

# Good Times

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

## Tweet: Catch our next wild salmon run.

SEATTLE AND PORTLAND—It's the perfect time for a fishing trip in the great outdoors at Salty's. Our wild salmon and halibut catches are in, our funshine decks are open, and our chefs are tweeting—yes, you can now find them at [Twitter.com/SaltysSeafood](https://twitter.com/SaltysSeafood) and we invite you to follow them!

Salty's fish buyer Chris Darst says, "We're getting net King salmon from Quinhagak, Alaska, with troll Kings starting July 4th from the same area. We're also featuring fresh Coho from Sitka Sound, in southeast Alaska." As the catches come in,

our chefs will keep you posted or should we say, Tweeted?

We invite you to pamper your palate with July's dish featured by all Salty's chefs—Fennel Pollen Honey Salmon Salad with 12-year-old Balsamic Vinaigrette, Arugula, Fresh Berries, and Chèvre Croquettes. The salmon is brushed with the fennel pollen honey (clover honey) and seared until the sugar caramelizes. The salmon is presented on a salad of arugula tossed with a vinaigrette made with balsamic vinegar aged in oak barrels for 12 years, Dijon mustard, shallots, garlic, thyme, a

blend of olive-canola oil, and salt. The dish is dressed with an assortment of fresh berries (think raspberries, blueberries,

blackberries, gooseberries, currants) and croquettes made with Cypress Grove cheese balls (coated in flour, egg wash, and bread-crumbs, deep fried per order). An

edible flower is the garnish for this dish that our sommeliers suggest

you pair with a glass of Rosé, which they say has all the flavors of summer including watermelon, strawberry, cherry and lemon.



Our Fennel Pollen Honey Salmon is available for lunch or dinner in July only. Make reservations today at [Saltys.com](http://Saltys.com) and if you can't make it in, find the home cook's recipe at [Saltys.com](http://Saltys.com)

## Alki chef's blog.

By Alki Chef Jeremy McLachlan

SEATTLE—Here we are officially starting summer, and it feels great! As you know, I get pretty jazzed about local produce and I love what summer brings. I found myself talking about stone fruit all last week, so this week I'm adding two dishes with nectarines. As Rachael Ray would say, "YUM-O!" We will continue serving the chili-rubbed halibut topped with Dungeness crab, avocado, and feta salad—it's just too delicious. Here is a glimpse of what we're adding:

In Grilled and Chilled Colossal White Gulf Prawns with Nectarine and Avocado Salad, Micro Basil, and Balsamic Drizzle, we'll use the freshest ingredients to create this nice, light appetizer, starting with shell-on white Gulf prawns. We coat the prawns in herbs, garlic, shallots, olive oil, preserved lemon, and salt, grill them, then chill them. Before serving the prawns, the shells will be pulled away slightly to help with peeling. Next we will thinly slice the nectarines and the avocado and line them up on the plate. The

fruit will be dusted with Fiori and Salt, dried edible flowers mixed with sea salt (see [www.ritrovo.com/i-14602cas-fiori-salt.php](http://www.ritrovo.com/i-14602cas-fiori-salt.php) for more).

You'll love our new Surf and Turf Kebobs—prawns with grilled pineapple and peppers, and New York steak with onions and mushrooms. The prawns will be skewered with the pineapple and mini-sweet peppers, then grilled and glazed with a nectarine gastrique made with white wine vinegar, Champagne vinegar, ginger, nectarines, lime leaves, sugar, and a touch of chili flakes to round it out. As for the New York steak, we are skewering chunks of the beef with cipollini onions and button mushrooms. These kebobs will be grilled and then finished with our horseradish butter. I'll serve these delicious skewers with garlic mashed potatoes and a grilled corn salsa, voila! See my menus at [Saltys.com/alki](http://Saltys.com/alki).

Join me and other summertime revelers for **Guest Chef on the Waterfront**, July 15, 6-9 p.m. at Bell Harbor's Pier 66, to savor tastes from over 70 of the Seattle area's most talented chefs, breweries, wineries and purveyors of fine food and beverages. Visit [www.farestart.org/help/events/waterfront/](http://www.farestart.org/help/events/waterfront/) for more. Proceeds benefit FareStart.

I'll be at the **Bite of Seattle** Saturday, July 18. Look for me at **The Alley**, hosted by Tom Douglas. I'm serving chilled Heirloom Tomato Gazpacho topped with herbed Dungeness Crab and avocado. Admission is \$10 per person, which includes tastes from Seattle's best restaurants. Proceeds benefit Food Lifeline ([foodlifeline.com](http://foodlifeline.com)). See [www.biteofseattle.com](http://www.biteofseattle.com) for more.

## New pastry chef whips up sweet sensations at Alki.

SEATTLE—Salty's on Alki Beach is pleased to name James Gibson as their new pastry chef. Mastering his craft through, in his words, "the school of hard knocks and cheap pops," Chef Gibson learned from Salty's former pastry chef, William Leaman, Gold Medalist at the 2004 World Cup of Baking, and most recently pastry chef and mom, Jane

after an event or special dinner, or even on the street, and tell me how much they love the desserts at Salty's and that it is their favorite place to eat dessert. That is one of the best feelings in the world."

For summer, Gibson was inspired by the staff's favorite warm-weather treats like Strawberry Rhubarb Pie with vanilla



anglaise and Tres Leches: a sponge-style cake soaked in sweetened condensed milk, evaporated milk, and cream. An over-the-top Ice Cream Sundae is drizzled with hot fudge, caramel, and raspberry sauces; adorned by bananas and brownie bits; and topped with whipped cream, toasted coconut, and a cherry, of course. To please Executive Chef Jeremy McLachlan (pictured left with James right), Chef Gibson creat-

ed a Peach Mango Cobbler with vanilla ice cream—his favorite. Visit [Saltys.com](http://Saltys.com) for Chef Gibson's new dessert menu. Then make reservations at [Saltys.com](http://Saltys.com)!

"Former Pastry Chef Jane Gibson has not gone far! After twelve years at Salty's she will be missed and we're thankful she's trained her son so well," says Alki Chef Jeremy McLachlan. "Jane is now working with her former mentor, William Leaman, who has a bakery just up the West Seattle hill." See [www.bakerynouveau.com](http://www.bakerynouveau.com) for more.

"The most rewarding part of my job is when people come up to me

### Cooking with Class!

Save the date September 15 and cook with three chefs of your choice (enjoy the fruits of your labor paired with wine and beer) at Salty's on Alki for Seattle-Dining.com's eighth year of cooking adventures! Raffle prizes, live auction. John Curley (formerly of Evening Magazine) and John Howie of Seastar/Sport/Adriatic are auctioneers. Tickets are \$125 at [www.seattledining.com/cw/](http://www.seattledining.com/cw/) where you will also find the chefs featured and the class food topics.

# Good for you!



Gerry & Kathy Kingen, Salty's Owners

## The new contagion.

By Kathryn Hilger Kingen

There is a new research study coming out of Harvard University that suggests there is a real contagion that we should all be aware of. Please don't be alarmed, I think this is one that we might

be glad to catch. It is based on research that analyzed data from the well known Framingham Heart Study which followed 12,000 people over 32 years. This new "concern" they have identified is passed from person to person and can spread quickly and effectively. Believe it or not this new infectious phenomena is Happiness. Yes, that's right, Happiness. Dr Nicholas Christakis' study shows that when a person becomes happier there is a 15% increase in probability that their close friend will become happier. Not only that, the second person's friends become happier as well, thus a new generational spread can occur with the first person never having come in contact with them. It can create a chain reaction. Perhaps it can then be surmised that if we make the effort to make someone happy they

might in turn pass it on and make others happy and before you know it there is this geometric possibility of miles of smiles.

I found this study interesting because it validates what we stand for at Salty's. The very name of our company, owned by my husband and me, is Happy Guests International. Our mission statement is "A Happy Guest Is Our Success®." Really and truly we strive to make every person happy who comes through our door. We have found that when the goal is to make the guest happy it seems to bounce back to the team member as well. We often get asked, "Why is everyone here so happy?" We think Dr. Christakis' findings are right.

It is always wonderful to see people leave Salty's with a smile on their face. We consider serving others our privilege and look for-

ward to our guests having a fantastic experience. We share with our guests some of the most important days of their lives. We are the place where people come to celebrate many notable occasions such as birthdays, anniversaries, and successes. We see many engagements and then we host weddings in our beautiful banquet areas. We cater out to your home and basically want to do whatever we can to make your life more wonderful. If we make our guests happy then they want to come back. That makes us happy and so on and so on. We at Salty's make it our business to make sure this happiness contagion keeps on spreading. Come catch it!

Find more on Dr. Christakis' web site at <http://christakis.med.harvard.edu> where you can also find podcasts of his lectures.

## Chocolate oblivion.

By Pastry Chef Darla Swanson, Portland Pastry Chef since 1999

I make this all the time as it is easy, quick and has a great appearance for company. It sinks in the middle making it perfect to fill with things like whipped cream and strawberries or ice cream and chocolate sauce. It is best served at room temperature or slightly warm.

### Chocolate Oblivion Cake

- 1 pound semi-sweet or bitter-sweet Chocolate
  - 1 stick Butter
  - 6 Egg Yolks
  - 1 tablespoon Flour
  - 6 Egg Whites
- Preheat oven to 350 degrees F. In a medium sauce pan over medium heat, heat chocolate

until melted. Remove from heat and add butter stirring constantly until incorporated.

Set aside. In a small bowl combine egg yolks and flour and stir until incorporated. Add to chocolate mixture and stir until incorporated. Set aside. In a medium well-chilled mixing bowl, add egg whites and whip until stiff peaks form. Fold into chocolate mixture until well incorporated. Pour mixture into an 8-inch spring form pan and bake for 15 to 20 minutes. It should appear wet in the center and will sink as it cools.

## Hello, summer!

By Tim O'Brien, Sommelier

People are asking to be seated on our decks and patios, and we love to say, Yes. All three Salty's have launched new Bazillion Dollar View Café menus bursting with summer flavors and thirst-quenching cocktails. If life is giving you lemons let us show you a **Fantasy Lemonade** laced with your choice of fruit.



We have a long-standing tradition of fun fine dining and you won't need your frequent flyer miles to enjoy a taste of summer with a glass

of Rosé or one of our newly concocted liquid creations. Our deck-diners have voted the Mango Sunrise back onto the menu because we blend these tropical flavors of summer into a silky smooth sleigh ride for your tongue—it goes down cool and easy. Here's the recipe so you can make one in your backyard while you fire up the BBQ.

### Mango Sunrise

- 1½ ounces Tequila
- 2 ounces Orange Juice
- 2 ounces Mango purée or 1/3 ripe Mango
- ½ ounce Grenadine
- Ice

Blend all ingredients except grenadine in a blender until smooth. Pour grenadine into the bottom of a glass, then pour the blended mixture over the top so the grenadine swirls throughout. Hello, YUM-O!

## Private banquets coming to Redondo.

REDONDO BEACH—The Marine Science and Technology (MaST) Center is the marine laboratory for Highline Community College and it starts doing double duty as Salty's private banquet rooms in the near future. Located on an pier adjacent to Salty's just four miles south of campus and halfway between Seattle and Tacoma, the MaST Center is dedicated to expanding knowledge about Puget Sound and the surrounding environment through teaching, outreach, and research.

The brand new 2,500-square-foot MaST Center opened in 2008 and is situated on a 260-foot pier over Puget Sound. It offers public space, classroom, laboratories, and office and research areas. Two of the rooms will be available for Salty's banquet receptions Fridays and Saturdays after 4 p.m. and all day Sundays. The

Aquarium with 1,200 square feet will provide receptions for 40 to 60 people. The Galley with 3,500 square feet will provide receptions for 40 to 80 people.

MaST features the third largest aquarium in the State of Washington with 80 species of marine life, two touch tanks, a special octopus, eelgrass and jellyfish tanks. There's an underwater camera with interactive voice/video and display monitors with updated environmental, marine science and Puget Sound information. Wireless internet is also available.

"Imagine the possibilities," says Managing Partner Terianne Broyles, "for your next party, meeting, wedding reception or banquet! Salty's is known for fun fine dining and this fits our profile," says Broyles. See more at [flightline.highline.edu/mast](http://flightline.highline.edu/mast) or watch [Salty.com](http://Salty.com) for more information.

## Life on the water.

By Michael Paige, Photographer

Cleo Katra is in no danger from the great blue heron hunting just behind where she naps. Ichabod Crane, as she is called, is only interested in fish. Usually highly wary, Ichabod has become accustomed to the close proximity of people and the occasional napping kitty here in this floating home community on the Columbia River.

Look for the great blue heron everywhere there is water—fresh or salt. Looking like some prehistoric pterodactyl, their loud croaking call only emphasizes that just perhaps they might be descendants of an ancient line of flying dinosaurs. Plus, like a lot of my friends at Salty's, they are very fond of fish and crab.



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## Columbia chef's blog.



**By Portland Chef Dana Cress**

I love Portland in the summer, not only because of the amazing bounty of fresh local produce, but also due to the incredible weather, liveliness, and gorgeous views found all over the city. Like this nightscape of downtown pictured here in a photo from our friends at KINK FM radio in Portland. For July, I wanted my menu to reflect that energy, but also have a laid-back summer vibe.

That's why I'm sure my new Grilled Salmon Burger will be a hit at lunch and perfect for a lazy summer evening on the deck.

The salmon burger is made with fresh salmon, ground in-house and flavored with sun-dried tomatoes, roasted red peppers, diced onion, chile, stone-ground mustard, and basil. After the burger is grilled, it will be topped with fresh mozzarella, caramelized onions, and balsamic-marinated Roma tomatoes. Finally, the toasted bun will be dressed with our Salsa Verde Aioli for one last smack of flavor.

This time of year, I also look to the native cuisines found in warm-weather climates—there I find foods that our guests crave. My Chile Lime Albacore Tuna, a five-ounce fillet of albacore, will be seasoned with sweet paprika, ancho chile, ground cumin, cinnamon, cilantro, and lime zest for a south-of-the-border taste. The tuna will be pan-seared and finished with a squeeze of fresh orange and lime juices. To



accompany, a spicy, sweet-and-sour Prickly Pear Gastrique will be made by reducing a purée of this unique cactus plant (not actually a pear!), with diced jalapeño, mint, orange juice, honey, and lemon juice into a syrupy sauce consistency. A warm grilled summer vegetable and black bean salad, and steamed long grain rice, will serve as complementary sides. The dish is finished with a drizzle of smoky avocado cream then a sprinkle of toasted pepita seeds to garnish.

For a taste of the season, Chef Nick put together a Pancetta-Wrapped Halibut, Fig Marmalade, Field Greens and Pea Shoot Salad with shaved fennel, grilled asparagus, candied walnuts and marionberry vinaigrette. Salads are incredibly popular for this hot month, and this is no run-of-the-mill version! The halibut will be a five-ounce portion wrapped

with salty-sweet pancetta, then oven-roasted until the pancetta is golden brown. The salad is a tender mesclun blend with beautiful, delicate pea shoots tossed in a marionberry vinaigrette. Then, we will top the salad with julienned fennel, grilled asparagus, basil, and mint, and finish it with candied walnuts. The fig marmalade will be made with fresh local figs, shallots, garlic, molasses, and lemon juice. This will top the halibut, providing a sweet and savory garnish.

There you have it—our new July Market Sheet spices things up with local produce, inventive grilled creations, and Latin flavors. Be sure to come in and enjoy an evening on our decks overlooking the Columbia River, and taste a slice of creative summer cuisine. See my menus and make reservations at [Saltys.com](http://Saltys.com).

## Redondo chef's blog.



**By Redondo Chef Gabriel Cabrera**

With so much fresh seafood

available locally—especially the wild salmon species running—and fruits and vegetables coming fresh from regional farmers, July is chefs' nirvana. This time around, my menu will be dictated by the ingredients available now: the freshest greens, berries, stone fruits, beans, herbs, and vegetables of the season. During this month, you can expect to see dishes coming out of my kitchen with fruit salsas, vinaigrettes, relishes, a number of barbecue styles, and refreshing dressings with crisp greens.

On the topic of salmon, the first two weeks of July we'll bring in Quinahawk Kings from Alaska. Don't be shy: if you give us a call to make your reservation, tell us to put a serving of Alaskan wild King salmon aside just for you.

For my lunch and dinner menu, the Copper River sockeye will be replaced by Coho salmon either from the Kuskokwim River in Western Alaska or the Snow Pass in Southeast Alaska. As the catches come in, my menu will change. Freshness is key.

On the menu, look for two preparations of wild salmon. In one dish, I take the salmon fillet and simply grill it with herb-infused oil, and serve it over creamy Peruvian mashed potatoes surrounded by Riesling vinaigrette and basil-infused olive oil. For the second dish, the salmon fillet is grilled and basted with a watermelon barbecue sauce made with raspberry vinegar, molasses, tomato, onion, brown sugar, and Bourbon. It's then topped with grilled corn salsa, and served over Chipotle mashed potatoes for a spiced-up version with big bold flavor that stands up to this flavorful fish.

With all the fresh salmon available

to us, it may be easy to forget that we are still in the midst of halibut season too, so I'll be creating a few fresh halibut preparations too. For instance, I'll roast halibut fillets with sweet and tart sun-dried tomato butter, and serve them with summer risotto and asparagus. This plate will be garnished with tender watercress

tossed in tomato vinaigrette. The contrast of the sun-dried tomatoes with the fresh tomatoes in the vinaigrette creates a delicious combination.

So come to Redondo Beach and enjoy stunning views, excellent food and friendly service. Take advantage of the sunshine, and dine on our sunshine decks while sampling my new café menu. See my menus and make reservations at [Saltys.com](http://Saltys.com).

### Don't miss Federal Way Symphony garden tour July 18.

The FederalWay Symphony invites you to their tenth annual **Garden Tour** on Saturday, July 18, from 10 a.m. to 5 p.m. Featured are seven private gardens in the Federal Way-Des Moines area. Hosts include Master Gardeners. Call the Symphony for tickets at (253) 529-9857 and visit [federalwaysymphony.org/gt09.htm](http://federalwaysymphony.org/gt09.htm) for more.

## Portland's best kept secret.

**By Dorothy Lane, Catering Director**

Did you know that we can handle wedding receptions, parties or events for up to 170 people at Salty's on the Columbia? Very few people know that we can close our entire second level for private events. This is one of Portland's best kept secrets! There is a gem of a venue right here on the river that really could be booked every weekend in the summer for wedding receptions! People just don't know that we are available for large events. Now you know!

Here's another tip: If you're one of our existing clients and you're thinking of booking your holiday party again this year, we're offering you ten percent off your holiday celebration if you book your event before September 1. Yes, book your holiday party before September 1 and get ten percent off. Just call me at (503) 282-2205, ext. 4108, or email me at [dlane@saltys.com](mailto:dlane@saltys.com) today!



## Fennel pollen honey salmon salad.

Serves 2

- 2 fillets of Wild Salmon (4 to 6 ounces each)
- Salt and pepper to taste
- 1 teaspoon Canola Oil
- 1 teaspoon Fennel Pollen Honey (see recipe below)
- 2 cups Arugula
- 1½ tablespoons Balsamic Vinaigrette (see recipe below)
- 6 each Raspberries, Blackberries, and Blueberries
- 3 tablespoons Chèvre Cheese

### Fennel Pollen Honey

- ¼ cup Honey
  - 1 teaspoon Fennel Pollen or Fennel Seeds
- Place in a saucepan and simmer over very low heat for 15 minutes. Strain and reserve. (This mixture is also great on fresh bread, toast, or muffins.)

### 12-Year-Old Balsamic Vinaigrette

- 2 tablespoons 12-year-old Balsamic Vinegar
- ½ teaspoon Garlic, minced
- 1 teaspoon Shallot, minced
- 1 teaspoon fresh Thyme, minced
- ½ teaspoon Dijon Mustard
- 1/3 cup Olive Oil
- Salt to taste

Mix the vinegar, garlic, shallot, thyme, and Dijon mustard. Drizzle in the oil and season. In a medium mixing bowl, toss arugula with balsamic vinaigrette and place on plate.

### Salmon Preparation

Season salmon fillet with salt and pepper. Brush with fennel honey. Heat oil to medium high heat in a fry pan. Sear the salmon on either side for 3 minutes or until honey caramelizes. Place the salmon over the arugula and garnish with the chèvre cheese and fresh berries.



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