

Salty's®
SEAFOOD
GRILLS

Good Times

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

Taste the sweetest cheeks in the sea.

By Chef Jeremy McLachlan
SEATTLE AND PORTLAND – A halibut has but only two cheeks – that's why fishermen take these sweet selections home for themselves. But we at Salty's in Seattle and Portland have tempted them to let us have enough for our guests during our March **Just for the Halibut Festival.**

While we usually launch our Halibut Festival with halibut cheeks perfectly pan-seared, this year we're doing something different. We will slowly braise the cheeks in a saffron lobster stock until they are tantalizingly tender. Then we will serve those gems atop Roasted Pepper Polenta, Fennel and Tomato Salata



for a Mediterranean flair. That's all "chef-speak" for what will arrive on your plate – a chill-chasing meal, more like a stew, on a soft and creamy polenta foundation then topped with House-Made

Fresh Ricotta – yes, we make it ourselves!

The inspiration for combining Halibut Cheeks with Polenta and Salata (salad) comes from my travels to Italy while working on our Salty's

Cookbook *Good Ciao* with Italian Chef **Roberto Russo.**

To create this dish in our kitchen we will quickly sear the cheeks to lock in their sweetness. Then we will add a saffron lobster

stock and slowly oven simmer the flavors until the cheeks have a fork-tender scallop-like texture. A dollop of butter tops this purely Pacific creation.

Crafting creamy polenta is the best. I love it. Polenta is basically grits that we cook and add a red pepper purée, whole black olives, sour cream, butter and Parmesan cheese.

Salata is a term used in a lot of world cuisine. It is basically a Mediterranean-style salad, quickly prepared with the freshest of ingredients.

To accompany the Halibut Cheeks and Polenta, we will mix a Salata of thinly shaved fennel, sliced Roma tomato, thyme, parsley, white wine vinegar, olive oil and salt then top it with fresh Ricotta. I learned to make Ricotta

in Italy and we will make our very own Ricotta fresh for you at Salty's restaurants. Ricotta is very easy to make. All you do is heat up whole milk and then add lemon juice and strain. Very easy. Very fresh.

Remember, this Halibut nirvana is available only in March. Make your reservations today online at Saltys.com and don't forget to tell your friends. If you can't make it into Salty's, find the recipe online at Saltys.com and try it at home. Let me know how it goes. I'd love to hear from you. Email jmclachlan@saltys.com (if I don't get back to you right away, I'm busy in the kitchen and ask that you please be patient!). Visit Saltys.com for more on Salty's *Good Ciao* Cookbook which is also available in our gift shops.

Washington Wine Month.

By Sommelier Tim O'Brien
SEATTLE AND PORTLAND – Each year in March, Washington winemakers ask restaurants to support their efforts by featuring their wines and holding special events that focus on their latest greatest vintage. We have had tremendous fun marketing the "local juice" to all of our guests because Washington wines are such a great value.

In 2004 we received a special award from the Washington Wine Commission for the best Marketing of Washington Wine

for our "Washington vs. The World" taste test promotion. Marketing is critical but nothing beats having the best product. We are proud supporters of the wine industry because just like Salty's you can spend a little or a lot but you won't be disappointed. The winning formula is to exceed expectations.

We have had **Hogue Cellars** as our Salty's label house wine for the past nine years because they continue to impress us year after year. I am brimming with pride reading the March edition of the *Wine Spectator* because the scores for all the Hogue 2007 wines are

through the roof. Check it out:

Hogue, Columbia Valley Cabernet, 89 points, "Bright and flavorful. A juicy focused mouthful of raspberry-tinged currant and spice flavors, finishing with velvety texture." You can get this by the glass or bottle at all Salty's restaurants in Seattle, Redondo Beach and Portland.

The Hogue Syrah, Merlot and Fume Blanc all scored 88 points and their Chardonnay received 87 points. The Hogue Chardonnay was described as "Bright and juicy with tangy lime, green apple and vaguely smokey overtones competing for attention." Drink it by the glass or bottle when you visit

Salty's.

We are thrilled to have locked up more than seven-hundred cases of 2007 vintage of Cabernet and Chardonnay, just in case your wine shop runs out. The scores by the judges are well-earned recognition and we salute all the hard-working talented people at Hogue who have been such great folks to work with. Those high scores also reinforce what our guests have told us over the years, "Nice wine, I'll have another." Music to my ears. Thanks and congratulations, Hogue Cellars. Visit them online at www.hoguecellars.com then make a reservation at Saltys.com or call us!

Milbrandt Vineyards wine dinner in Portland.

By Chef Dana Cress
PORTLAND – "Individually we are just Butch and Jerry. But when



we are working together we are like one really talented person." This is the quote you'll find on the back label of every bottle of Milbrandt Vineyards wine.

Milbrandt Vineyards is a team of dedicated, passionate individuals doing what they love, and it shows.

This is why Sommelier **Matthew Carter** and I chose them for our spring wine dinner in Portland. Milbrandt Vineyards has earned a reputation for growing some of Washington State's finest grapes. The vineyards are concentrated in the Wahluke Slope AVA and the Ancient Lakes area (currently under application for AVA) of the Columbia Valley. Their winery and tasting room is located in Prosser, Washington's Vintner's Village, but you should

come to Salty's wine dinner in Portland on April 3 and experience an evening of award-winning Milbrandt wines carefully paired with Salty's world-class cuisine.

The Menu

1st Course: Halibut Tartare, Sweet Basil Parmesan Flan, Spring Pea Bisque, Red & Yellow Pepper Coulis paired with Traditions Pinot Gris 2007
2nd Course: Duck Trio – Smoked Duck Toast, Gingered Rhubarb – Duck Confit, Marionberry Black Pepper Chutney, Sweet Potato Gaufrettes – Crispy Seared Duck, Scallion Pancake, Sweet Cherry Sauce paired with Traditions Merlot 2006

3rd Course: Filet of Beef Wellington, Roasted Garlic & Preserved Lemon Pate, Roasted Fiddlehead Ferns, Oregon White Truffle Hollandaise paired with Legacy Syrah 2005

4th Course: Chocolate Pear Frangipane Tart, Late Harvest Anglaise paired with Estates Late Harvest Riesling 2007
Milbrandt Regional Sales

Manager **Brian Patterson** will help us present our wine dinner on Friday, April 3, 2009. The cost is \$99 per person including gratuity. Seating is limited. Please call us at (503) 288-4444 for your reservations today. We look forward to serving you! See more at www.milbrandtvineyards.com.

Good for you!



Gerry & Kathy Kingen, Salty's Owners

By Kathryn Hilger Kingen Hi Friends,

In last month's *Good Times* you may have read about the loss of our dear **Eileen Mintz**, who wrote to you monthly in our newsletter. She fought a valiant fight against cancer. Did you know that we all fight that battle in our bodies every day? We do. Our bodies are constantly bombarded yet we are able to triumph when our bodies are functioning as designed. We don't know why it goes wrong sometimes, but it does. In the process we lose quality of life, friends and family. It

happens every day. In honor of Eileen, I write this article about food and cancer prevention.

The focus on foods that are good for you can lead us directly to foods that we love. So what can we eat that fits the category of fighting cancer and tasting great? Many wonderful foods, and it is no surprise that vegetables of almost any kind fit that bill. Think color, lots of bright beautiful color. Color suggests the presence of antioxidants.

Why are antioxidants so important you ask? They fight the troublemakers called free radicals. Free radicals are very little thieves that steal the stability of a molecule so that it needs to steal from the next molecule and so on and so on. This starts a crummy process which reminds me of a run in a nylon. Stop a run? Get some glue. Stop a free radical? Get some antioxidants. Antioxidants are like the glue. They stop the chain reaction. So where do we get those wonderful antioxidants? From food, real food. The benefit of whole foods is that we get all the accompanying nutrients, which are needed for these processes to work, not

just one element in a pill.

Antioxidants come in the bright red, yellow, orange and green colors of fruits and vegetables and even fish. There are lots of nutrient words out there like beta carotene, vitamin C, lycopene and omega-3 fatty acids, to name a few, that are designating antioxidants. Beta carotenes are found in bright yellow, green and orange foods like carrots, squash, peaches, red peppers, spinach, sweet potatoes and yes, salmon. There are lycopenes found in bright red tomatoes. There are powerful blueberries that are just like antioxidant superpills. Oranges, kiwi and strawberries are full of vitamin C. For an excellent source of omega-3 fatty acids lets look at Salty's specialty, fish. Salmon, halibut and tuna are the most outstanding choices but fish in general is always a superb choice and absolutely delicious too.

So the solution is to eat these fabulous, delicious, colorful, textural foods as often as possible. As a general rule, use the USDA Guidelines of five servings of fruits and vegetables a day and at least two servings of fish per

week. Salty's is a great place to go for healthy food. Our chefs do an excellent job of creating delicious recipes from beautiful, healthy Simply Fresh® foods. Take our **Just for the Halibut** festival for instance. Fresh halibut is coming to us in its season from the icy cold waters of Alaska which promote its high concentration of omega-3 fatty acids. In our halibut cheek recipe we include tomatoes, red peppers, carrots, fennel and many other delicious wonders – get the correlation? We take care at Salty's to make our recipes from fresh ingredients and always from scratch. Beautiful, delicious, fresh, eye-pleasing, mouth-thrilling antioxidant nutrition on a plate. Come to Salty's and experience Simply Fresh® for your pleasure and your health.

For more information, find Dietary Guidelines online at www.health.gov/DietaryGuidelines/ and see Salty.com for new recipes: Halibut Cheeks Braised in a Saffron Lobster Sauce, Roasted Pepper Polenta, Fennel and Tomato Salata with House-Made Ricotta and a wonderful dessert Peach Blueberry Buckle.

Redondo Beach blog.



By Chef Gabriel Cabrera

Like many people in the Northwest, I know it's spring when halibut season

starts. Don't tell the salmon lovers, but I prefer halibut. Its mild taste gives me an endless palate for preparations and complimentary flavors. I can go wild creating a fresh group of recipes to honor the flat fish that is king of our **Just For The Halibut Festival** this month.

Being a fish with a mild and sweet flavor, halibut is great grilled or

pan fried. It serves as the star, with a mild marinade or gentle rub of herbs and spices providing the supporting cast.

With cooking, like so many good things in life, inspiration for halibut recipes comes from many places. For me, bright ideas come from the cooking style I've grown up with and learned from my family. I also draw on my experience as a young cook, learning from a fabulous Japanese chef who was my teacher and mentor.

These two inspirations have given me two outstanding halibut dishes to offer you during our Halibut Festival.

Garlic, crushed red pepper, tomatillo, cilantro, lime, avocado are all flavors I grew up with. Using a garlic-infused olive oil and a fresh salsa, I have created Tomatillo Avocado Grilled Halibut. Sitting here at the Redondo Beach restaurant enjoying this not-too-spicy dish with a slight lime tang, you could

almost swear you were South of the Border!

I have long been inspired by my mentor's passion

for Thai-style cuisine. Curry, lemongrass, cilantro are just a few of the complimentary essences that

explode with flavors in our Thai Halibut. The halibut is brushed with a green curry and lemongrass marinade before being pan seared. Each halibut fillet is served atop ginger jasmine rice, crowned with spring-fresh peapods and dished up with a classic beurre blanc sauce and a drizzle of sweet Thai Chile sauce. Some say the devil is in the details, but in the case of our Thai Halibut the angel is in the details. The dish is garnished with Daikon sprouts and pickled English cucumbers that we make right in our Redondo kitchen for the freshest flavor. It is spring, after all!

Before we know it, the season will be a memory. So come to Redondo in March to explore my flavor inspirations and celebrate the season of halibut. My market sheet and menus are at Salty.com. Call us at (253) 946-0636 for reservations.

Hope you can join us for Walk for Water fundraising event Friday, March 7, at the MaST Center in Redondo Beach adjacent to Salty's. The HCC Environmental Club wants to raise awareness about the plight of many women around the world who must walk several miles each day to get clean water for their families. They are also raising money to support Play Pump International (www.playpump.org), whose unique pumps run off the energy of playing children. Contact Charity Villines at cr.villines@gmail.com.

The amazing peach-blueberry buckle.

By Pastry Chef Jane Gibson Serves 12

This is a classic dessert recipe requested by Salty's guests in Seattle time and again. Now it will also be available in Portland and at Redondo Beach in March, April and May 2009. It's a single layer butter cake made with cream cheese, peaches and blueberries and topped with a streusel. We serve it with vanilla ice cream. If you can't make it into Salty's, here's the recipe for home cooking.

Cream Cheese Filling

- 1 pound cream cheese, room temperature
- ½ cup sugar
- 2 tablespoons flour

- 2 teaspoons lemon peel

In a medium-size bowl combine sugar and flour. Add cream cheese and mix until well blended. Add lemon peel and mix until well blended. Set aside.

Cake Batter

- 1 ½ cups sugar
 - 12 tablespoons butter
 - 2 eggs
 - 2 teaspoon vanilla
 - 4 cups flour
 - 1 tablespoon baking powder
 - 1 teaspoon salt
 - 1 cup milk
 - 4 cups peaches, peeled, sliced thin
 - 1 cup blueberries
 - Mint leaves, for garnish
- In medium-size mixing bowl,



cream sugar and butter together. Add eggs one at a time and mix until well blended and very creamy. Add vanilla and mix well. Mix dry ingredients in a separate bowl. Alternate adding dry ingredients and milk to creamy butter mixture. Gently stir in peaches

and blueberries. Add cream cheese filling and stir until well combined. Pour batter into greased 9 X 13 pan.

Streusel topping

- 1 cup butter
- 1 cup flour
- 1 cup oats
- ½ cup brown sugar
- ½ cup sugar
- ½ teaspoon cinnamon
- Pinch of salt

In medium bowl, combine all ingredients and mix with fork or fingers until crumbly. Top batter with streusel and bake for 30 minutes or until toothpick inserted in center comes out clean. Remove from oven and cool. Serve warm with ice cream and a sprig of mint.



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