



## JFLA LECTURE SERIES 06

### JFLA LECTURE SERIES 6: BENTO - JAPANESE CULTURE IN A BOX



**GUEST SPEAKER: DEBRA SAMUELS**

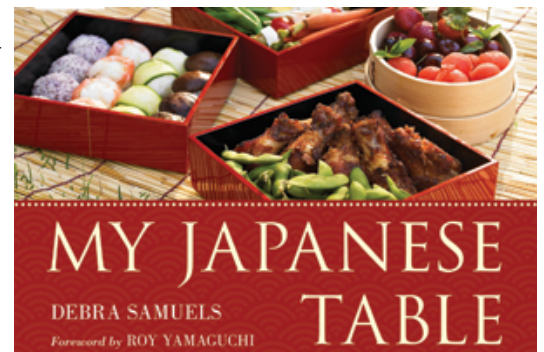
**DATE: MONDAY, APRIL 8TH, 7PM START**

**VENUE: JFLA AUDITORIUM (5700 WILSHIRE BLVD. STE100)**

**REGISTRATION: SOLD OUT**

Debra Samuels, Boston Globe food writer, cooking instructor and author of the popular cookbook *My Japanese Table: A Lifetime of Cooking with Friends and Family* will give a presentation on Japanese culinary culture focusing on *obento*, the traditional Japanese lunch box. She will guide you through the many aspects of *obento* as well as demonstrate this art highlighting nutrition, aesthetics, colors and balance.

Samuels studied Japanese cuisine while living in Japan for over a decade. She quickly learned that *obento* is more than just a meal; it is part of a nutritious and balanced diet that appeals to the eyes as well as the palate. Please join us for this delightful and tantalizing lecture on *obento*, which Samuels describes as "Japanese culture in a box."



**ALL PARTICIPANTS WILL RECEIVE DEBRA SAMUELS' MATCHA (GREEN TEA) CUPCAKE AND THE RECIPE TO MAKE IT.**

With the support of Takaokaya



Upcoming Events

JAPANEMA = Japanese Cinema

Arts & Culture Grants

Rental Exhibitions

Past Events: Lecture Series



JFLA Lecture Series 60

JFLA Lecture Series 59

JFLA Lecture Series 58

JFLA Lecture Series 57

JFLA Lecture Series 56

JFLA Lecture Series 55

JFLA Lecture Series 54

JFLA Lecture Series 53

JFLA Lecture Series 52

JFLA Lecture Series 51

JFLA Lecture Series 50

JFLA Lecture Series 49

JFLA Lecture Series 48

JFLA Lecture Series 47

JFLA Lecture Series 46

JFLA Lecture Series 45

JFLA Lecture Series 44

JFLA Lecture Series 43

JFLA Lecture Series 42

JFLA Lecture Series 41

JFLA Lecture Series 40

JFLA Lecture Series 39

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JFLA Lecture Series 17

JFLA Lecture Series 16

JFLA Lecture Series 15

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JFLA Lecture Series 12

JFLA Lecture Series 11

JFLA Lecture Series 10

JFLA Lecture Series 09

JFLA Lecture Series 08

JFLA Lecture Series 07

JFLA Lecture Series 06

JFLA Lecture Series 05

JFLA Lecture Series 04

JFLA Lecture Series 03

JFLA Lecture Series 02

JFLA Lecture Series 01

[Past Events: Exhibitions](#)

[Past Events: Others](#)

[Past Events: Japanema](#)

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Annual Report

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