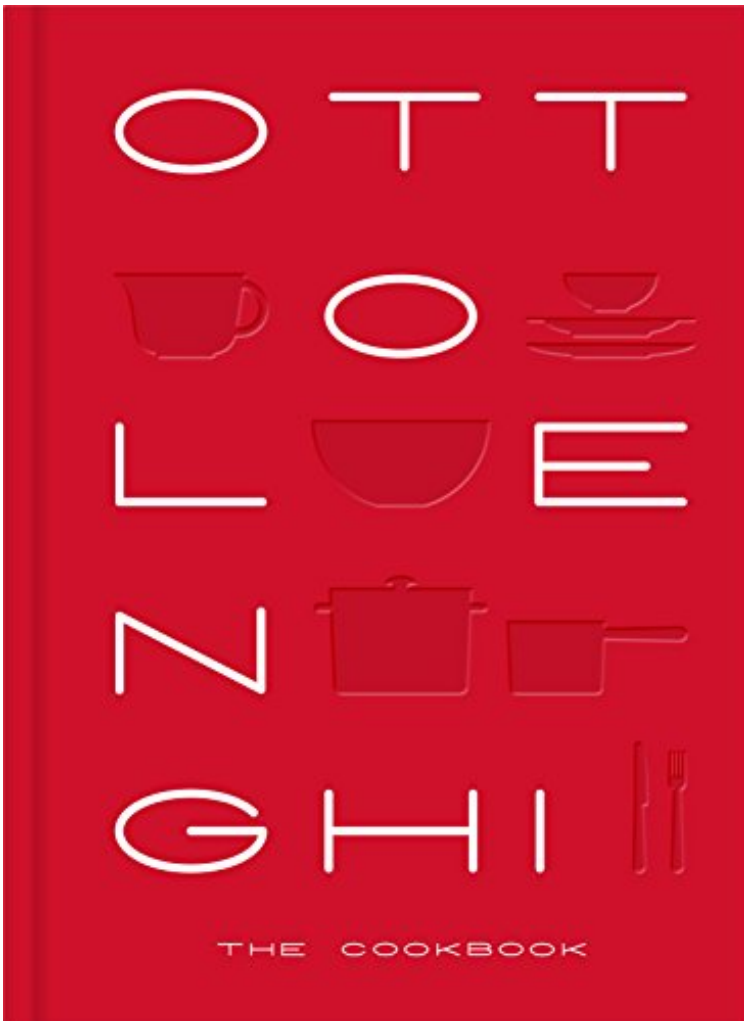


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Ottolenghi: The Cookbook



*Par Yotam Ottolenghi, Sami Tamimi
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(Mobile pdf) Ottolenghi: The Cookbook

Par Yotam Ottolenghi, Sami Tamimi :
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Description :

Prsentation de l'diteur'Ottolenghi changed the way we cook in this country just as surely and enduringly as Elizabeth Davids A Book of Mediterranean Food had in 1950. It brought into our kitchens bold flavours, a vivid simplicity, a spirited but never tricky inventiveness and, above all, light. Nigella LawsonInspired by their childhoods in West and East Jerusalem, Yotam Ottolenghis and Sami Tamimis original cookbook Ottolenghi: The Cookbook showcases fresh, honest, bold cooking and has become a culinary classic. Yotam and Sami's inventive yet simple dishes rest on numerous culinary traditions, ranging from North Africa to Lebanon, Italy and California. First published in 2008, this new updated edition revisits the 140 original recipes covering everything from accomplished meat and fish main courses, through to healthy and quick salads and suppers, plus Ottolenghi's famously delectable cakes and breads.A new introduction sheds fresh light on a book that has become a national favourite.Ottolenghi is an award-winning chef, being awarded with the James Beard Award 'Cooking from a Professional Point of View' for Nopi in 2016, and 'International Cookbook' for Jerusalem in 2013. In 2013 he also won four other awards for Jerusalem. Praise

for Ottolenghi: [A] book that has barely left my kitchen the fact that Yotam Ottolenghi and Sami Tamimi have been generous to put their recipes in a book is something I had long dreamed of Nigel Slater, The Observer Magazine Possibly the best cookery book I have ever owned. The recipes are well-tested and produce results that will astound your taste buds. Try the aubergine-wrapped ricotta gnocchi with sage butter, the chicken with three-riced salad or their famous meringues and you'll know just what I mean. Caroline Jowett, Daily Express A wonderful book for vegetarians and cake lovers alike Bee Wilson, Sunday Times Extra

Our food impulse We wanted to start this book with the quip, If you don't like lemon or garlic skip to the last page. This might not be the funniest of jokes, but, considering lemon and garlics prevalence in our recipes, it is as good a place as any to start looking for a portrait of our food. Regional descriptions just don't seem to work; there are too many influences and our food histories are long and diverse. True, we both come from a very particular part of the world Israel/Palestine with a unique culinary tradition. We adore the foods of our childhood: oranges from Jericho, used only to make the sweetest fresh juice; crunchy little cucumbers, full of the soils flavors; heavy pomegranates tumbling from trees that can no longer support their weight; figs, walnuts, wild herbs.... The list is endless. We both ate a lot of street food literally, what the name suggests. Vendors selling their produce on pavements were not restricted to farmers markets. There was nothing embarrassing or uncouth about eating on the way to somewhere. Sami remembers frequently sitting bored in front of his dinner plate, having downed a few grilled ears of corn and a couple of busbusa (coconut and semolina) cakes bought at street stalls while out with friends. However, what makes lemon and garlic such a great metaphor for our cooking is the boldness, the zest, the strong, sometimes controversial flavors of our childhood. The flavors and colors that shout at you, that grip you, that make everything else taste bland, pale, ordinary, and insipid. Cakes drenched with rose-water-scented sugar syrup; piles of raw green almonds on ice in the market; punchy tea in a small glass with handfuls of mint and sugar; the intense smell of charred mutton cooked on an open fire; a little shop selling twenty types of crumbly sheep and goats milk cheeses, kept fresh in water; apricot season, when there is enough of the fruit lying around each tree to gorge yourself, the jam pot, and the neighborhood birds. These are the sources of our impulse. It is this profusion of overwhelming sensations that inspires our desire to stun with our food, to make you say wow! even if you're not the expressive type. The colors, the textures, and finally the flavors that are unapologetically striking.

----- Sweet potato galettes makes 4 Spicy, sweet, and punchy, baked fresh and served warm, this is the sort of starter that can precede almost anything. The generous sour cream base and the lightness of the puff pastry carry the sweet potato easily without the risk of a carb overdose. Serve with a plain green salad. 3 sweet potatoes, about 12 oz / 350 g each 9 oz / 250 g puff pastry or recipe Rough puff pastry page 280 1 free-range egg, lightly beaten 6 tbsp / 100 ml sour cream 3 tbsp / 100 g aged goat cheese 2 tbsp pumpkin seeds 1 medium-hot chile, finely chopped 1 tbsp olive oil 1 clove garlic, crushed 2 tsp chopped flat-leaf parsley coarse sea salt and freshly ground black pepper 1 Preheat the oven to 400F / 200C. Bake the sweet potatoes in their skins for 35 to 45 minutes, until they soften up but are still slightly raw in the center (check by inserting a small knife). Leave until cool enough to handle, then peel and cut into slices 1/8 inch / 3 mm thick. 2 While the sweet potatoes are in the oven, roll out the puff pastry to about 1/16 inch / 2 mm thick on a lightly floured work surface. Cut out four 2 by 5-inch / 7 by 14-cm rectangles and prick them all over with a fork. Line a small baking sheet with parchment paper, place the pastry rectangles on it, well spaced apart, and leave to rest in the fridge for at least half an hour. 3 Remove the pastry from the fridge and brush lightly with the beaten egg. Using an icing spatula, spread a thin layer of sour cream on the pastries, leaving a 1/4-inch / 5-mm border all round. Arrange the potato slices on the pastry, slightly overlapping, keeping the border clear. Season with salt and pepper, crumble the goat cheese on top, and sprinkle with the pumpkin seeds and chile. Bake for 20 to 25 minutes, until the pastry is cooked through. Check underneath; it should be golden brown. 4 While the galettes are cooking, stir together the olive oil, garlic, parsley, and a pinch of salt. As soon as the pastries come out of the oven, brush them with this mixture. Serve warm or at room temperature.

Revue de presse "Britain's most eagerly awaited cookbook" (The Guardian) "Yotam Ottolenghi and Sami Tamimi...are purveyors of some of the city's most beautiful food. In this sleek, good-looking volume they spill the beans on some of their best known dishes. It's very modern, very metropolitan... in the vein of the River Cafe and Moro books - and we suspect it will be just as popular with London farmer's market shoppers this summer" (Time Out) "Set to be the al fresco bible for summer" (ES Magazine) "There's something irresistibly beautiful about the food at Ottolenghi and the book to accompany the cafes is as seductive: vivid flavours, bright colours and smart, simple ideas for food that mixes middle eastern and Italianate tastes." (Nigella Lawson Delicious) "Gorgeous,

healthy recipes...a wonderful book." (Sunday Times' Culture)