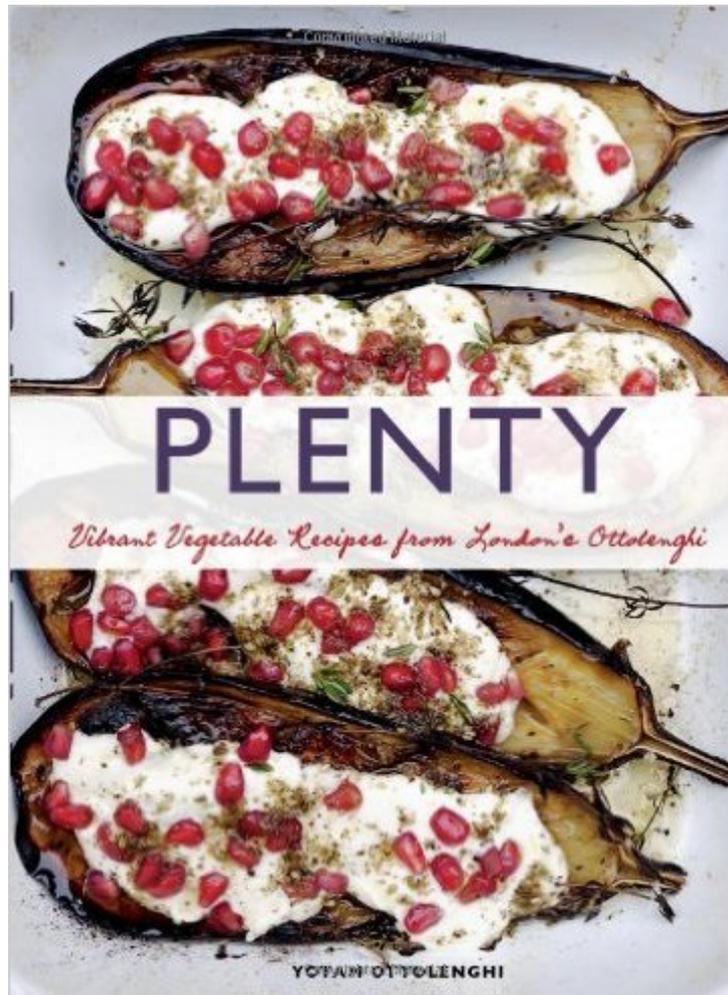


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# Plenty: Vibrant Vegetable Recipes From London's Ottolenghi



## 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

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 (embarrassingly 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.

In his introduction to this book, Yotam Ottolenghi writes that each dish is based around one of his favourite ingredients. This has led to an idiosyncratic organisation of recipes: some components (such as aubergines) have their own chapter; others are organised botanically (such as brassicas) and others reflect associations that are part of the way Ottolenghi shapes his menus. These recipes are based on meatless dishes and reflect eclectic influences including the Middle East, South East Asia and Latin America. The book is full of delicious, mouth-watering recipes. The chapter headings may give some idea: Roots, Funny Onions, Mushrooms, Courgettes and Other Squashes, Capsicums, Brassicas, The Mighty Aubergine, Tomatoes, Leaves Cooked and Raw, Green Things, Green Beans, Pulses, Cereals, Pasta, Polenta, Couscous, Fruit with Cheese. The recipes are accompanied by anecdotes and by mouth-wateringly beautiful photographs. The instructions are clear and easy to follow. The amount of preparation required varies between dishes: some are quick and easy, others will require more time. But it's worth it. There is a recipe here for just about any occasion. I first borrowed this book from the library, but quickly realised that I needed my own copy. A note for American readers: the ingredients are listed in grams and millilitres rather than cups and ounces. Jennifer Cameron-Smith

I just want to mention that Plenty (white cover) and Plenty: Vibrant Vegetable Recipes From London's Ottolenghi are EXACTLY the same book! The only little differences are :- the first is the original book published in the UK (2010), the other in the US (2011)- the first uses grams, millilitres, the other uses cups, ounces and pounds. Both use tsp and tbsp- the ingredients appear in the order they are used in the second book- the covers are different but all images and recipes inside the books are EXACTLY identical- some ingredients are named differently : double cream for heavy cream, caster sugar for sugar, broad beans for fava beans, etc.- the quantities in the second book are rounded : 400g asparagus is 1 lb! I bought the second book by mistake and I prefer the first one for the metric units. What a wonderful book !

I buy a lot of cookery books, and borrow even more from the library. Most of them are getting quite

interchangeable these days. Yotam Ottolenghi's new book however has nothing I've seen in other books. All the recipes are fresh and original, but not difficult or fiddly. I have spent the last few years tearing his recipes out of the Guardian at the weekend, now I don't have to. His recipes work, are full of flavour, and as I said before quite different. An excellent book even for someone who has hundreds of cookery books.

I cook daily for a vegetarian household and use a fair number of cookbooks to keep things interesting (Greens, Moosewood, etc.). When a friend gave us "Plenty" recently as a gift, I was a little blasé about it at first--just another cookbook. But, wow, this one is really something different. With heavy emphasis on herbs and spices, this collection of recipes kicks vegetables up to a much higher level. I'm working my way through it slowly (there are a lot of requests for repeats) and so far have tried the green couscous (herbs on steroids); cauliflower frittata (you won't go back to mac and cheese); black pepper tofu (unbelievably good), mushroom and herb polenta (the best polenta dish I've ever had) and the ultimate mushroom lasagna. And a huge bonus--most of the dishes that I've tried so far are relatively QUICK and EASY to prepare. The overall accent for the food in this book is Middle Eastern, with an emphasis on fresh everything, especially herbs. It does not include much for dessert, but I like that the focus is on main dishes. The photography/illustrations are lush and the food actually turns out pretty much as pictured. This is an unusually well written cookbook that actually adds something to vegetarian cooking. I just bought three more copies to send to friends for Christmas--it's that good! Highly recommended.

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