

Good Times

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



Wonderful Penn Cove mussels and wild salmon top the charts with Salty's chefs in September.

SEATTLE AND PORTLAND—Salty's salmon are still running wild in September (from the Columbia River, the Ho

River on the Olympic Peninsula, the Russian River in California) and aren't we all basking in this pleasure as much as possible!

Now it's time to turn our palate to the sweetest and best tasting mussels in the world, right from our own back yard at Penn Cove on Whidbey Island. Salty's chefs are excited to bring you these Northwest delicacies with special treatment in September: Steamed Penn Cove Mussels in Coconut-Red Curry Broth with Ginger and Lemon Grass, an appetizer; Steamed Penn Cove Mussels with Lemon-Thyme Fettuccini, Smoked Tomato Butter and Saffron Cream, an entrée. Watch for updates to

our market sheets at www.saltys.com. "We're having a love affair with Penn Cove mussels in September! They're known as the mussel of choice by discriminating chefs," says Salty's Group Chef **Dan Thiessen**.

Mussels and white wine are music together.

By Tim O'Brien, Salty's Sommelier
The type of white wine and therefore the kind of music depends on the preparation. Crisp white wines, such as my favorite Albarino from the Rias Baixas, go well with simple classic recipes that include lemon, butter, onions, garlic, etc. I also like Chablis and Sauvignon Blanc with light-handed preparations. Mussels can also be prepared with rich cream sauces and curries. Now is the time for Riesling with a bit of residual sugar. Try a German Spatlese or even an Oregon Pinot Gris. When the preparation has some heat (spicy), the sugar from the wine will take away the burn and have you begging for more.

oldest commercial mussel farm on Whidbey Island, near Coupeville.

"Penn Cove mussels have won international taste contests and will win you over with their sweetness," says Redondo Chef **Gabriel Cabrera**.

Naturally prevalent from Alaska to

Washington, these blue mussels prefer pristine bays where snow melt keeps the salinity lower than the open ocean. The geography of Penn Cove makes it a nutrient trap for the outflows of the Skagit and Stillaguamish River systems. The fresh water and nutrients combine with sunshine from the rain shadow effect of the Olympic Mountains and turn Penn Cove into a bay of plankton soup for the mussels.

Dependent on clean marine waters, shellfish growers were the earliest proponents of water quality in the Northwest.

"As a result, the Pacific Coast has developed into the most stringently monitored stretch of marine waters in the world, assuring the highest quality product," reports Thiessen.

The **Pacific Coast Shellfish Growers Association** has instituted an environmental management system

that spells out recommended practices for all facets of the shellfish farming industry. This has created a shellfish aquaculture with Washington State the leading producer of farmed bivalve shellfish in the nation.

Low in fat and calories, mussels are loaded with essential minerals, iron, zinc

and copper as well as protein, vitamin B12 and Omega-3 fatty acids to help keep cholesterol levels in check. How can you resist? Make reservations at www.saltys.com.

Find out more about Penn Cove Mussels at

www.penncoveshellfish.com. The Pacific Coast Shellfish Growers Association Annual Shellfish Conference and Tradeshow is September 26-29 in Hood River, Oregon. See more at www.pcsga.org.



Dinner to give new meaning to the term Super-Tuscan wine.

SEATTLE—"We hope to put a new meaning to the term Super-Tuscan with our second guest-chef dinner," says Salty's Sommelier **Tim O'Brien**. "In Italy there is no dinner that happens without wine. Wine is food. We'll taste Sangiovese at its finest including Chianti, Brunello di Montalcino and a Pinot Noir-Sangiovese blend called Pomino Rosso, not to mention the Le Serre Nuove also known as Baby Ornellaia, a Super-Tuscan blend."

Salty's dinner called "Under the Alki Moon" will feature Frescobaldi wines from Tuscany, Italy's premier wine-growing region, with a menu by Tuscan Chef **Roberto Russo** and Salty's Chefs **Dan Thiessen**, **Gabriel Cabrera** and **Jeremy McLachlan**.

The six-course menu includes dishes from Russo's book *Beyond Toscana and Ombrie*.

Born into a cooking family in Naples, Russo has lived in Tuscany since the age of 16. In 1991, Russo purchased a 16th-century convent and farm, just below Cortona.

"I run this restored convent as a hotel (see photo) and make wine, grow olives and organic foods on the property," says Russo. His site was the setting for the book

"UNDER THE ALKI MOON"

FEATURING FRESCOBALDI TUSCAN WINES

Attenuo Pino Grigio 2004
Pomino Benefizio 2003 (Chardonnay)
Pomino Rosso 2000 (Pinot Noir-Sangiovese blend)
Nipozzano Riserva 2001 (Chianti)
Castelgionco Brunello di Montalcino 2000
Le Serre Nuove 2002, from Tenuta Ornellaia (a Super-Tuscan Cab Merlot-Cab Franc blend)

PASSED HORS D'OEUVRES
Octopus Ceviche with Arugula
Pan-fried Prosciutto-wrapped Bananas
Dungeness Crab Legs with Romesco
Seared Bistro Steak with Asian Cocktail Sauce

FIRST COURSE
Raw Scallop Sashimi in the Shell with Soy-Miso Vinaigrette & Wasabi Aioli

SECOND COURSE
Rigatoni with Parmesan

THIRD COURSE
Oven-Roasted Herb-Crusted Lamb Loin
Crostone, Charred Radicchio, Lemon-Thyme Aioli

FOURTH COURSE
Red Wine Risotto with Gorgonzola

FIFTH COURSE
Mixed Baby Greens with Mandarin Orange Vinaigrette, Candied Almonds, Crisp Wonton, Red and White Endive

SIXTH COURSE
Tortini al Cioccolato



Tuscan Sun.

"Even my animals had stalling, or should I say, walk-on roles in the movie," says Russo. He hosts guests from all over the world at the restored convent and surrounding farm, called Relais Parco Fiorito (see www.parcofiorito.it/fiorito/In-Glese). His organic gardens are known for their flavorful olive oil and Sangiovese wines.

"You want to attend this event not only for the great food and wine pairings but also for the charming stories this enchanting chef will tell," says Seattle Foodie **Eileen Mintz**.

Appetizers are served at 6:30, dinner at 7:00 p.m. at Salty's on Alki Monday, September 26. Cost is \$125 (all inclusive).

Please call (206) 937-1085 by Friday, September 23, for reservations. Seating is limited.



Chef talk.

By Dan Thiessen, Salty's Group Executive Chef
dthiessen@saltys.com

With the arrival of September comes cooler temperatures which in turn means exceptional shellfish in the Northwest.

We're putting Penn Cove Mussels at the top of the chart as Salty's September Celebration. Look for these dishes on our market sheets: Steamed Penn Cove Mussels in Coconut-Red Curry Broth with Ginger and Lemon Grass as an appetizer; and Steamed Penn Cove Mussels with Lemon-Thyme Fettuccini, Smoked Tomato Butter and Saffron Cream as an entrée.

The fall season in Seattle means lots of great events for even better causes. Friday, September 9, Salty's chefs are headed over to the Tri-Cities along with over 100 wineries and 10 other restaurants to celebrate the **Taste Washington Tri-Cities** event. We'll feature Ahi Tuna Poke and Sashimi Scallops in the Shell. For more information or tickets, go to www.tastewashington.org and click on Tri-Cities.

Thursday, September 22 is Salty's annual **Cooking with Class** event held in the Alki Private Dining Rooms at sea level. We

invite 21 chefs to give 30-minute cooking classes to raise money for the Heritage House and Providence Hospital, both of Seattle. As host and auctioneer again this year, I want you to know it sells out fast. Get your tickets soon at www.seattledining.com/cwc.

Don't miss our radio show in September (the first Saturday of the month). With **Tami Michaels** out of town, I get to talk for two whole hours

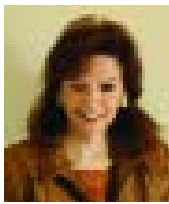
COOKING TIPS FOR SHELLFISH

I have two unique ways for you to enjoy these Northwest treasures. The first one is Hood Canal Oysters. My favorite way to prepare them at home is on the BBQ. Turn your BBQ on high heat for 2 minutes and place the oysters on the grates for about 4 minutes. Some of the oysters will open themselves, but a few will still need to be shocked open. There's no better way to enjoy a slightly cooked oyster than when cooked in its own broth. Squeeze a little lemon in the shell and toss one back.

The other technique is one we'll use for Penn Cove Mussels during Salty's September celebration. You'll need red curry paste, coconut milk, ginger, lemon grass, white wine and whole butter. Melt 4 oz. of butter in a saucepan, add 2 tablespoons minced ginger, 2 tablespoons minced lemon grass; cook on medium heat for 1 minute. Deglaze with 1/2 cup of white wine, add 1/2 cup coconut milk and 1 tablespoon red curry paste. Add 2 pounds of Penn Cove mussels and bring to a boil. Turn down the heat to medium and cover. Cook for about 4 minutes or until the shells have opened. Throw out the shells that don't open. Serve cooked mussels in a large bowl with the juices. Serve garlic bread to dip into the sauce and a glass of Pinot Grigio.

Regarding future events, Chefs Fest October 6 and The March of Dimes event October 8, see web site links at www.saltys.com/community/charities.asp.

Here's to having fun in the kitchen!



Mintz—her words.

By Eileen Mintz, Public Relations Spokesperson for Salty's

Benefit for Schoolhouse Supplies in Oregon: The 105.1 Buzz radio station is running a Back to School benefit party at Salty's on the Columbia, Saturday, September 3. Schoolhouse Supplies is a local non-profit serving classrooms in need by operating a volunteer-run Free Store for teachers.

The store is stocked with supplies donated by the community. Go to www.schoolhouse-supplies.org for more information.

Alki Aids Jerry Lewis Muscular Dystrophy Telethon: I have been asked to represent Salty's on Alki and present our check in the amount of \$43,000 to the Jerry Lewis Muscular Dystrophy Telethon on Fox TV Channel 13 on Labor Day, September 5 at 10:30 a.m. Many thanks to all those won-

derful volunteers who raised such an amazing amount of money at Salty's last spring. As a yearly telethon fan, I remember a young poet with MD, **Mattie Stepanek**. Mattie died last June just shy of his 14th birthday and in the midst of his third term as MDA's National Goodwill Ambassador. He will be remembered

during the telethon with a 30-minute special, honoring his life, his poetry and his ability to give to others. Hope you can tune in.

Cooking with Fall Fruits Class with Alki Pastry Chef Jane Gibson: Take a private

cooking class with Gibson (see photo) on Sunday, September 11, at Williams Sonoma Pacific Place, at 6:30 p.m. Gibson will share her best recipes. Cost is \$50 and includes tastes, demo and recipes. Gibson's three-course menu for the evening will include an appetizer of Fruit Chutney, an entrée of Fall Fruits with Fresh Fish and for dessert Fall Fruit Tart. She will feature local and seasonal Northwest bounty with recipes for family and holiday entertaining.

Cooking with Class: Look who's cooking at Salty's on Alki! It's our fourth Annual "Cooking with Class" event hosted by Salty's Group Chef **Dan Thiessen**.

Salty's welcomes Chefs **Tom Black, Gabriel Cabrera, Jane Gibson, Matt Baer, Raja's Dang, Kaspar Donier, Josh Green, John**



Howie with Joe Haines, Wayne Johnson, Eric Larson, Peter Levine, Nick Musser, Chris Nelson, John Neumark, Diva Chef Cameon Ore, Charles Ramsayer, Michael Weeks, Steve Whippo, Kerry White, Alvin Binuya and wine personality David LeClaire.

"I am thrilled to present such an array of distinguished chefs," says Chairperson **Connie Adams**. "I know everyone will love to learn in this fun gathering, bid on our elite live auction and enter the raffle. It's a joy to be here again at Salty's and make this happen with such an outstanding staff to assist."

This event includes three sessions with your choice of three chefs (30-minute rotations). Each chef will hold court at a table of eight. For \$75, on Thursday, September 22, enjoy appetizers and wines starting at 6 p.m., served courtesy of Salty's and Phillips-Hogue Winery. Register at www.seattle-dining.com/owc. This event benefits Providence ElderPlace and Heritage House at the Market. Call Adams at (206) 283-9067 with questions.

Chef Jeremy McLachlan on stage at Portland Cooks! Columbia Chef



McLachlan will be on stage for Portland Cooks on both weekend days, September 24 and 25. He'll show you how to cook Dungeness Crab Cake, Fuji Apple Salsa, Herbed Aioli, as an appetizer, and Cedar Plank-Roasted Salmon, Bacon Vinaigrette with Wilted Spinach, an entrée.

Find out more at www.cookingevents.com (click on Portland).

West Seattle 101 (A Hundred and One Things To Do): "I wrote the insider's

guide to recreation, dining and entertainment in West Seattle," says **Lori Hinton**, author of this newly released book with a topic that is far overdue for this wonderful neighborhood where you'll find Salty's on Alki.

"It was **Jack Mayne**, *West Seattle Herald* editor, who had the insight to hire me to write my column about finding 101 things to do in West Seattle. The source of much of my book came from this column," says Hinton.

Hinton is a native of West Seattle and has written for the Discovery Channel, the History Channel, National Geographic TV, and PBS. Find her book at Salty's gift shop for \$17.95.

Celebrate Harvest at a premier tasting of Washington Wines in Kennewick with Salty's Sommelier and Washington Wine Commission-award winner Tim O'Brien. Viking Showcase will present nine chefs including Salty's Group Chef **Dan Thiessen**, along with 70 wineries, a Seafood Bar, Cheese and Antipasto Bar and a Wheel Raffle. This event takes place at Three Rivers Convention Center in Kennewick, Washington, 7 to 10 p.m. on Friday, September 9 at \$51.50 per person. More at www.tastewashington.org (click on Tri-Cities).

Violin-star Tyler Reilly at Alki, Sept. 23.

SEATTLE—Violinist and Sony Recording Artist **Tyler Reilly** will step into the spotlight for a "Random Act of Music" at Alki, Friday, September 23. He joins resident Piano-man and Singer **Victor Janusz** and String Bassist **Tim Koss**.

Tyler has sat in with Janusz and Koss on at least three occasions at Alki, always much to everyone's delight, especially to Janusz.

"I rarely get to work with a fiddler and was apprehensive when Reilly first showed up," says Janusz. "Nevertheless he truly mesmerized the audience to the point where many regulars have asked me, when will that violin guy be back? So I got him to commit to a whole night, with rehearsals!"

Born and raised in Olympia, Washington, Reilly began violin studies when he was 9 years old. Shortly thereafter, by 11, under the tutelage of **Helen Pagels-DePastel**, this wunderkind toured Austria and Germany performing Bach, Vivaldi and Mozart. By his teenage years, Reilly attended the Cleveland Institute of Music for a year and then attended New

England Conservatory of Music for two years studying with **James Oliver Buswell**.

Eventually, Reilly toured with **Rikki Lee Jones** and performed with her and **Joe Jackson** at the EMP Grand Opening in Seattle in the summer of 2000. He also performed with Grammy-winner **Modest Mouse** on two albums: "A Lonesome Crowded West" and "Moon Over Antarctica."

"I got turned on to blues music while performing at Spoleto Music Festival in Italy, in 1990. I like Americana, rock and roots music," says Reilly. "I sought Victor out because he really plays to and for the audience in an organic way, and, for me, he's a good musical anchor."

Join us any Friday at Alki to experience the Janusz and Koss Show but especially September 23 for the added pleasure of Reilly's violin. Janusz also 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.



Mel Brown at Newport jazz festival.

PORTLAND—The Oregon Coast Council for the Arts and 2005 Master Jazz Artist **Mel Brown**, who plays at Salty's in Portland Fridays and Saturdays, present the second annual **Jazz at Newport Festival** featuring "Some Fine Ladies of Jazz."

Marlena Shaw headlines the festival backed by the Mel Brown Quartet. Shaw, the first female vocalist signed by Blue Note Records in 1972, was a featured singer with the original Count Basie Orchestra. The quartet features **Dan Balmer** on guitar, **Tony Pacini** on piano, **Ed Bennet** on bass and the legendary Brown on drums.

Jazz festival performances and more will be enjoyed at multiple venues throughout the Oregon coastal town of Newport. The primary venue will be the Newport Performing Arts Center.

The Jazz at Newport Festival weekend

will be preceded by two days of educational workshops organized and led by Brown who will be joined by some of his faculty associates. This preparation will culminate in a dynamic opening performance featuring Brown and student musicians on Friday, September 9.

"Mel Brown has been a fixture not only at Salty's on the Columbia for over five years, but also on the Portland Jazz Scene for over 40 years," says Salty's Managing Partner **Linda Addy**.

His accomplishments and enormous contributions to Oregon's rich jazz scene prompted Portland

Governor Kitzhaber to award Brown with the coveted Governor's Arts Award in 2002.

This year's highly anticipated appearance of Brown during Jazz at Newport 2005 promises to create three days of musical ecstasy at the city by the sea, Newport, on September 9, 10 and 11. For more information, please go to www.jazzatnewport.org.



The "People's Picks" are in.

SEATTLE—"We're extremely proud to report that Salty's was a big winner in the NWSOURCE.COM People's Choice awards" reports Seattle Foodie **Eileen Mintz**, "with many thanks to all of you who voted!"

Redondo won Best Seafood Restaurant with this comment by the writers at NWSOURCE.COM: "Apparently, you love Salty's Signature Seafood Cioppino, cedar-planked salmon, steamed Maine Lobster and Alaskan King Crab Legs so much that you're willing to drive a half-hour south of Salty's West Seattle location to get them."

Alki won Best Place to Dine with a Group: "With its spacious dining rooms available for special occasions, a staff that knows exactly how to cater to large parties and a banquet chef who's willing to create custom menus, it's little wonder you voted Salty's on Alki your favorite place to dine with a group. Heck, you may even

"This is the dining equivalent of an out-of-body experience."

"Heck, you may even be tempted to get married or reunite your endlessly feuding clan just to take advantage of Salty's hospitality."

be tempted to get married or reunite your endlessly feuding clan just to take advantage of Salty's hospitality."

Alki won Best Brunch: "Alki more or less has the market cornered on indulgence. Its weekend seafood brunch is a local legend: For \$28.95 (less for children and seniors), you can enjoy a feast of salmon, crab, shrimp, custom-made omelettes, bacon, sausage, fresh fruit, pastries and much more, while admiring Seattle's skyline from one of the city's best vantage points."

Alki also won Best Outdoor Dining: "We're guessing that you chose Salty's on Alki in this category solely on the advice of your eyes. The view from the outdoor deck of Salty's on Alki isn't merely a good view of Seattle's skyline, but perhaps the definitive view. Virtually the entire city is spread out before you, from the Space Needle to the stadiums. Sunlight dances on the waters of the Sound; periodically, an arriving water taxi breaks your reverie. This is the dining equivalent of an out-of-body experience."

Bird-watching on the Columbia River.

PORTLAND—It's not unusual to spot bald eagles, seals, river otters or beavers traveling outside the windows at Salty's restaurants. In Portland, on the Columbia River, a large osprey has been nesting on a piling on the north side of the restaurant every spring for the last four years.

"For a closer look, just ask your server for our binoculars," says Managing Partner **Linda Addy**. "We also have a bird book for you to peruse!"

Other common bird life on the Columbia River includes cormorants, herons and gulls. Addy says to look closely and you may spot a seal fishing for salmon.

"The mighty Columbia River is busy

with not only wildlife but also boat life. It's a nonstop show featuring ferry and sailboat watching. During the holidays watch for the parade of Christmas Ships. Local yacht clubs decorate their boats with enthusiastic holiday spirit, much to our guests' enjoyment," says Addy.

Our fabulous photo by Salty's Guest and Photographer **Steve Berliner** features a new technique birders are using to catch close-ups of their feathered friends.

"I use a technique called digiscoping where I hold or mount a compact digital camera to a field scope," says Berliner. Find out more at home.earthlink.net/~forcreeks.



World Class Seafood,® Steaks, Service & Smiles!

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3839 N.E. Marine Drive, Portland, OR 97211