

Good Times

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

Lavender honey-glazed wild salmon and Walla Walla wine.

SEATTLE AND PORTLAND – A great Northwest summer salad is all about the contrast between the crisp cool salad and the warm salmon atop it. Salty's August summer salad goes further adding crunchy croutons and a chèvre tang. Seattle Chef **Jeremy McLachlan** presents the quintessential Northwest summer salad for all Salty's in August: **Lavender Honey-Glazed Salmon and Strawberry Vinaigrette-Tossed Arugula**, sprinkled with mixed fresh berries, chèvre cheese and honey cornbread croutons. The

sweetness of the honey and berries go well with the rich salmon. The arugula adds a kick. The chèvre gives it a soft texture and adds tang. The cornbread croutons add crunch.

Where is Seattle and Portland's wild salmon coming from in August? "This time of year it's from a broader range of places," says Salty's Purchasing Manager **Jamie Meade**. He reports we'll see it from Neah Bay, Washington (the most northwestern tip of the Olympic Peninsula, about 15 miles from Vancouver Island); from Newport Bay, Oregon (about mid-coast);

Coos Bay, Oregon (middle to southern coastline); and also Half Moon Bay, California (about 30 miles south of San Francisco). Wherever it's from, wild salmon is one of the heartiest and healthiest of fish. Don't miss it in August! Make reservations today at www.saltys.com/reservations and set your date for a Northwest summer salad before summer runs out!



The official wine of summer is still Rosé!

By **Tim O'Brien, Sommelier**
Salty's Official Wine of Summer is **Waterbrook Sangiovese Rosé**, served by the glass or the bottle. It's soft on the palate, fruity but not sweet and with just enough acid. Made from the Sangiovese grape it offers fresh flavors of strawberry, watermelon and pink grapefruit. We serve it 50 to 53 degrees, well chilled but not iced. Come see us and enjoy a glass of Rosé and wild salmon on our *funshine* decks in August!

Salty's new cookbook is *Simply Fresh*®

By **Kathryn Hilger Kingen, Salty's Co-Owner**

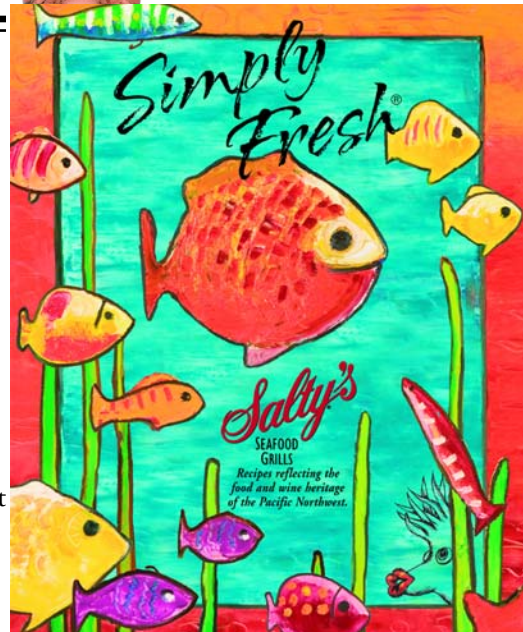
SEATTLE AND PORTLAND – Salty's new cookbook *Simply Fresh* is now available! We wanted to fill our cookbook with some of our favorite recipes by our Salty's chefs. Of course, nothing beats coming into Salty's to experience the real thing, but when that isn't possible, it's always nice to have a great recipe in your hip pocket. But what is it that makes a recipe great? Is it the freshest seafood, seasonal vegetables or fascinating

ethnic influences? Is it the wine that accompanies it? Maybe it's the chef (you) with a magic touch that puts the ingredients together just so. Or maybe it's the way the food is styled or the setting it's served in. Perhaps it's the host or hostess whose inimitable way makes everything taste wonderful. Really, recipes are a combination of so many things stirred together – never the same way twice. We invite you to experiment with our recipes, try some of our alternative suggestions and see what

happens. Your creative spin will make our recipes even better.

Good recipes stand the test of time. For almost 30 years, our Northwest seafood restaurants have given us the opportunity to experiment and refine what we do. Our recipe is tried and true, from the birth of our first Salty's in Portland, Oregon, in 1978, to our cozy Redondo Beach restaurant in 1981, to our flagship on Alki Beach in 1985. Salty's has been called "One of the world's great view restaurants" by a critic at the *Seattle P.I.*, a moniker we are all proud of. Our number-one ingredient is our guests. It begins with my husband Gerry's vision of upbeat, fun fine dining. We have a very talented management staff and team who understand this vision and execute the recipe with consistency and panache.

To top it all off, we suggest the perfect Washington or Oregon wine to serve with each dish. Our fantastic team members go out of their way to make you feel welcome and cared for, while putting their own magic spin in our recipe for success. This all adds up to a great experience for you when you visit us. A great recipe is worth sharing and at Salty's we know our guests are our most important ingredient.



As our favorite Seattle foodie **Eileen Mintz** says, "With over 2,000 cookbooks in my collection (no kidding!), this one will be my favorite. Why? Because it's all about what makes Salty's so special with simply fresh ingredients in recipes for the home cook. Doesn't get much better!"

We've included our home-cook version of our August dish Lavender Honey-Glazed Salmon by Alki Chef **Jeremy McLachlan** as an example of what you'll find in our cookbook. This is the same dish you may have seen in July on **KOMO TV's Northwest Afternoon** "What's for Dinner" (visit www.komotv.com/nwa/whatsfordinner/8585132.html to view it online).

Buy *Simply Fresh* today at www.saltys.com/gifts/giftshop.asp or anytime you visit a Salty's near you.

Lavender honey-glazed salmon with arugula, fresh berries and focaccia croutons

by **Alki Chef Jeremy McLachlan**
This is a great summer salad for the hottest month, August.

Serves 4

Ingredients

4 8-ounce salmon fillets, skin removed
Salt and pepper to taste
2 tablespoons canola oil
4 cups baby arugula
1/2 pint fresh raspberries, blackberries or blueberries

Lavender honey

1/4 cup honey
1 teaspoon lavender (fresh or dried)

In a small saucepan over low heat, add honey and lavender and simmer 15 minutes. Strain and reserve.

Vinaigrette

2 tablespoons balsamic vinegar
1/2 teaspoon Dijon mustard
1/2 teaspoon garlic, minced
1/3 cup olive oil
1 shallot, minced

Salt and pepper to taste
1 teaspoon fresh thyme, minced

In a small bowl, combine vinegar,

garlic, shallot, thyme and Dijon mustard. Slowly whisk in olive oil and season with salt and pepper to taste. Set aside.

Focaccia croutons

1 cup focaccia, cut in 1/2-inch cubes
1 teaspoon fresh parsley, chopped
1/4 teaspoon fresh garlic, minced
2 tablespoons olive oil
1/2 teaspoon shallot, minced
1/4 teaspoon salt

Preheat oven to 350 degrees F. In a medium bowl, combine all crouton ingredients and toss until well coated. Spread bread mixture on a baking sheet and bake 10 minutes. Remove from oven and let air dry 30 minutes.

Preparing the salmon

Season salmon with salt and pepper. Brush both sides with lavender honey. Heat oil in a fry pan over medium-high heat. Sear salmon on both sides for 3 minutes or until honey caramelizes. Mix arugula in a salad bowl and toss with vinaigrette. Place a mound in the middle of each plate. Place salmon on top of arugula and garnish with fresh berries and croutons. Serve immediately. (Also see www.saltys.com/recipes/entrees/lavenderhoneysalmon.asp)



Mintz—her words.

By Eileen Mintz, Public Relations Spokesperson for Salty's

It's already time to reserve your space for holiday parties and receptions so you won't be left out in the cold! In Seattle call Alki's Director of Sales **Collin Forseth** at (206) 937-1085. If you're south of Seattle call Redondo's Manager **Ben Robbins** at (253) 946-0636, and in Portland call Director of Catering **Dorothy Lane** at (503) 288-4444, ext. 16.

If you love food, wine, beer, music and fun you don't want to miss the 24th annual **Bite of Oregon** benefiting Special Olympics Oregon held on the Portland waterfront. Salty's has participated for 7 years! Come see Chef **Dana Cress** serve Salty's world-famous signature Seafood Chowder and salmon with Salty's Blackening Spices as well as new summer creations. The event is at Tom McCall Waterfront Park on August 10, 11 and 12. There is a fireworks show on Friday night and legendary musician Patti Smith on Sunday night! "Hope to see you there," says Managing Partner **Linda Addy**. See www.biteoforegon.com for more.



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If you love wine, check out the wine menus for both Alki and Columbia which once again won the prestigious **Wine Spectator Award of Excellence**. Congratulations to Sommeliers **Tim O'Brien** (Seattle) and **Jason Ludlow** (Portland) for ensuring winning wine menus five years running in Seattle and four years in Portland. To peruse menus go online to http://www.saltys.com/food_wine/awardwinning_wine.asp.



Whether it's from a professional critic or a Salty's guest, we love to get your feedback. Whoever you are, we especially love it when you rave! This summer **Ed Murietta** of *The News Tribune in Tacoma* spoke highly of Chef **Gabriel Cabrera's** presentation of Copper River King Salmon. "Most memorable entrée I've had recently, grilled beautifully and served simply." He went on to say, "Sitting on Salty's deck is like being on the water ... it feels like Southern California to me." Some may not like California comparisons, but in this case it's a wonderful truth.

Over at the **Federal Way News**, Columnist **Scott Anthony** recently suggested to his readers that a good way to spend holidays is to stay in town, "Think of it, with nobody in town you can take your pick of any table at Salty's." Redondo Managing Partner **Terianne Broyles** replies, "Well, it's a popular place in the summer so please call us to make reservations!" **Margo Horner** of the **Federal Way Mirror** noted ways of handling the heat wave that hit our area. She suggests, "You could enjoy a margarita on the outdoor patio at Salty's ... or ride the wave pool at Wild Waves Theme Park." Both are thrilling!

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Raving fans are just what I discovered at Salty's on Alki in July. Visiting from Oregon, **Mark Burris** of GE Capitol Solutions loves the Alki view and food. "They're the best reasons to be here," he said. "Service was great. It's the perfect place to be." Burris is pictured

here on the far right with cousin Will (and wife Rana) Inboden holding Katie (Mark's daughter). Visiting from Washington D.C., Will and Rana found Salty's "the best combination of view and food in Seattle!"



Speaking of raving fans, here's a raving email from **Karen Radke** of Phoenix: "I lived in Seattle for 5 yrs before moving, almost 9 years ago, to Phoenix, AZ. Salty's is my favorite seafood restaurant in Seattle!! The view is breath taking!!! I almost forget to eat while looking out onto the beautiful city. I miss a lot about Seattle, and Salty's is one of the things I miss most. I am planning a visit over Labor Day weekend this year ... and you can bet ... I will be making a visit to Salty's for the incredible view and the fabulous food!!!" Thanks, Karen!

Media darling Alki Chef **Jeremy McLachlan** made appearances on **KOMO TV's Northwest Afternoon** on July 11 and 18. "What's for Dinner" featured fresh raspberries over honey lavender-glazed salmon (see recipe in Salty's new cookbook *Simply Fresh*®). Chef McLachlan was a pro as he field-

ed questions on air from the audience. Catch him at <http://www.komotv.com/nwa/w/hatsfordinner/8585132.html> which includes the recipe as well as the Chef in action on stage.



Win a Salty's gift box & dinner for 2!

Who does business better than all the rest? Nominate an Oregon or Western Washington business for the 2007 Better Business Bureau Business of the Year Awards at www.thebbb.org/awardsformcontest.htm and you will be entered to win one of three great gift boxes from Salty's. Each gift box includes Salty's *Simply Fresh* Cookbook, Blackening Spices, Boisterous

Oyster Sauces, Salty's Apron and a \$150 gift card good for lunch or dinner at the Salty's Seafood Grill of your choice! Deadline for nominations is August 31. The BBB Business of the Year Awards celebrate excellence in the marketplace, honoring businesses that are distinguished in the areas of customer service, community involvement and innovative business practices. For more information call (206) 431-2222 or (503) 212-3022, or visit www.thebbb.org.

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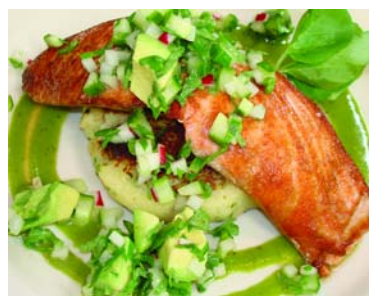
NW Women's Journal "Power Happy Hour" in June featured Salty's on the Columbia from **Portland's Happy Hour Guidebook** by Author **Cindy Anderson**. She says, "With its deck and floor-to-ceiling windows, Salty's is the perfect place to enjoy the view of the Columbia and Mt. Hood. They even offer free shuttle pick-up from many of the airport hotels. Their brand new Happy Hour menu is better than ever with blackened salmon Caesar salad, coconut prawns, fish & chips and clam chowder." Anderson is a self-proclaimed happy hour expert. Visit www.happyhourguide.com to buy her book.

Redondo star Chef **Gabriel Cabrera** cooked up a storm at **The Bite Cooks** at the Bite of Seattle. He's pictured here with Chef **Carol Dearth** from RainCity Cooking School who acted as television and



demonstration host. Chef Cabrera prepared Wild Salmon with Watercress Vinaigrette and Pico de Gallo. View it again on television on Comcast on Demand through September. Visit www.saltys.com/recipes/entrees/searedwildsalmonwatercresspicodegallo.asp for the recipe.

I ran into **Ron Holden** at the **Seattle Bite** (he's the



foodie behind the www.cornichon.org blog site where "crispy, crunchy words are typed fresh daily") taking photos of the Salty's on Alki crew in the mini-Bite Alley hosted by Seattle Celebrity Chef **Tom Douglas** (cooking up a cloud of smoke in my photo). Alki Pastry Chef **Jane Gibson**, Managing



Partner **Bonnie David** (yes, those are pigtales) and Chef **Jeremy McLachlan** (pictured left to right in photo by Holden) handed out Tomato Gazpacho with Herbed Dungeness Crab and Avocado Coulis.



The Alley raised funds for Food Lifeline, feeding families in need. Chef McLachlan was tickled to be there: "Oh, it's a privilege to help! Thanks to Tom who is an inspiration!"

Redondo music.

SOUTH SEATTLE – Redondo café-bar live music schedule:
8/2 Thu Glenn Harrell
8/3 Fri Syndee Lee
8/4 Sat Paul Kroeger
8/9 Thu Rob Baird
8/17 Fri Syndee Lee
8/18 Sat Myles Crew
8/23 Thu Myles Crew
8/24 Fri Mark Fluegel, Cory Wilds
8/25 Sat Poodlebomb
8/30 Thu Myles Crew
8/31 Fri Justin Kausal-Hayes



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