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salmon



on the SOUND

something about

the Pacific Northwest works on the imagination. For generations, its mild climate and natural riches have lured the restless, the unconventional, the eccentric, and the ambitious. Today, progressive politics and an easy-going lifestyle continue to draw newcomers to Seattle, the region's largest city. Seattle has always befriended its immigrants; New Yorker David Denny and fellow settlers founded the city in 1851, when the Duwamish chief Sealth welcomed them to the banks of Elliott Bay in the Puget Sound. Since then, Seattle has welcomed wave after wave of arrivals—some from far-away countries, many from far-flung parts of this one.

Some, like Californian Christine Keff, quickly establish deep roots in their new home. Keff, who arrived in 1989, is chef-owner of two acclaimed restaurants and winner of the 1999 James Beard/Perrier-Jouët Best Chef: Pacific Northwest award. She earned her culinary stripes at the Four Seasons and several other restaurants in Manhattan, then took a year off to travel around the Orient before landing in Seattle. Keff opened Flying Fish in 1995; its menu pairs fish and shellfish with Asian and ethnic flavors. Fandango—which features the street foods and drinks of Mexico, Peru, Chile, and Brazil—followed in 2000. Today, both restaurants are Seattle favorites.

Keff remembers her first experience with Pacific salmon, growing up in Bakersfield, California, in the late 1950s and early '60s. When her grandparents returned from summer



vacations in their silver Airstream trailer, they always brought gifts of salmon. "They'd spend every summer at the same campground near Trinidad, in northern California," she remembers. "There was a smokehouse and canning plant at the trailer park, so my grandfather fished all day and my grandmother picked berries for jam. At the end of their vacation, they'd bring my family smoked and canned salmon, and they carried the last catch home on ice. When I moved to Seattle and opened Flying Fish, serving salmon was a natural."

Keff shares her innovative approach to regional cuisine in the following menu for a Northwest-inspired salmon bake. Salmon is the star of the show, and its flavors are enhanced by Keff's take on traditional accompaniments. The menu features the best foods of the season, simply prepared, in a uniquely American context.



salmon menu

Grilled Salmon with
Charred Tomato Salsa
or
Mango-Coconut Salsa

Seattle Black Beans

Fresh Corn Custards

Potato-Peanut Cakes

Triple-Berry Crisps with
Meringue Streusel

Grilled Salmon with Charred Tomato Salsa ►

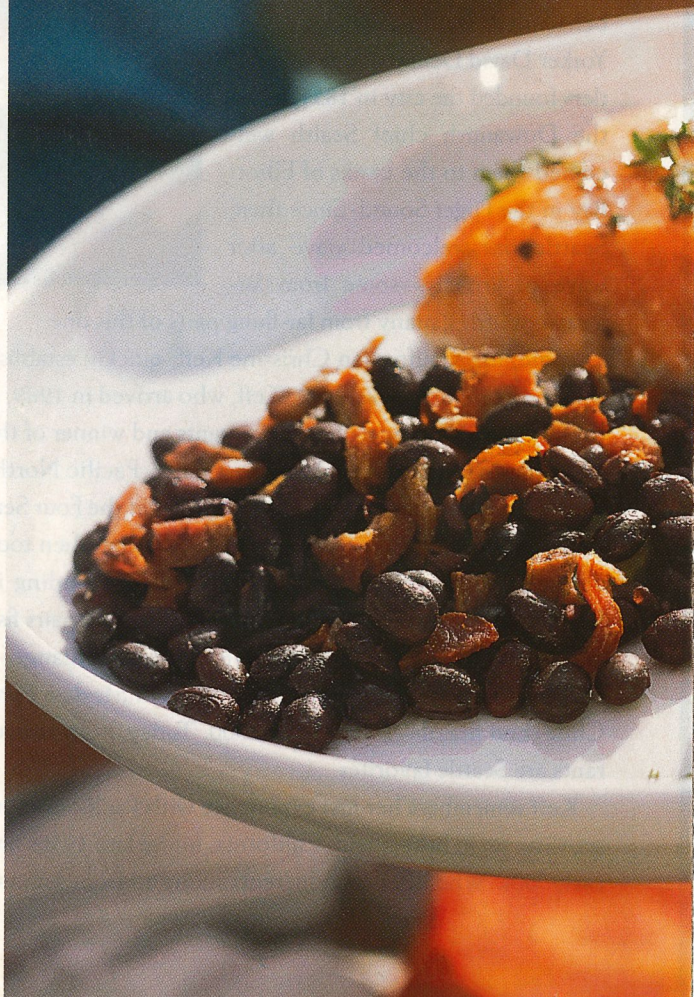
This dish is most flavorful when prepared with wild Pacific salmon, which is redder in color than its milder Atlantic cousin. For a more exotic dish, pair the salmon with Mango-Coconut Salsa (page 185).

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|-----------------------------|----------------------------|
| 4 tomatoes (about ½ pound) | 2 teaspoons olive oil |
| 2 jalapeño peppers | ½ teaspoon salt |
| 2 poblano chiles | ½ teaspoon black pepper |
| 1 small onion, peeled | 6 (6-ounce) salmon fillets |
| ¼ cup minced fresh cilantro | Fresh thyme (optional) |

1. Preheat broiler.
2. Place first 4 ingredients on a broiler pan, and broil 10 minutes or until tomatoes are tender and onion is slightly blackened. Cool 5 minutes.
3. Core tomatoes; discard cores. Coarsely chop tomatoes, peppers, chiles, and onion; place in a bowl. Add cilantro, oil, salt, and black pepper; toss gently.
4. Prepare grill.
5. Place salmon, skin side down, on grill rack. Grill 10 minutes or until fish flakes easily when tested with a fork. Top with about 2 tablespoons salsa; garnish with thyme, if desired. Yield: 6 servings (serving size: 1 fillet and about 2 tablespoons salsa).

CALORIES 309 (43% from fat); FAT 14.9g (sat 3.3g, mono 6.8g, poly 3.4g); PROTEIN 37g; CARB 5g; FIBER 1.6g; CHOL 87mg; IRON 1.7mg; SODIUM 279mg; CALC 36mg

WINE NOTE Salmon's "meatiness" makes it one fish that works extremely well with certain red wines—especially Pinot Noir. If the salmon is grilled or broiled as it is here, Pinot Noir's earthiness is a perfect complement to the sweet char. Try the lush Melville Estate "Clone 115 Indigène" Pinot Noir from the Santa Ynez Valley of California (the 1999 is \$35).
—Karen MacNeil



Keff celebrates the versatility of this flavorful fish by matching grilled salmon with fresh, peak-of-season produce.



Potato-Peanut Cakes ▲

Fresh sweet corn teams with buttery Yukon gold potatoes and chopped peanuts in these patties.

- $\frac{3}{4}$ pound Yukon gold potatoes
- 1 bacon slice
- 1 cup fresh corn kernels (about 2 ears)
- $\frac{1}{4}$ cup finely chopped onion
- $\frac{1}{4}$ cup finely chopped red bell pepper
- 1 teaspoon chopped fresh thyme
- $\frac{1}{4}$ cup sliced green onions
- $\frac{1}{4}$ cup chopped peanuts
- $\frac{1}{2}$ teaspoon salt
- 1 large egg, lightly beaten

Cooking spray

Fresh thyme (optional)

- 1.** Place potatoes in a saucepan; cover with water. Bring to a boil, reduce heat, and simmer 15 minutes or until tender. Drain and cool. Shred potatoes into a large bowl.
- 2.** Cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan; crumble. Add corn, onion, bell pepper, and chopped thyme to drippings in pan; cook 4 minutes or until onion is tender.
- 3.** Combine potatoes, bacon, corn mixture, green onions, peanuts, salt, and egg; stir with a fork until well blended.
- 4.** Coat a nonstick griddle or large nonstick skillet with cooking spray. Spoon about $\frac{1}{3}$ cup potato mixture onto hot griddle or skillet; flatten slightly with a spatula. Cook 5 minutes on each side or until golden brown. Garnish with thyme, if desired. Yield: 8 servings (serving size: 1 cake).

CALORIES 110 (40% from fat); FAT 4.9g (sat 1.1g, mono 2.2g, poly 1.2g); PROTEIN 3.9g; CARB 14g; FIBER 1.9g; CHOL 28mg; IRON 1mg; SODIUM 183mg; CALC 16mg



Triple-Berry Crisps with Meringue Streusel ▶

This fresh berry dessert uses a baked meringue that's crumbled and stirred into the streusel. The filling uses crystallized ginger and orange rind for a decidedly tart flavor that contrasts with the sweet topping. Because the meringue needs to sit in the oven at least 12 hours, make it a day before serving. Or make our same-day Almond Streusel variation. At her restaurant Flying Fish, Keff serves the crisps in small skillet, like the one pictured here, but we tested them in ramekins as well. You can also make a single crisp in a 13 x 9-inch baking dish. For a real treat, serve with ice cream.

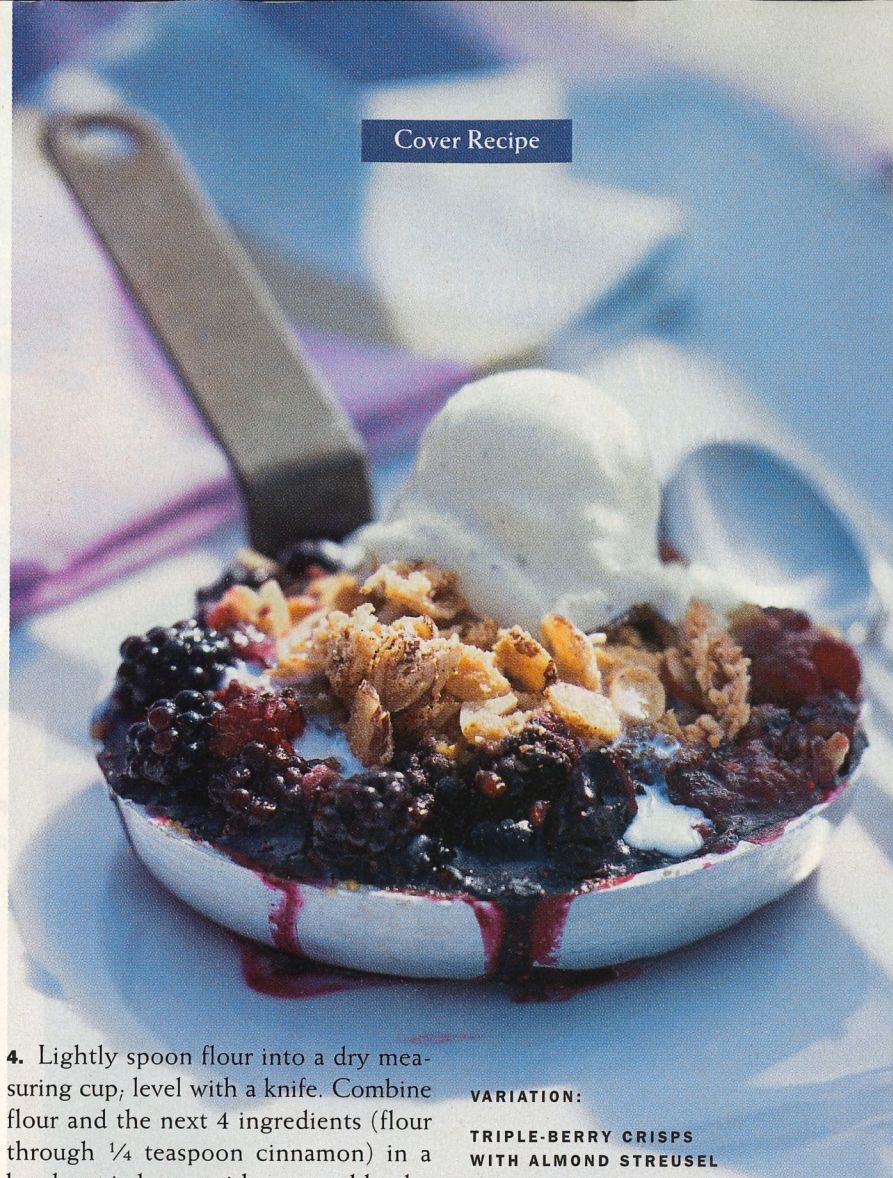
STREUSEL:

- 3 large egg whites
- 6 tablespoons sugar
- ¼ cup sliced almonds
- ¼ cup flaked sweetened coconut
- ¼ teaspoon ground cinnamon
- ⅓ cup all-purpose flour
- ¼ cup packed brown sugar
- 1 tablespoon grated lemon rind
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground cinnamon
- 1½ tablespoons chilled butter, cut into small pieces

FILLING:

- 4 cups blueberries
 - 2 cups blackberries
 - 2 cups raspberries
 - ¼ cup cornstarch
 - ¼ cup packed brown sugar
 - ½ cup orange juice
 - 3 tablespoons chopped crystallized ginger
 - 2 tablespoons finely grated orange rind
- Cooking spray

1. Preheat oven to 200°.
2. To prepare streusel, place egg whites in a large bowl; beat with a mixer at high speed until foamy (about 30 seconds). Gradually add sugar, 1 tablespoon at a time, beating until stiff peaks form (about 2 minutes). Gently fold in almonds, coconut, and ¼ teaspoon cinnamon. Spread as evenly as possible onto a parchment-lined 15 x 10-inch jelly roll pan.
3. Bake 2½ hours. Turn oven off; cool meringue in closed oven at least 12 hours or until completely dry. Remove meringue from paper. Crumble meringue into ¼-inch pieces.



Cover Recipe

4. Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and the next 4 ingredients (flour through ¼ teaspoon cinnamon) in a bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in meringue pieces.

5. Preheat oven to 350°.

6. To prepare filling, combine blueberries and next 7 ingredients (blueberries through orange rind) in a bowl; toss well. Spoon ½ cup filling into each of 12 (6-ounce) ramekins or custard cups coated with cooking spray. Top each with ⅓ cup meringue streusel mixture. Place ramekins on a baking sheet; bake at 350° for 10 minutes or until bubbly. Serve warm or at room temperature. Yield: 12 servings (serving size: 1 ramekin).

NOTE: You can also make this dessert in a 13 x 9-inch baking dish. (Bake for 30 minutes or until bubbly.) Or use small skillets like the one above, which we found at Williams-Sonoma. (Bake for 25 minutes.) The recipe makes enough to fill 6 skillets, 2 servings per skillet.

CALORIES 175 (17% from fat); FAT 3.4g (sat 1.5g, mono 1.1g, poly 0.4g); PROTEIN 2.6g; CARB 35.6g; FIBER 4.2g; CHOL 4mg; IRON 1.2mg; SODIUM 40mg; CALC 37mg

VARIATION:

TRIPLE-BERRY CRISPS WITH ALMOND STREUSEL

If you're in a hurry, try this more simple, traditional streusel topping—made with butter, flour, and sugar.

ALMOND STREUSEL:

- ¾ cup all-purpose flour
- ½ cup packed brown sugar
- ½ teaspoon salt
- 4½ tablespoons chilled butter, cut into small pieces
- ¾ cup regular oats
- ⅓ cup sliced almonds

1. To prepare streusel, lightly spoon flour into a dry measuring cup; level with a knife. Place flour, brown sugar, and salt in a food processor; pulse 2 times or until combined. Add chilled butter; pulse 6 times or until mixture resembles coarse meal. Add oats and almonds; pulse 2 times. Sprinkle over berry filling; bake according to recipe directions at left.

CALORIES 247 (28% from fat); FAT 7.6g (sat 3g, mono 2.7g, poly 0.9g); PROTEIN 4g; CARB 43.7g; FIBER 3.8g; CHOL 12mg; IRON 2mg; SODIUM 151mg; CALC 49mg

PLEASE SEE PAGE 185 FOR MORE RECIPES

Seattle Black Beans

Get a head start by cooking the beans the day before you make this dish.

- 3 cups dried black beans
- 6 cups fat-free, less-sodium chicken broth
- ½ cup water
- ½ teaspoon black pepper
- ¼ teaspoon salt
- 2 bacon slices
- 1 cup thinly sliced celery
- ½ cup finely chopped onion
- ½ cup finely chopped carrot
- ½ teaspoon dried thyme
- ½ teaspoon ground cumin
- 2 garlic cloves, minced

1. Sort and wash beans; place in a large Dutch oven. Cover with water to 2 inches above beans; cover and let stand 8 hours. Drain beans.

2. Return beans to pan; stir in broth, water, pepper, and salt. Bring to a boil; reduce heat, and simmer, uncovered, 2 hours or until tender.

3. Cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan; crumble. Add celery and remaining ingredients to pan; cook 5 minutes. Add to bean mixture; simmer 10 minutes. Sprinkle with bacon. Yield: 10 servings (serving size: about ⅔ cup).

CALORIES 254 (12% from fat); FAT 3.5g (sat 1.2g, mono 1.3g, poly 0.7g); PROTEIN 15g; CARB 39g; FIBER 9.5g; CHOL 3mg; IRON 3.2mg; SODIUM 378mg; CALC 83mg

Fresh Corn Custards

Coat the ramekins generously with cooking spray to ensure the custards will release easily from the molds.

- 3 cups fresh corn kernels (about 6 ears), divided
- 2 cups 2% reduced-fat milk
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 4 large eggs, lightly beaten
- Cooking spray
- Fresh chives (optional)

1. Preheat oven to 350°.

2. Bring 2 cups corn and milk to a simmer in a large saucepan over medium heat; cook 20 minutes, and cool. Pour corn mixture into a blender or food processor; process until smooth. Strain mixture through a sieve over a large bowl. Discard solids. Add salt, pepper, and eggs to corn mixture; stir well with a whisk.

3. Divide remaining 1 cup corn evenly among 6 (6-ounce) ramekins generously coated with cooking spray, and top each with ⅓ cup corn mixture.

4. Place the ramekins in a 13 x 9-inch baking pan, and add hot water to pan to a depth of 1 inch. Bake at 350° for 30 minutes or until the center barely moves when the ramekin is touched. Remove the ramekins from pan, and cool for 5 minutes on a wire rack. Invert custards. Garnish with fresh chives, if desired. Yield: 6 servings (serving size: 1 custard).

CALORIES 181 (30% from fat); FAT 6.1g (sat 2.2g, mono 2.1g, poly 1.0g); PROTEIN 9.6g; CARB 25g; FIBER 1g; CHOL 147mg; IRON 1mg; SODIUM 291mg; CALC 118mg

Mango-Coconut Salsa

Prepare the poblano mixture for this salsa up to a day ahead, but add the mango just before serving. Serve this with the grilled salmon on page 110 in place of the charred tomato salsa.

- 1 poblano chile
- ½ cup thinly sliced radishes
- ¼ cup flaked, sweetened coconut
- 2 tablespoons fresh lime juice
- 1 tablespoon olive oil
- 2 teaspoons minced fresh cilantro
- 1 garlic clove, minced
- 2 cups cubed peeled ripe mango (about 2 large)

Cilantro sprigs (optional)

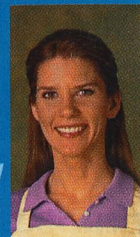
1. Place poblano chile on a foil-lined baking sheet; broil 10 minutes or until blackened, turning occasionally. Place blackened chile in a zip-top plastic bag, and seal. Let stand 15 minutes. Peel and cut chile in half lengthwise. Discard seeds and membrane. Finely chop.

2. Combine the chile, radishes, coconut, lime juice, olive oil, fresh cilantro, and garlic clove in a medium bowl. Cover and marinate in refrigerator for 30 minutes or overnight. Stir in the cubed mango. Garnish with cilantro sprigs, if desired. Yield: 5 servings (serving size: about 5 ounces salmon and ½ cup salsa).

CALORIES 328 (35% from fat); FAT 12.6g (sat 3.5g, mono 5.2g, poly 3.3g); PROTEIN 37g; CARB 19g; FIBER 2.5g; CHOL 89mg; IRON 2.1mg; SODIUM 207mg; CALC 94mg

Judith H. Dern, a freelance writer who lives in Seattle, loves the Northwest's weather as much as its salmon.

DEAR MAGGIE,



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Concerned

Topeka, Kansas

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Just squeeze a dollop of new **Palmolive® Super Scrub™**—with its

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Maggie

Maggie Ross of "Fearless Cooking"



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