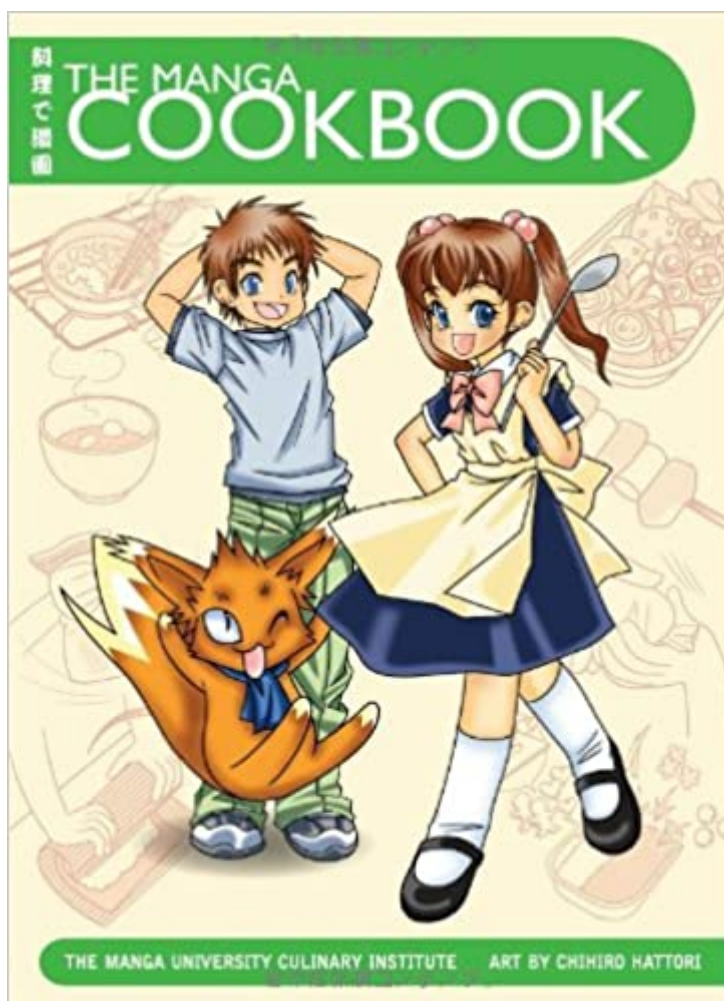


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# The Manga Cookbook: Japanese Bento Boxes, Main Dishes And More!



## Synopsis

Reading manga sure can make a person hungry! Food appears frequently in Japanese comics, but what exactly is it that the characters are eating? Introducing *The Manga Cookbook*, an illustrated step-by-step guide to preparing simple Japanese dishes using ingredients found in every Western kitchen. Learn to identify and make the same things you see in all your favorite manga: authentic onigiri (rice balls), yakitori (skewered chicken), oshinko (pickled vegetables), udon (Japanese noodles), okonomiyaki (Japanese-style pizza) and many others! Includes sections on how to assemble bento boxed lunches and properly use chopsticks. Features original manga illustrations by Chihiro Hattori. Soon, you too can enjoy a meal fit for a manga character!

## Book Information

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Average Customer Review: 4.6 out of 5 stars 207 customer reviews

Best Sellers Rank: #76,963 in Books (See Top 100 in Books) #25 in [Books > Cookbooks, Food & Wine > Asian Cooking > Japanese](#) #691 in [Books > Arts & Photography > Graphic Design](#) #827 in [Books > Cookbooks, Food & Wine > Regional & International](#)

## Customer Reviews

Youngsters can participate in manga cooking with *The Manga Cookbook* from The Manga University Culinary Institute, which offers 27 basic recipes by Yoko Ishihara introduced with color photographs. Additional black and white step-by-step comic book illustrations by Chihiro Hattori show how to make rabbit-shaped apple slices, rice hamburgers, pickled vegetables and teriyaki chicken. Readers are guided through the cookbook by three cartoon characters: a young girl, Miyuki, who calls herself the kitchen sensei; Hiroshi, her boyfriend who likes to eat; and the feline-like mascot, Coo, identified as the book's culinary mastermind. In addition to recipes, more information about many of the dishes and ingredients are presented through Miyuki's notes. --San Francisco Chronicle

After many of the recipes is additional information, often quite fascinating, about the dishes and ingredients. You will learn plenty of Japanese culinary terms as well as elements of

Japanese culture. --Richard Auffrey, The Passionate Foodie, A "Top 10 Popular Paperbacks" selection for 2011 --American Library Association

YOKO ISHIHARA is a certified nutritionist and chef, having earned her degree from Japan's prestigious Kagawa Nutrition University. Ishihara-sensei contributed the recipes and notes to this book, and as a mother of three, knows nearly as much about manga as she does about cooking. CHIHIRO HATTORI is best known as the artist whose delightful illustrations in Manga University's Kanji de Manga series have taught thousands of students how to read and write Japanese. An avid cook, she created some of the cute bento designs in this book, and has been known to sneak an Usagi Ringo or two into the lunch her husband carries to work.

This book has an incredible amount of good info for beginners! Love it!! So glad my daughter chose it, because I never would have guessed a "Manga" cookbook would refer to awesome Bento!! 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

Go [http://smile..com/gp/product/1568363931?psc=1&redirect=true&ref\\_=oh\\_aui\\_search\\_detailpage](http://smile..com/gp/product/1568363931?psc=1&redirect=true&ref_=oh_aui_search_detailpage)  
Yummy Kawaii Bento: Preparing Adorable Meals for Adorable

Kids [http://smile..com/gp/product/1634504240?psc=1&redirect=true&ref\\_=oh\\_aui\\_search\\_detailpage](http://smile..com/gp/product/1634504240?psc=1&redirect=true&ref_=oh_aui_search_detailpage)  
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The Manga

Cookbook [http://smile..com/gp/product/4921205078?redirect=true&ref\\_=cm\\_cr\\_ryp\\_prd\\_ttl\\_sol\\_0](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?psc=1&redirect=true&ref\\_=oh\\_aui\\_search\\_detail](http://smile..com/gp/product/B006YG0BU8?psc=1&redirect=true&ref_=oh_aui_search_detail)

pageMy Neighbor Totoro Stainless Steel Lunch Box LJF3 - great for soups and other items with liquids. Has a folding spoon in the lid, so you can carry just it if you want.[http://smile..com/gp/product/B009N6E5TE?psc=1&redirect=true&ref\\_=oh\\_aui\\_search\\_detailpage](http://smile..com/gp/product/B009N6E5TE?psc=1&redirect=true&ref_=oh_aui_search_detailpage)

Chopsticks Spoon Fork Trio Set My Neighbor Totoro Garden - cute! What else is there to say?[http://smile..com/gp/product/B00S0E7V4G?psc=1&redirect=true&ref\\_=oh\\_aui\\_search\\_detailpage](http://smile..com/gp/product/B00S0E7V4G?psc=1&redirect=true&ref_=oh_aui_search_detailpage)

My Neighbor Totoro Skater Insulated Lunch Cooler Bag, Clover (UBC1) Fits everything nicely, except the extra soup container.[http://smile..com/gp/product/B00AYQQ8Y2?psc=1&redirect=true&ref\\_=oh\\_aui\\_search\\_detailpage](http://smile..com/gp/product/B00AYQQ8Y2?psc=1&redirect=true&ref_=oh_aui_search_detailpage)

My Neighbor Totoro Skater Insulated Lunch Cooler Bag, Clover (UBC1) (A bit taller than the bag above, so accommodates differently shaped items. Accepts her Totoro Bento box and the Totoro stainless steel soup container at the same time.)[http://smile..com/gp/product/B00AYQQ8Y2?psc=1&redirect=true&ref\\_=oh\\_aui\\_search\\_detailpage](http://smile..com/gp/product/B00AYQQ8Y2?psc=1&redirect=true&ref_=oh_aui_search_detailpage)

KOUZINA 36 Baking Cups - Freshware Silicone Molds - to keep items separate in the boxes when needed. Glad we got these! A nice touch![http://smile..com/gp/product/B016APXXJ8?psc=1&redirect=true&ref\\_=oh\\_aui\\_search\\_detailpage](http://smile..com/gp/product/B016APXXJ8?psc=1&redirect=true&ref_=oh_aui_search_detailpage)

Tupperware Smidget Container 1oz Set of 5 Blue - we bought a couple of sets of these tiny containers for dipping sauces, etc., since the reviews on some of the more eco-friendly choices of sauce containers had a lot of complaints about leakage. These are SO water-tight, it's awesome. They're tiny and perfect for a little teriyaki sauce, egg roll dip, etc. We got one color for my daughter (green ones off of eBay to match her Totoro bento box) and another color for her dad here on (blue for the win!). Helps keep things sorted.[http://smile..com/gp/product/710105482X?psc=1&redirect=true&ref\\_=oh\\_aui\\_search\\_detailpage](http://smile..com/gp/product/710105482X?psc=1&redirect=true&ref_=oh_aui_search_detailpage)

We also had mercy on my husband and bought him a non-anime Bento Box. It's probably one of the best Bento boxes ever. Very nice design; nice size. Keeps liquids in, etc. If I get a bento box of my own, I'll probably get another one of these. Yes, stainless steel is more eco-friendly, but I'm gonna have to err on the side of leak-free products.

Bento Box Lunch Box by GRUB2GO - Premium Lunch Boxes for Adults and Kids + FREE Utensils -[http://smile..com/gp/product/B014EX3672?psc=1&redirect=true&ref\\_=oh\\_aui\\_search\\_detailpage](http://smile..com/gp/product/B014EX3672?psc=1&redirect=true&ref_=oh_aui_search_detailpage)

For the Kawaii factor, we had to have cutouts for lunch meats and cheese (we have yet to see how they work with home-made lunch meat, but I expect they'll work well):Yunko Bento Accessories Bears Seals Bunny Chick Bear Shape DIY Rice Ball Mould Korean Laver Take Boarder Sushi Mold Sandwich Mold Mould Cutter Stamp[http://smile..com/gp/product/B017JMUU88?psc=1&redirect=true&ref\\_=oh\\_aui\\_search\\_detailpage](http://smile..com/gp/product/B017JMUU88?psc=1&redirect=true&ref_=oh_aui_search_detailpage)

ageCuteZCute Robo Bread Bento Sandwich Stamping Cutter, Red/Black - geeks have to have robots! Ego saving for the man in your Bento Life  
also![http://smile..com/gp/product/B00QOJGYGK?psc=1&redirect=true&ref\\_=oh\\_aui\\_search\\_detailp](http://smile..com/gp/product/B00QOJGYGK?psc=1&redirect=true&ref_=oh_aui_search_detailp)  
ageWell, that's about it. I think we'll be using all these things for quite a while. It was great to find them on . Some items come from Japan, but it was worth the wait. :)

If this is meant to be a present, buy two. One for them and one for you. It's even better than you can imagine. Every recipe is manga-style and the dialogue is super adorable. Might be buying a few more for friends.

This book is adorable. I got it for a Japanese themed valentines day dinner. I ended up making Onigiri and Sushi (among other things), but there are some other awesome recipes in there for anyone who loves Anime or Japanese food. It's also got cute illustrations inside, and the directions are easy to follow.

At first read through this book is well laid out with simple explanations, cute narrators and easy to follow directions. My first attempt at actually making one of these recipes was a disaster though. I really think that the measurements for the ingredients were way off so I am worried about how the rest of the dishes will turn out. My two year old LOVES the Dango song at the end of Clannad so I tried making Dango for him. All I can say is it's a really good thing that I have boys, because the 'Dango' turned out looking more like boogers than cute anime characters. So I had to take off a star for that frustrating experience, but everything else looks really easy (hopefully not deceptively so like the Dango!) and I really can't wait to try again. I bought this book so I could get some ideas to start making bento boxes for my boys and was surprised at how many of my favorite Japanese dishes were in there. It has an ingredients list in front to help you identify the things you aren't familiar with and even lists some substitutions and tells you how to make basic ingredients. All in all I really wanted to give 5 stars and I would have if it wasn't for the dango fiasco. Even if none of the recipes turn out right though, I still learned things. I recommend it highly for beginners like me :)

My 15 year old daughter loved it and has already made two meals! The frying pan needs some work though... ;)

I am a huge fan of Japanese culture and food (not to mention I'm a cookbook addict). I was really

looking for some simpler recipes to kind of break myself in on. I've been making basics like Miso soup, sticky rice and Teriyaki sauce for a while now but wanted more. Both my husband and myself thought the format was really cute and clever too. Another reviewer had complained that it was all in black and white with no photos. I guess they've never read a Manga before, because that's the point. It's laid out just like one. The recipes are pretty simple but some seem incomplete. I know this book is aimed mostly toward children but the chicken karaage recipe omits the sake and/or mirin from the marinade. Which to me makes karaage so tasty. All in all though I'd say if you are completely new to Japanese cooking this is a good starter book.

I just got the Manga Cookbook today and it was worth the expedited shipping! From learning how to use chopsticks, beginning bento lunches, and learning how to cook various Japanese foods and their backstories; this book is fun and a must have for anime and manga fans! I bought this because of the foods I've seen in Sailor Moon episodes back in the day, saw this in a Borders a few years ago and swore that I would get it. Now I'm into the bento regime and decided to get this to start out. I wasn't disappointed at all! Also if you want to adjust the recipe they have a page of notes- for example if you want to add various veggies to your okonomiyaki like mushrooms or peppers or meat like turkey or ham bacon. I give this book 5 stars! ^^

Best for regular Japanese cooking. Great for beginners. Wonderful illustrated recipes.

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Manga/ How to Draw Manga) (Spanish Edition)

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