

Good Times

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

Cook Inlet—Fast and furious fishing for Alaska's trophy king.

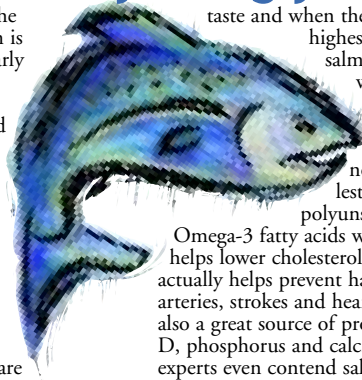
SEATTLE AND PORTLAND—Located to the west of the Kenai Peninsula, 100 miles southwest of Anchorage, Cook Inlet serves as a major migration corridor for countless fish bound for the Kenai Peninsula—which has frequently been characterized as a miniature Alaska, with its immense ice fields, turquoise glacial lakes, sparkling runoff streams, forests, fjords and towering mountains.

Cook Inlet is noted for some of Alaska's most abundant and unique fishing opportunities, particularly "trophy" king salmon and halibut with frequent catches of king salmon at 70 to 80 pounds plus. With two runs each of king salmon, silver salmon and red salmon, fishing is often fast and furious

here during the peak of the runs. Although the action is usually best during the early runs, the late runs have larger fish.

Salty's chefs are thrilled to bring you this rare delicacy of wild salmon from Cook Inlet. Wild salmon from the Quinahagak River will also be featured in July. This river flows into the Kuskokwim Bay of Alaska, just south of the Yukon River.

The salmon we serve are caught just before beginning their spawning run—at the peak of good



taste and when their oil content is highest. The fat in salmon gives it a wonderful juicy flavor and tenderness; and fortunately, it's not high in cholesterol. It contains polyunsaturated

Omega-3 fatty acids which doctors say helps lower cholesterol levels and actually helps prevent hardening of the arteries, strokes and heart attacks. It's also a great source of protein, vitamin D, phosphorus and calcium. Some experts even contend salmon enhances your sex life. You're eating a health food when you're eating Salty's Wild Ones.

PAN-SEARED WILD SALMON WITH PLUM SALSA

By Jeremy McLachlan, Columbia Chef
2 8-ounce wild salmon filets
Salt and pepper; Canola oil

Place oil in oven-proof sauté pan over medium heat. Season filets on both sides with salt and pepper. Sear fish for 3-5 minutes then flip over. Place pan in a 350-degree oven and cook for 7 minutes.

Plum Salsa

1 pound plums, diced
1/2 red onion, diced
1 jalapeno, de-seeded and diced
1/2 bunch cilantro, chopped
1 lime, juiced
1 teaspoon kosher salt

Place all diced/chopped ingredients into a bowl. Add lime juice and kosher salt and mix well. Taste for seasoning and heat. (If you like your salsa mild, start with just half of the jalapeno pepper.) Make salsa 15 minutes before serving over the salmon.

Salty's coffee suppliers are committed to sustainable farming.

SEATTLE AND PORTLAND—As a leader in both the Seattle and Portland restaurant markets, Salty's is proud to tell you that our chefs and beverage managers seek alliances with product vendors who are committed to supporting sustainable farming practices. For development to be sustainable it must integrate environmental stewardship, economic development and the well being of all people, for generations to come.

"To that end," says Salty's Group Sommelier and Beverage Director **Tim O'Brien**, "We feel good about our partnership with all of Salty's coffee providers: Starbucks Coffee®, Seattle's Best Coffee® and Boyd® Coffee. They offer Salty's guests a commitment to economic, environmental and social benefits to communities where coffee is grown. At the same time, we wanted to offer a coffee that matches the quality of the food Salty's serves," O'Brien reports.

Alki offers refined, complex Guatemala Casi Cielo™ from Starbucks® Alki will serve this elegant, smooth new coffee from Guatemala, named Casi Cielo (ka'-see see-ay'-lo) starting in July. It's grown by four select farms located in the Antigua Valley of Guatemala, an area known for coffee rich with layers of flavor. Nurtured where three volcanoes reach for the clouds, its name is Spanish for "Almost Heaven."

"I know our Alki guests will be delighted when they discover the remarkable depth and versatility of Guatemala Casi Cielo," O'Brien says.

"It's perfect for a variety of dishes with savory herbs, artisan cheeses, rich chocolate, nuts, caramel or berry and lemon. A sip begins with an elegant floral aroma and surprising lemony flourish, and it finishes with a deeply satisfying dark cocoa flavor."

The purchase of the coffee that makes up Guatemala Casi Cielo subsidizes health clinics that help to support farmers and their local communities. Starbucks® is the leading retailer, roaster and brand of specialty coffee in the world, with more than 9,000 retail locations in North America, Latin America, Europe, the Middle East and the Pacific Rim.

Redondo offers flavorful, smooth Seattle's Best Blend® from Seattle's Best Coffee®

Founded in 1970 on the Seattle waterfront using an old peanut roaster and a desire to create a smooth cup of coffee, Seattle's Best Coffee retains its link to the Seattle coffee culture. "Its bold coffee flavor and smooth taste are appealing to guests searching for a great cup of coffee," reports Managing Partner **Terianne Broyles**.

Starting in late July, Redondo will feature Seattle's Best Blend, regular and decaf, a blend of Indonesian, Central and South American coffees, brought to life with a medium roast to bring out the "nutty" sweetness of the beans.

Seattle's Best Coffee offers us a dedicated commitment to the coffee farmers and their communities.

Columbia offers organic, shade-grown, dark-roasted Café Rojas® from Boyd's® Boyd Coffee Company began importing organic coffees in 1988, starting with Café Rojas. Its roasting facilities were certified organic in 1997 and Café Rojas became the industry's first certified organic coffee with a paper trail from bean to cup. Café Rojas receives their 100-percent organic certifications from Quality Assurance International.

Boyd Coffee Company, the Pacific Northwest's oldest, family-owned coffee company, has a partnership with the Rainforest Alliance. Their certification program is comprehensive and holistic, addressing the three pillars of sustainability: people, profits and planet. On Rainforest Alliance-certified farms, workers are treated fairly, soil and water quality are not compromised, waste is managed efficiently, chemical use is dramatically reduced and relations with surrounding communities are strong. For more information on the Rainforest Alliance, go online to www.rainforest-alliance.org.

Boyd Coffee Company has been serving the Pacific Northwest since 1900. It is a privately held company managed by the third and fourth generations of the Boyd family.

Photos courtesy of Starbucks

MINTZ'S FAVORITE RECIPES

My hobby is collecting recipes and I have thousands of them filling folders, albums, an armoire and newspaper recipe clippings falling out of kitchen drawers. Whenever I taste something that I adore at friends' homes, I ask the hostess for the recipe. I am a consummate collector and one who just has to have "that recipe." The good part is that I always share my favorites with anyone who asks. Happy summer! Eileen Mintz

MEXICAN COFFEE

Serves 4
4 cups (1 rounded tablespoon) of ground coffee beans, Columbian or other variety
1 rounded tablespoon cocoa powder
1/2 teaspoon ground cinnamon, plus a sprinkle for garnish
4 jiggers (1-ounce shots) Kahlua coffee liqueur
1 canister spray of whipped cream
Place coffee, cocoa and cinnamon in a filter for coffee brewing. Pour boiling water through coffee mix. Pour a shot of coffee liqueur in the bottom of each coffee mug. Pour in a serving of coffee. Top off each mug with a generous swirl of whipped cream and garnish with another sprinkle of cinnamon.

COFFEE SODA

Serves 4
3 cups strong coffee, chilled
1 cup half & half
2 scoops coffee ice cream
3/4 cup club soda
1 tablespoon sugar
whipped cream
Mix coffee, sugar and half & half. Fill 4 tall glasses about halfway. Add 1 scoop of ice cream to each, then fill up with soda. Top with whipped cream.

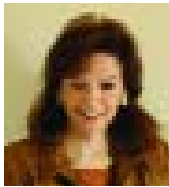
FROSTY MOCHA

Serves 2
1 cup freshly brewed coffee
1 pint vanilla ice cream, softened
6 tablespoons chocolate syrup
1 cup of prepared cold coffee
Blend hot coffee and chocolate syrup in blender until smooth. Cool the mixture to room temperature. Pour the mixture into a medium bowl. Add the softened ice cream and cold coffee. With a rotary beater, beat until smooth. Spoon into tall glasses and serve immediately.

INSTANT ICED CAPPUCCINO

Serves 1
1 teaspoon instant coffee crystals
4 tablespoons heavy cream
1 teaspoon vanilla
4 ice cubes
3/4 cup water
2 teaspoon sugar
Combine everything in a blender and blend until smooth and frothy.

See also "Coffee Talk" for recipe secrets!



Mintz—her words.

By Eileen Mintz, Public Relations Spokesperson for Salty's

I am happy to announce the results of the **Best of Citysearch.com 2005 contest**. Thousands of you voted for Salty's! We so appreciate your support! Once again Salty's on Alki reigns as Seattle's Best Brunch. Alki was also runner-up for Best View, in the top five for Best Waterfront and in the top ten for Best Group Dining, Best Desserts and Outdoor Dining. Redondo was runner-up for Best Seafood and Desserts. Salty's on the Columbia won for Portland's Best Bar Menu and placed in the top five for Best Seafood and Brunch, Date Spot, Outdoor Dining, Best View and Waterfront; it was in the top ten for Fine Dining, Romantic and Special Occasion. We sure appreciate your votes!

Pick up an issue of *Coastal Living* magazine to see the story "Seaside in Seattle" written by **Paige Porter** and photographed by **Matt Brown**. A section on Alki reads, "Scores head to Salty's, one of the area's most popular restaurants. It's known as much for its stunning waterfront views as its manila clams and wild king salmon. At brunch, a window table remains a hot commodity."

Zoobilee "Color The Night" at the Point Defiance Zoo & Aquarium in Tacoma is Friday, July 15, at 7:30 p.m. It's a black-tie affair celebrating 15 years of Zoobilee elegance, 100 years of community at Point Defiance Park, and the Zoo's phenomenal growth. The event will include gourmet food and beverages from more than 60 of the area's finest restaurants, caterers and beverage suppliers. Redondo Chef **Gabriel Cabrera** will be there showing off his award-winning Seafood Chowder. The Zoo will be

transformed into six stages of live entertainment, multiple dance floors, a unique silent auction and 2500 guests donning their finest black-tie creations. All funds raised from Zoobilee go toward projects identified by Point Defiance Zoo & Aquarium including wildlife conservation, new naturalistic exhibits for the animals, education programs for children and our Zoo's outreach programs. To purchase tickets, call 253.404.3657 or go online to www.pdza.org. You can find Salty's Chef **Dan Thiesen** this month at **FareStart's** newest event "**Guest Chef on The Waterfront**" which takes place Wednesday, July 20, 5-10 p.m. at Bell Harbor's Elliott Hall & Pier,

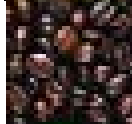
2201 Alaskan Way. Over a dozen chefs will present fabulous tastes paired with great wines. Ticket prices are \$50 with \$75 for VIPs. Reserve online at www.farestart.org or call 206.267.6213.

The Bite of Seattle, The Northwest's Premier Food Festival, is held July 22-24 at the Seattle Center. Over 60 restaurants will participate with national and local entertainment on seven stages. Included are some pretty sizzling cooking demos with Salty's Chef **Dan Thiesen** participating. Charity events include raising funds for Food Lifeline, Make-A-Wish Foundation and the Culinary Arts Association. I'll see you there!

The Bite of Oregon is coming up in August and Columbia Chef **Jeremy McLachlan** will be on the Chefs' Palate Stage in a distinguished line-up of chefs sponsored by Sysco. It's the premier showcase of Oregon food, beverage and music held August 12-14 at Tom McCall Waterfront Park. The Bite is a fund-raising event by Special Olympics of Oregon (more at biteoforegon.com).

We need your support for two more Seattle votes: *Seattle Weekly* and *Northwest Source* (Seattle Times) are holding their Best of Seattle contests. Please vote for Salty's at www.nwsource.com/peoplespicks/2005 www.seattleweekly.com/bestofseattle If you don't feel we deserve your vote, we would really appreciate hearing from you. Let us know how we could improve our service to you at news@saltys.com.

Check out Salty's new web site at www.saltys.com. Please email us your comments to news@saltys.com.

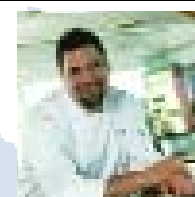


Coffee talk.

By Tim O'Brien, Salty's Sommelier tobrien@saltys.com

The secrets for incredible coffee drinks are about to be revealed. It is true that you can put nearly any liquor into coffee and call it a drink. I have my favorite, and you guessed it, Irish Coffee. Of course, it's available at all Salty's Restaurants. Here are a couple of new liqueurs that have developed a following at Salty's. The first is called **Navane** made by Lapostolle, the same people who make Grand Marnier. It is a vanilla-flavored cognac that will satisfy the most critical cognac lovers with a smooth long finish. We also like **Amarula**, a cream-based liqueur from South Africa. It is a refreshing alternative to Irish Cream. Now for the secrets: Always pre-heat your glass with hot water. We like to serve coffee

drinks in wine glasses (at least 10 ounces). Don't use crystal! Take your drink to the next level by caramelizing a mixture of two-thirds sugar and one-third cinnamon on the rim of the glass. Here's how:
1) Heat the glass by running hot water over it.
2) Dip rim of glass into sugar-cinnamon mix.
3) Pour 1/2 ounce of 80% liqueur (brandy is perfect for this) into pre-heated glass.
4) Have a saucer handy in case you need to smother the flame. Carefully light the pre-heated liqueur, then tip the glass so the flame reaches the rim of the glass. The flame is often nearly invisible, so be very careful. Practice makes perfect.
5) Turn the glass slowly until the sugar starts to caramelize. (Now you know why you're not using crystal. These glasses will need to end up in your dishwasher.) Use the sauce to smother the flame if necessary.
6) Now you're ready to add your favorite liqueur topped with hot coffee and freshly whipped cream floating on top.



Food talk.

By Dan Thiesen, Salty's Group Executive Chef dthiesen@saltys.com

Summer has arrived at Salty's and that means the wild salmon season is in full swing. You'll love our Cook Inlet salmon as well as the Quinagak River salmon (located just south of the Yukon River). There's no better way to enjoy summer than sitting on a Salty's seaside deck overlooking the water and enjoying a cold beverage with food that rivals the views. This month we continue our **Radio Food Talk Show** with **Tami Michaels** on the first Saturday of each month. **Be sure to tune in to KVI 570 AM Saturday, July 2, 1-2 p.m.** We'll talk

about the wild salmon season as well as BBQ tips for summer grilling. If you want to enjoy some great Salty's food for a good cause, check out the new **Seattle Chef's on the Waterfront** event Wednesday, July 20. It raises money for Farestart. Dozens of Seattle area Guest Chefs will share tastes from their kitchen along with local wineries, breweries and spirit purveyors. Featuring the **Jason Parker Quartet**, this summer festival promises to be a celebration of amazing chefs, fine fare and spirits! It's held at Bell Harbor's Elliott Hall & Pier, 2201 Alaskan Way, Seattle from 5 to 9 p.m. Tickets are \$50 (VIP \$75, includes parking, seating and more). Call 206.267.6223 for more or go to www.farestart.org. Hope you can join me at the **Bite of Seattle** July 22-24 at the Seattle Center. I'll be doing some cooking demos on Saturday, July 23 at 3:30 p.m. Hope to see you there!

Sax great Mark Taylor joins Vic & Tim for a "Random Act of Music" at Alki July 22.

SEATTLE—Saxophone giant **Mark Taylor**, who was the very first "Random Act of Music" series guest in April, returns to Alki. He joins Salty's very own piano-man **Victor Janusz** and bassist **Tim Koss** for a special Friday show July 22. When Taylor joined Janusz and Koss for Father's Day Brunch, "He brought down the house with everything from the Jobim bossa classic 'Girl from Ipanema' to Warren Zevon's 'Werewolves of London,'" says Janusz. Regarded as one of the preeminent saxophonists of his generation, the Roosevelt High, University of Washington and Manhattan School of Music graduate has played with many great jazz musicians from Seattle to New York. The list includes Ernestine Anderson, Quincy Jones Orchestra, Seattle Repertory Jazz Orchestra, Matt Jorgensen & 451, Jay Thomas Band, and many others. Taylor has been a regular player with the Vic Janusz Quartet since their debut at Canlis in 2000. "I'm honored to have a musician of his caliber working with me," says Janusz. "He's

not only supremely talented, but also a very funny, nice guy and that comes through to the audience. I was worried he wouldn't want to do songs like Lou Reed's 'Perfect Day' or 'Werewolves' but he jumps right in," Janusz says happily. Taylor's nationally acclaimed album "After Hours" is available on the Origin Arts label, and Taylor is featured on Janusz's new hit CD "Cosmo Street" (available at Alki). What does the media say about him? **Bill Donaldson** reported in the national magazine *Jazz Improv*, "The song Cosmo Street is highlighted by Mark Taylor's Desmond-like pillowy tones." Taxi A&R Group comments, "Special mention to Taylor's warm, tasty tones on 'Just Another Sunday.'" **Cosmo Street** co-producer **Mike Strickland** says, "As great a collection as the album is, Taylor elevates Vic's music to a whole new level." Victor Janusz sings Fridays at Alki, 8:30 to Midnight, backed by his Bassist Tim Koss, or come listen to him play piano at Alki's weekend brunch.



Dan James at Redondo Beach Sat. July 2.

SOUTH SEATTLE—**Daniel James**, a musician who lives to sing and perform, is coming to Redondo Beach Saturday, July 2. James' wide and varied song list has its roots in the music of his grandmother, mother and father, music he absorbed and learned while growing up in a home full of music. His music embraces a rich variety of musical genres from standards, reggae, country, rock, blues to current hits, as well as his original compositions. "Music in my family is huge. I started out with a snare drum that my grandma bought me when I was only 8. She was an entertainer in lounges playing her organ and singing. So you can see it's in the blood," says James. Encouraged by his grandmother and parents, who were all professional singers and musicians, James began his singing experience by performing harmony with his brothers Eric and Duane.

James carries this history and song list with him to every performance from California to New York and now to Redondo Beach. He brings with him a good time and warm touch for all ages. "Hope you can join us Saturday, July 2, at Redondo Beach," says Redondo Operations Manager **Veronica Smith**. "We know you'll enjoy James who came in third place in a Seattle Star Search." For more information on Daniel James go online to www.social-dan.com. **JULY REDONDO MUSIC SCHEDULE:**
7/1 Fri. Myles Crew
7/2 Sat. Daniel James
7/7 Thur. Phil Slater
7/8 Fri. Poodlebomb
7/9 Sat. Myles Crew
7/14 Thur. Myles Crew
7/15 Fri. Dan James
7/16 Sat. Justin Kausal-Hayes
7/21 Thur. Poodlebomb
7/22 Fri. Paul Kroeger
7/23 Sat. Phil Slater
7/28 Thur. Dan James
7/29 Fri. Myles Crew
7/30 Sat. Poodlebomb



Hot jazz ... cool martinis ... Mel Brown ... and Jof Lee ... "will grab you" in Portland.

PORTLAND—When you come into our Salty's on the Columbia restaurant on Friday and Saturday evenings you can expect out-of-this-world jazz. "This is the kind of jazz that grabs you," says Managing Partner **Linda Addy**. "You'll want to top it off with a newly featured glass of summertime Rosé or one of our specialty martinis." **Jof Lee** (pictured right) joins the **Mel Brown Trio** on Fridays and Mel Brown Trio also plays Saturdays. "It's been said they plug in and go into some sort of unearthly orbit. You will find them simply stunning in the music they play and the way they play it," says Addy. Mel Brown is well known and highly regarded. So what do they say about Jof Lee?

Jazz Forum wrote: "Jof brings a great harmonic and rhythmic sense with his piano playing." **Dave Liebman** of the *Saxophone Journal* says, "Jof plays with a great deal of energy, well controlled and with great taste." Jof Lee first began exploring the many puzzles and mysteries of music as a child in Colorado through the mid 1950's and during the post-bop era of the early 1960's. After many years of



practice, studies in music composition, an association with the Norad Band personnel in Colorado Springs and hundreds of performances, Lee began to emerge as a pianist/composer dedicated to his art. Two separate, but equally profound, encounters with the New York jazz scene in the late 70's found him within the musical sphere of jazz tenor giant Stan Getz. It was due to Stan's urging and inspiration that Jof was able to continue along the path. After further private studies in New York City, he began traveling and performing with many world class musicians, appearing in venues throughout Canada, Europe, Japan and the United States. In the early 80's, Lee relocated to the Pacific Northwest where he enjoyed a long and fruitful relationship with the legendary bassist Leroy Vinnegar. This productive association yielded several fine recordings including "Walkin' the Basses" sold on the Contemporary Records label. Please join us in Portland, Fridays from 7:00 to 10:30 p.m. for Jof Lee & Mel Brown Trio, and Saturdays from 7:00 a.m. to 10:30 p.m. for the Mel Brown Trio.

Salty's World Class Seafood,® Steaks, Service & Smiles!
ON ALKI BEACH 206.937.1600 1936 Harbor Ave. S.W., Seattle, WA 98126
AT REDONDO BEACH 253.946.0636 28201 Redondo Beach Dr. S., Des Moines, WA 9819
ON THE COLUMBIA RIVER 503.288.4444 3839 N.E. Marine Drive, Portland, OR 97211