

Good Times

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

Taste a "Wild One" on our *funshine* decks.

SEATTLE AND PORTLAND – Fresh, wild Alaskan salmon are back and Salty's *Funshine* Decks are open. The arrival of **Stakine River** wild salmon is expected early May and the highly anticipated **Copper River** fishery opens mid-month.

"To celebrate, we've created a wonderful Southwestern-inspired dish," says Chef **Jeremy McLachlan**. "Our **Coriander-Crusted Salmon with Avocado Crème Fraîche and Orange Chili Oil** bursts with such a mélange of flavors, your taste buds will cry for more."

The dish is available for lunch or dinner. The waterfront views are gorgeous, inside or out. Make reservations and peruse Market Sheets at www.saltys.com.

"To top it off, downtown Seattleites can hop on the **Elliott Bay Water Taxi**," says McLachlan.

SALMON COLORING BOOK: Starting in May, kids dining at Salty's get to color select pages from the Salmon Coloring Book. See the complete book at www.fws.gov/pacific/publications/salmbnk.pdf.

PINOT NOIR AND SALMON

By **Tim O'Brien**, Salty's Sommelier of the Year 2006-Wash. Wine Commission
The good news is salmon and Pinot Noir is an indisputable food-wine pairing that brings out the best elements of each. You will enjoy your

experience if you travel down this road.

The cautionary note is salmon has oil and lingering flavors that overwhelm many kinds of wine including most Chardonnay, Merlot, Cabernet and Syrah. One more qualifier is that Southwestern-style cooking also features flavors that are too bold or fiery for the majority of wine.

The conclusion is, if you wander off these wine-pairing suggestions, you could be in for more adventure than you care to handle. Simply stated, with Southwestern

food the wrong wine pairing can make spicy dishes spicier and bitter accents too bitter. Do not lose heart. Here are a few fine options for wine with Salty's featured and spectacular Southwestern salmon entrée of Coriander-Crusted Salmon with Avocado Crème Fraîche and Orange Chili Oil. Your best bet is a young fruity Pinot Noir from Oregon. Check the label for alcohol content: A good rule is, the lower the alcohol the better match with food, which is especially critical with spicy food. Look for 13% or less if possible. If you prefer white wine, Sauvignon Blanc or Pinot Gris have a good balance of fruit and acid to match this cuisine.

This is also a great time for you to experiment with rosé wine. Domestic rosés from Washington, Oregon and California generally have a touch of sweetness that provide a perfect complement to the earthy full flavors of the Southwest. Once again check for low alcohol for best results.

See you on our *funshine* deck at Salty's!



View of the Mighty Columbia from the Portland Salty's deck.

Eat Fish & Live.®

SEATTLE AND PORTLAND – Nutritionists and scientists have told us for years that Omega-3 oils are full of heart-healthy benefits. Alaska's wild salmon is super-rich in these oils. Now scientists are discovering that not only do Omega-3 oils have heart-healthy benefits, there are also preventive and curative attributes. The Omega-3 oils found in certain types of seafood, especially Alaska salmon, have also been linked to improvements in or prevention of certain kinds of cancer, ulcerative colitis, hypertension, psoriasis, arthritis, asthma, certain kinds of mental illness, manic depression and dementia including Alzheimer's. Alaska's wild salmon is particularly high in these good fats. Sockeye salmon has the highest amount with about 2.7 grams per 100-gram portion. Read

the full story on the health benefits of wild salmon at www.alaskaseafood.org/health/experts/index.html.

If you can't make it into Salty's, try our recipe at home:

CORIANDER-CRUSTED SALMON WITH AVOCADO CRÈME FRAÎCHE AND ORANGE CHILI OIL

2 8-ounce salmon fillets
1/2 tablespoon ground coriander salt to taste
canola oil
4 ounces avocado crème fraîche, see recipe below
1 teaspoon orange chili oil, see recipe below
1 sprig fresh cilantro as garnish
Season salmon on both sides with salt and lightly dust with the ground coriander. Pre-heat oven to 350 degrees. Heat a sauté pan to medium heat. Add oil and sear salmon with top side down for 4 minutes. Carefully flip salmon

over and place in pre-heated oven for 7 minutes. Remove salmon from oven and let rest for 3 minutes. Place salmon on a plate and top with chili oil and crème fraîche. Garnish with sprig of cilantro and serve.

AVOCADO CRÈME FRAÎCHE

1 cup heavy whipping cream
1 tablespoon buttermilk
1 glass jar
1 rubber band
1 dry towel
3 each avocados, ripe
1 teaspoon lemon juice, fresh salt and white pepper, to taste
Mix the heavy whipping cream and buttermilk together and place in the glass jar. Place the dry towel over the opening of the glass jar and use rubber

band to hold it in place. Set jar at room temperature for 2 days, preferably in a place that is not too hot nor too cold (above your stove). After 2 days, skim the mixture. It should look like sour cream. (You can replace the crème fraîche with sour cream or buy it at specialty food stores.) Blend the avocados into a purée using a food processor. Mix the crème fraîche with the avocados and lemon juice. Season and serve. NOTE: If you make this recipe in advance, be sure to check the seasoning.

ORANGE CHILI OIL

1 cup canola oil
1/2 each orange zest
1 teaspoon chili flakes
1/4 teaspoon table salt
Blend all ingredients together in a blender. Add ingredients to a saucepan and simmer 5 minutes. DO NOT BURN! Strain the oil and cool.
Remember, you can get this dish at any Salty's in May and the *funshine* decks beckon!

GIVE YOUR MOM, DAD OR GRAD OUR BEST: SALTY'S GIFT CARDS!

It's that time of year to show your appreciation for Mom, Dad and/or a Grad. There's no better reward for a job well done than dinner at Salty's. On you. The award-winning Northwest cuisine is like the service. Spectacular. The waterfront view is one in a million. Just like your Mom, Dad or Grad.



Just tell us when you want your reservations. If you can't make it into Salty's, the next best present is a Gift Card. It's the present with a future, available in any denomination and presented in attractive Gift Card Holders. Use them at any Salty's. Buy one when you visit, or go to www.saltys.com/gifts.

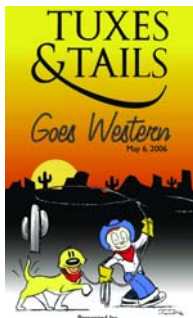


Mintz—her words.

By Eileen Mintz, Public Relations Spokesperson for Salty's

KING-TV's Evening Magazine Host **John Curley** announced Best of Washington results. Alki scored high in several categories including best all-you-can-eat buffet, best outdoor dining, and best seafood. Kudos to Alki team members!

Tuxes & Tails celebrates their 17th annual **Celebrity and Pet Fashion Show and Auction** to benefit the **Humane Society** for Seattle-King County on Saturday, May 6. To coordinate with our auction package, **KOMO-TV** and **KOMO Radio 1000** Consumerman **Herb**



Weisbaum filmed a piece at Alki which will be up on the two big screens at the event. I will be there and easy to find, just look for my red cowgirl hat befitting their Western theme! I look forward to sitting between the two mustaches of Herb Weisbaum and **KIRO-TV's Steve Raible**. There is still time to buy tickets. Go online to www.seattlehumane.org or call (425) 373-5388.

Hot news from Salty's Portland's PR Maven **Bette Sinclair** that **More Good Day Oregon** on **FOX 12 Oregon KPTV-TV** will feature Salty's Brunch for Mother's Day as part of their TGIF segment on Friday, May 12. Tune in!

The second annual **Seattle Cheese Festival** is taking place at Pike Place Market May 12-14. The weekend will be devoted to the many splendors of cheese, in particular, artisan cheeses. Salty's on Alki supports these efforts with Chef's Trio of Artisan Cheeses on the dinner appetizer menu. Seal of approval here! See more at www.seattlecheesefestival.com.

Mother's Day will be exciting for many

of us, but especially for Executive Chef **Dana Cress** from Salty's in Portland. He'll cook in the kitchen for the **James Beard House** in New York with Mother's Bistro & Bar Chef-Owner **Lisa Schroeder**. She invited Cress to join her May 14 to prepare a Mother's Day Brunch at the prestigious James Beard House.

Did you get over to the ninth annual **Taste Washington's "Ultimate Wine Tour"** on Pier 30? Well, we did! Alki Executive Chef **Jeremy McLachlan** (pictured here second from left) headed the Salty's team which included Pastry Chef **Jane Gibson** (left), Pastry Sous Chef **James Gibson** (right) and Chef-Apprentice **William Ip** (second from right). They gave out sample foods and dessert treats for the trade industry and as well as for the grand consumer tasting. Their hours of community service are greatly appreciated!



Redondo Training Manager **Scott McDowell** recently received a call he won't forget. Turns out we lost a friend of Salty's at Redondo to cancer. She was a wonderful woman who had been coming to Redondo for many years and had befriended Scott. One of her last wishes was to celebrate her life with dinner at her favorite restaurant, Salty's at Redondo. McDowell and her friends and family got to bid her farewell and thank her for her friendship.

At a later gathering, also at Redondo, "Family and friends came together from all over the world to remember her after she passed away," said McDowell. In a very touching moment, the family patriarch stood up and asked the family to raise a toast to Scott for the friendship he had shown over the years to their beloved friend and relative. "I was humbled and honored by this gesture," says McDowell. There wasn't a dry eye in the restaurant.

Bass-player Tim Gilson makes you glad you have ears, in Portland.

PORTLAND – "Tim Gilson makes you glad you have ears," says Portland Salty's Managing Partner **Linda Addy** in praise of **Mel Brown's** partner in jazz at Salty's.

A mainstay in the Portland jazz scene for years, Gilson has played with both local talent and nationally acclaimed artists. Gilson pictured here in the center playing at Salty's in Portland with **Mel Brown**, left, and **Jof Lee**, right, began his studies at Mt. Hood Community College with **Dr. Larry Zgonc**, principal bassist of the Portland Opera, and studied with the world-renowned Jazz



Bassist **John Clayton** in Los Angeles. His classical studies were with members of the **Oregon Symphony**. In

Ritchie Cole, Bud Shank, Herb Ellis, Julian Priester, John Handy and Ernestine Anderson. In 1988

he won second place in an international bass competition in Los Angeles. He toured Japan in 1993 with the Mel Brown Quintet with special guest artist **Chuck Findley** on trumpet. In 1994 he moved to Madison, Wisconsin, where he served as Principal Bassist with the **Wisconsin Chamber Orchestra** and substituted on a regular basis with the **Milwaukee Symphony Orchestra**.

Gilson returned to Portland in 2002 where he rejoined Mel Brown and plays at Salty's. When Gilson isn't

playing, he teaches jazz and is currently pursuing an education degree.

"My reunion with Mel Brown has been a real joy. Playing with Jof Lee and Mel is like playing your favorite game with your closest friends, it just doesn't get much better," says Gilson.

Come for dinner at Salty's in Portland and you'll want to stay for cocktails and jazz played with passion and flair. The Mel Brown trio holds court at Salty's Fridays and Saturdays in the upstairs Bar-Café and Dining Room. Gilson joins their session on Friday nights. To find out more about Gilson, go online to www.timgilson.net. To enjoy jazz played with unbridled enthusiasm make Salty's reservations at www.saltys.com today.

Casey MacGill's Blue 4 Trio performs music that swings, with three-part harmony vocals.

SEATTLE – **Casey MacGill's Blue 4 Trio** performs music that swings. Some have called it the Nat "King" Cole Trio meets the Mills Brothers. Others have called it Fats Waller meets Fats Domino. Slim Gaillard meets Fred Astaire. Still others have said, "I don't know what it is, but it's different and it's good." It's music from the '20s to the '60s, all happening at the same time, woven into a seamless, beautiful whole. At the core of the sound are the band's sometimes sweet, sometimes rough-hewn, three-part harmony vocals and a

piano-ukulele-bass-and-drums rhythm section that swings along in a variety of textures.

Their debut recording as a group features ten trio tracks and two quartet tracks. Says MacGill, "My other projects were like oil paintings, constantly being tweaked and refined. The Blue 4 Trio CD is my watercolor. I put the paint on and what you get is what you get."



The result is soft, loud, happy, sad, raw and mellow, with an honest mistake or two thrown in for good measure. It is a real band playing real music.

Casey MacGill is the heart and soul of the band. From California, he is a classic Hollywood character in appearance and style. MacGill plays boogie-woogie,

swing and stride piano. He blows a lyrical cornet, and his most unique instrumental voice is a six-string tenor ukulele. He has been singing and arranging vocal harmonies for almost 30 years, in a career that stretches from Los Angeles (Mood Indigo, feature films "Frances" and "Swing Shift") to Spokane, Wash. ("The Spirits of Rhythm" and the CD "Jump") to Broadway (the musical "Swing") and finally to Seattle.

See more at www.blue4trio.com. Make reservations today.

John Case at Redondo Beach Café-Bar.

SOUTH SEATTLE – Don't miss **John Case** at the Redondo Beach Café Bar in May. Influenced by the musical artists of the '70s, John's talents include lead vocals, guitar, bass, and piano. He performs all over Western Washington in various musical settings ranging from solo artist or as a duo with **Jerry Battista** of the Dusty 45s or as bassist and vocalist for the Davanos.



Case has been performing professionally since 1986, opening for acts such as Kansas, BOC, Iron Butterfly, Randy Bachman and Steppinwolf. He recorded his first solo LP in 1999 and is

currently working on his second.

Join us May 5 or 25 and enjoy this talented musician. Here's the rest of the schedule:
Thur 5/4 **Myles Crew**
Fri 5/5 **John Case**
Sat 5/6 **David Christensen**

Thur 5/11 **Myles Crew**
Fri 5/12 **Justin Kausal Hayes**
Sat 5/13 **Mark Fuegel & Cory Wild**
Thur 5/18 **Myles Crew**
Fri 5/19 **Paul Kroeger**
Sat 05/20 **Poodlebomb**
Thur 5/25 **John Case**
Fri 5/26 **Myles Crew**
Sat 5/27 **Mark Fuegel & Cory Wild**
Make reservations today.

Matassa At Alki.

SEATTLE – Singer-Pianist **Victor Janusz**, Alki's Friday Night Guy, presents Northwest Jazz Vocalist **Greta Matassa** on Friday, May 26. She joins Bassist **Tim Koss** and Saxophonist **Mark Taylor**. Honored as "Northwest Vocalist of the Year" six years in a row by *Earshot Jazz*, Matassa's numerous concert appearances include stellar stints at Teatro ZinZanni, "Zirkus Weill" at Pacific Northwest Ballet, and "Jazz Danced" with Spectrum. Her usual haunts include Tulas Jazz Club in Belltown and the jazz festival circuit. As an Origin Arts recording artist, Matassa has



enjoyed success with numerous CDs (available for sale at Salty's). See more at www.gretamatassa.com.

"I'm thrilled to do my first set with Greta, a musician of high caliber," says Janusz.

For Mother's Day Brunch on Sunday, May 14, Janusz brings in Bassist Koss and Saxophonist Taylor for their second annual "Swingin' Songs For Moms ... And Those Who Love Them."

Janusz and his trio won't be returning in June so be sure to get into Salty's Fridays in May. "Although it's a bittersweet swansong for us, I'll continue as the piano soloist at weekend brunches. See where he's headed at www.victorjanusz.com.



World Class Seafood,® Steaks, Service & Smiles!

ON ALKI BEACH 206.937.1600
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28201 Redondo Beach Dr. S., Des Moines, WA 98198

ON THE COLUMBIA RIVER 503.288.4444
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