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Description :

Prsentation de l'diteurJapanese cuisines play on flavors and textures certainly puts that extra oomph to their meals. Not only that, its also recognized as one of the healthiest cuisines in the world. With the emphasis on rice, fresh fish, meat and vegetables, its no wonder that Japanese cuisine is amazingly low in fat and calories. Not only is Japanese food delicious, its also quite pleasing to the eye. And nowhere is this more visible than in the ubiquitous Japanese tradition of making bento or packed lunches. This book will feature yummy and easy-to-do Japanese bento recipes as well as a few quick tips on how you can decorate them.Prsentation de l'diteurJapanese cuisines play on flavors and textures certainly puts that extra oomph to their meals. Not only

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