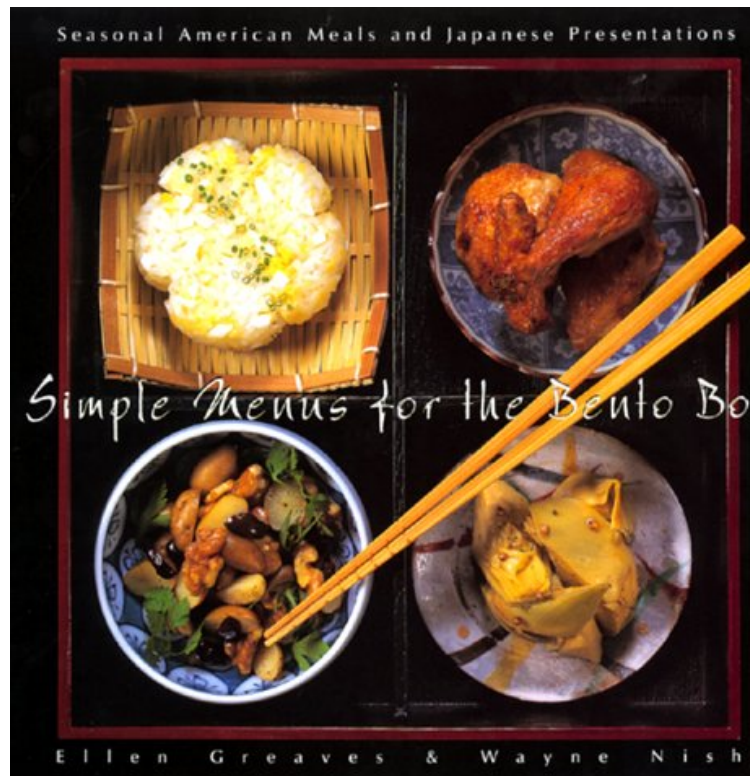


(Mobile book) Simple Menus for the Bento Box

Simple Menus for the Bento Box

Ellen Greaves, Wayne Nish
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Ellen Greaves, Wayne Nish : Simple Menus for the Bento Box before purchasing it in order to gage whether or not it would be worth my time, and all praised Simple Menus for the Bento Box:

0 of 0 people found the following review helpful. A very interesting and useful book on presentation of Western food in a four equal compartment bento boxBy M. J. SmithThis book should begin with the instructions buy four black bento boxes with four equal sized compartments - certainly not a standard but available if you look hard. Buy four each of a hundred or more plates, dishes, blocks, mats ... Once you have four hundred four or more pieces for presentation, then start thinking about food. For each season, you are offered three bento box menus of four dishes each (ignore the Japanese system of six flavors and five colors for a meal). These dishes are intended to be simply juxtaposed against each other in a bento box presentation. In these bento boxes there are none of the additional elements of sprinkles or pickles usually included in bento boxes. The recipes are given for 4 bento servings with very detailed instructions. Notes are added for presentation - how to cut particular elements, how to position elements on a dish, how to select an appropriate dish (from your 100+ collection). If this all sounds a bit sarcastic that is intentional - the only thing bento about the cookbooks is the single format bento box (available but not the most common) and the artistic sense of simple presentation. Perhaps the last straw was when the author helpfully told me I could get Japanese sticky rice at a Korean deli. Sorry but for many of us it is easier to go to a Japanese grocer than to find a Korean deli.So why did the book still get four stars? Because once you realize that the book has the subtitle "Seasonal

American Meals and Japanese Presentations" and accept that the thrust of the book is presentation for American food, you find that the book has many very helpful details and that the photographs show you why these details matter. An example: "Spice-crusting Pork Tenderloin with Apple and Kohlrabi" used chuck cutting rather than dicing or cubing so that the pieces are still the same size but show a variety of angles. Another example: "Wild Rice with Pine Nuts and Sweet Peas" suggests that care be given highlighting the contrast between the pale pine nuts and the dark rice. In a few cases, one needs to rethink the practicality of plating e.g. soup in a bento box with its lid on - perhaps adding the liquid at the table or at least using a covered bowl in the bento box may be safer. 15 of 15 people found the following review helpful. Simple and Elegant Gourmet Cooking By A Customer What a wonderful cookbook. The recipes are simple and relatively quick to prepare. The artful photography, so excellently done by Wayne Nish, makes it easy for the user to duplicate the elegant presentation. Whether a romantic dinner for two or intimate dinner for four, use this cookbook for those special occasions. If you're a novice, try this one out when preparing for that special someone. Cooking such beautiful and delicious food doesn't get more easy than this! It is sure to impress. Suggestion to the authors, next time add a few helpful hints along the way. The soft-shell crab batter was a little watery to really create the crisp batter. Adding ingredients slowly (club soda) with the instruction on the correct consistency would have been helpful. By the way, leave it out on the coffee table. It is beautiful to look through and you won't forget how simple and fun it is to use! 1 of 1 people found the following review helpful. Simple and classy bento recipes! By Customer I love the easy way the recipes are explained in this book! And also the ingredients are very easy to find! This one is for the bento box lover!

Japanese food is traditionally served in a simple, sleek, and dramatic style unmatched by any other cuisine. How can you re-create the visual drama of the Japanese presentation? Simple Menus for the Bento Box has the answers with recipes and designs for meals served in a shokado bento box. The black lacquered shokado bento box, covered with a lid and separated into four square compartments, a common sight in Japan, is appearing with increasing frequency in America as an artful way to present food. Acclaimed New York City chefs Ellen Greaves and Wayne Nish have created twelve seasonal menus especially for the shokado bento box. Each menu has four contrasting but harmonious recipes, one for each of the four shokado compartments.

.com A bento box is a lacquered square divided into four equal compartments. Japanese cooks use the bento box for serving carefully orchestrated, beautifully arranged meals composed of four dishes. While Ellen Greaves and Wayne Nish designed their 12 seasonal menus to be offered in the elegant setting of bento boxes, the food is still remarkable served conventionally, so do not let the idea of using an authentic presentation keep you from enjoying their book. As long as you present the four dishes in a menu simultaneously, the choreography of flavors, textures, and colors will come through. Equally important, the recipes really are simple and easy, and most require familiar ingredients. The fall menu of Arugula Salad with Parmesan and Pickled Shiitake Mushrooms; Ratatouille; Pasta with Raw Tomatoes; and Poached Shrimp with Beans, Celery, and Saffron proves the point. It also shows the heavy Mediterranean influence in Greaves's and Nish's fusion cooking. Short-grain Japanese rice is probably the only Asian ingredient you'll have to pursue. Perhaps the one caution is that high-quality ingredients are essential for optimal success in this kind of minimalist cooking. If this is a problem, you can always feast your eyes on the exquisite pictures in this slim volume. They may even inspire you to contact the mail-order sources provided so you can collect some of the tableware lovingly photographed by Nish. --Dana Jacobi From Publishers Weekly The Japanese shokado bento (boxed meal) is a gustatory treasure chest: open the lid and discover a meal of four highly flavored, complementary dishes, artfully arranged. New York City chefs Ellen Greaves, of Takashimaya's Tea Box Cafe, and Wayne Nish, from the restaurant March, have collaborated on a truly unusual cookbook, managing to focus closely on presentation while keeping flavor and ingredients of primary importance. Each of the 12 seasonal menus features four mostly American dishes of about half the usual entree size, with no designated first course, main or side dishes. The winter dinner pictured on the cover, for instance, includes sauteed Spinach with Sesame Seeds, a pyramid of tiny Grilled Ham and Cheese Sandwiches, triangles of Herb-steamed Swordfish, and Roasted Red Pepper and Sun-dried Tomato Soup. Most of the 48 recipes can be prepared ahead, leaving time for the all-important assembly and presentation. Over 75 color photographs (taken by Nish) illustrate the effect of attentive composing: chives and creme fraiche stripe Sweet and Snow Pea Soup; the sticky rice in Japanese Rice with Salted Peanuts and Scallions is pressed into a flower shape. Instructions are straightforward and will please any home cook who relishes the processes of cooking and plating. While the authors provide a source list for boxes themselves and suitable serving plates and cups, recipes for such dishes as Lobster on Leeks with Fennel and Carrot to Arborio Rice with Goat Cheese and Tomato can also be served on conventional dinner plates. Copyright 1998 Reed Business Information, Inc. From Library Journal A bento box can be described as a Japanese lunch box, but it's nothing like what most people would think of as a lunch box; even the simplest of these compartmentalized lacquered boxes can be beautiful, and many are of museum quality. In this unusual book, two talented New York City chefs (Greaves is at Takashimaya's Tea Box Cafe, Nish is chef/owner of March) present exquisite seasonal menus inspired by the concept of the bento box, each with four recipes designed to

balance and set off one another. While the authors bring an appreciation of Asian presentation and culinary sensibilities to their task, the recipes tend to be "contemporary American" more than anything else: Chicken Breast with Corn, Walnuts, and Cilantro, for example. Most are uncomplicated, and almost all can be prepared in advance. Nish's color photographs add to the book's appeal. Copyright 1998 Reed Business Information, Inc.