

Lets' make a Cute Dish at Home

By Mari Miyazawa

Hen and chicks take a walk

This is a hen lovingly watching over her chicks. The blue plate represents the surface of a lake. If you increase the size of the hen's family based on the number of people partaking in the meal, the plate will become more bustling.

Instructions:

I tried combining three kinds of commercially available bread. The mother hen's body is made from bread roll. The beak is made by cutting a diamond-shape out of boiled carrot and inserting it. The decoration on the head is also boiled carrot. For the chick, cut open a round hole in a boiled quail egg using a straw, then insert a beak cut from boiled carrot.

Tip! – The wings are fixed in place with a toothpick. Make sure the toothpick is left visible so as not to forget and eat it by mistake.

Ingredients:

- Bread roll
- Long brioche
- Petit pain
- Boiled carrot
- Boiled quail egg
- Lettuce
- Ham
- Potato salad
- Sliced cheese
- Sesame



Valentine's with Mr. Fox and Ms. Bear

'Please read this letter, Ms. Bear' says Mr. Fox who is never usually earnest. Receiving a love letter so suddenly has surprised Ms. Bear!

Instructions:

Cut off both ends of a bread roll and turn them into ears. Tear the bread meant for the head a little and insert the ears. If they don't stay in place, fasten with a toothpick. Use ham for the ears and hands; sliced cheese for the love letter. Use a special cutter for the heart and hand shapes.

Tip! – Using a cookie cutter, open up a hole which will hold the nose. Cut open another hole and insert the black soybean 'nose'.

Ingredients:



- Bread roll
- Petit pain
- Long brioche
- Ham
- Edamame (soya) beans
- *Nori* seaweed
- Black soybeans (or any black beans)
- Sliced cheese

Mr. Cow's surprise birthday'

The little sheep have surprised Mr. Cow with a sudden present! They thought long and hard about the present so they were happy beyond belief to see Mr. Cow's surprised face.

Instructions:

I made the cow out of sesame-seeded baguette but you can also use a plain baguette or hotdog buns. A slice of bread is cut in half and the two halves become ears. Fix in place using a toothpick. Make a sideways cut at the end of the bread to create a mouth and insert some ham to form a tongue. Cut open two nostril holes and put in a nose-ring made from boiled carrot.

The sheep's body is made by putting together two small and round rolls. Turn the tip of a sausage into a face and insert into the bread. If you cut the tip and slide in some sliced cheese, it gives the impression of a smiling face. The limbs are made from ham and stuck to the bread.

Tip! – Hold the two petit pains and sausage of the sheep's body in place using one toothpick.

Ingredients:

- Baguette
- Petit pain
- Sausage
- Sliced cheese
- *Nori* seaweed
- Ham
- Boiled carrot
- Salad



Mari Miyazawa, *bento artist and animation filmmaker*

Born in Nagano. Received Master degree from Tokyo University of the Arts in 2014.

Since 2003, Miyazawa has been creating bento arrangements inspired by everyday discoveries, joyful moments, and the changing of seasons, encouraging a culture whereby bento may be enjoyed both by people making it, as well as eating it. In 2012, she began directing animations featuring her original bento characters; one of these inspired by onigiri (rice ball) – Konigiri-kun – has been airing steadily on NHK since 2014. Her animation works based on her bento character creations have been screened at the likes of the New Zealand International Film Festival and Australian International Animation Festival to list only a few. In 2018, she won the Preschooler Grand Prix category at the Ottawa International Film Festival. In addition to filmmaking, Miyazawa has written a number of recipe books, displaying images of her many bento arrangements as well as children's picture books.

YouTube account: <https://www.youtube.com/user/marimiyzawa>

'Twins in Bakery' short film: <https://www.youtube.com/watch?v=OVVXl4b6Stw>

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