

Salty's®
SEAFOOD
GRILLS

Good Times

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

Taste the amazing crab crab lovers love.



(except on Valentine's Day), it's the star of Salty's "You-Crack-Me-Up" Crab Festival, happening now and not to be missed, especially during **Valentine's Week**.

"King crab is the epitome of fresh delicate flavors accented with a hint of sweetness. You can say the same about Riesling. The flavors are stunning but the wine is almost weightless on your palate making it the perfect choice," says Salty's Sommelier **Tim O'Brien**. Paired with a light Cold Creek Riesling from **Chateau**

Ste. Michelle, this is the most romantic dinner in town.

"Red king crab is the most coveted crab in the world said by some to be tastier than lobster. It gets its name from the color it becomes after it's cooked (it's actually a burgundy)," says Chef McLachlan. In the U.S. king crab is synonymous with Alaska where there are several species: red, blue, golden and scarlet. Red king crab is the most highly prized.

The Salty's February "You-Crack-Me-Up" Crab Market Sheet also features **Dungeness Crab** (well, it wouldn't be a Crab Festival without it) and **Sweet Corn Chowder with Pablano Relish** (if you love

winter soup you have to try this one) and **Crab Fritters with Apple Honey and Pepper Dipping Sauce** (these are so good you must try the recipe at home if you can't make it into Salty's in February). Crab Festival Market Sheets start February 1st. See them online at www.salty.com along with recipes.

See The Alaska Fisheries Science Center for more on red king crab: <http://www.afsc.noaa.gov/kodiak/photo/crabgprkc14a.htm> or go to the Fisherman's Express web site <http://www.fishermansexpress.com/king-crab-101.html> for "King Crab 101—Lessons from a Crab Fisherman." Then make reservations at www.salty.com/reservations.

SEATTLE AND PORTLAND – "First, it's king crab from Alaska. Better yet, it's red king crab from Bristol Bay, the most succulent and flavorful. Plus, you get two full pounds of it, surrounded by roast potatoes, veggies and a dipping tub of melted butter," says Salty's on Alki Chef **Jeremy McLachlan**. At \$49.95 for two, lunch or dinner

Happy Hour spirits and treats are for light or promiscuous nibblers.

SEATTLE AND PORTLAND – Unwind after work with Salty's new cocktail menu and a selection of treats for light or promiscuous nibblers. "We named our new cocktail menu **Salty's World-Famous Apothecary Bar Menu**

because it's intended to lift your spirits," says Beverage Creator **Tim O'Brien**.

"The menu now at all three Salty's is dedicated to the *Art of the Cocktail* with fresh ingredients, flavorful spirits and innovative

recipes that you have come to expect from Salty's," he says. "We establish new classics like the **Pomegranate Martini**, the **Mojito Makeover** and Salty's **Unbridled Mai Tai**," he says. A guest favorite is the **U-Pick Lemon-drop**: Pick from a vast array of flavored premium vodkas to build a custom



Lemondrop from scratch.

There are now several Happy Hour-priced cocktails at both Redondo and Alki. "A Day at Redondo Beach" features Malibu rum, amaretto, and o.j. with a splash of grenadine for \$5.99. Alki has a Pomegranate Martini for \$6 (regularly \$8.49). In Portland, Margarita on the rocks is \$4.25. (See link to menus on web site below.)

"Of course you want to nibble along with your cocktail, and when you come during Happy Hour pricing you'll want to order several dishes and nibble promiscuously," says Redondo Chef **Gabriel Cabrera**. Cabrera recommends his home-made **Jalapeño Pepper Poppers**. So robust they're bigger than life, these peppers are stuffed

with Dungeness crab and served with a frisky red pepper remoulade that nearly reawakens the crab, all for \$6.99 (served only during Happy Hour). The Alki Café-Bar menu is renowned for its wood-oven roasted pizzas (although not available for Happy Hour) and now Redondo is jumping on board with a nine-inch **Home-made Happy Hour Pizza** served three ways: Pepperoni, Alfredo and Basil, or choose Pesto and Tomatoes for \$6.99 (only available during Happy Hour). Alki Chef **Jeremy McLachlan's** Happy Hour culinary adventures include the No.-1 hit **Korean-Spiced Kalbi Ribs** (pictured here) marinated in an intoxicating Korean barbecue sauce and served with toasted sesame sauce and scallions for \$5.75 (regularly \$9.95). "If you've never had Korean Kalbi ribs then it's high time you experience this wonder of the culinary world," says McLachlan. "To me it's the meaning of life," he says with a characteristic grin. He also recommends the Happy Hour half-order of **Seattle's Cheesiest Nachos** with red and yellow tortillas,

pulled chicken, house-made salsas with a kick and toppings galore all for \$5.50 (regularly \$8.50 half order or \$16.95 which serves two to three people). In Portland another star dish is the unimpeachably tasty **Local Asparagus Ravioli** with onions, crimini mushrooms, arugula, caramelized fennel for \$4.99 (regularly \$10.95) and with Dungeness Crab \$13.95). An all-time favorite, **Fried Blackened Calamari** with a trio of sauces for \$3.99 (regularly \$9.99), may very well be the best on the planet.



Happy Hour hours for Redondo now include Friday and Saturday 8:30 p.m. to closing. You can also come Monday to Saturday 2 to 5:30 p.m. and Sundays 5 p.m. to closing.

Happy Hour hours for Alki and Columbia are Monday to Friday 3 to 6 p.m. At Columbia, Saturday is also included.

Peruse Happy Hour and Apothecary Bar menus and live music schedules at http://www.salty.com/food_wine/bars_live_music.asp and then come into Salty's Happy Hour and feel a particular joy sipping Salty's spirits and nibbling promiscuously on Salty's culinary delights.

Eating fish aids your eyesight: Seafood = seefood.

By Kathryn Kingen,
Salty's Partner

SEATTLE AND PORTLAND – Salty's is all about seafood. We also specialize in world-class waterfront views. Sometimes we get a little carried away and spell seafood "seefood" because the fish and the view are combined in our fabulous Salty's experience. Sometimes our guests like to tell us that we have misspelled this word on our menu.

In light of recent research the question needs to be asked, Should *Webster's* consider changing the spelling to "seefood"?

Two studies recently published in the *Archives of Ophthalmology* show that eating a diet rich in fish can actually help protect our eyesight. Fish are low in fat, high in protein and an excellent source of omega-3 fatty acids. The studies, performed in the US and Australia,

show that men and women who ate fish once or twice a week, reduce their risk of macular degeneration (the greatest cause of blindness in people over 40) by 36% and 40% respectively. It isn't yet known for certain why eating fish protects our eyesight, but the speculation is that the omega-3 fatty acids richly contained in fish work to neutralize free radicals in the eye, preventing the formation new blood vessels and with reducing inflammation. These studies confirm previous research, which

gives health providers the confidence to recommend that we eat fish at least once or twice a week.

So we invite you to follow the advice of the good doctors. Come to Salty's, savor our delicious fish (our Chefs do the cooking for you), enjoy our stunning views (you'll "see" what we mean) and maybe you'll start spelling it "seefood" too.

Read more at CBS News online: http://www.cbsnews.com/stories/2006/07/10/health/webmd/main1789823.shtml?source=RSS&attr=Health_1789823.



Mintz—her words.

By Eileen Mintz, Public Relations Spokesperson for Salty's

Watch and learn! Producers **Paula Nemzek** and **Nicole Metcalf** are getting ready for **KCTS Chefs 2007** to air on February 24. Alki Pastry Chef **Jane Gibson** made her famous "Jane's Best Cake Ever" (see photo) at a taping in our pastry kitchen with KCTS Host **George Ray**. Now the viewing audience will learn the secrets of her cake! Gibson's segment will show at 11 a.m. on February 24 and again at 3 p.m. on Sunday, February 25. The program includes the promotion of the cookbook with recipes from over 200 restaurants in Washington and British Columbia. Included are recipes from Redondo Executive Chef **Gabe Cabrera** and Alki's Executive Chef **Jeremy McLachlan**. As always, isn't it great to support public television through eating? See <http://www.kcts.org/weekend/kitchen/chefs/about/index.asp> for more.



AOL City Guide Winners: Many thanks for all of your votes. We greatly appreciate it. The winners are:
♦ Alki #1 Best Brunch at <http://cityguide.aol.com/seattle/bestbrunch>
♦ Alki #2 Best Restaurant with a View at cityguide.aol.com/seattle/bestrestaurantswithaview
♦ Redondo #1 Best Outdoor Dining at cityguide.aol.com/seattle/bestoutdoor-dining
♦ Columbia #2 Best Romantic Restaurant at cityguide.aol.com/portland/bestromanticrestaurants

Wine Enthusiast Awards: In their ongoing search for America's best wine-driven restaurants, *Wine Enthusiast* awarded both Columbia and Alki the "Award of Distinction" for their wine and restaurant menu. Receiving this award proudly for Columbia is Sommelier **Jason Ludlow**. He notes that Columbia was only one of two restaurants in Portland to receive this award and one of four in Oregon. Alki Sommelier of the Year **Tim O'Brien** has accepted this award for the past three years and is most appreciative for this recognition. In Washington, only 18 restaurants have won this award. For more information see www.wineenthusiast.com or their February 2007 issue.

Restaurant of the Week: **Audrey Van Buskirk** of the *Portland Tribune* named Columbia the Restaurant of the Week. Headline read "River gazers, big appetites welcomed here." She recommended Columbia because of the view through those large windows that brightens up the dark days of winter, the size and taste of the dishes and the staff that gives remarkable service. "Inside is all bright and warm, with accommodating

professional servers." "They don't stint on portion sizes," says Van Buskirk. She also commented favorably on the chunky crab cake with fennel and watercress salad and loved the wedge salad with gorgonzola dressing, bacon hunks, sliced scallions and kalamata olives. Thank you to our Portland PR Maven **Bette Sinclair** for introducing the prestigious Van Buskirk to Columbia.

Get your tickets right away! **Buddy: The Buddy Holly Story runs from February 13 to March 4 at the 5th Avenue Theater.** Two of Salty's on Alki musicians have parts in Buddy's band. I will be there opening night to catch Blue 4 Trio Drummer **Mike Daugherty** and Bass Player **Matt Weiner** perform on stage. Order tickets at www.5thavenue.org or call (206) 625-1900.

Doing good: Redondo Managing Partner **Terianne Broyles** tells me the **Muscular Dystrophy Association Lockout** is scheduled for Thursday, February 22, 10 a.m. to 4 p.m. in the restaurant. This is a crucial and fun opportunity to raise funds for an important cause. Thank you to all the volunteers who will participate. Find out more at <http://www.mda.org/local/postal-code=98126&submit=find>, and to get involved call **Anna Feno** at the local MDA office at (206) 283-2183.



The team at Redondo is also putting together a bowling fundraiser to help hit-and-run victim Redondo Server **Chris Niemeyer**. Date of the event is to be decided. Call Terianne Broyles at (253) 946-0636 if you'd like to help with this fundraiser. For an ongoing journal on his condition see <http://www.caring-bridge.org> (select Visit and then enter "chrismiemyer" for the Site Name).

The Northwest Burn Foundation's Annual Awards Gala Dinner and Auction is March 3 at Alki. Sponsored by Horizon Air, this event supports our firefighters and honors the people who make a difference in the lives of others. The social hour and silent auction begin at 6 p.m.; dinner is at 7:30 p.m. followed by the honoree program. Cost is just \$50. To RSVP call the Northwest Burn Foundation at (206) 789-6878 by February 20. See www.nwburn.org/events.htm for more. I worked with the Washington Council of Firefighters Burn Foundation last year and they are still selling those fabulous 2007 Firefighter Calendars. Check out their site at www.firefightercalendar.com. So what if January is over – the picture is still great!



Flavors of Seattle is the premier annual fundraising event that brings Alki's Executive Chef **Jeremy McLachlan** along with 21 other chefs from the area's top restaurants together for an evening of epicurean excellence. It also raises funds for liver disease awareness, education and research. This **American Liver Foundation Pacific Northwest**



Chapter Gala is scheduled for Monday, March 5, at 6 p.m. at the Seattle Grand Hyatt. See more at http://www.liverfoundation.org/cgi-bin/dbs/chapter.cgi?db=chapter&uid=default&ChapterName=Pacific+Northwest+Chapter&view_records=1 and for price and reservations call Chapter Executive Director **Barbara Di Re** at (206) 443-3805. Don't miss out!

Save the date: If you're pro-chocolate, join me at the **16th Annual Chocolate for Choice** event to be held at Ellis Pavilion at Safeco Field Wednesday, March 8. It's an evening of unlimited access to tasty chocolates from the finest dessert makers and chocolatiers in our area. Alki Pastry Chef **Jane Gibson's** team will be handing out chocolates while Chef Gibson and yours truly judge the chocolate design contest. For more information and tickets (starting at \$50) call (206) 634-1990. The \$75 and \$120 ticket levels provide you with a box to carry out your favorite samples. For info, check out <http://www.prochoicewashington.org/event/s/choco4choice.shtml>.



Oregon's Wonder Woman Susan Sokol Blosser appeared at one of two recent food and wine dinners at Columbia (we understand she did not wear her cape). Why a wonder woman? She taught American history, knows Japanese and French, spent eight years on a school board, ran for political office, drove her own tractor, raised three children and still had time to be the President and CEO of the award-winning **Sokol Blosser Vineyard and Winery** which she and her husband built from scratch over the past 38 years. Whew, I'm tired just writing it!! *Oregon Business Magazine* once chose Sokol Blosser as one of the 100 Best Companies to work for in Oregon. Congratulations to Executive Chef **Dana Cress** and Sommelier **Jason Ludlow** (pictured left with his wife Laurie at the dinner) and their staff for these two outstanding evenings.

Also in attendance were Columbia Bartender and Server **Amy Ball** with friend **Tony Ringing** (pictured below).

Gifts from the Earth, the annual event recognizing **South Seattle Community College's Culinary Arts and Wine Studies**, was a huge success on January 27. I've been invited to taste many grand meals in my 17 years in the culinary business, but this ranks as one of the top dinners I have ever been fortunate enough to enjoy. Alki Executive Chef **Jeremy McLachlan** outdid himself when he designed a nine-course meal that included an amuse bouche of king crab, white truffle risotto, salmon with caviar atop a lighted salt box, lobster with filet

presented on an alder plank, Eastern scallops prepared three ways, plus a chocolate



box to take home and a cheese course presented beautifully on a piece of granite. The final space in our bodies was filled with espresso that included a Lemoncello mist! Working hard alongside Chef McLachlan (photo, center) was Sous Chef **Paolo-Carey DeGregorio** (left) and Pastry Chef **Jane Gibson** (right) and her son and fellow employee **James Gibson**. Alki Director of Sales **Collin Forseth** and Chef **Noah Maikisch** introduce their updated Seattle Banquets and Catering Menu at an invitation-only open house early February. Guests invited to the menu tasting include time-honored business clients and brides who vied a year in advance to schedule their wedding receptions and rehearsal dinners for the summer of 2007. Other events that are popular include retirement and birthday celebrations. The Alki group recently catered a 50th birthday party for Salty's Partner **Kathy Kingen** to much acclaim (she's pictured here with Forseth). A favorite dish

at the party was a simple jumbo prawns and king crab legs with a romesco sauce. Of course you can also hold banquets and private dining events at the Portland Salty's too. **For Banquets at Redondo Beach consider Saturday mornings which is open to events.** See http://www.saltys.com/privatedining/banquets_group_dining.asp for both Seattle and Portland private dining menus and room photos.



Winemaker **Holly Turner** of **Three Rivers Winery** and Alki Sommelier **Tim O'Brien** have set March 20 for a **Wine-maker's Dinner at Salty's on Alki** featuring the Walla Walla winery. In a recent *Seattle Times* article, **Paul Gregutt** called Holly Turner "One of a small number of winemakers who seem to have a built-in gift for balance and complexity." O'Brien says, "Her wines have been a favorite of our guests since she took over in 2002. My toughest task will be to decide which of her many excellent wines we will feature at the dinner."

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Make a date with your favorite fish for Valentine's Week.

SEATTLE AND PORTLAND – "You'll love Salty's Valentine's romance. We give you a view from virtually every table. We offer extraordinary world-class cuisine. And to top it off, perfectly friendly service," says Alki Managing Partner **Bonnie David**.

On the February Market Sheet you'll find Alaskan Red King Crab for Two, with two pounds of crab for \$49.95, a perfect choice for

Valentine's Week lunch or dinner (and for all of February). "We'll



treat you and your date like a royal couple so make a reservation today at www.saltys.com," says David.

Valentine's Day special menus for Wednesday, February 14, are found at www.saltys.com.

If you can't make it into Salty's, the next best present is a Salty's Gift Card. It's the present with a future. Buy one today at www.saltys.com/gifts.

Redondo live music.

SOUTH SEATTLE – Don't miss the live pop music at Redondo Café-Bar in February:
Thu 2/1 **Glenn Harrell**
Fri 2/2 **Paul Kroeger**
Sat 2/3 **Myles Crew**
Thu 2/8 **Darrell Data**
Fri 2/9 **Myles Crew**
Sat 2/10 **Poodlebomb**
Thu 2/15 **Billy Farmer**
Fri 2/16 **Anis**
Sat 2/17 **Justin Kausal-Hayes**
Thu 2/22 **Paul Kroeger**
Fri 2/23 **Paul Kroeger**
Sat 2/24 **Myles Crew**
Call (253) 946-0636 for reservations or go to www.saltys.com.



World Class Seafood,® Steaks, Service & Smiles!

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28201 Redondo Beach Dr. S., Des Moines, WA 98198

ON THE COLUMBIA RIVER 503.288.4444
3839 N.E. Marine Drive, Portland, OR 97211