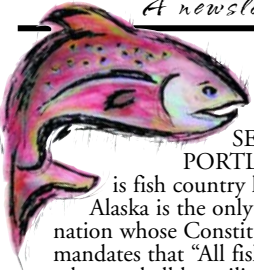


Good Times

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



Don't miss wild and pure Alaskan salmon.

SEATTLE AND PORTLAND – Alaska is fish country like no other. Alaska is the only State in the nation whose Constitution explicitly mandates that "All fish, including salmon, shall be utilized, developed, and maintained on the sustained yield principle."* It's no wonder that we eagerly await the arrival in both Seattle and Portland for the annual

prime fishing locations are profuse throughout the State.

"The arrival of Alaskan salmon in Seattle and Portland has become a ritual," says the Portland Salty's Executive Chef **Dana Cress**. "At Salty's we've created a special dish to bring out the best of the flavors of Alaskan wild salmon. **Grilled Wild Salmon with Marionberry Mojito Sauce, Hazelnut Quinoa**



The sweeping view of the Seattle city skyline across Elliott Bay is like no other in Seattle. Be sure to allow time to take a walk on the beach after lunch or dinner at Salty's on Alki.

salmon runs that come fresh from the wild and pure waters of Alaska: Yukon, Yakutat, Prince William Sound, Cook Inlet, Kodiak, Kuskokwim and Bristol Bay. The

Pilaf and Summer Squash is available at all Salty's restaurants in June."

"With this dish, I wanted to honor not only wild salmon but also Oregon specialties. The Quinoa is new to Americans and the Oregon hazelnuts add wonderful texture. Marionberries are an Oregon summer culinary treasure," says Cress.

The dish is available for lunch or dinner in June only. The waterfront views are gorgeous, inside or out. Make reservations and peruse Market Sheets at www.salty.com. (*See more on Alaska seafood online at www.alaskaseafood.org.)

PINOT NOIR AND SALMON
By **Tim O'Brien**, Salty's **Sommelier of the Year 2006-Wash. Wine Commission**

I'm still recommending Pinot Noir with salmon! Salmon has a high fat content and lingering flavors that overwhelm many kinds of wine including most Chardonnay, Merlot, Cabernet and Syrah. If you prefer white wine, Riesling and Pinot Gris have a good balance of fruit and acid

to match the berries in our June preparation. This is also a great time to experiment with Rosé. Make a special effort to taste the wine first and notice the level of fruit, acid and tannins then a bite of salmon then back to the wine. If it all works your last bite of salmon should taste as rich and delicious as your first and that last sip of wine slides

REDONDO BEACH SEAFOOD BAR OPENS.

When Memorial Day arrives at Redondo Beach, it's time to bring the family to the beach, fish off the pier, play in the sand, wade in the surf, and then have lunch at the walk-up window Seafood Bar at Salty's in south Seattle.

"New this year are Salmon and Chips, Clam Strips and Cilantro-Jalapeno Sauce and chilled Blackened Salmon Caesar," says Executive Chef **Gabriel Cabrera**.

The seashore picnic-style menu also includes prawns or oysters and chips; crab, prawn and shrimp cocktails; calamari rings; clam strips and chicken strips; all for under \$10.

Call Redondo at (253) 946-0636 before you head out and your lunch will be ready when you arrive.

across your palette like silk sheets.

Are you getting hungry? Make reservations on Salty's web site at www.salty.com.

Is good wine good medicine?

By **Kathy Kingen**, Salty's Co-owner

SEATTLE AND PORTLAND – Beautiful, delicious, sumptuous wine, we pour it in a glass, swirl it, admire it, inhale it, and savor it. What a lovely accompaniment to a meal. Celebrated for thousands of years, it is like a mysterious fluid jewel, held in a glass.

At Salty's we are passionate about wine and the beautiful way it complements our food. We are especially proud of our accomplishments in the field of wine, as we have been acknowledged by the **Washington Wine Commission** with two grand awards this year, Restaurant of the Year and Sommelier of the Year, our own **Tim O'Brien** (see photo).

There is more to wine than the pleasure component and to address that issue I talked to my friend, **Adam Drewnowski**, PhD, Director, **Center for Public Health Nutrition at the**

University of Washington.

Interestingly enough he was recently awarded the French Food Spirit trophy in science by the French food industry – "which is an example of how gastronomy and public health go together," says Drewnowski. So how do health and wine work together?

Over the last decade there has been much research done on the benefits of moderate wine drinking. The results are proving that the antioxidants in wine called flavonoids, can actually help lower high blood pressure, lower blood clotting levels, and decrease the incidence of heart attacks. Coronary heart disease risk is decreased because wine helps reduce LDL "bad" cholesterol and increase HDL "good" cholesterol. The antioxidant resveratrol has even been found to have an inhibiting effect on cancer tumor growth. The most flavonoids can be found in red wines as they originate from the skin of the grape. They are found in white wines as well but not in the same quantities. They are also present in grape

juice that contains no alcohol. Remember that all of these studies only recommend moderate wine consumption for those whose health allows it.



Colleen Redfield (left), Market Development Managing Director, and Chris Stone (center), Event Managing Director, both of the Washington Wine Commission, help Tim O'Brien (right), Salty's Sommelier proudly display Salty's on Alki's awards for Sommelier of the Year and Restaurant of the Year. (Photo courtesy of Tom Mehren of SeattleDining.com)

Now to the wine, "Apart from the obvious benefits on cardiovascular health, there is the pleasure component that comes from the pairings of food and wine," says Drewnowski.

These create delicious flavor combinations and those smiling, head nodding, savoring moments that complement our day. The pleasure component speaks to the recent research that has identified that wine has the capacity to help in lowering the risks associated with high blood pressure. There is the possibility that the way we pause and enjoy wine has the ability to decrease our stress. This life habit of slowly sipping a glass of wine with your food and smiling at the pleasure it brings is actually technically good for you. Pairing wine and food is an art form; at Salty's we are happy to make suggestions for you, just ask your server. And what about the pairing of health and wine? Is it really true that good wine is good medicine? According to recent research and ancient wisdom apparently it is so. Maybe that is the liquid jewel, the elixir of wisdom, held in the glass.

(Find out more about the Center for Public Health Nutrition at www.cphn.org.)

It's time to give your dad or grad Salty's best.

SEATTLE AND PORTLAND – It's that time of year to show your appreciation for Dad and/or a Grad. There's no better present than dinner or brunch at Salty's. The award-winning Northwest cuisine is like the service.

Spectacular. The waterfront view is one in a million. Just like your Dad or Grad. Just tell us when you want your reservations.

As a special note, **Victor Janusz Trio** will perform "Swingin' songs for

Dads and those who love them" at Salty's on Alki in Seattle. Don't miss **Brian Kent, Tim Koss** and Janusz at their best, just for Dad, Sunday, June 18.

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.salty.com/gifts.



Mintz—her words.

By Eileen Mintz, Public Relations Spokesperson for Salty's

World News Worth Knowing: It started from a story by writer **Mike Halliday** of the *Federal Way Mirror* who reported that Salty's Owners **Kathy and Gerry Kingen**, along with Redondo Manager **Shay Boden**, saved the life of a diver in distress. It was then picked up by **Cyber Diver News Network**, a news web site for scuba divers, which honored the Kingens and Boden as their **Heroes of the Week**. How did it happen? While dining at Redondo, the Kingens noticed two divers struggling in the waters of Redondo Beach. They ran out of the restaurant and into the water, clothes and all! Boden ran with them. It took all their strength to pull the diver out because of heavy scuba gear. Fortunately a fellow restaurant patron who is a doctor helped with CPR. The distressed diver was taken to the hospital where she later recovered. The story wasn't over though. The exceptional Boden returned to her work at Salty's with wet clothes. "We were busy and I needed to help," she reports. Read the complete story at www.cdn.info/news/safety/s060504.html.

Portland Salty's guests generated more than \$1,400 in March and April for the **Oregon Food Bank** which works to stop hunger and its root causes. Portland Managing Partner **Linda Addy** is pictured here presenting the check to **Bob Morris**, Food Resource Development Manager of the Oregon Food



Bank. **Ron and Cheryl Blehm** donated \$400 and won an auction for Portland Chef **Dana Cress** to prepare dinner for six in their home. Long-time guests at Salty's the Blehms had their first date there and married just six months later on Valentine's Day (see photo). Ron is President of RAPCO Industries, Inc. in Vancouver, Washington, where he manufactures Carbide-tipped saw chains.



Cheryl does volunteer work for Oregon State University Extension program in the Nutritional Food Education program that benefits at-risk youth by teaching them how easy, fun and beneficial it is to prepare and enjoy nutritional food at home with their peers. She also does fund-raising for hospice organizations. "Salty's is a favorite venue for out-of-town guests, business and family entertaining as they specialize in exquisite culinary delights," says Cheryl. Many thanks to the Blehms for their generous support of the Oregon Food Bank. Find out more about the Oregon Food Bank at www.oregonfoodbank.org.

The **Washington Wine Highway** is connecting Eastern and Western Washington in the State's inaugural culinary and wine tourism event Saturday, June 3, to Sunday, June 4, on the grounds of **Chateau Ste. Michelle Wine Estates** in Woodinville. This two-day event is open to the public from 11:00 a.m. to 6:00 p.m. for wine tasting and food pairings. Attendees must be 21. See more at www.WashingtonWineHighway.com. Salty's in Portland Executive Chef

Dana Cress has just returned from preparing Mother's Day Brunch at the prestigious New York **James Beard House** (see photo). He joined **Mother's Bistro & Bar** Chef-Owner **Lisa Schroeder**, also of Portland, and his wife, **Kim Cress**, chef de cuisine for Momma Mia Trattoria, Schroeder's second restaurant. The Chefs and the small crew worked feverishly in a small kitchen cooking for a group of 75. He reports, "Working in a small kitchen required full use of my organization skills!" The four appetizers, a salad course, pasta course of Tarragon Gnocchi with Lobster and a main course of Marionberry-glazed Magret of Duck, plus a dessert of frozen chocolate truffles was received with accolades. "This luncheon reflected our pride in Northwest produce as we had shipped over 500 pounds to the Beard House for the event," says Cress.



Alki Pastry Chef **Jane Gibson** saved me from a near fatal accident! I was so excited to see the new lavash dough-making machine in her Alki kitchen that I walked onto the rubber padding with high heels! What a mistake! Within seconds I had lost my balance falling into one machine and was heading onto the cement floor, head first. I yelled at Jane, "Grab me!" Within a second of my scream, Jane grabbed my jacket and pulled me upright. I have never been so relieved and grateful. I learned my lesson: Never wear high heels near rubber-hole floor pads. Thank you, Jane, for such fast work. I went back later to photograph Sous Chef **James Gibson** (see photo) making lavash.



Salty's Portland crew joined **Willakenzie Estates Winery** in their Cellar Club Event on May 20 to cater the event for the third year in a row. Portland Sous Chef **Josh Gibler** presented Salty's finest! Willakenzie produces some of Oregon's most acclaimed Pinot Noir and Pinot Gris in the Burgundy tradition. They strongly believe in sustainable viticulture. "We're very proud to be associated with the Willakenzie," says Portland Managing Partner **Linda Addy**. See more at www.willakenzie.com.

I was thrilled to attend the **Fred Hutchinson Cancer Research Center 15th**

Anniversary Premier Chefs Dinner at the Grand Hyatt Seattle hotel in May. Some 280 guests helped to raise over \$307,000 for the Center. Board members and chefs, including **Eric Lenard, Russell Lowell, Brian Scheehser** and **Tom Black**, donated their time to organize the event. Courses

were paired with Northwest wines provided by **The Tasting Room**. Emcee for the evening was Puget Sound Business Journal Columnist **Patti Payne**, pictured here looking very glamorous, and Radio Broadcaster **Larry Flynn**.

John Sarich, culinary director of **Chateau Ste. Michelle**, worked behind the scenes interviewing chefs. **Jason Ludlow**, formerly of Fleming's and Portland Chop House, has joined the Portland Salty's team. Ludlow is a certified Sommelier. Welcome, Jason!



Mojitos, Strawberry Lemondrops & Cucumber Mint Martinis.

SEATTLE AND PORTLAND – A new favorite at Salty's on Alki is the Mojito. "We have revived this classic Caribbean cocktail with a dramatic twist, flavored Malibu Rum," says Sommelier and Beverage Manager **Tim O'Brien**. "The new Passion Fruit flavor delivers a refreshing splash of fruit that is accented by freshly muddled mint. This cocktail is the answer to *Hot Times in the City*." Malibu rum now comes in Pineapple Mango Passion Fruit as well as the original coconut. The recipe:

- MOJITO**
1 1/2 ounces Malibu Passion fruit rum
4 mint leaves
2 lime wedges, juiced
4 ounces soda water
1 ounce 7-up

Fill glass with ice, add mint and rum, muddle top with

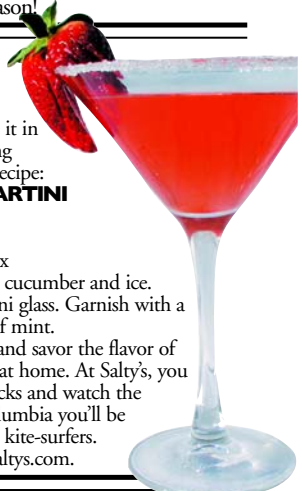
soda and 7-Up. Serve with a lime wedge. With a wrap-around deck Salty's at Redondo Beach is a mecca for Northwest sun worshippers. They have taken summer cocktails to new heights with a house favorite, the Strawberry Lemondrop. "Don't forget to moisten the rim of the glass and dip it in fine sugar," says O'Brien. The recipe:

- STRAWBERRY LEMONDROP**
1 1/2 ounces Strasberi Stoli
2 ounces lemonade blended with fresh strawberries
1/2 ounce triple sec
Muddle ingredients together with fresh lemons and ice and strain into glass.

At Columbia a favorite summer refresher is Cucumber Mint Martini. "This drink exemplifies summer. The cool, clean flavor of cucumber blends perfectly with refreshing

lemon and crisp mint. Serve it in a chilled glass" says Managing Partner **Linda Addy**. The recipe: **CUCUMBER MINT MARTINI**
1 1/4 ounces lemon rum
1/4 ounces triple sec
1/2 ounces sweet & sour mix
Muddle with fresh mint, cucumber and ice. Strain and serve up in martini glass. Garnish with a cucumber wheel and sprig of mint.

Come into Salty's to sip and savor the flavor of summer or try these recipes at home. At Salty's, you can relax on our *funshine* decks and watch the wildlife. On the Mighty Columbia you'll be treated to osprey, yachts and kite-surfers. Make reservations at www.saltys.com.



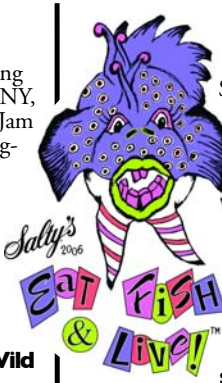
Justin Kausal-Hayes at Redondo Café-Bar.



SOUTH SEATTLE – "It has been said that **Justin Kausal-Hayes** has a one-hundred dollar guitar, a one-hundred dollar amp and a million dollars worth of soul," says Redondo Operations Manager **Veronica Smith**. Smith has him on the live music schedule for June to play lead rhythm guitar and vocals in the Redondo Café-Bar. Kausal-Hayes has been playing guitar since he was nine and is the founding member of Seattle's "Author

Unknown" when he is not working as a solo artist. Influenced by CSNY, SRV, Clapton, the Beatles, Pearl Jam and U2, he's played in bands ranging from pop to rock to blues. Come enjoy him Friday, June 9. Here's the June line-up:
Thur 6/1 **Poodlebom**
Fri 6/2 **Myles Crew**
Sat 6/3 **Jonny Smokes**
Thur 6/8 **Darrell Data**
Fri 6/9 **Justin Kausal-Hayes**
Sat 6/10 **Mark Fuegel & Cory Wild**
Thur 6/15 **Myles Crew**
Fri 6/16 **Paul Kroeger**
Sat 6/17 **John Case**
Thur 6/22 **David Christensen**
Fri 6/23 **Paul Kroeger**
Sat 6/24 **Darrell Data**
Thur 6/29 **John Case**
Fri 6/30 **Myles Crew**
Make reservations today.

Summer T's now in Gift Shops.



SEATTLE AND PORTLAND – Salty's Gift Shops are chock full of uncommonly great threads, spices and other goodies for friends, family and associates. There's Salty's legendary **Blackening Spice, Seasoning Salt** and **Salty's Label Hogue Chardonnay and Cabernet**. These Hogue wines are available at a 25% discount, \$18 instead of \$25 (the price when you dine with Salty's). In Oregon, you can buy any wine on Salty's list to go. See our wine menus at www.saltys.com.

The 2006 edition of the annual "Funny Fish" T-shirts are now available. They are \$10 and come in men's sizes medium to XXL (see design right), women's sizes are medium and large (see left) and youth sizes are large and XL (in either design). They're available now in Salty's in-store Gift Shops. Other items are also available at www.saltys.com/gifts.



World Class Seafood, Steaks, Service & Smiles!

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

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