

# Good Times

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



## Halibut Nirvana à la Salty's.

**SEATTLE & PORTLAND –** Fresh Alaskan halibut is undeniably divine. It has a well-deserved reputation as the world's premium whitefish. We are happy to report the catch from Alaska is here. In honor of this lofty status and Salty's **Just for the Halibut Festival**, our chefs have created a simple preparation that's an elegant showstopper: **A fillet of juicy Halibut grilled and teamed up with a Sweet Kumquat Butter and a Spicy Chili Pepper Gastrique.** Add a dollop of purple mashed potatoes and Northwest asparagus and you've got Halibut Nirvana à la Salty's on the waterfront!

And whether you prefer **Pinot Gris or Pinot Grigio**, our sommeliers tell us this is your best choice for a wine pairing with halibut. In Alsace, Pinot Gris is rich and compactly flavored. In Italy, it's harvested earlier for a crisp racy character. In Oregon, it's often both creamy and crisp but, in every case, the wine is clean, delightful and begs for food. Salty's chefs have added a kumquat butter to this dish that provides a bridge between the halibut and the wine that we know will be well traveled. Enjoy the journey. Make lunch or dinner reservations at Salty's.com and if you can't make it in to Salty's in April, here's the recipe to try at

### Halibut & Kumquat Butter Serves 4

4 fillets Halibut, 4 to 6 oz. ea.  
Salt and pepper to taste  
4 tablespoons Kumquat Butter

Preheat oven to 400 degrees. Place halibut fillets in a glass baking dish. Season with salt and pepper. Bake in oven for 10 to 12 minutes. Turn oven to broil and place kumquat butter on top of fish. Cook until butter is melted. Remove from oven and serve.

### Kumquat Butter

6 Kumquats, cut in half, seeds removed

1 teaspoon Shallots, minced  
8 tablespoons Butter, unsalted, softened to room temperature  
2 sprigs Thyme, chopped  
4 Chives, minced  
4 leaves Parsley, chopped  
¼ teaspoon Cinnamon  
pinch of Nutmeg  
pinch of Allspice  
½ teaspoon Kosher Salt

Slice the kumquats as thin as you can. In a small mixing bowl combine all ingredients and mix well. Set aside.

**Chef's Note:** You will have some kumquat butter left over but it holds up really well in the freezer and goes great on chicken, steak and bread.

## Alki chef's blog.

By Alki Chef Jeremy McLachlan  
**SEATTLE –** I am getting all springy with our new spring menu. Fresh halibut is on the menu and we have removed frozen Copper River salmon. We will get fresh wild salmon in late March or early April. So to kick off the new menu we will feature frozen local wild salmon and then switch to fresh wild salmon as soon as we can.

Check out this new spin on our crab dip – **Dungeness Crab and Brie Dip** with a Puffy Crust, Crostini, House Crackers and Spring Veggies. We will serve it with a mix of ever-changing seasonal vegetables instead of endive. For the dip we will combine Dungeness crab, Chilean crab, cream cheese, mozzarella and Brie along with thyme, parsley, garlic, green onion, cream and panko breadcrumbs. We will place the mixture in a dish and then top it with puff pastry. The puff pastry is brushed with drawn butter and then baked to perfection. We will serve it with house-made crackers, sour-dough crostini and, of course, the assorted vegetables mentioned earlier like white asparagus, baby cauliflower, carrots, celery, etc., whatever is in season!

We've added a second soup to

the menu, **Bob's Zesty Red Clam Chowder** with Bacon, Fresh Clams and San Marzano Tomatoes. This recipe is from Robert "Bob" Kingen (Gerry Kingen's dad). It's delicious!

**Grilled Alaskan Halibut** with Fingerling Potatoes, Spring Pea Vines Tossed with Preserved Lemon, Smoked Tomato Beurre Blanc and Arugula Pesto has a fresh feel to it and it's delicious too! There's just nothing like fresh halibut!

You will love my new **Ahi Tuna Togarashi Spiced** with Sticky Rice, Radish Salad, Habanero and Passion Fruit Vinaigrette, Tobiko. Ahi is back by popular demand. The tuna is dusted with togarashi spice and pan-seared to medium rare. The rice is simple and pairs nicely with the radish salad and vinaigrette. The radish salad is a mixture of radishes tossed with lemon vinaigrette and a touch of salt. For the vinaigrette, we use a passion fruit purée and habanero peppers. Don't worry about the habanero peppers because we take all the seeds out, dice them super fine and use them sparingly. Then we add rice wine vinegar, ginger, garlic, aji mirin, honey and canola oil.

Not only does this dish taste delicious, but also it looks phenomenal, well, just look at this photo!

Well, now you want to read more so go to my blog at Salty's.com!



## A match made in heaven: Pinot Noir and Copper River salmon dinner, May 20th.

By Sommelier Tim O'Brien  
**SEATTLE –** This wine dinner Wednesday, May 20, is an epicurean

tour through Alaska and Oregon featuring the best they offer. The menu celebrates wild salmon. The wine celebrates the differences of Oregon wineries focusing on three distinct vintages 2005, 2006 and 2007. In the lineup are three Willamette Valley Pinot Noirs: Broadley Reserve, Domaine Serene Yamhill Cuvée and Ken Wright Cellars Nysa Vineyard. We chose Daedalus Pinot Gris as the most impressive of the 2007 vintage because of its bracing freshness and perfectly ripe fruit – the perfect pairing with our salmon sampler.

We will begin the night with Argyle Sparking Brut, yes, the same wine served at the White House. Lastly an Ice Wine from King Estate winery called Vin Glace and made from Pinot Gris is paired with a delicate dessert. Come taste the best of Alaska, wild salmon from the Copper River served with Oregon's pride and joy, Willamette Valley Pinot Noir. Some things are too perfect to pass up. This night promises to be just that. Here's the menu by Chef **Jeremy McLachlan**:



### THE MENU

**1st Course:** Argyle Sparkling Brut with Passed Appetizers of Copper River Salmon Terrine with Fresh Fig Salmon Mousse-Stuffed Sweet Peppers & House-Cured Lox in a Lavosch Cup  
**2nd Course:** Daedalus Pinot Gris 2007 Willamette Valley – A Pinot Adventure: A Sampling of the Three Species of Salmon: King, Coho & Sockeye  
**3rd Course:** Broadley Reserve Pinot 2006 Willamette Valley & Soup Course of Sweet Corn Chowder with Hard Smoked River Run Salmon  
**4th Course:** Domaine Serene Yamhill Cuvée 2005 & Salad Course of Spring Sprout Salad Tossed in House Mustard with Salmon Sausage  
**5th Course:** Intermezzo  
**6th Course:** Ken Wright Nysa Vineyard 2007 Willamette Valley & Entrée Course of Copper River Salmon Two Ways: Braised in Pinot with Mushrooms & Grilled with Fresh Spring Peas  
**7th Course:** King Estate Vin Glace & Desert Course by Pastry Chef Jane Gibson

Appetizers are served at 6:30, dinner at 7 p.m. in Salty's on Alki private dining rooms on Wednesday, May 20. Cost is \$125 (all inclusive). Please call (206) 937-1085 by Friday, May 15, for reservations. Seating is limited.

# Good for you!



Gerry & Kathy Kingen, Salty's Owners

## The Hali-fax Download

By Kathryn Hilger Kingen

This April we are celebrating the pristine white, beautifully meaty, sweet and delicious steak that swims like a fish. The facts on halibut (Hali-fax?) are out and the news is essential for you to know. Good health means a good life and that is what we hope for all of you. Apparently our beloved halibut contributes greatly to a good life. Having just seen stroke in our family

we know how important it is to do all we can to avoid such an event. Truly it is up to us to make good food choices.

Good decisions and good habits make a difference. We hope you will make Salty's your choice to help you with those good habits! As research continues it is becoming absolutely clear that eating fish, such as halibut, has a dramatic correlation to better health. I would like to share with you a study that was published in *Stroke: Journal of the American Heart Association*.\*

This was a study that consolidated many research studies and focused on the incidence of stroke and eating fish. The conclusion of their findings was fascinating: **"These results suggest that intake of fish is inversely related to risk of stroke, particularly ischemic stroke. Fish consumption as seldom as one to three times per month may protect against the incidence of ischemic stroke."** Fantastic

news, I say! Not only that, if we look further we find more and better news. Check out the World's Healthiest Foods website ([www.whfoods.com](http://www.whfoods.com)) where they distilled this data to show that in short, stroke could be decreased by

- ❖ 9% in those eating fish 1 to 3 times per month
- ❖ 13% in those eating fish once per week
- ❖ 18% in those eating fish 2 to 4 times per week
- ❖ 31% in those eating fish 5 or more times each week

There is so much we don't know about the science of food. So the next conclusion is a very important one. "The possibility of interactions between long-chain omega-3 PUFAs and some unknown constituents in fish providing synergistic effects cannot be ruled out. Accordingly, one should be cautious when advising people to use fish oil supplements instead of eating whole fish." (PUFA is an acronym for polyunsaturated fatty acids.)

Wow, we should focus on eating real food instead of getting nutrients in pill form? Really, who knew? As Michael Pollan points out so brilliantly in his book, *In Defense of Food*, we should focus on eating whole foods to get our nutrients, just like our grandmothers.\*\* At Salty's we can help you. Our chefs can dish up a prescription for good health that will make your taste buds sing and have you coming back for more. So make a reservation at [Salty.com](http://Salty.com) today and let us administer a dose of good medicine that we know you will love. Fresh, healthful, delectable halibut, yum!

\*Volume 35(7) July 2004 pp. 1538-1542 or see online at <http://pt.wkhealth.com/pt/re/stroke/fulltext.00007670-200407000-00008.htm?jsessionid=JRvCLllb4n7vrGk2X0vdV1JzDby4mgcHfmrMJ3LjGQpMJ2L0JMLw!728623284!181195629!8091!-1>

\*\*See more at [www.michael-pollan.com](http://www.michael-pollan.com)

## Delicious Swedish cream — pair it with strawberries.

By Pastry Chef Darla Swanson, Portland Pastry Chef since 1999 I often make this recipe at home because it's easy, fun to dress up and perfect for when you need a quick way to impress guests coming for dinner. You can enhance this dessert with strawberries or any fresh fruit or fruit sauce (cheat with pie or tart filling if needed). You can cut a bit of fat out by toying with the sour cream and yogurt ratio (less sour cream decreases the fat, more

yogurt adds tang). Feel free to experiment but don't skip the vanilla bean — it makes the dish!

### Swedish Cream

*Yield: 8 servings, 6 ounces each*  
*Prep time: 10-15 minutes*  
*Total cook time: 4-12 hours to chill*  
 1 package (1.25 oz.) Knox Gelatin  
 3 tablespoons Cold Water  
 ½ Vanilla Bean Pod, scrape beans from pod  
 2 teaspoons Pure Vanilla  
 1¼ cup Sugar

2½ cups Heavy Cream  
 2½ cups Sour Cream  
 ¾ cup Plain Yogurt  
 Place three table-

spoons cold water in a small bowl and sprinkle gelatin over. Stir and set aside.

Place cream, sugar and vanilla bean pod seeds into pot and bring to near boil, stirring occasionally. Remove from heat and stir in gelatin mix and pure vanilla.

Place sour cream and yogurt in a mixing bowl and whisk in



hot cream mixture. Strain and pour into individual dishes or a serving bowl. Chill several hours or overnight.

Serve as is or with your favorite fresh fruit or fruit purée.

(Darla Swanson is a graduate of the New England Culinary Institute in Vermont. See [www.neci.edu](http://www.neci.edu) for more.)

## Piano-fiddle duets for Easter brunch!

SEATTLE — Violinist Tyler Reilly makes a special appearance with Brunch Pianoman Victor Janusz at Salty's on Alki for Easter Sunday brunch. "Tyler's versatility is stunning," says Janusz. "He plays virtuosic classical pieces and adds zest to crowd favorites like 'Por Una Cabeza (Tango)' and 'Besame Mucho,' then turns around and has me learn U2's 'Beautiful Day' which he plays with great authority!"

Born and raised in Olympia, Washington, Reilly began violin studies at nine years old under the tutelage of Helen Pagels-DePastel. He toured Austria and Germany performing Bach, Vivaldi and Mozart. He studied at Cleveland Institute of Music and New England Conservatory of Music. Since 2000, Reilly has toured with Rikki Lee Jones, performed with



Joe Jackson at the EMP Grand Opening in Seattle and appears on two Modest Mouse albums, *Moon Over Antarctica* and *Lonesome Crowded West*.

More recently, Reilly joined Janusz at The Columbia Tower Club, where Janusz sings at the piano twice monthly in the beautiful Stratus Room (see photo). "I look forward to gigs with Vic, because he really plays to and for the audience in the most organic way, and for me he's a good musical anchor," says Reilly.

Janusz recently celebrated his fourth anniversary as Alki's exclusive weekend brunch piano-man. Enjoy his tunes Saturdays and Sundays 10 a.m. to 2 p.m. Call (206) 937-1600 for reservations on Sunday, April 12, for Piano & Fiddle Duets 10 to 2 p.m. See [www.victorjanusz.com](http://www.victorjanusz.com) for more.

## Sip "Sexy Syrah" at Salty's on Alki and help raise funds for Farestart.

By Sommelier Tim O'Brien SEATTLE — Syrah is seducing wine enthusiasts who have an affection for red wines with bold spices, rich fruit and silky texture. A vast array of Northwest boutique wineries invite you to come taste test one of the world's hottest wines at one of the world's hottest view restaurants — Syrah at Salty's on Alki in Seattle!

We have added a new twist to our eighth annual event by inviting Salty's Chefs to build some bites to pair with our favorite Syrahs. Look for Alki Executive Chef Jeremy McLachlan, Redondo Chef Gabriel

Cabrera and Alki Pastry Chef Jane Gibson as they team with Redondo Sommelier

Veronica Smith and myself to share the food-wine pairing fun. Join us

Wednesday, April 15, at Salty's on Alki from 6:00 to 9:00 p.m. Your contribution of \$40 is a fundraiser for FareStart.

A special thanks to Sommelier David LeClaire of Seattle Uncorked and a special thanks to West Seattle Cellars, who will make all wines available for purchase that evening! Tickets must be purchased in advance. Please go to [www.farestart.org/help/events/](http://www.farestart.org/help/events/) or call (206) 267-6223.



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