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Free Recipes! - Mind Over Munch

Learning English as a Second Language - Linda Furiya *New book's guide to cooking with seaweed*

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Buy Bento Box in the Heartland: My Japanese Girlhood in Whitebread America by Furiya, Linda (ISBN: 9781580051910) from Amazon's Book Store.

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Bento Box in the Heartland: My Japanese Girlhood in ...

Bento Box in the Heartland:
My Japanese Girlhood in
Whitebread America. by.
Linda Furiya. 3.73 · Rating
details · 816 ratings · 117
reviews. While growing up in
Versailles, an Indiana farm
community, Linda Furiya
tried to balance the outside
world of Midwestern America
with the Japanese traditions
of her home life.

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Heartland:My Japanese
Girlhood in Whitebread
America(2006), Japanese-
American author Linda

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Furiya's memoir, covers her upbringing as she attempts to balance her Japanese heritage with her home in the small farm community of Versailles, Indiana. Much of the balance Furiya seeks to strike involves food.

Bento Box in the Heartland Summary | SuperSummary

Bento Box in the Heartland is an insightful and reflective coming-of-age tale. Beautifully written, each chapter is accompanied by a family recipe of mouth-watering Japanese comfort food. Bento Box in the Heartland: My Japanese Girlhood in ... Bento Box in the Heartland. Ah, the bento

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watering Japanese comfort food.

□ **Bento Box in the Heartland on Apple Books**

Bento Box in the Heartland is considered a food memoir, because the author's childhood memories of growing up as the only Asian family in Versailles, Indiana were primarily centered around food – the one Japanese thing that her parents brought with them to America and strived on to maintain their heritage and culture. I couldn't relate to that part of the story, but I could relate to ...

“Bento Box in the Heartland”

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| **juliamorizawa**

Bento Box in the Heartland is an insightful and reflective coming-of-age tale. Beautifully written, each chapter is accompanied by a family recipe of mouth-watering Japanese comfort food. (source: Nielsen Book Data)

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□While growing up in Versailles, an Indiana farm community, Linda Furiya tried to balance the outside world of Midwestern America with the Japanese traditions of her home life. As the only Asian family in a tiny township, Furiya's life

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revolved around Japanese food and the extraordinary lengths her p...

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memoir." I didn't know

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Köp Bento Box in the Heartland av Linda Furiya på Bokus.com.

Bento Box in the Heartland - Linda Furiya - Häftad ...

Bento Box in the Heartland is an insightful and reflective coming-of-age tale. Beautifully written, each chapter is accompanied by a family recipe of mouth-watering Japanese comfort food. Linda Furiya grew up in rural Indiana, far away from the traditional

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Japanese culture that her parents tried hard to emulate.

Bento Box in the Heartland - Based On A True Story

Bento Box in the Heartland is an insightful and reflective coming-of-age tale. Beautifully written, each chapter is accompanied by a family recipe of mouth-watering Japanese comfort food. 2008-11-18

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While growing up in Versailles, an Indiana farm community, Linda Furiya tried to balance the outside world of Midwestern America with the Japanese traditions of her home life. As the

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only Asian family in a tiny township, Furiya's life revolved around Japanese food and the extraordinary lengths her parents went to in order to gather the ingredients needed to prepare it. As immigrants, her parents approached the challenges of living in America, and maintaining their Japanese diets, with optimism and gusto. Furiva, meanwhile, was acutely aware of how food set her apart from her peers: She spent her first day of school hiding in the girls' restroom, examining her rice balls and chopsticks, and longing for a Peanut Bullter and Jelly sandwich. Bento

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Box in the Heartland is an insightful and reflective coming-of-age tale.

Beautifully written, each chapter is accompanied by a family recipe of mouth-watering Japanese comfort food.

A follow-up to the best-selling Bento Box in the Heartland follows the food writer author's relocation to China with her boyfriend, her six-year struggles with isolation and friendship, and the ways in which a greater understanding of Chinese culture and cuisine enriched her life. Original.

A few years ago, Marta

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Zaraska's mother decided to go vegetarian after stumbling upon an article on the health risks of eating meat. Her resolve lasted about a fortnight before the juicy hams and the creamy pâtés began creeping back into her refrigerator. Prodded to explain her lapse, she replied, "I like meat, I eat it, end of story." Many of us have had a similar experience. What makes us crave animal protein, and what makes it so hard to give up? And if all the studies are correct, and consuming meat is truly unhealthy for us, why didn't evolution turn us all into vegetarians in the first

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place? In *Meathooked*, Zaraska explores what she calls the “meat puzzle”: our love of meat, despite its harmful effects. Scientific journals overflow with reports of red meat raising the risk of certain cancers; each hamburger contributes as much to global warming as does driving a car 320 miles; and the horrors of industrial meat production are now well-known. None of these facts have prompted us to give up our hamburgers and steaks. On the contrary, meat consumption has only increased over the past decades. Taking the reader to India's unusual steakhouses, animal

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sacrifices at temples in Benin, and labs in Pennsylvania where meat is being grown in petri dishes, Zaraska examines the history and future of meat and meat-eating, showing that while our increasing consumption of meat can be attributed in part to the power of the meat industry and the policies of our governments, the main “hooks” that keep us addicted to meat are much older: genes and culture. An original and thought-provoking exploration of carnivorousness, Meathooked explains one of the most enduring features of human civilization—and why meat-eating will continue to

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shape our bodies and our world into the foreseeable future.

At once a traveler's tale, a memoir, and a mouthwatering cookbook, *Biting through the Skin* offers a first-generation immigrant's perspective on growing up in America's heartland. Author Nina Mukerjee Furstenau's parents brought her from Bengal in northern India to the small town of Pittsburg, Kansas, in 1964, decades before you could find long-grain rice or plain yogurt in American grocery stores. Embracing American culture, the Mukerjee family ate hamburgers and softserve ice

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cream, took a visiting guru out on the lake in their motorboat, and joined the Shriners. Her parents transferred the cultural, spiritual, and family values they had brought with them to their children only behind the closed doors of their home, through the rituals of cooking, serving, and eating Bengali food and making a proper cup of tea. As a girl and a young woman, Nina traveled to her ancestral India as well as to college and to Peace Corps service in Tunisia. Through her journeys and her marriage to an American man whose grandparents hailed from Germany and Sweden, she

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learned that her family was not alone in being a small pocket of culture sheltered from the larger world. *Biting through the Skin* shows how we maintain our differences as well as how we come together through what and how we cook and eat. In mourning the partial loss of her heritage, the author finds that, ultimately, heritage always finds other ways of coming to meet us. In effect, it can be reduced to a 4 x 6-inch recipe card, something that can fit into a shirt pocket. It's on just such tiny details of life that belonging rests. In this book, the author shares

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her shirt-pocket recipes and a great deal more, inviting readers to join her on her journey toward herself and toward a vital sense of food as culture and the mortar of community.

From the reinvention of French food through the fine dining revolution in America, Daniel Boulud has been a witness to and a creator of today's food culture. A modern improviser with a classical foundation (a little rock 'n' roll and a lot of Mozart, he'd say), he speaks with the authority that comes from a lifetime of preparing, presenting, and thinking about food-an

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ancient calling with universal resonance. In *Letters to a Young Chef*, Boulud speaks not only of how to make a career as a chef in today's world, but also of why one should want to do so in the first place. As he himself puts it, it is "a tasty life." The love of food and the obsession with flavors, ingredients, and techniques are the chef's source of strength, helping the young chef to survive and flourish during the long years of apprenticeship and their necessary sacrifices. Part memoir, part advice book, part cookbook, part reverie, this delicious new book will delight and

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enlighten chefs of all kinds, from passionate amateurs to serious professionals.

When Linda Furiya decided to move to China with her boyfriend at the age of thirty, she hoped to find romance and ethnic kinship. Expecting common ground with locals as an Asian American, Furiya struggled with her ambition as a food writer in a nation where notions of race and gender are set in stone. During the six years she lived in Beijing and Shanghai, Furiya experienced a wide range of experiences—loneliness, isolation, friendship, and

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love-tied together by one common theme: food. Ultimately, Furiya surpassed these challenges and found inspiration from the courageous Chinese women who graced her life. The sensuous experience of preparing and eating authentic Chinese cuisine follows Furiya throughout her journey, and ultimately reveals the intimate, nurturing side of the Chinese culture and people. Part insightful memoir, part authentic cookbook, *How to Cook a Dragon* is a revealing look at race, love, and food in China.

We are not born knowing what

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to eat; as omnivores it is something we each have to figure out for ourselves. From childhood onward, we learn how big a "portion" is and how sweet is too sweet. We learn to enjoy green vegetables -- or not. But how does this education happen? What are the origins of taste? In *First Bite*, award-winning food writer Bee Wilson draws on the latest research from food psychologists, neuroscientists, and nutritionists to reveal that our food habits are shaped by a whole host of factors: family and culture, memory and gender, hunger and love. Taking the reader on a

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journey across the globe, Wilson introduces us to people who can only eat foods of a certain color; prisoners of war whose deepest yearning is for Mom's apple pie; a nine year old anosmia sufferer who has no memory of the flavor of her mother's cooking; toddlers who will eat nothing but hotdogs and grilled cheese sandwiches; and researchers and doctors who have pioneered new and effective ways to persuade children to try new vegetables. Wilson examines why the Japanese eat so healthily, whereas the vast majority of teenage boys in Kuwait have a weight problem

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-- and what these facts can tell Americans about how to eat better. The way we learn to eat holds the key to why food has gone so disastrously wrong for so many people. But Wilson also shows that both adults and children have immense potential for learning new, healthy eating habits. An exploration of the extraordinary and surprising origins of our tastes and eating habits, *First Bite* also shows us how we can change our palates to lead healthier, happier lives.

Cocktail marketers and male bartenders like to tell women what we want to

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drink—and it's usually fruity, frilly, fancy, and pink. In *Drink Like a Woman*, Jeanette Hurt shakes up barroom expectations, stirs up some new ideas, and pours a lively collection of feminist cocktails that are just as varied, flavorful, and strong as women are. Sharing basic techniques, cocktail classics, hangover cures, drinking games, and more, this spirited guide takes the misogyny out of mixology by offering fun and functional tips for the at-home barista who doesn't need a man to mix it up. She also exposes the surprisingly sexist history of cocktail culture, and

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offers more than 50 recipes, crafted by top women bartenders around the country, including: Anarchy Amaretto Bloody Mary Richards Nelly Bly-Tai The LBD (The Little Black Dress) Ruth's Pink Taboo WoManhattan Zeldatini The Suffragette Sour Ride, Sally Ride Curie Royale With feisty illustrations and original recipes that call for a generous splash of female empowerment, Drink Like a Woman is sure to subvert the patriarchy, one drink at a time.

“What a knockout. An incredibly rich and new voice or American

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literature... China Boy grabs the reader's heart and won't let go... A wonder of a story."—Amy Tan, #1 New York Times bestselling author of *The Joy Luck Club* Kai Ting is the only American-born son of a Shanghai family that fled China during Mao's revolution. Growing up in a San Francisco multicultural, low-income neighborhood, Kai is caught between two worlds—embracing neither the Chinese nor the American way to life. After his mother's death, Kai is suddenly plunged into American culture by his stepmother, who tries to erase every vestige of China from the household. Warm, funny and

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deeply moving, *China Boy* is an account of how a brave friend on the street and a former pro boxing coach equip Kai to navigate through broken family relationships and the perils of growing up in America to find the triumph and richness of developing a new and complex American identity.

“[A]n excellent book...”
—The Economist
Financial Times Asia editor David Pilling presents a fresh vision of Japan, drawing on his own deep experience, as well as observations from a cross section of Japanese citizenry, including

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novelist Haruki Murakami,
former prime minister
Junichiro Koizumi,
industrialists and bankers,
activists and artists,
teenagers and octogenarians.
Through their voices,
Pilling's *Bending Adversity*
captures the dynamism and
diversity of contemporary
Japan. Pilling's exploration
begins with the 2011 triple
disaster of earthquake,
tsunami, and nuclear
meltdown. His deep reporting
reveals both Japan's
vulnerabilities and its
resilience and pushes him to
understand the country's
past through cycles of
crisis and reconstruction.
Japan's survivalist

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mentality has carried it through tremendous hardship, but is also the source of great destruction: It was the nineteenth-century struggle to ward off colonial intent that resulted in Japan's own imperial endeavor, culminating in the devastation of World War II. Even the postwar economic miracle—the manufacturing and commerce explosion that brought unprecedented economic growth and earned Japan international clout might have been a less pure victory than it seemed. In Bending Adversity Pilling questions what was lost in the country's blind, aborted

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climb to #1. With the same rigor, he revisits 1990—the year the economic bubble burst, and the beginning of Japan’s “lost decades”—to ask if the turning point might be viewed differently. While financial struggle and national debt are a reality, post-growth Japan has also successfully maintained a stable standard of living and social cohesion. And while life has become less certain, opportunities—in particular for the young and for women—have diversified. Still, Japan is in many ways a country in recovery, working to find a way forward after the events of 2011 and decades of slow

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growth. *Bending Adversity* closes with a reflection on what the 2012 reelection of Prime Minister Shinzo Abe, and his radical antideflation policy, might mean for Japan and its future. Informed throughout by the insights shared by Pilling's many interview subjects, *Bending Adversity* rigorously engages with the social, spiritual, financial, and political life of Japan to create a more nuanced representation of the oft-misunderstood island nation and its people. The Financial Times "David Pilling quotes a visiting MP from northern England, dazzled by Tokyo's

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lights and awed by its bustling prosperity: 'If this is a recession, I want one.' Not the least of the merits of Pilling's hugely enjoyable and perceptive book on Japan is that he places the denunciations of two allegedly "lost decades" in the context of what the country is really like and its actual achievements." The Telegraph (UK) "Pilling, the Asia editor of the Financial Times, is perfectly placed to be our guide, and his insights are a real rarity when very few Western journalists communicate the essence of the world's third-largest economy in anything but the

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most superficial ways. Here, there is a terrific selection of interview subjects mixed with great reportage and fact selection... he does get people to say wonderful things. The novelist Haruki Murakami tells him: "When we were rich, I hated this country"... well-written... valuable." Publishers Weekly (starred): "A probing and insightful portrait of contemporary Japan."

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