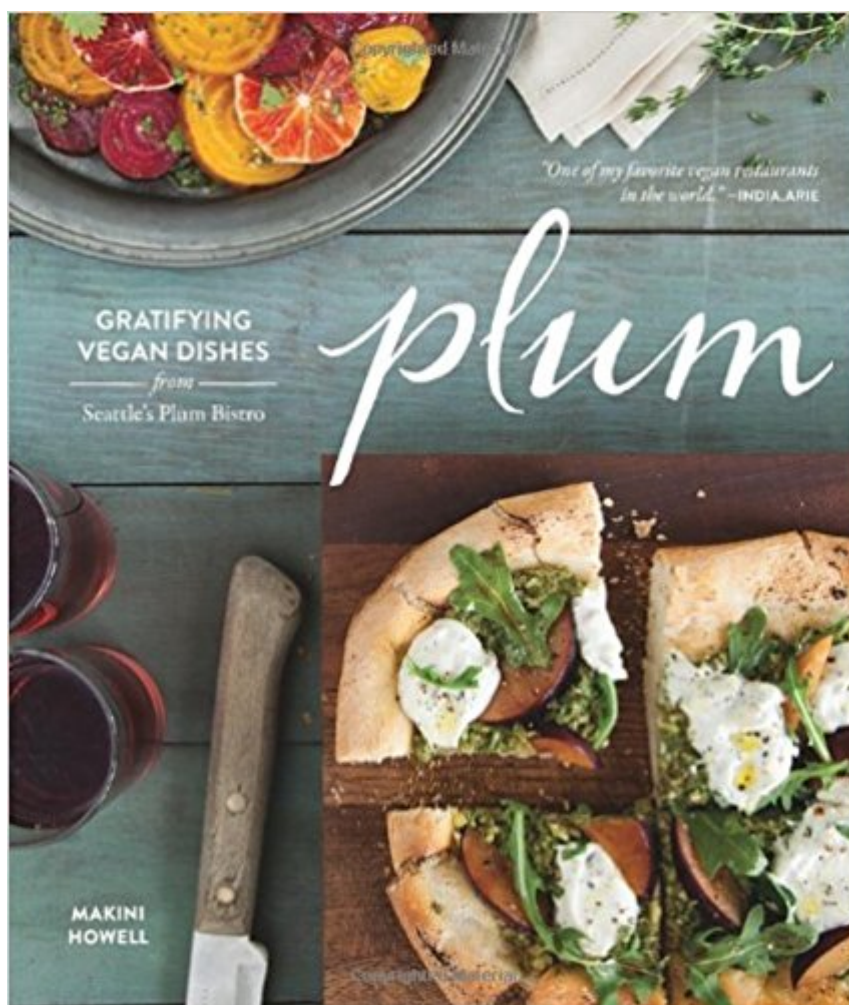


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# Plum: Gratifying Vegan Dishes From Seattle's Plum Bistro



## Synopsis

Plum Bistro, Seattle's wildly popular vegan restaurant, is known for its delicious and innovative vegan recipes using local ingredients. Sure to please both vegans and meat-eaters, this cookbook features Plum's flavorful, comforting dishes for brunch, soups, salads, entrées, desserts, and more. This photo-filled book features 60 recipes, including Pesto Plum Pizza, Good Old-Fashioned French Toast, Barbecue Oyster-Mushroom Sliders, Fresh Blueberry Shortcake, homemade vegan pasta, and more. Bring home delicious vegan cuisine with the Plum cookbook!

## Book Information

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## Customer Reviews

"We so appreciate the wonderfully creative recipes in this very beautiful cookbook! The importance of delicious vegan food helps pave the way for those who desire to make the transition from the standard animal-based diet." —Joaquin Phoenix, Academy Award-nominated actor and activist; Summer Phoenix; Rain Phoenix; and Liberty Phoenix "Makini Howell's cookbook will prove to anyone just how delicious vegan cuisine can be. Her food is flavorful, fresh, and mouthwatering. A must-have for anyone who loves to eat. This is a cookbook I will be buying for my friends and family." —Kim Barnouin, co-author of the New York Times Best Seller, *Skinny Bitch* "The food at Plum Bistro is comfort food, fresh food, tasty and innovative food: a testament to the talented and driven owner and head chef, Makini Howell. It's one of my favorite vegan restaurants in the world." —India.Arie, Grammy Award-winning singer/songwriter "What Makini does at Plum and as a personal chef is creative, innovative, and satisfying. . . . Instead of seeing veganism as a restriction, she has her own

style. I never feel like I am missing anything." **•Common, Grammy Award-winning actor, author, artist, and activist**"Makini Howell's food defies convention. Yes, it's vegan, but many dishes are so rich and succulent, guests at her table sometimes wonder if she slipped up and mixed in a drop of cream or a dollop of butter. . . . Reflecting the matter-of-fact, easy generosity of Makini herself, this book is chock-full of recipes that make creating a vegan table a piece of (egg-free) cake."

**•Rachel** "Lincoln Sarnoff, former Executive Director/CEO at Healthy Child Healthy World" "I dare you to open this cookbook from Seattle's Plum Bistro to any page and not think the recipe you find there is completely irresistible. Tiramisu pancakes? Check. Cauliflower bisque with fresh fennel? Yes, please. Black plum and ginger sorbet? Oh, you know it. Chef Makini Howell's recipes are vibrant, wholesome, and absolutely popping with all the fresh flavors of the season. ...Oh, and did I mention they're all vegan?"

**•The Kitchen** "I'm not vegan but I love Plum: Gratifying Vegan Dishes from Seattle's Plum Bistro... This book is filled with vibrant vegetable dishes and interesting takes on traditional dishes, such as basil soy ricotta. I can't wait for summer so I can have grilled plum and jicama salad with radicchio. There's a great technique for making egg replacer in this book that might be worth the price alone. And, much of the book is naturally gluten-free."

**•Gluten-Free Girl and the Chef** "From Seattle food icon Makini Howell comes this much-anticipated cookbook, a luscious volume of recipes from the author's family-owned restaurant, Plum Bistro. Howell's cooking is all about simple, fresh, and local, and this photo-filled book...showcases such delights as Pesto Plum Pizza, Barbecue Oyster-Mushroom Sliders, and Fresh Blueberry Shortcake. Let the mouthwatering commence."

**•VegNews** "Celebrated chef, restaurateur and the author of the cookbook Plum: Gratifying Vegan Dishes from Seattle's Plum Bistro, Makini Howell imbues everything she touches with good taste."

**•Laika** "[Makini Howell's] vision for Plum was to have a place where vegans and omnivores could come together in one community and leave feeling completely satisfied. Out of this restaurant came the cookbook Plum, full of inventive vegan dishes that are bursting flavor and fun to make. The range of recipes in Plum allow you to put together a variety of elegant meals for yourself, your family or even a night of entertaining. Peppered with beautiful color pictures and easy to follow instructions Plum is a great cookbook for novice cooks yet is creative enough to satisfy a more seasoned kitchen warrior."

**•Eco Vegan Gal** "...no matter your level of comfort in the kitchen there is something for you to make in Plum. This range of recipes is great for new and seasoned vegans alike, a rookie vegan could easily grow with this book, graduating from referencing staples and making mac-n-cheese to crafting seitan roasts and tempeh filets. I

wish we'd had this book when we first stocked our vegan pantry!"

- Chickpea Magazine"The book is beautiful to look at. Understated yet swathed in texture and light, photographer Charity Burggraaf brings Howell's dishes within close reach. The pages are filled with Howell's honest straightforward recipes that are as cutting edge as they are personal. I imagine a seat at Plum Bistro reflects the same sentiment. Bold flavors, traditional techniques, and fresh ingredients for everyone who loves to eat and cook, vegan or otherwise."
- Art & Lemons"...a good collection of recipes for the enthusiastic home cook to make and enjoy."
- The Vegetarian"You don't have to be a vegan to love these healthy creations from the famous Plum Bistro."
- Examiner.com"This colorful vegan cookbook from Seattle-based Plum Bistro captures the spirit and passion of chef, owner, and life-long vegan Makini Howell with her recipes for vegan spins on pantry essentials, breakfast favorites, small plates, mains utilizing tofu, tempeh, and seitan, and desserts. Many of the recipes are also gluten-free and soy-free, but the book's luscious photos are sure to whet anyone's appetite, dietary restrictions or no."
- Portland Monthly"The vegan chef makes it look easy, with chapters on replacements for conventional staples (egg foam, anyone?), a helpful dissection of meat substitutes, and even a few mostly raw dishes for those in transition. Highlights: tostadas with spicy strawberry avocado relish, and balsamic tofu with white bean sauce and agave pumpkins. Most recipes are soy and/or gluten free and definitely aren't all broccoli and turnips; expect recipes for sinful yet morally sound treats like tiramisu pancakes and tempeh vermouth."
- Seattle Metropolitan"...vegans and omnivores alike delight in vibrant photos and 60 innovative recipes that instruct readers how to concoct their own healthful meals at home using fresh and local food."
- Capitol Hill Times"These recipes are for dishes full of flavour, texture and colour. Oh, and they're vegan."
- The Montreal Gazette"At first glance, this cookbook is gorgeous. Beautiful, colorful pages filled with delicious and fresh looking food. It is broken up into sections ranging from fundamentals, beginnings, small plates, salad & soups, transitional raw, tofu, tempeh & seitan, pasta, grains and dessert; there is nothing lacking in this book. Even a dog treat recipe in the back (which pretty much won me over). ...this has to be one of my favorite cookbooks of the year. It is one beginning and seasoned cooks will enjoy; I know I will be planning meals out of Plum for years to come."
- T.O.F.U. Magazine
- "For your vegan (or not vegan) friends."
- Red Lips + Tortilla Chips

Makini Howell has been passionate about creating a chic dining experience that appeals to vegans, foodies, and omnivores alike since her days of living in New York City working as a men's denim

designer. In 2005 she moved back home to Seattle with the goals of redirecting her family's restaurant business and creating a new perception of veganism. Makini is focused on using organic and non-GMO seasonal produce and herbs from family-owned farms in combinations that are both comforting and unexpected. As an entrepreneur she has developed a sustainable business model using what the earth provides to supply wholesome, nourishing food.

This is one of the most beautiful cookbooks I own. Gorgeous photos, nicely spaced text, and very sturdy. I think this book might last me forever! I bought it because I loved visiting Plum Bistro in Seattle and was hoping to recreate some of my favorite dishes at home. As others have noted, the Mac n' Yease is nowhere to be found, which is really heart breaking, but I thankfully found new favorites to enjoy out of my kitchen. Once I had the Basil Soy Ricotta made, I could cook so many things! The Peppered Agave Figs rocked my vegan cheese plate, and the Pesto Plum Pizza was the simplest, fanciest pizza to ever come out of my oven. It tasted like pure summer bliss. The rest of the ricotta complimented heirloom tomatoes on sandwiches and appetizers. It's nerve-wracking to a new chef to be told to use a specific ingredient and being unable to find it, so I really wish Makini gave that a little more thought before recommending packaged ingredients you can only get in Seattle. I was concerned that I couldn't find the extra-firm silken water-packed tofu she recommends to make the Basil Soy Ricotta, but was successful (I think? I have nothing to compare it to) using Wildwood's silken water-packed tofu. So don't be deterred if you can't find specific ingredients. If you're even slightly close, despite her warnings on substituting, I think you'll still have a delicious meal. Her recipes are simply elegant, and I will turn to "Plum" again and again when I want to elevate my cooking.

I enjoy Plum Bistro as a resident of Seattle. They make you feel like you're eating at a gourmet restaurant, and for people who aren't Vegan like me, you don't miss the dairy or meat! The recipe book has a wide variety of recipes for breakfast, sides and dinner. I just received the recipe book and I'm excited to start cooking! My ONLY issue is the lack of photos for the number of recipes. Oh and that they don't make their own bread products, it's store bought!

The recipes are easy to follow, but the time necessary is a luxury most humans don't have in my sphere. The restaurant is among my favorite places to eat in the world (which is why it's a good thing for my wallet and waist size that I live on the opposite coast). I don't often go to Seattle, but when I do, you can be sure I'll be eating at one of their shops. If you have any desire to throw a

vegan dinner party, this is a need. And yes, every omnivore I've brought here (most kicking and screaming and wishing I didn't have hold of their hair) has remarked later how joyful the experience was after they took their first bite.

I don't usually review things on , but seeing as this book has a couple of negative reviews I felt compelled to add my 2 cents. I have never eaten at Plum Bistro in Seattle, so fans of the restaurant may need to adjust their expectations. I received this book and I must say that I am in LOVE with it. It is definitely my kind of cookbook, fancy yet simple if that makes sense. I've made these three things so far: grilled spelt pizza w/ pears and ricotta, blue corn pizza w/ pesto-grilled heirloom tomatoes & ricotta, and raw tostadas w/ spicy strawberry avocado salad and cilantro relish. Words can't explain how much I adore these 3 recipes and how much I am looking forward to making more from this book. My favorite of the 3 is probably the pear pizza, but each dish is delicious and unique. I love the way this chef knows just how to incorporate fruit into a savory dish, without the dish becoming too sweet or the fruit becoming over-bearing. Each dish was full of flavor, yet the ingredients were all relatively simple and easy to find at the market. The flavors in each thing married perfectly and the worst part was trying not eat everything at once....one bite being better than the next. And everything seemed so fancy! Grilled pears and ricotta....blue corn pizza crust--which, btw, is wonderfully tender and tasty. (Arrowhead Mills makes blue cornmeal if you're wondering). The raw tostadas are not totally raw, but are 90% there and are delicious. I am generally not a huge raw fan, but these were just delicious perfection. Another thing I like about this book is that if you make up batches of the ricotta and pesto, you can use them for multiple recipes throughout the book so your leftovers don't go to waste. They are also both very easy to make and adaptable to what you have. I have heard some complaints that this book calls for a few ingredients from Plum or that are Plum brand. Well, I used the tofu I had on hand for the ricotta, which was not what the recipe called for. I used my common sense to decide whether my extra firm water packed tofu would suffice and the adapted recipe worked beautifully--so much so that I may never follow the actual recipe exactly. So, when the book calls for Plum's smoked tofu or for jerk tofu, here's an idea....smoke or jerk your own 'fu! It's very easy and if you don't have a smoker or any ability to smoke the tofu, then simply bathe the tofu in a smokey marinade of liquid smoke and a few other ingredients and bake it in the oven. It's not difficult at all. Same thing with making it jerk, make or buy the seasonings, marinate the tofu and bake it up. Bam, no need for Plum brand if you don't have access like I don't. Maybe people would like it better if the book offered up a DIY recipe, but I consider myself a seasoned cook so I don't really worry about stuff like that. This isn't really a great

cookbook for a beginning cook, vegan or otherwise. This is one of those books you get when you're a little tired of the same old/same old vegan cookbooks that are out there. There are a ton of wonderful ones out there, but many of them have recipes for the same stuff and I think a lot of them lack the creativity and complexity that this book DOES have. It's refreshing to receive a vegan cookbook made for a "foodie" type person and that's what this book is. This book is also NOT for people who are sensitive or allergic to soy. The whole first part of the book introduces dairy replacement recipes which are mostly made out of soy. I have no problem eating healthy, minimally processed soy in moderation, so this is not something I mind at all. I hope food lovers and adventurous vegan cooks looking to raise the bar a little give this great book a chance to wow you like it did me!

We ate at this restaurant recently during a trip to Seattle and loved the food. Thanks for a great recipe book with prompt delivery and a wonderful used book.

Great recipes. Very tasty!

I have been to the restaurant in Seattle and was amazed by the food. When I heard they will have a cook book, I wanted it. I tried several recipes so far and they were all good (some of them need a long preparation time, but the taste pays back). UNFORTUNATELY the recipe from the famous and super delicious 'mac'n yeas' you get in the restaurant is not included (but a very good one with thyme). Also other good dishes are missing, that's why I just can give 4 stars, because it is disappointing, if you do not live around the corner to go there, than you buy their book to make it at home and the important/signature dishes are not included. But besides that the food is GOOD!!

Not being a vegan, I bought this book for some of the grain salad recipes included in it. They didn't disappoint.

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