



# Good Times

A newsletter for all the favorite guests & friends of Salty's Restaurants in the Pacific Northwest.



## Biggest crab feast, tiniest prices. Get crackin'.

### Dungeness Crab Fritters with Red Pepper Remoulade and Cabbage Slaw only \$13.95 dinner or lunch:

Call them fritters or beignets, people love 'em the world over. Fritters are savory doughnuts aka beignets (pronounced ben-yey), which means fried dough. We make them fresh per order with a batter of Dungeness crab, flour, egg, butter-milk, more crab, baking powder, baking soda, more crab, fresh thyme, dry mustard and salt. The dippin' remoulade is a French base sauce made with aioli, roasted peppers, anchovies, mustard, horseradish, capers, paprika, onion, lemon

juice and salt. It's chunky and it takes mayo to a whole new level. This dish is a complete meal with a side slaw of red cabbage, green cabbage, red onion, green onion, celery seed, mayonnaise, malt vinegar and salt. Yum! Find our fritters recipe at Saltys.com.

### Snow Crab \$19.99 or Dungeness Crab \$24.99 with Roasted Potatoes and Seasonal Veggies—Sundays and Mondays only in January:

One pound of totally scrumptious crab legs, steamed and served with drawn butter (while supplies last).

**Chardonnay and Champagne are teaming up to deliver just the**

### right complement to the crab dishes coming to your table during our January Crab Festival.

No, not in the same glass! We are suggesting you order three-ounce samplers of each so you can get the full experience of a perfect food-wine pairing. Creamy Chardonnay with layers of buttery lemon and a pinch of vanilla will make our crab buttery and sweet, while the Champagne bubbles will refresh your palate and add a touch of lime and lemon to crab's delicate flavors. It is a sommelier-certified cycle of fun for your tongue. Make reservations at Saltys.com or call us.

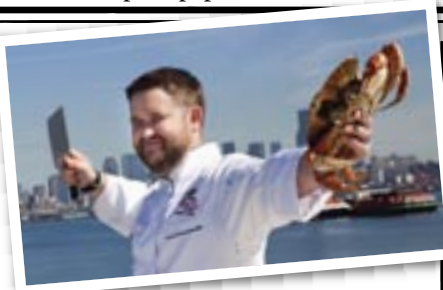
### SEATTLE AND PORTLAND

—One of our resolutions for the New Year is to eat more crab! So, come get crab happy with us in 2010 and start the New Year off right. It's our biggest crab feast of the year in January! Salty's chefs have two dishes you can't live without. Of course, our sommeliers have wine suggestions, too.

## Alki chef's blog.

### By Chef Jeremy McLachlan

SEATTLE—When I was a young lad I couldn't fathom this year—where are the flying cars? Ha! At least you can count on Salty's in the New Year. We are celebrating our Crab Festival, and this year marks a record-breaking catch of Dungeness crab off the Washington and Oregon coasts. When the supply is high we get great prices, so we will offer you special dishes at great prices (see all about them above). We will also feature Golden King Crab legs poached in butter at Alki. The taste is a little milder but still has that wonderful sweetness of its cousin, King Crab.



I pride myself on helping charities in the Seattle area, and I have two good causes coming up. The first is South Seattle Community College's Gifts from the Earth Gala on Saturday, January 30—an event dear to my heart because all the proceeds go to their culinary program. I get to work with the students on a lavish nine-course meal for attendees. Our accounting manager (and my wife) Maggie McLachlan came up with a brilliant menu concept to celebrate the last century. I'm calling my menu "Feel Famous for One Night!" It's a nine-course menu (see box left) representing the most famous people of the twentieth century such as Mother Teresa, Princess Diana and John Lennon. You don't want to miss my menu so go to [Southseattle.edu/foundation/gifts-fromtheearth](http://Southseattle.edu/foundation/gifts-fromtheearth) for tickets at \$175 per person.

The second event is the Seattle Food & Wine Experience on Sunday, February 28. This will be a huge gathering of the city's best chefs and will feature over 1,000 wines at the Seattle Center Exhibition Hall. It benefits the Beecher's Flagship Foundation program known as Pure Food Kids. Visit [www.seattlefoodandwine-experience.com](http://www.seattlefoodandwine-experience.com) for tickets at \$49 per person.

I look forward to cooking for you in the New Year!

## Plum Pudding (aka Christmas pudding).

### By Alki Pastry Chef James Gibson

Our guests love this pudding and keep asking me for the recipe. Here it is and, if you don't want to try this at home, it's on our menu at Salty's on Alki in January. This is also on our web site Saltys.com.

Serves 10-15  
 ½ pound Dried Currants  
 ½ cup Brandy  
 3 slices White Bread  
 ½ cup Apple Cider  
 ½ pound Dark Raisins, Finely Chopped  
 ½ cup Candied Orange Peel, Finely Chopped  
 ½ cup Candied Lemon Peel, Finely Chopped  
 ½ pound Walnuts, Finely Chopped  
 1 cup All-Purpose Flour  
 1 teaspoon Baking Soda  
 1 teaspoon Salt  
 1 teaspoon Cinnamon, Ground  
 ¼ teaspoon Nutmeg, Ground  
 ¾ teaspoon Mace, Ground  
 6 ounces Suet, Ground  
 1 cup Dark Brown Sugar  
 3 large Eggs, Beaten  
 1/3 cup Black Currant Jam

(1) Soak the currants in brandy and half of the apple cider for 30 minutes. Soak the bread slices in other half of the apple cider.  
 (2) Oil a two-quart casserole dish or pudding mold.  
 (3) Pre-heat oven to 300 degrees F.  
 (4) In a bowl, combine the fruit and nuts, including the peel.  
 (5) Sift the flour, baking soda, salt and spices and add to the fruit mixture.  
 (6) Add the remaining ingredients and mix for 10 minutes with a wooden spoon.  
 (7) Place in greased two-quart casserole dish and cover with foil.

(8) Place in a sheet pan with water on the bottom of the sheet pan so the pudding does not burn on the bottom.  
 (9) Put into oven and cook for 4 to 5 hours. Keep adding water throughout this time.  
 (10) Let stand for 2 hours then place in refrigerator.

### Re-Heating Instructions

(1) Place scoops of pudding in individual bowls and then microwave for 2½ minutes or heat in a water bath (like you made it in originally) at 300 degrees F for 2 hours covered.  
 (2) Top with hard sauce and brandy sauce (recipes follow).

### Hard Sauce

Makes 1 Cup  
 ½ cup Unsalted Butter  
 1 cup Sifted Confections Sugar  
 ½ a Large Egg Yolk  
 2 tablespoons Heavy Cream  
 2 tablespoons Cognac

1) Whip the butter and the sugar together until smooth and creamy.  
 2) Beat in the egg yolk, cream and cognac.

### Brandy Sauce

Makes 1 Cup  
 ½ cup Heavy Cream  
 4 tablespoons Unsalted Butter, Room Temperature  
 ½ cup Sugar  
 2 Large Egg Yolks, Lightly Beaten  
 2 tablespoons Cognac  
 (1) In a small saucepan bring the cream to a boil.  
 (2) Stir in the butter and the sugar.  
 (3) Pour some of this mixture into the egg yolks one tablespoon at a time while whisking to prevent curdling.  
 (4) Return mixture to the saucepan and simmer, whisking constantly until thickened. DO NOT BOIL.  
 (5) Remove from heat and stir in Cognac.

### Feel Famous for One Night!

- 1st Course (Cocktail)  
 Franklin Delano Roosevelt—  
 Rum Spritzer
- 2nd Course (Light Appetizer)  
 Mother Teresa—Pizza à la Finocchio
- 3rd Course (Heavy Appetizer)  
 Elvis Presley—Peanut Butter &  
 Banana Monte Cristo
- 4th Course (Soup)  
 Gandhi—Aloo Dum  
 (Curry with Potatoes & Peas)
- 5th Course (Salad)  
 Princess Diana—  
 Stuffed Eggplant Salad
- 6th Course (Light Entrée)  
 Albert Einstein—  
 Fettuccine Carbonara
- 7th Course (Heavy Entrée)  
 Sir Winston Churchill—Roast Beef  
 with Yorkshire Pudding
- 8th Course (Dessert)  
 Martin Luther King Jr.—Pecan Pie
- 9th Course (After-Dinner Drink)  
 John Lennon—Coffee

# Good for you!

Crustaceans are comprised of nearly 52,000 species. Our favorites include crab, lobster, prawns and shrimp. Talk about creatures with a healthy lifestyle, we could all learn a lesson from them. They are aerobic athletes akin to backpackers. Think about it, they hike everywhere they go and not only that they carry their entire house on their back. No wonder they are so low in fat with all that exercise.

The other classification of shellfish is the mollusk family, which includes clams, oysters, mussels and scallops with about 93,000 species all told. They are also the epitome of fitness freaks. They are gym rats that spend their entire day doing heavy weight lifting. Every move they make requires the raising and lowering of two huge weighty shells. These shellfish are nearly pure protein—after all their exercise there is hardly any body fat left. The fats that they do contain are actually good for you. A typi-

cal prawn cocktail has only one-third the calories of a similar amount of ground beef. They are extremely low in saturated fat and are an especially good source of the highly touted omega-3 fatty acids, which help promote heart health. Vitamins and minerals are abundant as well, especially iron, B12, copper and zinc. Most species exceed the daily B12 requirement by nearly 200 percent and B12 is essential for nerve health, energy production and red blood cell development. Copper, which squid, lobster and oysters are very high in, helps with collagen production, red blood cell health and energy. Iron, which clams in particular are extremely high in, is important for good blood cells and energy. Zinc content is also high and, in this area, oysters reign supreme. A serving of oysters supplies more zinc than our entire daily recommended intake.

What about cholesterol? We've heard that shellfish are

high in the dreaded stuff but clams, mussels and scallops have about half as much cholesterol as chicken. New technology has allowed us to differentiate between cholesterol and molecules that look like cholesterol that shellfish actually contain. These masked marauders have been posing as cholesterol but do good things for your health instead. It turns out that what really raises your cholesterol is saturated fat and there is so little of that in shellfish you can truly consider it a non-issue.

High protein, low fat, omega-3 fatty acids and a great abundance of vitamins and minerals are in our precious shellfish. Eating a variety of delicious shellfish is a wonderful way to take good care of your self. Shellfish varieties of seafood are truly health food!

Hope you can join us in January for our Crab Festival or come in February for our Shellfish Festival!



Gerry & Kathy Kingen, Salty's Owners

## Why we love shellfish!

By Kathryn Hilger Kingen

The winter months are the season of the year when great catches of fresh shellfish hit the market. At Salty's we like to celebrate by offering them to you in delicious and creative dishes.

Shellfish are very diverse and include a vast number of species. They are broken down into two simple classifications—crustaceans and mollusks.

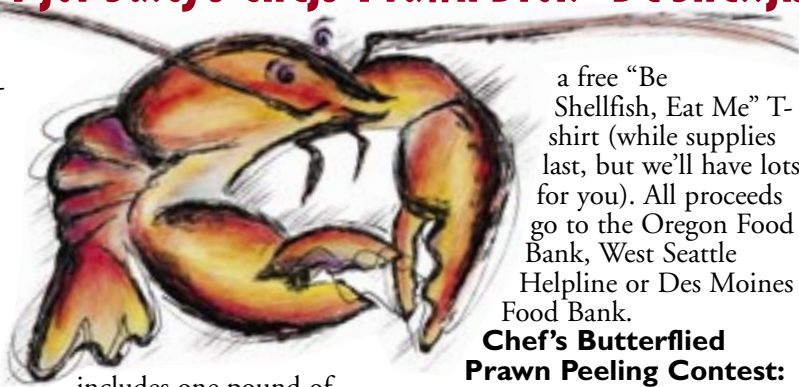
# Save the date Feb. 4 for Salty's Chefs' Prawn Broil "Be Shellfish, Eat Me" Festival.

SEATTLE AND PORTLAND—

Save the date! Salty's "Be Shellfish, Eat Me" Festival is going full steam ahead from January 28 to April 28, 2010 at all three locations in Seattle and Portland. It's a culinary adventure celebrating lobster mania, colossal prawns and shrimp, paired splendidly with local wine and brew. And you're invited to a special kick-off event on February 4: Salty's Chefs' Outdoor Prawn Boil.

## Chefs' Prawn Boil "Get Your Paws on Our Claws" Thurs. Feb. 4, 5-8 p.m.

Even in the dead of winter, Salty's chefs will be outside on their waterfront decks boiling prawns in pickling spice, Tabasco, Worcestershire and lemon. But you get to enjoy these plump, flavorful prawns inside, with an assortment of sauces—cocktail, aioli, tartar and, of course, drawn butter. The \$19.95 buffet dinner



includes one pound of prawns, a pint of beer, freshly baked bread, Salty's world-famous Signature Seafood Chowder and Twisted Caesar Salad. Bring your appetite and we'll supply the bibs! Prawn refills are \$10 each and beer refills are \$5 (yes, you can order wine instead).

## Games You Can Play at the Prawn Boil to Help Raise Funds for Local Food Banks

Thurs. Feb. 4, 5:30-7p.m.

Anyone caught having fun playing these games will receive

a free "Be Shellfish, Eat Me" T-shirt (while supplies last, but we'll have lots for you). All proceeds go to the Oregon Food Bank, West Seattle Helpline or Des Moines Food Bank.

## Chefs' Butterflied Prawn Peeling Contest:

You have 60 seconds to peel more prawns than our chef and win a brunch-for-two gift card. Entry fee is \$5.

**Bottle Toss:** Can you ring a bottle? Winners receive a bottle of wine or brew. Play for just one buck!

**Dress in Pink from Head to Toe:** You must love prawns!

Win a brunch-for-two gift card. (Gift cards expire one year from date of issue; do not include tax, gratuity or alcohol).



## Don't Miss "Be Shellfish, Eat Me" Market Sheet Dishes and Wine Flights:

**The Dates: Jan. 28–Feb. 24**

- The Dish: Lobster in Angel Hair Pasta, Madeira, Roasted Shallot, Lemon, Parmesan
- The Flight: Champagne & Chardonnay 3-oz. Tasters

**The Dates: Feb. 25–Mar. 31**

- The Dish: Grilled Colossal Prawns Rubbed with Chili and Lime, Spanish Rice, Pico de Gallo & Sauce Mole
- The Flight: Riesling & Sauvignon Blanc 3-oz. Tasters

**The Dates:**

**Apr. 1–Apr. 28**

- The Dish: Lobster and Shrimp

Stuffed Salmon with Tomato Beurre Blanc

- The Flight: Riesling & Sauvignon Blanc 3-oz. Tasters

# Winter brewer's dinner at Redondo Beach is with Widmer Bros. Brewing Co.



ORDINARY BROTHERS  
EXTRAORDINARY BEERS

REDONDO BEACH—  
Brothers Kurt and Rob  
Widmer founded Widmer

Brothers Brewing Company in 1984 in Portland, Oregon. Ever since, the brewery has created delicious American and European-style beers in the proud tradition of craft brewing. Please join us at Salty's at Redondo Beach **Friday, January 22, at 6:30 p.m.** for a fun, casual evening as we partner up with Portland's most famed brewery. Our menu is a collaboration of Chef Gabriel Cabrera's inventive cuisine and Beverage Manager Scott McDowell's keen palate for

pairing. They will discuss how and why they selected each pairing, and a brewmaster from Widmer will talk about the beers. Here's your menu:

**1st Course:** Jumbo Garlic Roasted Prawn filled with Dungeness Crab & Cheese Stuffing, Preserved Lemon & Tomato Relish, Herb Aioli, Drifter Pale Ale

**2nd Course:** Beef Short Ribs Grilled with Bourbon-Barbecue Glaze, Cucumber-Red Onion Relish, Black Beans, Drop Top Amber Ale

**3rd Course:** Jamaican Jerk Spicy Grilled Chicken, Sweet & Tangy Mango Salsa, Coconut Rice, Broken Halo IPA and W'10 Pitch Black IPA (debuts January 4)

**4th Course:** Key Lime Pie, Whipped Cream, Toasted Coconut, Widmer Hefeweizen

Call (253) 945-8248 for reservations. Attendees must be 21 or older. Cost is \$59 per person and dinner begins at 6:30 p.m. We hope to see you there!



World-Class Seafood,® Steaks, Service & Smiles!™

ON ALKI BEACH 206.937.1600  
1936 Harbor Ave SW  
Seattle, WA 98126

AT REDONDO BEACH 253.946.0636  
28201 Redondo Beach Dr S  
Des Moines, WA 98198

ON THE COLUMBIA RIVER 503.288.4444  
3839 NE Marine Drive  
Portland, OR 97211

## Redondo chef's blog.

By  
Chef  
Gabriel  
Cabrera



is presented with ponzu sauce, fresh radish, daikon sprouts and pickled ginger. Wasabi-cured sesame seeds and a drizzle of wasabi aioli garnish the plate—spicy and delicious!

Alaskan Ling Cod is back! This time it is encrusted with porcini mushrooms and lemon, then seared until crisp on the outside with a moist and flaky interior. We smother the fillet with creamy roasted mushroom ragout and serve it over Yukon Gold mashed potatoes with seasonal vegetables. A garnish of Roma tomatoes and fresh chives add freshness to finish the dish.

Well, okay, I guess I can't resist including crab in my blog this month after all! My Hawaiian Mahi-Mahi is a succulent fillet filled with cheesy crab stuffing—a combination of

REDONDO BEACH—Salty's chefs have crab on the brain since January features another month of our Crab Festival. Read all about it in the story above. Here I'll tell you about four spectacular finned fish dishes I'll be preparing. First off, let's talk salmon!

My wild Coho salmon fillet, grilled with herb-infused olive oil, is served atop braised spinach and asparagus. On the side, you'll find red

potatoes simmered in a flavorful chicken broth with shallots, apple cider vinegar, tarragon and Dijon mustard. This dish will satisfy those hungering for a comforting, straightforward winter dish.

You know I always like to throw in at least one Asian-inspired preparation and this month it is an albacore tuna steak. The tuna is grilled with ginger-infused sesame oil and served on ginger-jasmine rice. It

### Redondo live music for January.

Sat. Jan. 2—Kristina & Eva  
Fri. Jan. 8—Myles Crew  
Sat. Jan. 9—Mike Roy  
Fri. Jan. 15—Myles Crew  
Sat. Jan. 16—Johnny Smokes  
Fri. & Sat. Jan. 22-23—Paul Kroeger  
Fri. & Sat. Jan. 29-30—Cory & Mark

crab, mushrooms, herbs, Swiss and Parmesan cheeses, macadamia nuts and spinach. The fish is lightly breaded with

panko, which you probably know by now is a Japanese-style breadcrumb, and roasted. It's finished with beurre blanc and served over rice pilaf and asparagus.

So, come visit us in January to catch the tail end of our Crab Festival, or sample the delicious finned fish offerings that I'll be serving up at Salty's at Redondo Beach! Visit [Salty's.com/redondo](http://Salty's.com/redondo) for my menus.

## Columbia chef's blog.

By Chef  
Dana  
Cress



PORTLAND—For all of our seafood festivals in 2010, we are going over the top. So as you will see in January, crab is almost everywhere as we celebrate the final month of “You Crack Me Up” Crab Festival.

You may have noticed that I love taking a classic dish and giving it a new Salty's spin. This is true for my Potato Leek Crab Bisque—a hybrid of two delicious winter soups. This hearty soup is the perfect way to warm up in January on the Columbia River.

Our Dungeness Crab BLT and Chowder Cup is a great combination for lunch guests who want something that is very quick. Once again we've embellished a classic dish—a bacon, lettuce and tomato sandwich in this case—with a mound of fresh lump crabmeat. Plus a cup of our Signature Seafood Chowder is a must when you have lunch at Salty's,

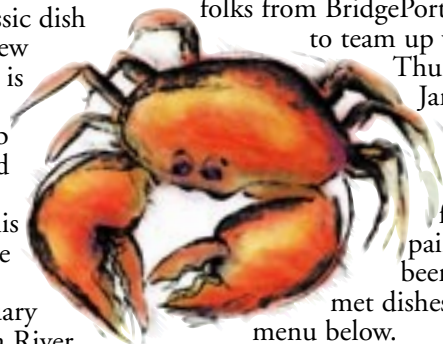
so with this option you can have your cake and eat it, too.

For a crabby entrée, try my Dungeness Crab and Spinach-Crusted Cedar Salmon served with wild mushroom confit, roasted red potatoes and finished with sauce Choron—a buttery tarragon sauce (known as Béarnaise) with tomato purée added. The luxurious crab mixture that tops the salmon consists of sun-dried tomatoes, wilted spinach, garlic, Dijon mustard, soft goat cheese, lemon and herbs. Roasting the salmon on a cedar plank adds a mildly sweet, spicy flavor to the salmon with a smoky edge.

Our Portland beermakers dinner with Pyramid and MacTarnahan's breweries was so popular that we've invited the folks from BridgePort brewery

to team up with us on

Thursday,  
January 28  
at 6:30  
p.m. for  
another  
five-course  
pairing of  
beer and gour-  
met dishes. See my



menu below.  
**Great news:** The website [Golfink.com](http://Golfink.com) named Salty's on the Columbia one of the “Top 10 Restaurants in Portland!” Apparently golfers love Salty's as much as the rest of us. Visit [www.golfink.com/list\\_14057\\_top-restaurants-portland-oregon.html](http://www.golfink.com/list_14057_top-restaurants-portland-oregon.html) for the story.

Happy New Year from all of us here at Salty's on the Columbia!

## Winter brewer's dinner in Portland is with BridgePort Brewing Co.

PORTLAND—The specialty beer movement in the Pacific Northwest began in 1984 when Richard and Nancy Ponzi, a local wine-making family, teamed up with brewer Karl Ockert, graduate of the University of California at Davis' Malting and Brewing Sciences program, to establish the 600-barrel Columbia River Brewery. Setting up shop in a three-story, century-old former rope factory (the historic Portland Cordage Company Building), in Portland's industrial NW neighborhood, they founded what is

better known today as BridgePort Brewing Company, Oregon's Oldest Craft Brewery™, and a pioneer of Oregon State's craft brewing revolution. Today, BridgePort Brewing Company is one of the top specialty brewers in Oregon, crafting over 100,000 barrels per year. BridgePort's emphasis on producing quality and innovative ales has provided it with an international following and numerous awards.

Please join us **Thursday, January 28 at 6:30 p.m.** for our winter brewer's dinner with Salty's

Chef Dana Cress, Sommelier Matthew Carter and Head Brewmaster Karl Ockert. They will talk about how our dishes for each course are a divine match with each carefully crafted beer. Here's your menu:

**1st Course:** Dungeness Crab “Cheese-Cake,” Hazelnut Mache Salad, Stumptown Tart Vinaigrette, Rogue Bleu Cheese, **BridgePort Stumptown Tart**

**2nd Course:** Roasted Piquillo Pepper Dungeness Crab Risotto Croquette, Arugula Toasted Pinenut Aioli, **BridgePort IPA**

**3rd Course:** Roasted Mushroom Duck Confit Crepe layered with Mascarpone Chestnut Mousse, Arugula Shaved Fennel Salad, Toasted Walnut Vinaigrette,

**Hop Czar Imperial IPA**  
**4th Course:** Braised Lamb Ragout with Parsnip & Smoky Black Eyed Peas, **Highland Ambush Scotch Ale**

**5th Course:** Mocha Porter Cheesecake with Maple Caramel Foam, **BridgePort Porter**

Cost is just \$65 per person for five courses and six beers. Call (503) 288-4444 for reservations.

## Redondo is serving you Seattle Thunderbirds and dinner for only \$55.



REDONDO BEACH—Salty's at Redondo is now on the Seattle Thunderbirds Roster! When you're planning game

night, you can now include the choicest three-course dinner in town. Choose one of three appetizers, entrées and desserts, all included in the game ticket for \$55 per person. We even give you a free van ride to the game at ShoWare Center in Kent. Your ShoWare seats are all premium selections.

First come to Redondo with plenty of free parking and enjoy our fabulous waterfront views along with your dinner.

After dinner we'll drive you and your friends or family to the Thunderbirds hockey game, and after the game we'll bring you back to Redondo. No waiting in line. No fuss. Just family fun! All you have to do is pick your game night:

- **Jan. 8, Fri. Everett 7:35 p.m.**
- **Jan. 23, Sat. Portland 7:05 p.m.**
- **Feb. 6, Sat. Portland 7:05 p.m.**
- **Feb. 20, Sat. Everett 7:05 p.m.**
- **Mar. 6, Sat. Spokane 7:05 p.m.**

Dinner is 4:45 p.m. for 7:05 p.m. game time; dinner is 5:00 p.m. for 7:35 p.m. game time. Tickets are on sale now for only \$55 per person (does not include tax or gratuity). Call (253) 945-8248 today.

The Seattle Thunderbirds are a junior ice hockey team based in Kent, Washington, and part of the U.S. Division of the Western Hockey League. They play in the brand new ShoWare Center in the heart of Kent.