

Salty's® SEAFOOD GRILLS

Good Times

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



Ripe summer berries and Northwest Alaskan wild salmon make healthy eating easy!

SEATTLE AND PORTLAND—Salty's Chefs favor the flavor not only of local Northwest seafood but also its produce. This time of year our Chefs get excited about wild salmon from Northwest rivers and especially about the bounty of berries from local farmers. "Wild salmon runs are plentiful in the Pacific Northwest during the summer and we'll feature any of these

salmon runs at all three Salty's: Sitka Sound Silver Salmon, Bella Coola Kings, Hoh River Kings and Rogue River Kings," says Salty's Group Executive Chef **Dan Thiessen**. Whether it's homegrown sweet raspberries from Washington, or blueberries from Oregon, or wild salmon from Alaska, we're proud of the regional products that accent our menus. To top it off Washington Farmers Market Week is August 13-20. "If you can't make it into Salty's to enjoy the rich

bounty of our area, we hope you'll discover it at your local farmers market," says Thiessen. Find your local market online at www.wafarmersmarkets.com or www.oregonfarmersmarkets.org. This time of year when local berries are overflowing at the market stalls, our Chefs dream up the *pièce de résistance*, a dessert that brings out the best of berries. It's the perfect happy ending to a meal. This year our Chefs have created a special menu you won't want to miss:

- CRISP ARUGULA SALAD**
Tossed in Raspberry Vinaigrette with Parmesan Cheese & Candied Pecans
- GRILLED WILD ALASKAN SALMON**
With Mixed Berry Salsa
- FRESH STRAWBERRIES ROMANOFF**
The Pièce de Résistance, a Classic

Find great fruit recipes below from our favorite Northwest Foodie **Eileen Mintz**. "Baking with fruit is just another way to add daily fruit servings into your diet," says Mintz.

Bassist Tim Koss in the spotlight at Alki. Sax-man Brian Kent returns Friday, August 12.

SEATTLE—You might ask, Who is that tall, cool dude playing upright double bass with such finesse and style right beside Salty's Piano-man **Victor Janusz** every Friday at Alki? It's **Tim Koss**, a well-known, highly regarded singer-bassist-songwriter. Koss (pictured here) has played with all the greats including Ray Charles, Tony Monte and, let's not forget, Salty's very own Piano-man Victor Janusz!

"We met about three years ago during an audition and gig at the Bellevue Club on the Eastside. I remember I told him if we passed the audition and booked a monthly gig for 14 months, which we did, he would get the regular spot," says Janusz. "You know, I didn't realize how lucky I was at the time. Tim became not only a great teacher for me, but also a good friend and trusting sideman. His musical style is always tasteful," Janusz tells us.

Janusz and Koss meet every Tuesday to plan the lineup for the Salty's Friday show. Janusz says, "We always wanna do new songs and put a new twist on our

show. Our 'Random Act of Music' of course depends on our featured guest's strengths and talents."

"We're giving Koss the August spotlight for our 'Random Act of Music' series to highlight what a talented singer and songwriter he is," says Janusz. Koss is also featured on Janusz's new CD release "Cosmo Street," playing bass on the tracks "Late Into the Night" and "Perfect Day," the Lou Reed classic that closes the album (it's also a weekly request at Salty's).

In addition, Sax-man **Brian Kent** returns to sit in with Janusz and Koss on Friday, August 12. "He was here recently for our June 'Random Act of Music' and I know you'll enjoy this return engagement," says Janusz. "He's fun to watch, swinging the gamut from elegantly cool and quiet to hot-house blues."

Janusz plays piano at the **Alki Weekend Piano Brunch** on both Saturdays and Sundays. Call us at (206) 937-1600 or make reservations online at www.saltys.com/reservations.



Myles Crew bares his soul at Redondo.

SOUTH SEATTLE—At our hidden gem in South Seattle, Salty's at Redondo, there's a musician, **Myles Crew**, who puts his heart and soul into his work and the guests enjoy him greatly for this. Crew plays an eclectic mix of classic rock, blues, country and pop. You may hear him start the evening with George Strait and finish the night with Aerosmith. We caught up with Myles talking about his music and the Salty's experience. Here's what he had to say:

I picked up a five-dollar guitar of my sister's when I was eleven. I couldn't put it down. I've always loved to sing and realized that by strumming along with the guitar I could have my cake and eat it, too. Although I wasn't playing professionally at the time, about six years ago, Paul Kroeger of PoodleBomb asked me to come play a set at Salty's and so I did. Well, the rest is history. I've been playing there ever since.

The Salty's gig is gratifying. It's the guests who make the shows what they are. I see myself as a reflection of the audience and my energy level rises as people get more into the music. Though I occasionally come out rocking, usually I start out with some ballads or easy rock. As people fill their stomachs with food and drink, I too get filled with inspiration. Ditching a set list, I let the audience be the guide. The nights

can crescendo with spontaneous dancing.

Someone in the audience sings along with me at any given time and that is a delight especially since many songs I sing aren't mainstream. I play to all age groups. And you might hear something you've never heard before and think, "That's cool." To me, that's what live music is all about.

Ever since I've been going to Salty's at Redondo, either as a patron or as a professional, I've admired their support of the arts. I tell people if you want to hear good acoustic guitar music, go to Salty's at Redondo. They always have it, not only good players, but a variety of players.

I've traveled all over the country and have lived here in the South Sound for nine years, the longest I've lived anywhere. I think I've found home. My wife (who, by the way, I met at Salty's) and I will probably be here, lord willing, for a long time. Hope you can join me at Salty's in August, especially since we're out on the deck!

AUGUST SCHEDULE: Thur 8/4 **PoodleBomb**; Fri 8/5 **Myles Crew**; Sat 8/6 **Myles Crew**; Thur 8/11 **Phil Slater**; Fri 8/12 **PoodleBomb**; Sat 8/13 **Dan James**; Thur 8/18 **Myles Crew**; Fri 8/19 **Justin Kausal-Hayes**; Sat 8/20 **Mike McDonnell**; Thur 8/25 **Myles Crew**; Fri 8/26 **Dan James**; Sat 8/27 **Justin Kausal-Hayes**.



Mintz recipes for baking can help you get your daily fruit servings.

By Eileen Mintz
We all know that we should have more fruit servings daily to help in our quest for good health. Looking at the Food Guide Pyramid,

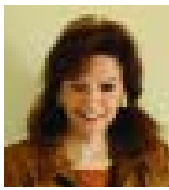
the fruit and vegetable sections are on top of the grain foods. Taking this into account, fruits and veggies really need to become a bigger part of our daily diet. Besides eating them raw, baking them into tasty dishes is just one way to help make this happen. Here are some of my favorite berry recipes:

BLUEBERRY BRUNCH STRATA
(Serves 8)
1 loaf cinnamon bread
8 ounces cream cheese
1 1/2 cups fresh blueberries, divided
1 tablespoon lemon peel, freshly grated
2 1/2 cups milk
10 eggs

1 teaspoon salt
1/4 teaspoon nutmeg
2 teaspoons vanilla powdered sugar
blueberry sauce – see recipe below
Spread each piece of bread with cream cheese. Cut all the bread slices into quarters. Arrange one-third of bread pieces in bottom of buttered 9"x13" glass dish. Sprinkle with half of the blueberries and half of the lemon peel. Arrange one-third of remaining bread pieces over berries. Sprinkle with remaining berries and lemon peel and top with remaining bread.
In medium bowl, combine milk, eggs, salt, nutmeg and vanilla until well blended. Pour evenly over bread. Refrigerate covered for several hours or overnight.
Bake covered in a preheated 350 degree F.

oven for 30 minutes. Uncover and bake another 30 to 35 minutes until puffed, golden brown and set in the center. Let stand 5 minutes. Cut into serving pieces, sprinkle with powdered sugar and top with warm blueberry sauce.

BLUEBERRY SAUCE
(Makes 2 cups)
2 cups of fresh or frozen blueberries
1/3 cup water
1/4 teaspoon grated lemon peel
2 tablespoons sugar
2 tablespoons lemon juice
2 teaspoons cornstarch
In medium saucepan combine all of the ingredients. Cook over medium heat until mixture comes to a boil, stirring constantly. Boil and stir for one minute. Take off heat and stir again. (See more berry recipes on reverse side.)



Mintz—her words.

By Eileen Mintz, Public Relations Spokesperson for Salty's

So happy to tell you that Salty's on the Columbia in Portland and Salty's on Alki in Seattle are both to receive "The Award of Excellence" from *Wine Spectator* for 2005 for their wine lists.

Salty's Executive Group Chef **Dan Thiessen** (pictured here) played Relief Radio Host for the **Tami Michaels** Home Front Show on KVI 570AM Saturday, July 16. He shares the host spot with Michaels on the first Saturday of every month but did double duty in July when Michaels went on a family vacation. Thiessen shared the spotlight with Salty's Sommelier **Tim O'Brien** who talked food and wine pairings and answered wine questions. Be sure to catch the radio show "Chef Dan in the Kitchen" the first Saturday of the month 1:00 to 2:00 p.m. He answers food questions and gives away tickets to Seattle charity events. In August, Saturday, the 6th, Thiessen will share the spotlight with Salty's at Redondo Executive Chef **Gabe Cabrera**.

Doc Cummings of KKNW 1150AM Alternative Radio interviewed Salty's Chefs and Sommelier recently on his

"Have Wine Will Travel, The Adventures of Dr. Vino" radio talk show. This fun and light-hearted yet educational show is heard Saturdays, Noon to 12:30 p.m.

The July issue of *Where* magazine featured a story about great places to enjoy crab when you have a craving. Writer **Katrine Larsen** reported "Salty's on Alki is must-mention, too. Not only is it located in my neighborhood (West Seattle), but every table has a view of Elliott Bay. EVERY SINGLE ONE. Chef **Dan Thiessen's** fresh fare and the legendary



brunches leave no diner hungry." It's always great being included!

Portland PR Maven **Bette Sinclair** reports that Salty's on the Columbia had special guests in for brunch in July. Writers from the *Portland Tribune* experienced our award-winning Sunday Brunch and even brought their kids. In for a dinner prepared by Chef **Jeremy McLachlan** were radio talents from 105.1 The Buzz FM, **Daria, Skippy and Dr. Doug**.

The Bite of Oregon's slogan

"The Premier Showcase of Brand Oregon Food and Beverage" sets high expectations and this event delivers. The Bite features fine restaurants from all across Oregon, showcasing the bounty Oregon has to offer. Held at Tom McCall Waterfront Park, it is August 12-14. Salty's in Portland's Managing Partner **Linda Addy** tells me, "It's our fifth year at the Bite. We're bringing our award-winning seafood chowder and signature dish Blackened Salmon Caesar Salad to help raise funds for the Special Olympics. Hope you can join us!" More information can be found online at www.biteoforegon.com.

Salty's at Redondo team members **Jane Webb** and **Allison Fitcha** are preparing to ride in the **Courage Classic Bicycle Tour fundraiser for Mary Bridge Children's Hospital and Children's Foundation**. This is a three-day bicycling adventure on August 6 to 8 to bring awareness and raise funds to stop the cycle of child abuse and neglect in our communities. They need your help raising \$1,200 and are only \$300 short of their goal. To



contribute please send a check made out to "Courage Classic" along with the names of the riders you are supporting (they will credit them with the

donation) to Courage Classic, P.O. Box 5296, Tacoma, WA 98405. Find out more online at www.courageclassic.com.

The 9th Annual Port of Seattle Firefighters Salmon Derby and Fun Run will be held adjacent to Salty's on Alki at Jack Block Park. They'll have fun stuff for the entire family and you'll be supporting the Northwest Burn Foundation. Register online at www.nwburn.org or call 1-888-NOBURNS. It's held from 8:00 a.m. to 3:00 p.m. Sunday, August 14.

Zoobilee "Color The Night" at the Point Defiance Zoo & Aquarium in Tacoma was a tremendous success as Salty's at Redondo's Chef **Gabe Cabrera**, Managing Partner **Terianne Broyles** and her staff made sure that hundreds tasted only the finest Salty's Seafood Chowder.

Mintz berry recipes cont'd.

HEALTHY BISCUIT SHORTCAKE WITH STRAWBERRIES

Here's a healthy dessert idea from the American Cancer Society. This is an easy-to-make version using shortcake biscuits made with whole wheat flour and without high levels of saturated fat. It still contains enough butter to ensure the classic rich flavor but also includes canola oil.

- (Makes 8 servings)
- Canola oil spray
- 1 1/2 cups unbleached white flour
- 1/2 cup whole wheat or whole wheat pastry flour
- 1/2 teaspoon salt
- 4 teaspoons baking powder
- 3-4 tablespoons sugar for the biscuits, plus more for the berries, if needed
- 2 tablespoons butter, softened
- 4 tablespoons canola oil
- 1 cup skm milk
- 1 pound or more fresh strawberries
- 1 1/4 cups orange juice
- 1 1/2 cups vanilla frozen yogurt, slightly softened - optional

Preheat oven to 425 degrees F. Spray a nonstick cookie sheet with oil spray. Set aside. Hull strawberries and slice into a bowl. Mix in orange juice and sugar to taste. Set aside 30 to 60 minutes.

In a medium bowl, mix together the flour, salt, baking powder and sugar. Use a pastry blender or a fork to cut the butter and oil into the flour mixture until it resembles coarse meal. Add the milk all at once. Stir until it is just incorporated and there are

no lumps.

Form 8 biscuits by dropping well-rounded quarter cups onto the cookie sheet. Bake 15 to 20 minutes or until the biscuits are done. Test with a toothpick. Cool on a wire rack.

Use a serrated knife to gently slice off the top third of each biscuit. Top with some berries and juice. Lay the top third of the biscuit on the berries. Top with more berries and juice. Place remaining berries around each biscuit. Garnish with frozen yogurt.

MARTHA'S BLUEBERRY UPSIDE DOWN CAKE

Yes, it is "that" Martha! You know it's going to be good! (Serves 4)

- 4 tablespoons butter, melted, plus more for the souffl dish
- 1/3 cup + 3 tablespoons packed light-brown sugar
- 1 1/2 cups blueberries, picked over and cleaned
- 3/4 cup cake flour (not self-rising)
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 large egg
- 1/4 cup milk at room temperature (must use milk at room temperature to keep butter from curdling)

Heat oven to 350 degrees F. Butter a souffl dish (1 quart, 5 1/2 inch diameter) then pour in 2 tablespoons of melted butter. Sprinkle 3 tablespoons of brown sugar over the butter. Scatter 1 cup of blue-



berries over the sugar. Set aside.

In a medium bowl, whisk together flour, baking powder and salt. In another medium bowl, whisk together remaining 2 tablespoons butter, remaining 1/3 cup brown sugar and egg. Whisk milk into the egg mixture. Add flour mixture, whisk until batter is smooth.

Pour half the batter into the souffl dish. Sprinkle remaining 1/2 cup blueberries over batter. Spread remaining batter over blueberries. Bake until a cake tester inserted in the middle of the cake comes out clean, about 45 minutes. Immediately unmold cake by inverting onto a serving dish. Serve warm with whipped cream if desired.

EILEEN'S BEST BLACKBERRY PIE

(Double-crust 9-inch pie)

THE CRUST:

- 2 1/2 cups unbleached flour, sifted

- 1 teaspoon salt
- 3/4 cup chilled Crisco vegetable shortening, I like to use the pre-measured logs
- 5 tablespoons orange juice mixed with 1 teaspoon of vanilla

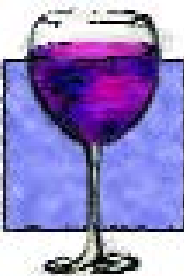
Chill all the ingredients. Sift the flour and salt together into a mixing bowl. Cut in half of the shortening with a pastry blender. Cut in the remaining shortening. Sprinkle the liquid ingredients over a small section 1 tablespoon at a time and mix with a fork lightly until evenly moistened. Repeat until all the juice is gone. Gather all the mixture in your hands forming it into 2 patties. Roll onto floured wax paper into the shape of a metal pie pan and carefully lift it into the pie pan and pat in the corners. Meanwhile, prepare filling below.

THE FILLING:

- 4 cups fresh blackberries, lightly washed
- 3/4 cup of sugar
- 1 1/2 tablespoons quick cooking tapioca
- 2 tablespoons flour

Mix blackberries with sugar, by hand. Sprinkle tapioca into bowl with flower and mix together lightly. Roll out remaining pie dough. Preheat oven to 425 degrees F. Put berry filling into shell and then add top pie shell. Evenly tear off areas that have too much top shell and then pinch together with your two right fingers and your left thumb, all around the shell. With a sharp paring knife slash 12 little angled cuts into the shell. Sprinkle sugar lightly over top of shell, if desired.

Bake at 425 degrees F for 40 minutes on the middle rack. Place a cookie sheet lined with foil on the bottom rack to catch drippings. Take out and cool for 4 hours before cutting, if you can!



Wine talk.

By Tim O'Brien, Salty's Sommelier
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Here we are, the dog days of summer. By the time you read this we will be experiencing our classic Northwest August

"heat wave," with 80 degrees a genuine possibility. During this time, red wine just doesn't seem appealing, even to the most loyal Cabernet supporters. I spent three weeks in Provence, France, a couple of years ago in June, with temperatures hovering around 40 degrees Celsius, that's over 100 degrees Fahrenheit!

Each day we bought fresh food at the market, including seafood, sausage, cheeses and an endless variety of vine-ripened fruit and vegetables. The local white wine was excellent but a steady diet of white wine was not festive enough for our large meals seasoned with the pungent herbs of Provence, such as lavender and garlic. We craved something chilled but soft on

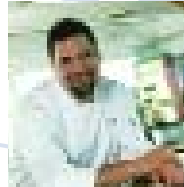
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the palate, something fruity but not sweet, and with enough acid to stand up to the vibrant personality of the food. The answer was on every table of every caf and restaurant within 100 miles: Dry Ros. Even if you have tried dry ros before, try it with food this time and not as a cocktail. Try it on a warm evening, or even late afternoon, with cold chicken and a potato salad, or with a plate of chilled fruit melons and strawberries. Try it with a burger or even a hot dog. Try it with salmon!

The best ross are from southern France; look for regions like Tavel, Bandol or Cte de Provence. If you buy a domestic ros make sure it is dry. It can be made from nearly any red varietal. My favorites are ross from Sangiovese, Grenache,

Cabernet Franc, Pinot Noir or even Syrah. **McCrea Cellars and Kestrel** are two Washington wineries that make outstanding ross. If this is all a bit intimidating, come on down to Salty's and we'll make it fun and easy.

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Chef talk.

By Dan Thiessen, Salty's Group Executive Chef
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Although summer has arrived a little late this year in the Pacific Northwest, the season still keeps us busy with the fruits of our labor. Speaking of fruit, summer not only means sunshine and sitting on decks, it also means the height of the wild berry season. We've created some dishes for you that feature the best of local berries. Come in and see us in August and try our crisp Arugula Salad tossed in raspberry vinaigrette with Parmesan cheese and candied pecans to start. Next enjoy fresh grilled Alaskan Salmon with Mixed Berry Salsa, and the *pice de rsistance*, finish with fresh Strawberries Romanoff, a truly refreshing classic.

I'm looking forward to our next radio show with Tami Michaels on 570 AM. It's the first Saturday of every month with the next one on August 6. We'll have fun talking about cooking techniques as well as the restaurant etiquette topic of tipping. When is the right tip amount appropriate? Tune in to find out or, better yet, call in and ask us anything about cooking. We're live

Saturday, Aug. 6, from 1:00 to 2:00 p.m.

This month's cooking tip is for the grilling season. The most common question I get when at a friend's barbecue: What is the proper way to grill salmon and vegetables? The answer: First, treat your BBQ with a little love with Canola oil. Take an old kitchen rag and tie it up with butcher's twine and soak it in a pan of canola oil. When the grill is hot, use tongs to rub the oil-soaked towel over the grates of the BBQ to "season" them and to keep fish from sticking. Be sure to brush the fish with a little oil before dusting with salt and pepper. Canola oil is best since it has a very neutral flavor and a high smoking point, which makes it last longer on the grates.

Do you ever lose vegetables between the grates when you're grilling? Here's the solution: Take an old cooling rack and place it on top of the grates. These racks have smaller holes so you won't lose any vegetables and everything makes it to your plate!

With the restaurants in full swing, my calendar of events outside the restaurant is limited. However, if you want to brush up on your knife skills, check out my class at Sur la Table in Kirkland on August 16 from 6:00 to 8:00 p.m. This is a hands-on class of techniques to keep all your fingers intact when slicing and dicing.



World Class Seafood, Steaks, Service & Smiles!

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