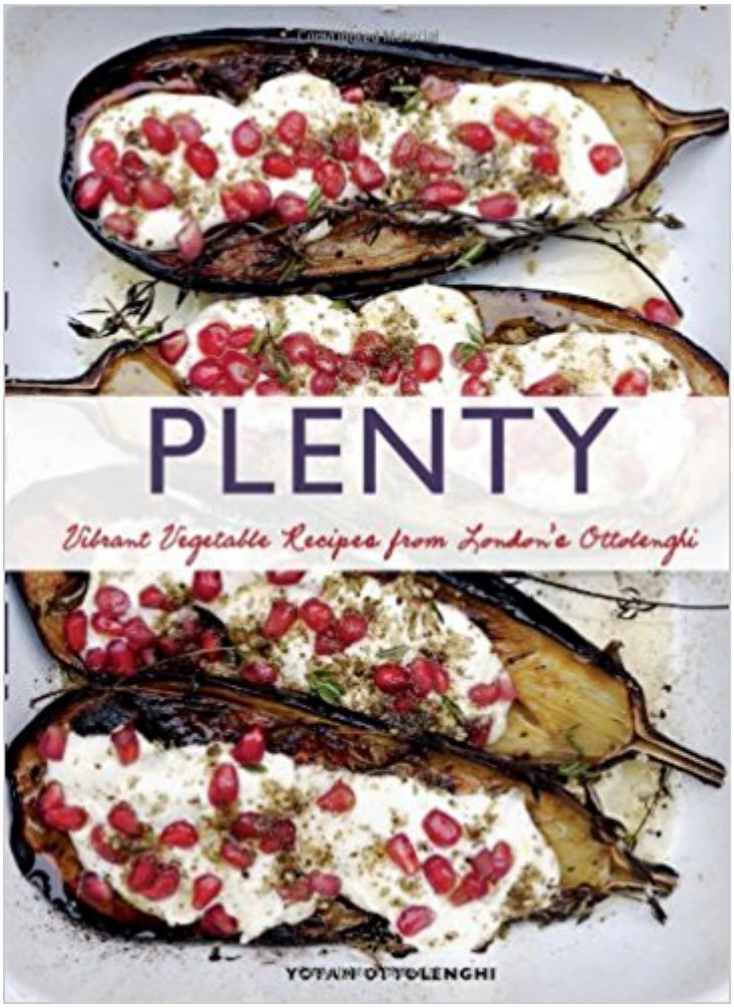
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Plenty: Vibrant Vegetable Recipes From London's Ottolenghi



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Synopsis

Yotam Ottolenghi is one of the most exciting new talents in the cooking world, with four fabulous, eponymous London restaurants and a weekly newspaper column that’s read by foodies all over the world. Plenty is a must-have collection of 120 vegetarian recipes featuring exciting flavors and fresh combinations that will delight readers and eaters looking for a sparkling new take on vegetables. Yotam’s food inspiration comes from his Mediterranean background and his unapologetic love of ingredients. Not a vegetarian himself, his approach to vegetable dishes is wholly original and innovative, based on freshness and seasonality, and drawn from the diverse food cultures represented in London. A vibrant photo accompanies every recipe in this visually stunning book. Essential for meat-eaters and vegetarians alike!

Book Information

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Customer Reviews

The most anticipated vegetable cookbook in years With more than 120 recipes, organized by ingredient.

Quinoa and grilled sourdough salad This summery bread salad isn't much short of a whole meal. I have taken the traditional Arab fattoush, changed the bread and bulked it up with quinoa, which is the only grain I dare to use in this salad as it's very light and delicate. A lot rests here on the poor tomato. If your tomatoes are sweet and juicy you may not need as much dressing to perk them up. If they are 'dry' and bland you may want to add a bit more. Leave the

prepared salad to sit a little so the bread croutons can soften up - unless you want them mega-crunchy. Serves 4 Preheat the oven to 350 degrees Fahrenheit. Place the quinoa in a saucepan of boiling water and cook for 9 minutes, or until tender. Drain in a fine sieve, rinse under cold water and leave to dry. Brush the bread with a little bit of olive oil and sprinkle with some salt. Lay the slices on a baking sheet and bake for about 10 minutes, turning them over halfway through. The bread should be completely dry and crisp. Remove from the oven and allow to cool down, then break by hand into different-sized pieces. Cut the tomatoes into roughly 3/4-ince dice and put in a mixing bowl. Cut the cucumbers into similar-size pieces and add to the tomatoes. Add all the remaining ingredients, including the quinoa and croutons, and stir gently until everything is mixed well together. Taste and adjust the seasoning. Ingredients 1/4 cup quinoa 4 slices sourdough bread 1/3 cup olive oil, plus extra to brush the bread salt 4 ripe medium tomatoes 3 small cucumbers, unpeeled 1/2 small red onion, very thinly sliced 4 tbsp chopped cilantro 1 1/2 tbsp chopped mint 2 tbsp chopped parsley 1 tbsp lemon juice 3/4 tbsp red wine vinegar 2 small garlic cloves, crushed black pepper

Ottolenghi’s book "Plenty" rose to be a best seller in Britain on its release last year (it appeared here several months ago), and is among the most generous and luxurious nonmeat cookbooks ever produced, one that instantly reminds us that you don’t need meat to produce over-the-top food. -- Mark Bittman, The New York Times"The flavors in Plenty are so bright, curious and new - to my palate at least - it made me wonder, where is our Middle Eastern Mario? And how quickly can Ottolenghi open in New York?" -- Christine Muhlke, food52.com"The book that launched the cult. The recipes not only made vegetarian food sexy (note: Ottolenghi wants you to know he loves meat), they also made Western cooks crave Eastern Mediterranean flavors." - Christine Muhlke, bon appetit"Forget about the fact that it’s a vegetarian’s best friend, Plenty is the sort of cookbook that any home cook will fall for. It’s as meaty as its meat-filled counterparts." -- Charlotte Druckman, food52.com

Yotam Ottolenghi is co-owner of four Ottolenghi restaurants, co-author of Ottolenghi: The Cookbook and author of the weekly New Vegetarian column in the Guardian newspaper. He lives in London.Jonathan Lovekin is a lifestyle and food photographer based in London.

I have been eagerly awaiting the US release of this book since its UK release last year.I have the (UK version) of the first Ottolenghi book, which is easily my favorite cookery book of my

(embarrasingly large) collection. I've never been let down by one of his recipes, and I've made most of them.I was so excited to receive this in the mail, and I can say that the wait for this book was worth it.The photography is gorgeous, and for those of you who like a picture to accompany every recipe, you got it.I love how the book is laid out in chapters by main ingredient. This is especially helpful for those who belong to a CSA/Veg Box scheme and are looking for something to do with the chard/cabbage/leeks etc.The commentary on each recipe is thoughtful and helpful. The flavor combinations that Mr. Ottolenghi uses are thoughtful and interesting, and often allow us to enjoy a vegetable in a way that we had not previously. I often feel like I'm doing my body a favor by making one of his recipes, given that they feature abundant quantities of fresh vegetables and whole grains.I've never written a review on before, but I do rely on them heavily when making purchases, so I wanted to pass on what a gem this book is.

I love this book. I bought it because we were all so in love with his other book, Jerusalem. Plenty and Plenty More are vegetarian. Jerusalem and Ottolenghi are omnivore books. All are outstanding.Everything I've made has been delicious, beautiful, and unusual. His gift with produce, herbs and spices, and technique makes this such a joy to work with. His directions are clear, and the recipes aren't overly complicated. It's easy to reproduce what you see in the photos. There are lovely photographs for many of the recipes. The binding and paper quality is top notch.Pictured below:1) Caramelized Garlic Tart. It's positively decadent. A nice green cafe salad was all it needed. My youngest, who detests goat cheese, gobbled hers up and proclaimed it to be the only recipe where goat cheese was fine.2) The Leek Fritters with their yogurty, garlicky, parsley, cilantro sauce were divine. Once you get the batter together, it's as easy as pancakes.3) The Soba Noodles with Eggplant and Mango were so flavorful, fabulously fragrant, and pretty.4) Black Pepper Tofu. Excellent, but it melted our faces off! There's 8 chile peppers and over 1/4 c of smashed peppercorns in there!5) Multi-Vegetable Paella - p80. Fantastic! And just a smidge spicy.I can't wait to try the rest of the book! Buy it. If you love produce, you'll adore it!

What's fantastic about all the Ottolenghi cookbooks is that you can trust that each and every recipe will work. There are some unusual flavour combinations in this book (a salad dressing that uses orange blossom water), and the ingredients list may seem daunting to those who don't usually cook Middle Eastern food, but know that it's worth it to invest in the spices and herbs used for the brilliant end result of each recipe.

This is a fantastic cookbook. The instructions are clearly written and the results are sublime! Try the mushroom lasagne for a delicious change of pace. I've loved every single dish I've cooked out of this book.

Purchased both this title and "Jerusalem" as "hint" gifts. I love the whole concept behind these books and the style of cuisine within.Interesting pairings of flavor profiles and ingredient combinations that can be replicated without a high degree of technical culinary skill. Most anyone should be able to prepare these somewhat exotic recipes with time and effort output on par with basic, traditional "homestyle" fare. I look forward to learning which dishes will become favorites, and mastering them through trial and success.Donated most of the older "healthy eating" and vegetarian cookbooks once these arrived. I am fortunate to live in Portland Or. "Food Cart Land U.S.A." where we get exposure to an amazing array of creative and tasty offerings. The Ottelenghi recipes live up nicely to my elevating standards for what makes a good meal. Well executed, easy to understand and prepare. Great photos !

These recipes are delicious (especially the on right on the cover) but I have to say some of the ingredients are a little hard to find. If you good at substitutions, this is a great book for those looking for veggie courses of all types for all occasions. There are a lot of preparation ideas that I've never thought of so it's helped me incorporate more veggies into my diet that aren't just salads.

My family is always looking to hit the tasty/healthy/easy-to-make sweet spot, and this has a number of great recipes. In particular, the quinoa/avocado salad was a hit.

The first recipe I made from this book was eggplant sauce for polenta. It's not corn season yet here, so I didn't make the sweet corn polenta that is on the same page -- I opted to bake dry polenta using the NYTimes method (1 part polenta, 4 parts water, salt, bake 45 minutes at 350F, stir in 2T butter and cheese of your choice, bake 15 more minutes.)The eggplant sauce was stunningly good -- really, really good. After I drained the fried eggplant, I measured the remaining oil. The eggplant absorbed only half the oil (1/3 cup), a pleasing result.This book is destined to be one of my favorites, right up there with Jerusalem a Cookbook and Food of Life.

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