

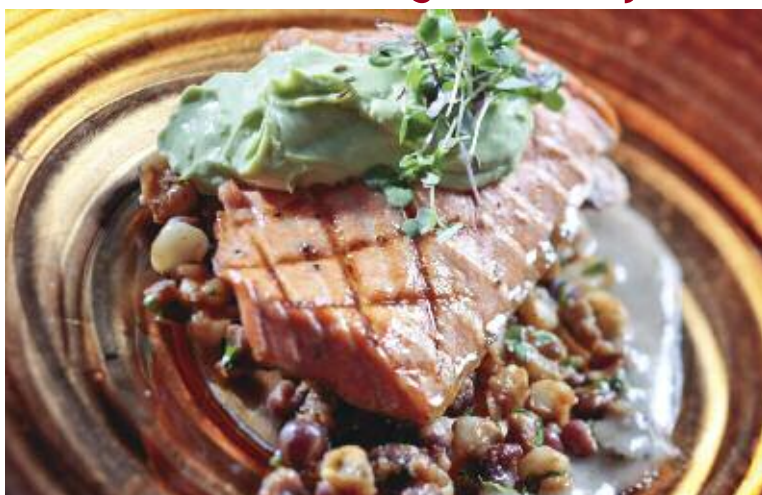
Good Times

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

Ready, set, go! Wild salmon are running and our funshine decks are open.

SEATTLE AND PORTLAND – The sun is shining so it must be time to race to Salty's Seafood Grills for the annual "Wild Ones" Summer Salmon Festival. To open the summer festival, all Salty's chefs will celebrate with **Grilled Wild Alaskan Salmon accoutred with Warm Hominy Salad, Avocado Crème and Micro Greens Tossed in a Cumin Vinaigrette** (see the home cook's recipe, below). "Our dish has a Mexican feel to it with some great flavors that match up well with the fatty salmon," says Alki Chef Jeremy McLachlan. It's topped with crumbled queso fresco, quintessentially Mexican.

What to sip with this dish? Salty's Sommelier Tim O'Brien tells us that glass by glass Rosé is flowing into the mainstream



making friends with bold fruit and an unsurpassed affinity for food. Summer is a time for regional flavors and fresh local produce and herbs. Consider June's grilled wild salmon dish.

We start with fabulously fatty wild salmon and introduce a menagerie of spices including ancho chile, coriander cumin and cinnamon, then we add onion garlic and cilantro – but don't

worry, the wild salmon can handle all the bounty of summer. Big flavors mean big challenges for wine. The flavor of many wines would fade, even disappear when competing with all that intense drama on one plate. Rosé meets our dish with gusto and enthusiasm offering delicious fruit, bold acid and generous body.

Rosé takes the best of white wine and the best of red wine to deliver a food affinity that neither one could match on its own. The appeal of Rosé goes far beyond the fact that on a very warm day something chilled is the fun choice. The style and flavors of summer cuisine make Rosé the smart choice.

Ready, set, go! Make your reservations today at Saltys.com. (Photo by Ilya Moshenskiy www.ilyafood.com)

Alki chef's blog.

By Alki Chef Jeremy McLachlan



SEATTLE – Hope you can join me Thursday, June 4, at FareStart for Guest Chef night when I'll work with students to create a delicious three-course meal for only \$24.95. You probably already know about Seattle's FareStart but just in case you don't, they help the homeless and disadvantaged by educating them in the culinary field and also they help graduates find jobs. They've provided opportunities to thousands of people over their 17 years in downtown Seattle, while also serving millions of meals to disadvantaged men, women and children.

Here's my menu for only \$24.95:

SALTY'S GUEST CHEF NIGHT MENU

Starter:

*Copper River Salmon
"Soup and Salad"
Hot Smoked over
Sweet Corn Chowder
Lox with Micro Arugula and
Heirloom Tomato Concassé*

Vegetarian Starter:

*Mixed Baby Lettuces, Charred
Sweet Onion Vinaigrette,
Cucumber, Grape Tomato,
Cypress Chèvre*

Entrée:

*Pan-Seared Alaskan Halibut,
Lobster Risotto Cake,
Heirloom Vegetable Ratatouille,
Fresh Pea "Soup"*

Vegetarian Entrée:

*Washington Asparagus Ravioli,
Lemon Crème, Caramelized
Walla Walla Onions,
Preserved Lemon*

Dessert:

*Tres Leches Cake with
Fresh Summer Fruit*

The FareStart Restaurant is located on 7th Avenue at the corner of 7th & Virginia in downtown Seattle, across the street from the north side of the Federal Courthouse. Make reservations today – my night sells out! – at www.farestart.org/restaurant/guestchef/calendar or call 206-267-6210. Hope to see you there!

Grilled wild salmon with avocado crème and cumin vinaigrette

Serves 4

1 side of Wild Salmon
(6 to 8 ounces per person)
Salt and Pepper to taste
Foil to wrap it up
2 Limes, sliced
¼ Red Onion, sliced
½ cup Avocado Crème (see
recipe below)
4 cups Mixed Lettuce
(your choice)
2 tablespoons Cumin
Vinaigrette (see recipe
below)

Fire up the barbecue. Place the side of salmon in foil and season with salt and pepper. Top with sliced red onions and sliced limes. Fold and close foil; poke five small holes in the top.

Cook on the barbecue for 15-20 minutes. When you remove and open, be careful of the hot steam. Discard onion and lime slices. Top with avocado crème and serve with lettuce tossed in cumin vinaigrette on the side.

Avocado Crème

3 each Avocados
½ cup Sour Cream
½ Lemon, juiced
¼ teaspoon Kosher Salt
White Pepper to taste

Blend all ingredients in a food processor and keep in a container with plastic wrap directly on it until ready to serve.

Cumin Vinaigrette

½ teaspoon Cumin
¼ teaspoon Coriander
¼ cup Rice Wine Vinegar
1 teaspoon Dijon Mustard
1 teaspoon Shallot, chopped
½ teaspoon garlic, chopped
1 cup Canola Oil
Salt to taste

In a dry sauté pan, toast the seeds until they start to jump. Set aside. In a blender add the vinegar, Dijon mustard, shallot and garlic. Start the blender and slowly drizzle in the oil. Finish with the spices and the salt.

Good for you!



Gerry & Kathy Kingen, Salty's Owners

Bonded with salmon

By Kathryn Hilger Kingen

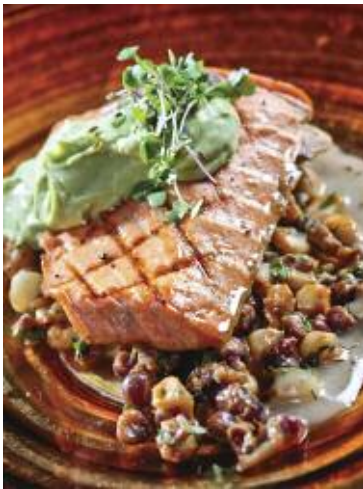
I love to eat wild salmon. In fact I love it so much we are bonded. Actually double bonded, on the polyunsaturated fatty acid chain, at the third carbon from the methyl end. Does omega three sound familiar? That's the location I'm talking about. The double bond in

this particular site on the fatty acid molecule seems to have magical qualities when it comes to our health. Wild salmon contains one of the highest concentrations of omega threes in the food chain.

Why wild salmon? Actually wild salmon begin life, swim down stream, and end up in the waters of the Pacific Ocean. They stay there for a few years accumulating a nice layer of powerhouse polyunsaturated fat and then begin their remarkable return up the river. Salmon intrinsically know that if the river is long they must store the appropriate amount of energy to make the trip. Some of these rivers are quite a distance. The Yukon River, for example, meanders 2,300 miles. Can you imagine swimming that far? A recent study found that the Yukon Salmon had a "shockingly high" omega-three fatty acid content that was up to three times the quantity of other salmon they tested. What these fish

store as their energy for this trip is powerful medicine to us.

Two servings of salmon per week are enough to raise your O3-blood level appreciably. These fatty



acids affect us on a cellular level and can help encourage good health. By including omega-three fatty acids in the diet, scientists have found that a myriad of health

problems can become less concerning. The list is long and impressive. It lowers blood triglycerides, decreasing chances of heart disease; it lowers blood pressure decreasing heart events; decreases inflammation as seen in asthma and arthritis; decreases clotting tendencies related to strokes; and may play a role in decreasing cancer growth. There is also research showing there may be some positive effect with mood. Now there is something to be happy about!

In the spirit of scientific research I actually conducted my own experiment with salmon and mood. I tested Chef Jeremy's June recipe for salmon with avocado crème. The results are in and I can tell you that it was statistically significant; everyone who ate it was ecstatic.

Read more about Salty's salmon festival at saltys.com/food_wine/salmon_festival.asp then make your mood-uplifting reservations today!

Tropical granola.

By Pastry Chef Darla Swanson, Portland Pastry Chef since 1999

With this dessert, you can improvise by using any nuts or seeds you like, and different flavored oils, citrus zest, etc. I love to layer this in a glass with vanilla yogurt, pineapple, banana and fresh berries.

Tropical Granola

Stir the following ingredients

together in a large bowl:

1 cup Whole Oats

½ cup Sunflower Seeds

¾ cup Coconut

¼ cup Macadamia Nuts

¼ cup Cashews, chopped

2 tablespoons Wheat Germ

Then warm the following ingredients in a saucepan and pour over the ingredients in the bowl.



¼ cup honey
3 tablespoons Oil
1 tablespoon Butter
1 teaspoon Vanilla

Stir thoroughly and spread out onto an oiled sheet pan. Bake at 350 degrees F for 13-18 minutes. Stir and bake until golden. Let cool on the pan. Break pieces and store in an airtight container. This will keep fresh for several weeks.

(Darla Swanson is a graduate of the New England Culinary Institute in Vermont.)

Give your Dad our very best.

SEATTLE AND PORTLAND – Father's Day Weekend is almost here.

There's no better way to tell Dad

how much

you appreciate him

than

with

Salty's

Dad's



Weekend Brunch. Our award-winning brunch is

the best in the Pacific Northwest and it's specially available on

Saturday, June 20, too at

Redondo Beach and in Portland

(brunch is always available on

Saturdays at Alki in Seattle). The

fresh "seafood" cuisine is like the

service. Spectacular. The view is

one in a million. Just like your

Dad. So make your reservation

now. And give Dad our best. **If**

you can't make it into Salty's,

the next best present is a Gift

Card. It's the Present with a

Future!™ Buy one when you

visit, or go to Saltys.com/gifts.

Alki wins Seattle brides' 2009 pick and Seattle Mag readers' best view!



SEATTLE – "We are proud to announce that Salty's on Alki has been rated by local brides and voted **The Knot Best of Weddings 2008/2009 Pick.**

Please pick up a copy of *The Knot Best of Weddings 2009* magazine and check out our listing," says Alki Director of Sales Collin Forseth. He says they've introduced a new banquet menu which now features wild Copper

River salmon; Dungeness crab-stuffed wild Copper River salmon; house-made French-style breakfast sandwiches of smoked salmon or ham and cheese; smoked salmon hash with a fried egg; and vegetable lasagna is now on the buffet. See the fabulous menu developed by Executive Chef Jeremy McLachlan at Saltys.com/seattle/catering/Seattle_Catering_Menu.pdf and then call Collin at (206) 937-1085 and he'll help you plan your next event featuring sweeping Seattle skyline views which also just garnered the *Seattle Magazine* readers' **Best View choice for 2009.** Just another reason why we say with great pride, Salty's Seafood Grills are the most-award winning restaurants in the Pacific Northwest – visit Saltys.com/awards for the complete list.

Life on the water.

By Michael Paige, Photographer

Welcome! I'm a professional photographer, naturalist and long-time Columbia River resident with many photographs and stories of the wildlife of the Pacific Northwest. I've been

invited to write a monthly feature about the birds and animals you see while dining at Salty's. There'll be a new "creature feature"

each month

in addition to

answering

your inquiries

about wildlife

sightings. My

photo this

month:

Osprey are

found

throughout

the world and

are also known

by the name

Sea Hawk,

hence the name for the Seattle Seahawks. They will nest just about anywhere there is a suitable location near water and their main prey, fish. Be sure to watch the nesting Osprey on the pilings in the water right out your window at Salty's on the Columbia River!

I look forward to hearing from you! Please email me at mpaige@spiritone.com or visit www.michaelpaigephotography.com/birdphotogallery.



World Class Seafood,® Steaks, Service & Smiles!™

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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

Columbia chef's blog.



By Portland Chef Dana Cress

Salty's menu shines all summer long with fresh sea-

food, the perfect summer cuisine, fruits and vegetables in light and vibrant preparations like my applewood smoked prawns with honeydew, peach, and avocado salad, fresh mozzarella and basil. This sensational appetizer could also work as a light entrée for a small appetite. The prawns are lightly marinated in Marsala wine with shallots and garlic before we smoke them, and then grill them to order for flavors reminiscent of a summer BBQ. Placed warm over a fresh salad of sliced peaches, avocado, honeydew melon, mozzarella and basil, I have a feeling this one will be popular out on our Funshine decks.

My new market sheet is geared toward summertime outdoor dining. Taking in the view of the Columbia, with the sunshine beaming down, our guests will want simple and delicious entrées to stand up to the June heat.

When I developed the new pan-seared albacore tuna entrée, I knew it would be great for a hot June day. Simply searing a beautiful, healthy six-ounce fillet of

albacore tuna and then placing it atop fluffy steamed rice is not quite enough. To accompany the perfectly seared tuna, an Asian-inspired salad will consist of thinly sliced cucumber, julienned carrots, daikon radish, fried garlic and shallots, cilantro, jalapeño, sesame seeds and green onion, tossed in a dressing of soy sauce, rice vinegar, sake, mirin (sweet rice wine), whole grain mustard and fresh ginger. Needless to say, this dish will pack a punch of flavor, but cool in the heat.

Last but not least, fresh wild king salmon will be cut in medallions, lightly seasoned with salt and pepper, then pan-seared for service. This will be served with gaufrette (waffle-sliced potatoes) and drizzled with cherry port reduction. This elegant dish will then be finished with a bright green splash of basil oil.

In honor of Father's Day, we are offering a special brunch on Saturday, June 20, 9 a.m. to 2 p.m., and Sunday, June 21, 8 a.m. to 2:45 p.m. If dad isn't into brunch, dinner will be served from 5 to 9 p.m. on Sunday. Every papa that passes through our door will be given golf balls and tees to hit the links after brunch. We'll also be giving away a grill to one lucky dad to enjoy this summer. As if my new Market Sheet wasn't enough to lure dad in for a spectacular meal at Salty's on the Columbia in Portland! Make reservations today at Salty.com.

Redondo chef's blog.



By Redondo Chef Gabriel Cabrera

Along with Pacific salmon and won-

derful Alaskan halibut available to us in the Northwest in June, I'm delighted to offer you Blue Marlin, a delicacy caught in Hawaiian waters. A migratory species that passes through the Hawaiian Islands twice a year, they are among the fastest fish in the ocean and use their spears to slice through dense schools of fish. Known for putting up a tremendous fight when hooked, these marine monsters are sacred to sport fishers. Generally caught during the spring months, they make for extraordinary eating. In June, I'm serving it as a center cut steak grilled with lemon-vermouth butter sauce and, just like a steak, we'll ask you what temperature you prefer (it's best medium-rare and will seem dry at higher temperatures). My dish is topped with a salsa made with sweet green peppers, onions, cilantro, virgin olive oil and balsamic vinegar, and it's served over creamy mashed potatoes and local asparagus. Big Yum!

My special June dish of wild salmon is grilled and basted with

soy-miso sauce and topped with tropical fruit salsa made with grilled pineapple, lychees, cantaloupe, honey dew, cilantro, red sweet peppers, tomato, cumin and crushed red peppers to add a little heat. This salmon preparation includes sticky rice, green onions, and toasted sesame seeds. Big Yum again!

My special June dish of Alaskan halibut is pan seared, laced with truffle oil and topped with pea sprouts tossed in lemon juice. It's served over creamy risotto, local asparagus and grilled Portobello mushrooms. Yes, another Big Yum!

I'm pleased to announce my first ever drink recipe, The Molten Passion Fruit Martini. This unique drink is made with my special habanero-passion fruit recipe infused with Grey Goose vodka. Get into Salty's and ask for seating on our Funshine Decks – the weather has been extraordinary and you'll want to enjoy my Molten Passion Fruit Martini while you soak up the shine.

If you're like everyone else, you love beachfront battered-to-order Fish and Chips. Be sure to visit the Redondo Beach walk-up Seafood Bar. Bring your family, fish off the pier and check out Des Moines newest aquarium, right next door. It's free to the public on Saturdays 10 a.m. to 2 p.m.! Find out more at <http://mast.highline.edu> and then make reservations at Salty.com

July 4th all-you-can-eat brunch also to-go! Redondo outdoor seafood bar is open!

PORTLAND – Alas, the Vancouver Fireworks are cancelled this year, but Salty's will celebrate our nation's birthday with an extravagant brunch on Saturday, July 4th. Come enjoy the city's best BBQ eats before you head out to enjoy the fireworks or sizzle up your backyard. Our July 4th brunch is an all-you-can-eat extravaganza from noon to 5 p.m. for only \$26.95 – or box it up, spread out the picnic blanket and enjoy wherever you are headed for only \$8.95 per pound! Here's your menu:

Seasonal Salads

Grilled Summer Corn Salad
Picnic Potato Salad
Cilantro-Chile Grilled Prawns with Watermelon Salad
Waldorf Salad
Ambrosia Salad
Southern Fried Chicken Salad
Red, White & Blue Coleslaw
Marinated Chickpea Salad
Macaroni Salad

Appetizers, Sides & Desserts

Summer Salsa
Roasted Poblano-Tomatillo Guacamole
Bay Shrimp Artichoke Dip with Crispy Pita
Grilled Corn with Chile-Lime Butter
Twice Baked Potato
Peach Cobbler
Petite Strawberry Short Cake
Chocolate Chip Cookies
Walnut Brownies

The Main Event

Crawfish Boil
Fried Chicken Sliders
Margarita-Grilled Catfish with Summer Salsa
BBQ Pork Spare Ribs
Ancho-Spiced Grilled Salmon with Avocado-Tomato Salad
BBQ Beef Sliders
BBQ Chicken with Bleu Cheese Yogurt Sauce

Make reservations today at Salty.com/reservations or call us at 503.288.4444.

REDONDO BEACH – The Redondo Beach outdoor Fish Bar opened Memorial Day weekend. Picture a wonderful, sunny summer day at the beach ... bring the



family, fish off the pier, play in the sand, wade in the surf. And then have lunch at the walk-up window Seafood Bar.

"Our outdoor Seafood Bar offers a kid-friendly menu with a wonderful selection of local seafood favorites cooked to order. After you order your food, all you have to do is choose which of our outdoor picnic table suits you best," says Chef Gabriel Cabrera.

THE MENU

Salty's Seafood Chowder
Cup 6.99 Pint 7.99
Redondo Cod Fish & Chips
3 Pcs 8.99 2 Pcs 6.99
Kids' Cod 1 Pc 3.99
Halibut & Chips
3 Pcs 11.99 2 Pcs 7.99
Oysters & Chips 5 Pcs 9.99
Prawns & Chips 5 Pcs 9.99
Calamari Rings 10.99
Colossal Clam Strips 8.99
Chicken Strips 3 Pcs 6.99
Blackened Salmon Caesar Salad 9.99
Coleslaw 1.99 *Salad* 3.99
French Fries 2.99
Corn Dog 3.99
Ice Cream Sandwich 1.99
Popsicle 1.99 *Cookie* 1.00
Scone or Pastries 2.99

Beverages include pop, coffee, or iced tea for \$1.99 and 16-oz. lattes for \$3. Call ahead so your order is ready when you arrive: (253) 945-1363. Open daily 11:30 a.m. to 9 p.m.



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