook has a simple-to-follow recipe to fit every occasion.

A hilarious new middle grade novel from beloved and bestselling author Gordon

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Korman about what happens when the worst class of kids in school is paired with the worst teacher—perfect for fans of Ms. Bixby 's Last Day. A good choice for summer reading or anytime! The Unteachables are a

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notorious class of misfits, delinquents, and academic train wrecks. Like Aldo, with anger management issues; Parker, who can ' t read; Kiana, who doesn ' t even belong in the class—or any class; and Elaine

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(rhymes with pain). The Unteachables have been removed from the student body and isolated in room 117. Their teacher is Mr. Zachary Kermit, the most burned-out teacher in all of Greenwich. He was once a

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rising star, but his career was shattered by a cheating scandal that still haunts him. After years of phoning it in, he is finally one year away from early retirement. But the superintendent has his own plans to torpedo that

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idea—and it involves assigning Mr. Kermit to the Unteachables. The Unteachables never thought they ' d find a teacher who had a worse attitude than they did. And Mr. Kermit never thought he would actually care about

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teaching again. Over the course of a school year, though, room 117 will experience mayhem, destruction—and maybe even a shot at redemption.

The kitchen is a great place to make memories. And Disney

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Eats will inspire you to prepare food that 's not just fun but also tasty. From healthy snacks like a Minnie Mouse-inspired crudité platter and savory dinners such as Mulan 's Blossom Stir-Fry to Disney-character-themed bento

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box lunches and easy-prep treats such as Frozen Banana Dalmatian Pops, author Joy Howard shows that the creative possibilities are endless. With an introduction by beloved baker Joy Wilson and more than 150

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dynamic full-color photographs, Disney Eats will not only spark more delight in the kitchen, it will also lead to more memorable and creative success in your cooking.

70 delicious and easy authentic

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bento recipes with photos and video links What does bento mean to you? For anyone looking for simple, healthy, tasty eating with a homemade flair, Chikako Tada ' s

“ BENTOBBOX.page – 70

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Recipes, Plus Stories" is ideal. It shows how to build beautiful, nourishing lunch boxes for kids and grownups alike. Filled with recipes featured on Tada ' s " Japanese Cooking by Pen & Spoon " YouTube channel (and

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including video links), the book is chock full of tips and tricks. Tada gleaned many from her mom in Okayama, Japan, on how to put together real Japanese bento boxes — like the gorgeous Tricolor Rice Delight Bento. After

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traveling the world and living in India for seven years, Tada mastered the art of packing yummy lunches for her young son using locally sourced ingredients. That experience ultimately resulted in this

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uniquely adapted recipe book that shows step by step how to make traditional Japanese favorites, as well as options for your own menus, wherever you happen to be. No worries if you don ' t recognize the unusual

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ingredients —Tada offers alternatives that work just as well. The book features 70 recipes to fill your bento box in imaginative ways. Follow the 31 sample bento menus (such as Favorite Bento Classics like

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Karaage Fried Chicken Bento), or create your own combos. With 380 color pictures and a recipe index, this cookbook outshines all those other bento books with its ease of use. And bento stories add to the excitement! Kagawa-

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based contributor Haruko Hosokawa guides us on umami in describing traditional soy sauce masters and fermented nukazuke pickles. Miho Tachikawa, in Hokkaido, offers homestyle recipes from

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Japan ' s northern island where scallops and salmon are local delicacies. And Yasuko Malhotra, who is based in India, brings an international flair with curry and other unusual options in her bentos. All in all, this is a

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wonderful resource for both experienced cooks and newbie bento fans. Every recipe is explained step by step, with pictures to make assembly simple.

Art Culinaire

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Eat Like Your Favorite
Character—From Bento to
Yakisoba

Sweat and Soap 4

Japanese Meals on the Go
A 30-Day Plan for Finding
Health, Balance, Peace, and

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Happiness

Akata Witch

Explores the traditional ways of rustic Portugal while introducing the tourist to the modern conveniences and attractions of her major cities
Bento includes over 70 quick, easy,

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and delicious box lunch ideas for your family.

Presents a collection of two hundred humorous and eccentric inventions from Japan, from the Drymobile and the Solar-Powered Torch to Duster Slippers for Cats and Walk 'n' Wash

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**Ankle-attachable Laundry Tanks.
Original. 50,000 first printing.
A meditation, in words and images,
on the practice of drawing, by the
author of *Ways of Seeing*. The
seventeenth-century philosopher
Baruch Spinoza—also known as**

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Benedict or Bento de Spinoza—spent the most intense years of his short life writing. He also carried with him a sketchbook. After his sudden death, his friends rescued letters, manuscripts, notes—but no drawings. For years, without

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knowing what its pages might hold, John Berger has imagined finding Bento's sketchbook, wanting to see the drawings alongside his surviving words. When one day a friend gave him a beautiful virgin sketchbook, Berger said, "This is Bento's!" and

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he began to draw, taking his inspiration from the philosopher's vision. In this illustrated color book John Berger uses the imaginative space he creates to explore the process of drawing, politics, storytelling and Spinoza's life and

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times.

Bento's Sketchbook

Cook Anime

Everyday Lunches To Go

Yummy Kawaii Bento

Brilliantly Balanced Lunchbox

Recipes

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The Unteachables

***The lunchbox reinvented:
transform the boring
routine of your children's
packed lunches into cute,
edible cartoon
characters! Packing***

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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

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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

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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-

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packed meal served in a box with compartments containing different foods—Yummy Kawaii Bento reinvents the concept of the stale packed lunch. Learn to

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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

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children with: • **Teddy bear-shaped mini pizzas** •
Hot “dog” buns •
Scrambled egg chicks •
Porky pastas • **Panda bamboo salads...and many more edible**

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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

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***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***

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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

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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

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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

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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,

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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

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are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

Many people bring their

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lunch to work to save money, time and to help control what they are eating (with no hidden nasties from processed shop-bought food), but sometimes it's hard to

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***think of interesting,
nutritious things to make.
Sara has come to the
rescue with her vibrant,
fun and inspirational
approach to lunch boxes.
She concentrates on***

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***having 5 clear elements:
complex carbs, protein,
fruit and veg, and
sprinkles as well as the 5
colours used in authentic
Japanese cooking: red,
white, black, yellow and***

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green. With just a few essential ingredients, you add your extras to create highly nutritious, vegetarian, colourful boxes of joy. Sara includes ideas for bento

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***breakfast boxes (Sesame Snap Granola Bento and Mighty Muesli),
15-minute bento (Busy Days Instant Noodles and Lazy Tamago Bento),
Everyday bento (Red***

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Velvet Quinoa Bento, Green Theme Bento and Zen Bento) and the Fantasy bento (Starry Sky Bento and Fairy Jewel Box Bento). With tips on how to stock your bento

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store-cupboard and basic ingredients and recipes to get you going, now is the time for bento to bounce into your breakfast, lunch box, or even into your dinner

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***parties, filling you with
Bento Power!***

www.shisodelicious.com

@shisodelicious

***The Rough Guide to
South America on a
Budget is the definitive***

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guide to making the most of this exotic region without breaking the bank. Backpackers, career-breakers, gap year travellers and those who want more bang for their

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buck, will find in-depth budget information for all twelve South American countries and every aspect of travel. From hotels, hostels and restaurants to special

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***events, festivals and
adrenalin-pumping
outdoor activities, this
guide is packed with the
best budget information.
You'll find "Treat
Yourself" boxes that***

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feature great places and things worth splashing out on and also a full-colour introduction with highlights for every country. There are reviews and

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***recommendations for
night-life, shopping,
markets and
entertainment, as well as
useful words and phrases
in every language and
detailed maps for***

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***hundreds of locations.
Make the most of your
time with The Rough
Guide to Central America
on a Budget.
With these fun, easy and
delicious recipes, anyone***

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can venture into the world of bento boxes—no special tools or containers necessary! Hosts of popular NHK World cooking show Bento Expo, Marc

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Matsumoto and Maki Ogawa share their bento-making expertise on the pages of this stunningly photographed cookbook. As a Japanese-American, Marc is ideally placed to

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help Western readers add Japanese touches to their lunches with easy-to-find ingredients. As a Japanese mom of teenage boys, Maki is an expert at creating simple yet

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delicious bento box combinations that can be put together easily every morning. Together they have created an accessible, authentic bento cookbook that

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***everyone will enjoy.
Ultimate Bento is packed
with practical techniques,
step-by-step instructions,
and useful tips for 85
recipes that can be mixed-
and-matched for 25***

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nutritionally balanced bento box lunches. Each bento in this book costs under \$3 per serving, so you and your family can save money while also eating healthier. Recipes

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***include: Summer Rolls
Japanese-style Coleslaw
Wasabi Chicken Snap Pea
Stir-Fry Yakitori Chicken
Skewers Mini Stuffed
Peppers Ginger Pork
Portugal - North & South***

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Real Bento
Bento Boxes
Harper's Magazine
Yum-Yum Bento Box
Bento

Discover how to shed old thinking patterns—and live

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more joyfully with food. Are you ready to get to the roots of your challenges around food—whether it's gratuitous snacking, compulsive or emotional eating, indulging cravings, overeating, or other

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disheartening habits? Be ready to get mindful. Mindfulness can be the deciding factor between your successful adoption of a healthy vegan diet and repeated frustrating attempts. This simple

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technique goes under the surface of what is hampering your happiness, providing a sought-after solution to many of life's ups and downs by rewiring your reactivity to challenges. Certified mindfulness meditation

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facilitator, award winning health educator, and longtime vegan advocate Lani Muelrath has been practicing mindfulness meditation for 25 years. In *The Mindful Vegan*, she teaches you how to practice mindfulness and

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shows how it can bring freedom and a new joy to your eating—and living—experience. Backed by extensive research, with step-by-step instructions, personal stories, positivity, humor, and a

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handful of delicious recipes, The Mindful Vegan will help you emancipate yourself from the stranglehold that mindless and compulsive eating have on your weight, health, food choices, and, most of all,

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peace of mind. With Lani's guidance, you'll learn the techniques of mindfulness meditation, opening the door to creating a more resilient vegan lifestyle. You'll discover why eating in a way that lines up with your

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convictions about health, the environment, and ethics reduces stress and increases happiness. The Mindful Vegan sets you on a path to cultivating your capacity for genuine happiness and a more peaceful life--in a way

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that is personally satisfying and aligned with your deepest values. This book is for anyone who wants to be free of frustrating and baffling eating behaviors, experience a new ease around eating, and

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discover their naturally healthy body and weight. Stop stressing. Start living—and eating—mindfully. Your body and mind will thank you.

Enlightened Kitchen is a Kodansha International

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publication.

This is an exciting document of an adventure in the pursuit of God. Come along on an incredible journey; sixty-five countries, five continents in over two and a half years of non-stop

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determination to answer the question: What in the world is God doing? See the intifada in Israel up-close. Tour the Arab World including Syria and Lebanon and gain a new perspective. Ride along on the torturous

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trip the length of Africa, encountering harrowing danger in transit and powerful ministry in churches. Gain understanding of the worlds conflicts from Northern Ireland to Sarajevo and the West Bank. Walk

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along on missions of intercession and prayer, and meet powerful apostolic ministers building Gods kingdom. Feel the joys of impossible victories and the pain of desperate trails. See what God is doing in

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nations, communities,
ministries and people.
Cooking a wide variety of
Japanese meals doesn't have
to require a lot of effort,
multiple cookbooks, and
guesswork. Here's the key to
making delicious Japanese

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food at home tonight. People love Japanese cuisine, but very few prepare it themselves. Japanese Cooking Made Simple provides the basic techniques and recipes that unlock your ability to prepare delicious, authentic

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Japanese meals to enjoy with friends and family at home – without requiring significant investments in time and money to do so. Japanese Cooking Made Simple contains more than 100 easy-to-follow authentic Japanese

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recipes with ingredients you can find in your local grocery store. Sushi and bento boxes will become part of your weeknight meals, as will Ramen with Braised Pork Belly, Tempura Soba, Fried Tofu in Broth, California

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Rolls, Pan-Broiled Salmon with Scallions, Chicken Yakitori, and Green Tea Ice Cream. Step-by-step instructions and illustrations will have you preparing sushi, including norimaki and temaki, with

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ease. Color photos help you put a beautiful Japanese dish on the plate. In Japanese Cooking Made Simple, Salinas Press has once again created a cookbook that provides home chefs not only with a wide

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variety of delicious recipes to choose from, but also the simple tools to make it easy.

A Novel

Over 50 Make-Ahead,
Delicious Box Lunches
Over 70 Make-Ahead,

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Delicious Box Lunches

300 Japanese Box Lunch

Recipes

The Spinoza Problem

The Art of Chindogu

A collection of family-friendly, easy and inexpensive recipes used and honed over many years by

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Japanese mom Kanae Inoue. Real Bento is packed with the time-saving tricks that allow you to make bento box lunches each morning in just 10 minutes, using ingredients and recipes that will satisfy the whole family! The recipes are

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presented by flavor type and key ingredient, so it's easy for parents to find dishes their kids will love. In Real Bento, Inoue presents 200 recipes, divided into "main dishes" and "sides" for 22 completed bento boxes. The colorful photos and step-

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by-step instructions make this an incredibly practical and easy-to-use resource for busy households! In her recipes, Inoue places great emphasis on healthy, fresh and colorful foods that look and taste great when presented together. Her

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recipes include Japanese favorites and original recipes like: Teriyaki Chicken Stuffed Bell Peppers
Ginger Salmon Broccoli and Pasta Salad Beef and Egg Stir Fry Inoue got hooked on bento fifteen years ago, when she began making daily

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bento box lunches for her husband and herself to take to work, and later for their three children to take to school. She sees bento box lunches as a way of saving money and getting her family to eat fresher, healthier meals. This

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beginning bento book is a perfect tool for getting lunches packed and a family out the door on a busy morning!

A NEW YORK TIMES NOTABLE
BOOK OF THE YEAR • NEW
YORK TIMES BEST SELLER •

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From the indie rockstar of Japanese Breakfast fame, one of TIME's Most Influential People of 2022, and author of the viral 2018 New Yorker essay that shares the title of this book, an unflinching, powerful memoir about growing up

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Korean American, losing her mother, and forging her own identity. In this exquisite story of family, food, grief, and endurance, Michelle Zauner proves herself far more than a dazzling singer, songwriter, and guitarist. With

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humor and heart, she tells of growing up one of the few Asian American kids at her school in Eugene, Oregon; of struggling with her mother's particular, high expectations of her; of a painful adolescence; of treasured months

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spent in her grandmother's tiny apartment in Seoul, where she and her mother would bond, late at night, over heaping plates of food. As she grew up, moving to the East Coast for college, finding work in the restaurant industry, and

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performing gigs with her fledgling band--and meeting the man who would become her husband--her Koreanness began to feel ever more distant, even as she found the life she wanted to live. It was her mother's diagnosis of terminal

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cancer, when Michelle was twenty-five, that forced a reckoning with her identity and brought her to reclaim the gifts of taste, language, and history her mother had given her. Vivacious and plainspoken, lyrical and honest, Zauner's voice is

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as radiantly alive on the page as it is onstage. Rich with intimate anecdotes that will resonate widely, and complete with family photos, *Crying in H Mart* is a book to cherish, share, and reread. Zuby was an African immigrant in

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Europe. After his asylum process in Germany, he joined the local drug dealers, but when police found drugs in his room, he disappeared to Portugal. In Portugal, Zuby met Jennifer, a teenage prostitute from Nigeria, and decided to help her

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quit the job. He nearly got killed while trying to save Jennifer from human traffickers. Madam Grace planned to kill Zuby since he was able to convince Jennifer to quit prostitution. She chased him all over Portugal, sending hired killers

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to eliminate him. Zuby succeeded in evading her until he ran back to Germany with Jennifer. He started drug business again in Germany. With German Police on his tail, he disguised himself in different forms to hide from them while he

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controlled a drug business in Berlin. He managed to survive until he ran back to Nigeria. “There and Back on Time” is the first book of the Global Runs series. The thriller opens up the world of human traffickers. In the book, one is

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expected to find the routes taken by the human smugglers who own apartments in North Africa where they prepare the teenagers for onward transportation to Europe through the Mediterranean Sea. Twelve-year-old Sunny Nwazue, an

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American-born albino child of Nigerian parents, moves with her family back to Nigeria, where she learns that she has latent magical powers which she and three similarly gifted friends use to catch a serial killer.

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Upload

BENTOBBOX.page | 70 Japanese
Recipes, Plus Stories | Easy,
Healthy, Sustainable!

Just One Cookbook

Fresh Recipes for Adorable

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Lunches

Effortless Bento

His criminal past catching up with him, a troubled young man seeks escape into digital utopia by uploading his consciousness into a computer: just as first love

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casts his life in a new light. In this thrilling near future science fiction novel, Mark McClelland explores the immense potential of computer based consciousness and the philosophical perils of simulated

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society.

"Many people bring their lunch to work to save money, time and to help control what they are eating, but sometimes it's hard to think of interesting, nutritious things to make. Sara has come to

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the rescue with her vibrant, fun and inspirational approach to lunch boxes. She concentrates on having 5 clear elements, and sprinkles as well as the 5 colours used in authentic Japanese cooking. With just a few

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essential ingredients, you add your extras to create highly nutritious, vegetarian, colourful boxes of joy. With tips on how to stock your bento store-cupboard and basic ingredients and recipes to get you going, now is

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the time for bento to bounce into your breakfast, lunch box, or even into your dinner parties, filling you with bento power!"--Provided by publisher. Longing for more than yet another limp salad? Tired of

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tussling with the kids over junk food lunch kits? Sounds like you've got the lunch box blues. J. M. Hirsch has the fix. But it isn't a cookbook. Because when it comes to lunch, nobody has time to break out a recipe to

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bang out a brown bag special. Busy people need lunch ideas. Lots of them. And those ideas need to be healthy, fast, easy, affordable, and delicious. That's what *Beating the Lunch Box Blues* is—an idea book to inspire

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anyone daunted by the daily ordeal of packing lunch. Jammed with nearly 200 photos and more than 500 tips and meals, this book is designed to save families time, money, and their sanity. Whether you want to jazz up a

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grilled cheese, turn leftover steak into a DIY taco kit, or make pizza "sushi," Hirsch has it covered. And because the best lunches often are built from the leftovers of great suppers, he has also included 30 fast and flavorful

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dinner recipes designed to make enough for tomorrow, too. Crazy good stuff like short ribs braised in a Rosemary-Port Sauce, Hoisin-Glazed Meatloaf, and kid-friendly classics such as Turkey Sloppy Joes and American Chop

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Suey. With ideas this easy and this delicious, there's no reason to let the lunch box blues get you down.

Bento fever has recently swept across the West, fuelled not just by an interest in cute, decorative

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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

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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

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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

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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

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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

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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

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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

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perfect book for the bento beginner, but will also provide a wealth of new bento recipe ideas and tips for Just Bento aficionados.

Fodor's Portugal

Crying in H Mart

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Japan and Her People

A Memoir

More than 150 Recipes for
Everyday Cooking and Inspired
Fun

Japanese Cooking Made Simple:
A Japanese Cookbook with

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Authentic Recipes for Ramen,
Bento, Sushi & More

***From the creators of the
website Japanese Cooking
101, Bento (a newly
reformatted edition of
Simply Bento) is a complete***

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***collection of over 50
delicious and healthy box
lunch ideas for everyone in
the family. Ready to make
lunch quick, easy, and
tasty? Japanese bento boxes
are single-portion packed***

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lunches, perfect for anyone looking to save money and eat a balanced, satisfying meal for lunch every single day. Bento features over 100 healthy and delicious recipes—including mains

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and sides—that you can make every day of the week and mix and match using a combination of traditional and nontraditional ingredients. Learn about different types of bento

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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. Bento shows you

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***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***

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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

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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

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kids), Bento has the recipes—plus much more! Ten-Minute Bento Vertical Inc

The Rough Guide to South America on a Budget is the definitive guide to making

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the most of this exotic region without breaking the bank. Backpackers, career-breakers, gap year travellers and those who want more bang for their buck, will find in-depth

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budget information for all twelve South American countries and every aspect of travel. From hotels, hostels and restaurants to special events, festivals and adrenalin-pumping outdoor

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activities, this guide is packed with the best budget information. You'll find "Treat Yourself" boxes that feature great places and things worth splashing out on and also a full-colour

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introduction with highlights for every country. There are reviews and recommendations for night-life, shopping, markets and entertainment, as well as useful words and phrases in

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every language and detailed maps for hundreds of locations. Make the most of your time with The Rough Guide to Central America on a Budget.

Learn to recreate delicious

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dishes referenced in over 500 of your favorite anime series with this practical guide to anime food.

Japanese animation has beautiful designs, fleshed out characters, and

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engaging storylines—and it's also overflowing with so many scrumptiously rendered meals. Do you ever watch your favorite anime series and start craving the takoyaki or the

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warmth of delicious ramen or the fluffy sweetness of mochi? Now, you can make your cravings a reality with Cook Anime! Join an otaku on her tour through anime food and find out what your

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favorite characters are savoring and sharing and then learn to make it at home! Including: -Miso Chashu Ramen from Naruto -Rice Porridge from Princess Mononoke -Onigiri

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***from Fruits Basket -Taiyaki
from My Hero Academia
-Hanami Dango from
Clannad -Rice from
Haikyuu!! -And many more!
Along with each recipe, you
will discover facts behind***

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the food, such as history, culture, tips, and more. A perfect gift for foodies and otaku alike, Cook Anime is the all-inclusive guide to making the meals of this Japanese art form.

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***The Rough Guide to South
America On a Budget
Harper's Monthly Magazine
Ten-Minute Bento
Healthy, Delicious and
Affordable: 85 Mix-and-
Match Bento Box Recipes***

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100 Can't Miss Main Courses in Pictures, Plus 125 All New Recipes: A Cookbook

Rachael Ray's Look + Cook

A haunting portrait of Arthur Rosenberg, one of Nazism's chief architects, and his

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obsession with one of history's most influential Jewish thinkers In *The Spinoza Problem*, Irvin Yalom spins fact and fiction into an unforgettable psycho-philosophical drama. Yalom tells the story of the seventeenth-century thinker Baruch Spinoza, whose philosophy led to his own excommunication from the Jewish

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community, alongside that of the rise and fall of the Nazi ideologue Alfred Rosenberg, who two hundred years later during World War II ordered his task force to plunder Spinoza's ancient library in an effort to deal with the Nazis' "Spinoza Problem." Seamlessly alternating between Golden Age Amsterdam and Nazi

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Germany, Yalom investigates the inner lives of these two enigmatic men in a tale of influence and anxiety, the origins of good and evil, and the philosophy of freedom and the tyranny of terror.

Natori and Asako are back from their first trip together, a romantic getaway to Hokkaido. But when Asako returns to the

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office, her anxiety comes back, too, because it's time to let their secret out and reveal their relationship to their coworkers. Natori sets up a lunch to introduce Asako to his teammates in product development. But this is a far cry from the accounting department, and Natori's coworkers all seem fashionable,

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ambitious, cool—on a whole different level! Suddenly, those moments spent soaking in the hot spring bath seem so far away! The hilarious ups and downs of an office romance at a personal care products company are the subject of this sexy, strange romp. *Sweat and Soap* combines the odd-couple chemistry of *Wotakoi*, the

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“too real!” workplace comedy of Aggretsuko, and a heavy dollop of office steaminess!

Between 2004 and 2010 I spent four months travelling the length and breadth of Portugal, staying in some 60 different towns and deciding where to go on a day-by-day basis. I journeyed by train

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wherever possible and filled in the gaps by bus. I preferred normal working towns to tourist haunts, and developed a healthy repugnance for the Algarve. At every opportunity I talked to people along the way, trying to discover what life was like for the Portuguese in their own country. Finding that little had been published in

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English on the subject, I decided to write a chronicle of these travels. It recorded the things I'd seen, conversations I'd had, reflections upon the Portuguese way of life (notably their extraordinary good manners), the effects of poverty, and curiosities of religion, language, food and the arts.

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Everyday millions of Japanese people, young and old, leave their homes with a bento in hand. Bento (boxed lunches) are handmade every morning packed with tender-loving care to give their recipients a warm-hearted well-needed boost to finish off the day. In her first English-language release, TV chef and nutritionist Megumi

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Fujii has prepared 72 mouth-watering box lunch recipes that are easy to make but are over-flowing with the hearty-goodness that is essential in every Japanese bento. Her Ten-minute bento will not rely on visual designs seen on Flickr streams or on blogs. Instead she focuses on sharing everyday Japanese dishes created to satiate

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hunger and satisfy an ever expanding Japanese palette. Featured dishes:
Mushroom Hamburg Steak Easy Korean Bibimbap Colorful Eggs & Ham Yuzu Chicken Avocado Salad Sandwich Open-face Spring Roll Bento Chicken Cutlet Bento Beef Bowl Bento Chicken Teriyaki Bento Salads Radish & Buckwheat

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Noodle Salad French Toast Salad Chinese-
style Noodle Salad Desserts Cheesecake
Balls Petite Muffins

Fresh and Easy Lunchbox Recipes from a
Japanese Working Mom

The Big Bento Box of Unuseless Japanese
Inventions

The Mindful Vegan

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Fresh Vegetable Dishes from the Temples
of Japan

Disney Eats

Bento Power

*Features portable Japanese
meals you can make at home.*

*This book makes creating
colorful, cute, and tasty*

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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

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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

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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

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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

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*Adventure: Following in
Apostolic Footsteps*

*Fresh Ideas for Lunches on
the Go!*

The Just Bento Cookbook

Jack and I in Lotus Land

The Enlightened Kitchen