

# Kitchen Window<sup>®</sup>

for the passionate cook . . . and those who aspire to be

July 2003



Cedar Planked Salmon using a Chinook Cedar Plank

## Summer is Smokin' at Kitchen Window!

It's the height of summer and everyone wants to be outdoors playing, cooking and celebrating. July is the month for 4th of July parties and family reunions and Kitchen Window has all of the tools to help your parties come off without a hitch. Flip through these pages for ideas on what will help to make this year's festivities special.

It's also the middle of the Copper River Salmon season and we're here to help you make the most of it! If you're wondering what the Copper River and salmon have to do with each other, start out by reading Hilary Lord's article *Go Wild*. If your salmon is in need of a little something special, look to Stephen Cottrell's *Cooking & Grilling on Cedar Planks*. And, if it's somethin' smokin' you're looking for, take a peek into *Smoke It!* by Carl Antholz.

Another summer highlight is Andreas Viestad's new book *Kitchen of Light*. It's sure to be one of the hottest cookbooks this year. Melanie Miller's book review will give you a quick glimpse into the magic of this new gem.

The Kitchen Window staff is expert at cooking outdoors and making the most of summer. Pay us a visit for some summertime inspiration!

**If the heat of the kitchen is getting to you, cool off with our next issue on cold soups and salads. Cooling, crisp and colorful, they're a real summertime treat!**

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# In the Spotlight: Smoking Foods & Fish

*Each month our Department Managers select products to highlight that relate to the topic of our current issue. Some products will assist you in implementing the recipes and ideas in this issue and some are highlighted to expand your knowledge of the topic.*

*This month our focus is Smoking Foods & Fish. Here are the recommendations from...*

## Brooke In Cookware

It's that time of year to entertain ourselves with outdoors activities. We spend time playing in nature, having picnics, entertaining outdoors, etc. Most of us enjoy cooking outdoors, but many are limited by city and apartment living. Smoking foods is a big craze this summer and, believe it or not, even you apartment dwellers can jump on the bandwagon.

Indoor stove-top smokers are a great way to achieve a nice smokey flavor without too much smoke. Cameron makes two sizes of these wonderful gadgets. The larger is 15 X 11 inches and the smaller is 11 X 7 inches.



**Cameron Stove-top Smokers**  
15" X 11" - \$49.95  
11" X 7" - \$39.95

Stove-top smokers are safe and easy to use. You simply put soaked wood chips in the bottom of the pan under the food rack. Place the food on the rack, slide on the cover and place over medium heat. Smoking times vary, but all are relatively short. It is best to use indoor smokers in a well ventilated area or under a hood.

If you're looking for an easy and delicious food to smoke, give fish a try. This time of year, Copper River salmon would be a guaranteed treat! And, if smoking isn't your thing, you might give poaching a try.

Poached fish is a healthy and tasty treat. The only trick to poaching is to find a pan that is long enough and a way to transfer the cooked fish without it falling apart. Fish poachers are the answer. They not only



**Fish Poachers**  
18" - \$49.95    24" - \$69.95

accommodate a large whole fish or multiple fillets, they come equipped with a rack to successfully lift the fish out of the poaching liquid. Kitchen Window carries two sizes of these wonderful tools: 18 and 24 inch poachers.

These are just a couple of ideas for adding creativity and flavor to your summer. Stop by and visit us for more fun summer cooking ideas.

## Stephen in Cutlery

Now that fishing season is in full swing, it's time to look at the best tool for preparing fish: a fillet knife. Kitchen Window carries a variety of fillet knives from Wüsthof Trident to assist the fisherman or home chef. Here are a few that will be an asset to any cutlery set.

### 7" Fillet knife with Sheath

The ideal knife for lake fish. Transportable with its leather sheath, the knife features a flexible forged blade that is razor sharp and easily manipulated through the fish. A micro-pebble ergonomic handle ensures a solid grip even with wet hands.



**Wüsthof 7" Fillet Knife with Sheath**  
Reg. \$100.00  
Sale \$69.99

### 6" Flexible Fillet (Classic handle)

Add this knife to your collection of Wüsthof knives to round off the perfect set. The flexible, forged blade is ideal for control on smaller fish from one to three pounds.



**Wüsthof 6" Flexible Fillet Knife**  
Reg. \$70.00  
Sale \$55.99

### 12" Salmon Knife (Classic handle)

This forged, flexible knife is a must have for larger fish. The length of the knife will guarantee smooth control without damaging delicate flesh. This knife is a must for paper-thin, perfectly sliced Gravlax.



**Wüsthof Salmon Knife**  
Reg. \$120.00  
Sale \$95.99

## Melanie in Bakeware

If you're planning a dinner party in the near future, consider serving a smoked salmon mousse. It is always a popular treat! For a festive presentation, try using a fish mold. You are sure to receive oohs and aahs when you turn your fish-shaped mousse out onto a pretty platter. Kitchen Window carries a 10.5 inch fish mold from Kaiser. It is made from tinned steel and it has an attached handle for easy unmolding.



Kaiser Fish Mold - \$6.95

## Learn More About Fish Preparation & Cookery!

Join us for Summer Fish Cooking Classes!

### Night at the Sushi Bar

Tonight you'll have the opportunity to play both sushi chef and sushi bar patron as we first prepare some sushi favorites and then learn the etiquette of ordering and eating. Robin will guide us in practicing the proper techniques for making some popular sushi, and then we'll sit down to experience the sequence of events that happen at a busy sushi bar. This class will have you well on your way to becoming a sushi bar pro.

**Robin Asbell Participation \$70.00**

**#1075 Thursday, August 14, 6 p.m. - 9 p.m.**

### Technique: Fish

As a professional chef who has worked in countless seafood restaurants and other restaurants specializing in fish dishes, Tobie has a wealth of experience and knowledge to share with you tonight. He will demonstrate several techniques for preparing fish and seafood at home including filleting whole fish, grilling, sautéing, and frying. He will also cover tips for purchasing, storing, and handling fresh fish and seafood to ensure you end up with the freshest product possible. It won't take you long to figure out why our fish classes are always among the first to sell out!

**Tobie Nidetz Demonstration \$65.00**

**#1084 Wednesday, September 10, 6 p.m. - 9 p.m.**

### Rolled Sushi and More

Whether you're a beginner or more advanced sushi maker, you won't want to miss out on this ever-popular class. Students will learn how to work with sushi rice, nori, and a rolling mat.

**Robin Asbell Participation \$65.00**

**#000 Thursday, September 25, 6 p.m. - 9 p.m.**

## Salmon Mousse

from James McNair's *Salmon Cookbook*

### Ingredients

2 envelopes (2 tbsp.) unflavored gelatin  
 1/2 cup water  
 3 cups (about 18 oz.) flaked cold cooked salmon  
 2 tbsp. grated red onion  
 1 1/2 cups sour cream  
 1/2 cup mayonnaise  
 3 tbsp. freshly squeezed lemon juice  
 1 tsp. salt, or to taste  
 1/2 tsp. Tabasco sauce, or to taste  
 1/4 tsp. sweet paprika  
 2 tbsp. drained capers, chopped  
 1 tbsp. minced fresh dill  
 1 cup heavy (whipping) cream, whipped  
 Whole fresh chives or other herbs for garnish  
 Salmon caviar or edible flowers for garnish (optional)

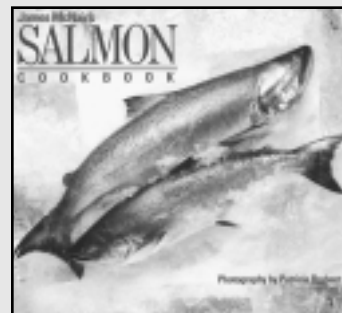
### Method

Combine the gelatin and water in a small saucepan, then heat over medium heat, stirring, until the gelatin dissolves. Cool slightly.

Place the salmon, onion, sour cream, mayonnaise, lemon juice, salt, Tabasco and paprika in a blender or food processor and puree until smooth. Add the gelatin, capers, and dill and blend to mix well. Transfer to a bowl and fold in the whipped cream. Turn the mixture into a lightly oiled mold or into 12 individual molds. Refrigerate until set, at least 4 hours or as long as 12 hours.

To unmold, dip the lower part of the mold into a container of hot water for several seconds, then run a thin knife blade around the inside edges of the mold (if possible). Invert onto a serving plate, garnish with chives and caviar or flowers, and serve.

*Serves about 24 as a starter, or 12 as a first course.*



**James McNair's  
 Salmon Cookbook**  
 Chronicle Books, 1987  
 \$14.95

# Cooking & Grilling on Cedar Planks

by *Stephen Cottrell*

Cooking, roasting, and grilling on planks of wood is a Native American tradition that has been rediscovered by backyard barbecue enthusiasts seeking to expand their culinary horizons.

According to historical anecdote, Native Americans of the Pacific Coast believed the aromatic cedar tree to have healing powers. Several tribes, such as the Chemeketa, would attach Salmon and other fish to planks of cedar and alder and ceremoniously place them around a low burning fire-pit. This technique of slow roasting allowed the smoking cedar to meld with and enhance the overall flavor of the fish. It wasn't long before trappers and settlers from the east discovered the technique of planking. For generations, back yard grillers in Oregon and Washington State, have passed down this tradition and expanded upon it. A variety of seasonings and techniques can provide the best, sweetly smoked, flavor you've only dreamed about!

Finding cedar planks for grilling is not at all difficult. The most important thing to watch out for is any type of treated wood. Often timber at a lumber yard has been treated with various chemicals to keep the wood from splitting or cracking while in storage. These are not the flavors we want to impart in our food! Raw, untreated cedar planks can be acquired from Chinook Planks at Kitchen Window.

There are two types of planks available: Grilling and Roasting planks. Grilling planks are sold in

sets of four for \$15.95 and cut to a size that will conveniently fit on most gas or charcoal grills.

Getting them ready for use begins with thoroughly soaking the planks for at least an hour. They are then placed on the hot grill until they begin to emit smoke. Simply arrange the fish, meat, poultry, or seafood that you are grilling and hot-smoke for 8-25 minutes. Cedar planks can often be reused several times until they are exceedingly charred or cracked.

Roasting planks can be used year round in the oven. They are really a type of specialized cookware made from thick pieces of cedar braced with steel truss rods to keep them from splitting when exposed to high temperatures. Roasting planks must be seasoned with olive or vegetable oil, but are not soaked prior to usage. 350° F is the appropriate temperature to use cedar roasting planks for most recipes. This is one of the most original presentation pieces as well. A well seasoned and prepared salmon looks fabulous brought to the table on a cedar roasting plank! Kitchen Window carries roasting planks from Chinook Planks for \$49.95.

This year, when looking for something different for backyard grilling, don't forget about the old tradition of planking. It's a great way to impress family and friends at your next summer get-together!

## Tips for using Cedar Grilling Planks:

1. When soaking, try adding salt, apple cider, dry white wines, or berry juices to vary the flavor.
2. Keep a full spray bottle nearby in case the plank flames.
3. A grilling temperature of 425° F (medium-high) is ideal for a medium to light smoke.
4. Remember to listen. When pre heating the planks they will begin to crackle when ready. Raise the lid on your grill, arrange your food, then close the lid to cook and smoke.

## Tips for using Oven Roasting Planks

1. To ensure even roasting, place the oven rack to the middle-upper position, and allow the plank to pre-heat in the oven for at least 15 minutes.
2. Use warm running water, a small amount of dish soap, and a soft bristle brush for cleaning.
3. A heavily used plank can be sanded with medium grit sandpaper to renew. Be sure to re-season with olive or vegetable oil.
4. It is normal for the underside of the roasting plank to slightly blacken over time.

# Smoke It!

About 20 years ago, I worked at a cozy little restaurant located at the foot of University Ave. in Berkeley. Arriving at 6:00am each morning, my daily prep duties included going into the walk-in refrigerator to taste/smell the assortment of four to six leftover soups in their 5 gallon containers, choose one that wasn't "off" and fire it up for that day's service. I'd check the live tank for any lobsters that had perished during the night; we called them "floaters". If I found one, I'd cook it off and save it whole in the reach-in refrigerator. Then I'd make hollandaise sauce and hold it in a stainless bowl above the cook-top for the morning crowd. About 7:00am, I'd begin working on the once-a-week projects. On Tuesday, I'd make sausage. On Wednesday, I'd brine ducks and chickens. On Thursday, I'd smoke the ducks, chickens as well as trout. Actually, I just followed orders and followed recipes. I rarely ate at the restaurant. If I wanted exciting smoked treats, I simply walked a few blocks up University to San Pablo Ave. and visited Everett & Jones Barbeque for some of the best sausage links, hickory-smoked ribs and BBQ chicken in any town.

The smoker we had in the restaurant was an aluminum box about 2 feet by 2 feet and about 4 feet tall. It had four racks on which to place the meat to be smoked. There was a heavy drawer/tray just above the electric heat source to hold the various soaked wood chips that I used. Alder for trout, of course, and while I don't clearly remember all aspects of my life during the late 60's to the early 80's, I suspect it was Oak for the chickens and ducks. I clearly remember, however, the three T 's. Taste, Texture, and Temperature! These determine when your smoking is done.

Of course, smoking and drying must share top billing as the most ancient techniques applied in preserving food. (I'm convinced that salting/curing came a little later). The technique of smoking has evolved from the basic need to preserve food, step by step, into the current infusion and marrying of fabulous smoke flavors with a variety of foods: maple or apple wood smoked bacon comes to mind. And tea-smoked duck breast served on a bed of fresh mesclun

greens tossed with ginger-sesame oil vinaigrette tickles my fancy. Let's get smoking!

## Smoking 101 Glossary:

**1. Cold Smoking** - The ingredients to be smoked are separated from the fire. Only the cooling smoke is introduced into the smoking chamber. Smoking a 75-pound Alaskan King salmon may take days. This can be done in the backyard if you build a firebox and connect it to a smokehouse.

It's worth it if you've got the room. For starters, try sausages, trout, and pheasant.

**2. Hot Smoking** - Like I did at the restaurant, requires placing the ingredients on racks above the smoking wood chips and smoking/cooking them until done. This is done using a smoker that is either heated with charcoal or electricity. The charcoal smokers are harder to monitor and will add additional smoke to the mixture. This may or may not be beneficial. The electric smokers are easier to monitor and control. Timing the smoking process will be easier, yet still inexact. Choose either, but practice, practice, practice.

**3. Stove Top Smoking** - This is also hot smoking and very effective for small amounts of food. In this case, instead of using soaked wood chips, you'll make the smoke from wood

chips reduced to coarse sawdust, or in the case of tea-smoking in a wok, a combination of tea, rice and brown sugar.

With both hot smoking methods, the process should be closely monitored. While cooking on a hot smoker is a much cooler and slower process than cooking on a grill, it should still be considered cooking. It's the basic stage in barbecue, after all, and can take over 24 hours using the right equipment. When you determine that the food is at the right internal Temperature, right Texture and delivers a pleasing Taste, pull it out of the smoker. If you keep cooking, you're likely to produce something like..... JERKY! And that could be a Great Thing. Instead of "Bac-O-Bits" to garnish a spinach salad, you've now got genuine Copper River King Salmon, Natural Hardwood Charcoal smoked, "Krunch-E-Bites".



*Meco Stainless Steel Electric Water Smoker*

*by Carl Antholz*

# Go Wild

Grilled, poached, or on a bagel with cream cheese, salmon is a favorite fish among North Americans. The fish is also a topic of heated discussion among many of us: whether to buy Atlantic or Pacific, farmed or wild. Which is the most responsible; and which has the best flavor? Six main varieties of salmon are readily available in North America; making a choice can be intimidating. Lucky for us, choosing the best tasting, most succulent salmon also means making the most environmentally responsible choice.

Most cooks and environmentalists agree that farmed salmon should be avoided. Not only is the flavor and texture of a farmed salmon of lesser quality, but some practices involved with salmon farming are detrimental to the environment and to sea life.

Farmed salmon is almost always Atlantic salmon. Due to over-fishing, dams, and pollution, wild salmon populations have been dwindling. Most species of Atlantic wild salmon are extinct.

Only salmon off the coast of Maine can be found; and these are highly endangered. All Atlantic salmon available in North America are farmed.

Farmed salmon are raised in netted pens in coastal Atlantic waters. These fish are less robust than wild salmon. Disease is more likely among farmed fish as they live among their waste and are kept in a confined environment. Farmed salmon are often treated with antibiotics or genetically engineered to prevent disease; these drugs are in their flesh, which we eat, and their waste, which pollutes the waters. The flesh of farmed salmon is also less firm and flavorful than that of wild salmon; it is also often treated with dyes to enhance its appearance.

Not all salmon farmers are this irresponsible, but it has happened in the past that sea lions and sea birds have

been unnecessarily killed to protect salmon farms. The population of wild salmon is also affected by farmed salmon. The pens attract predators in greater numbers which can deplete the surrounding wild salmon population. Also, an escaped farmed salmon poses a threat to wild salmon because it might introduce disease into the population.

So, armed with a new recipe, standing at the fish counter, staring at multiple piles of pink fish flesh, what should you do? The first thing is to look for Pacific salmon. Next, look for wild salmon; this should be easy because nearly all Pacific salmon on the market are wild salmon.

Five varieties of salmon (Chinook, Chub, Coho, Sockeye, and Pink) make up a group of fishes called salmonids. These are born in streams in Oregon, Washington, California, and Alaska. When fully grown, they migrate into the Pacific Ocean where they

remain for two to eight years before returning to the same streams, where they were born, to spawn.

All wild salmon follow the same life cycle. They use well oxygenated, rapidly moving fresh water to hatch and grow healthy. Then, their bodies undergo chemical and physical changes to prepare them for sea life. Some salmon migrate thousands of miles into the sea, while some stay close to shore. In the ocean, salmon mature fully, developing the fats and oils that keep their flesh firm and strong. In order to reproduce, each salmon returns to the exact waters where it hatched between April and August of every year.

During the migration back to fresh water, the chemical and physical makeup of the salmon changes again, this



*Salmon as Pictured in Kitchen of Light, Artisan, 2003*

*by Hilary Lord*

time to help them reproduce successfully. The journey back to fresh water is harrowing. Only the strongest make it; only the strongest reproduce. Spawning salmon swim against the current, banging against rocks along the way. For the male salmon, this spawning journey is its final journey. After fertilizing an egg nest, the salmon dies. The carcasses of these salmon, as well as those which weren't strong enough to complete the process, decompose to feed stream life.

Wild salmon are most often fished from streams during their spawning migration. The flesh of the wild salmon is firm and very pink, rich with essential fats which carry nutrients as well as flavor. (The touted Omega-3 is found in wild salmon).

Unfortunately, the populations of Pacific salmon are not very strong. The same issues that plague Atlantic salmon pose a threat to Pacific populations. In Oregon and Washington, where the threat is greatest, hatcheries have been developed to help build and maintain wild salmon populations. Relying on normal salmon migration and spawning patterns, hatcheries gather egg nests before they hatch and raise the fish to maturity in captivity. When mature and strong, these fish are released back into the wild, where they begin their spawning migration. Fish raised in hatcheries are marked, and fishers are encouraged to keep only those fish that are identifiable as hatched salmon.

A type of salmon to recently rise to popularity is the Copper River salmon from Alaska. The Copper River is 300 miles of pristine, rushing water that ends in the Gulf of Alaska. This is one of the few places in the world where salmon populations remain

healthy. The temperament of the waters provides an environment which strengthens the salmon, causing it to grow large and fatten up. The Chinook, Coho, and Sockeye salmon from the Copper River are well known for their firm red flesh and rich flavor.

Salmon from the Copper River are certified organic fish. This means that they are fished and processed in a way that is scientifically proven to sustain the ecology of the area. The fishing practices of the small family fishers of the Copper River region maintain the population of salmon as well as other river life. The fish are guaranteed never to contain pesticides or antibiotics. The ecology of the river and streams are not compromised when Copper River salmon are fished.

If you love salmon, this is the time of year to visit your favorite fish market. Be sure to ask for the Copper River salmon for a special treat. You'll find Chinook salmon from mid May to early June, sockeye salmon from mid May to early August and Coho salmon from mid August to late September. Don't worry too much if you miss the season; The Wedge Coop stocks their freezers this time of year to quell any untimely cravings!



*Gravlaks as Pictured in Kitchen of Light, Artisan, 2003*

### Hidden Gems of the Twin Cities - Fish Markets

*In Order of Preference:*

**Captain's Select \*\*\***

They will really help you select fish!

**Dragon Star \*\***

Amazing selection on weekends, but you're on your own

**Coastal Seafoods \*\***

Great selection every day, and great assistance

**Shuang Hur \*\***

Limited selection, great quality

**The Wedge \*\***

Good quality pre-prepped fish

*sources:*

[www.salmoninfo.org](http://www.salmoninfo.org)

[www.mbayaq.org](http://www.mbayaq.org)

[www.copperriver.com](http://www.copperriver.com)

[www.aquarium.org](http://www.aquarium.org)

[www.ems.org](http://www.ems.org)

*The History of Food; Maguelonne Toussaint-Samat*

# Kitchen of Light

Summer is the perfect time to cook fish; it's light, delicious and cooks quickly on warm days. Poached, steamed, sautéed or grilled, fish is an obvious choice for a simple and elegant summer dinner party.

I was left dissatisfied by my search for the perfect fish cookbook. It wasn't until the new book, *Kitchen of Light* by Andreas Viestad, appeared that I found my inspiration. Though not exclusively a fish cookbook, it is full of wonderful fish and seafood recipes. Viestad lives and cooks in Norway where life without fish is unimaginable.

Andreas Viestad is the host of the PBS series *New Scandinavian Cooking with Andreas Viestad*, which airs locally on KTCA on Saturdays at 6:00 PM. If you are under the impression that Scandinavian food is white, bland and boring, you must try the recipes from this cookbook; they are anything but banal!

Viestad writes of Norway, its customs and its lore. I especially enjoyed his telling of the history of gravlaks. Learning that the original version of gravlaks repels all but the most foolhardy and daring, I was relieved to be testing his delicate and delightful version: Gravlaks with Sweet Mustard Sauce. The recipe is quite simple and the end result has a fresh salmon taste with a hint of dill.

The salmon fillets are cured in salt, sugar pepper and dill for four days. The only effort required during that time is periodic basting with the resulting brine. To serve the gravlaks, scrape the flavoring ingredients and brine off of the fillets and slice thinly. The trick to making perfectly thin slices is to use the proper knife. A thin flexible blade works best. If you plan on preparing this dish often, you should consider the Wüsthof salmon knife designed for this specific purpose; it works like a charm!

My favorite recipe in the book is the Mussels with Aquavit, Cream and Tarragon. I picked up Prince Edward Island Mussels at Coastal Seafoods and Aquavit at Surdyk's. The Aquavit could have been replaced by brandy, but I found it to be an integral ingredient to the

dish and would have missed it had it not been replaced. The dish is also flavored with shallots, garlic, thyme, tarragon, fennel seeds, tarragon vinegar, and tied together with heavy cream. I've tried most of the local restaurants' versions of mussels and many have been very good, but none compare to this one. Don't forget to pick up some crusty bread to dip in the heavenly sauce; it's the best part!

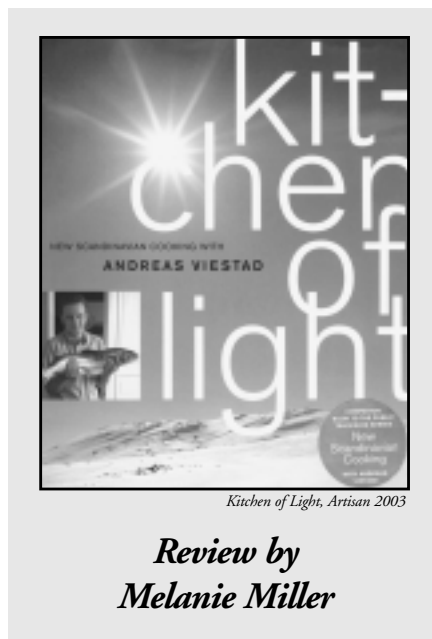
Viestad shares little cooking tips with his recipes that I find to be very helpful. For example, he advises to adjust the cooking temperature depending on your oven's temperature range to bake the Slow-Baked Salmon with Soy Sauce and Ginger. I baked it in a 250° oven for 35 minutes. I was delighted by the perfect results!

If you make this recipe, I suggest to serve it with the Asparagus Sautéed in Butter and Mustard. It is the most delicious asparagus preparation I have tasted. This recipe is very simple and I know that I will make it again and again.

This book has been enthusiastically received by the Kitchen Window staff. I have heard numerous rave reviews about many other recipes. You might try the Wilted Spinach with Smoked

Salmon and Raspberries, the Green Pea Puree with Asparagus and scallions and the Aquavit Sorbet; just to name a few!

The many photographs and stories in *Kitchen of Light* give us a glimpse into the simplicity of Scandinavian life and how it has unfolded in nature. Scandinavians are clearly masters at making the most out of their limited resources and their reverence for the fruits of their land and coastal waters is apparent in their cooking. Uncomplicated and simple preparations allow the natural flavors of each ingredient to shine through. Viestad's recipes reflect this simple and elegant approach to food. *Kitchen of Light* is sure to impress you and it is a definite necessity in any cookbook collection!



*Review by  
Melanie Miller*

# The Fussy Professor

## Dear Fussy

I've just gotten myself into a bit of a pickle. Five of my girl friends and I went to Las Vegas. And after 3 days of gaming, I came out the big winner. On the flight home we talked about the tradition of hitting a "hole in one" in Japan, where the golfer that does the deed, pays dearly. And they agreed that I was the winner. Agreeable as I was on the flight back home, I agreed to host a major party. But, since this isn't golf, and since we all agreed we were in the bag on that particular flight, we shelved the event. I do really owe all of them a great dinner, though. Fussy, I don't need any recipes or any other extraneous subtle advice at this time. I simply need to know how to choose 6 whole fresh fish for 12 people. Can you help?  
Dottie

## Dear Dottie

Of course I can help and, though I'm tempted to shower you with advice, I'll limit myself to helping you choose fresh fish with 2 options. The first is my preference.

1. Find and develop a trusting relationship with your local fishmonger.
2. Learn to choose whole fish on your own. Look for the following:
  - A. Clear bulbous eyes - a little bloodshot is OK
  - B. Bright colored gills
  - C. Very firm flesh when tapped with your fingers
  - D. Absence of "fishy smell"
  - E. Absence of physical damage (no evidence of parasites, leaches etc.)
  - F. Absence of chemical abuse (no evidence of enhanced fish food in farmed fish, whoops! I'd have to ask my local and trusted fishmonger about this!

Dottie, it's your choice.

# Mussels with Aquavit, Cream and Tarragon

*From Kitchen of Light by Andreas Viestad*

## Ingredients

2 pounds mussels, scrubbed under cold running water and debearded  
 1 tablespoon unsalted butter  
 3 tablespoons finely chopped shallots  
 1 garlic clove, crushed, plus 1 more to taste  
 1 tablespoon chopped fresh tarragon  
 1 teaspoon chopped fresh thyme  
 2 teaspoons tarragon vinegar  
 1 teaspoon fennel seeds  
 1 tablespoon aquavit or brandy  
 2 tablespoons heavy (whipping) cream or crème fraîche  
 Fine sea salt

## Method

Throw out any mussels with cracked shells or that did not close when you scrubbed them.

Heat the butter over medium heat in a pot just large enough to hold the mussels. Sauté the shallots and garlic for 4 to 5 minutes. Add half the tarragon, the thyme, vinegar, fennel seeds, aquavit, and mussels. Increase the heat to medium-high. Cover and let steam for 6 to 7 minutes, until the mussels have opened. With a slotted spoon, transfer the mussels to a large serving bowl; discard any that did not open.

Add the cream to the cooking juices and cook over medium-high heat for 3 minutes, until slightly reduced. Season with salt and a little more minced garlic, if desired. Pour the cooking juices over the mussels, sprinkle with the rest of the tarragon, and serve.

## Featured Culinary Instructor



**Rick Kimmes**

Rick Kimmes is the Executive Chef at The Oceanaire Seafood Room. He teaches a variety of seafood classes at Kitchen Window which all feature recipes and seafood items that students can easily use at home.

**What currently keeps you busy in the culinary field?** We are very lucky to be a busy restaurant, and we write our menu every day, changing items to keep them seasonal and updated. Seafood availability is constantly changing and we want to offer a variety of seafood and focus on it being ultra fresh. I am very busy on a daily basis speaking with seafood vendors finding out what is available and planning the menu accordingly.

**What are some of the highlights of your culinary career?**

I feel honored to have graduated from one of the best culinary schools in the country, The Culinary Institute of America, as well as a great Restaurant Management Program at UW-Stout. Each time I teach, it is a highlight of my career as it was a goal of mine to teach - and now I am in my fourth year. On June 26 I will have the great opportunity to cook at the James Beard House in New York City with five other Oceanaire chefs - that will be another definite highlight!

**What is your favorite non-food related hobby?**

Being the chef at a busy restaurant does not leave much

time for other activities, and on top of that, I'm a new father. In my free time I do like to get in a few rounds of golf. I have to admit I like to try out new recipes at home, entertain, and dine with my family. We just remodeled our kitchen, and I can't wait to break it in!

**What do you most enjoy about teaching cooking classes?**

Teaching cooking classes always ends up being a lot of work with creating recipes and menus, preparing shopping lists, and doing prep work...but I seem to forget all that the minute the students show up. I also enjoy seeing people at the restaurant who I have met during one of my classes and finding out if they used the recipes and how successful they were.

**What is your fondest food memory as a child?** Eating fresh green beans out of our neighbor's garden when we were supposed to be picking them. He had a huge garden full of all kinds of vegetables. I don't think green beans have ever tasted so good, and I hope to have a garden like that of my own some day.

**If you were stranded on a desert island, what five ingredients would you most want to have at your disposal?**

Flour, Wine, Olive Oil, Chocolate, and Tabasco

**What's your favorite kitchen tool?** As a culinary student I did not invest a lot of money in a knife kit, but now I find that my knife collection is growing rapidly. In fact, I have a set at work and a set at home. A good knife is very important as is a good set of pots and pans which I seem to be collecting more of also.

## Culinary Assistant of the Month



**Jeff Singer**

Jeff Singer became a Culinary Assistant in Sept. of 2002, and he has already volunteered at more than 30 cooking classes!

**What do you most like about being a Culinary Assistant?** I really like the people. When I started, I thought it would be a great way to see the classes, and it is, but the

people have made it great. I have worked some classes just to have a chance to visit with Scott (Kitchen Window's Executive Chef) and Ann (Cooking School Director).

**What is your favorite kitchen tool?** Probably my pizza stone - I love baking bread and making pizza.

**What is your favorite restaurant to go to for a special occasion?** My wife and I just went to the 128 Café for our 11th anniversary and had a fantastic meal. I knew about it

because I worked the 128 Café class in March. The food is excellent. I would recommend the restaurant to anyone.

**What are some of your favorite recipes from Kitchen Window classes?**

Scott Rosenbaum's Rosemary and Olive bread which I have made about 6 times since October and Tobie Nidetz's Maryland Blue Crab Cakes are a couple of my favorites. My wife took Beth Fisher's Hot Summer Risotto class and Beth helped her convert the Sweet Corn Risotto with smoked chicken to smoked cheese since we are mostly vegetarian. It's fantastic!

**What do you consider to be three of the world's most wonderful ingredients?**

Basil for all of the tomato sauce I make, cinnamon for my snickerdoodles, and cayenne pepper (I love spicy food!).

**What keeps you busy when you're not volunteering at Kitchen Window?**

We have 2 dogs and 2 cats so I am always feeding, cleaning, brushing or walking one of our four legged kids.

# Chef Scott's Recipe Box

by *Scott Rosenbaum*

Salmon, salmon and more salmon!!! Salmon in my humble opinion is much maligned. All too often over cooked and never really used to its potential. However this too often loaved, pattied and dried out fishy can be absolute heaven on a plate. Because of its oily nature and rich flavor it is perfect for grilling. The rule of thumb is 10 minutes to the inch of thickness at the thickest measure of the fillet. Don't be fooled though. The chef should be in charge. I find that a good eye is the best gauge for doneness. Pull the fillet or steak off the heat just as the flesh becomes opaque. The residual heat will finish the cooking in the last moment or two. The last thing you want to do is to leave the fish on the heat until it flakes. It is at this point that all is lost and you are back at square one.

The grilled salmon recipe that follows is grilled straight up without any fancy pre-preparation. The sauce puts it right over the top. The sauce may be prepared with fire roasted tomatoes as suggested. Or, if those canned wonders are not available, prepare the sauce on the grill as you cook the fish with either regular canned tomatoes or an equal amount of fresh garden tomatoes. They will acquire that sought after smoky flavor in short order.

## Wild Salmon Grilled with Smokey Tomato Sauce

### Ingredients For Sauce

- 1 can fire- roasted tomatoes, diced
- 2 Tbsp garlic chili sauce
- 4 grilled scallions, minced
- 2 Tbsp brown sugar
- 2 Tbsp rice wine vinegar

### Ingredients For Salmon

- 2-4 pound salmon sides
- 2 Tbsp dark soy sauce
- 2 Tbsp sake or mirin
- Canola or vegetable oil for brushing

### Method

1. Combine sauce ingredients in a heavy sauce pan and reduce until almost all liquid is removed.
2. Remove sauce from heat and hold until salmon is prepared.
3. Combine soy and sake.
4. Brush skin side of salmon liberally with oil.
5. Brush flesh side liberally with sake soy mixture.
6. Carefully place salmon skin side down over medium heat grill. Close cover and grill 5-7 minutes. Lift lid and baste with remaining sake soy mixture. Close cover and continue grilling until just opaque.
7. Remove from grill and plate for service. Top with tomato sauce and serve hot or at room temperature.

Grill and enjoy! With a bit of care and wonderful fresh fish you have a summer menu winner for any outdoor party or picnic.



## Spend a Day Away from the Office!

Summer is the perfect time to treat your employees to a day out of the office. Rather than the typical golf outings or picnics (where when it rains, you are sunk!) try something new this summer and host a fully interactive culinary event in our Cooking School & Event Center.

Your team will be delighted to spend the afternoon cooking while strengthening their bond as co-workers. You will be surprised at how much fun your team will have and they will most certainly thank you for trying something new!

Contact Molly Mample at 612.824.4417 ex.105 to discover the fun your team will have on their special "day out of the office!"

# July Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4th of July 4	5
6	7	Taste of Success Private Party 11 a.m. 8	9	10	Taste of Success Private Party 11 a.m. 11	12
					<i>Sidewalk Sale</i>	
13	#1055 Meet the Chef: Babalu 6 p.m. 14	#1056 Summer Pasta Perfection 6 p.m. 15	#1057 Fish and Seafood on the Grill 6 p.m. 16	#1058 Spicy and Speedy Weeknight Meals 6 p.m. 17	Taste of Success Private Party 11 a.m. #1059 Chile Pepper Fiesta 6:30 p.m. 18	#1060 Carl's Magic Bus Tour 3 - Ethnic Markets 10 a.m. Cooking with Friends Private Party 5 p.m. 19
<i>Sidewalk Sale</i>						
20	#1061 Mediterranean Summer Grilling 6 p.m. 21	#1062 Grilling Get Together for Women 6 p.m. 22	#1063 Pasta Party for Kids 10 a.m. #1064 Paella 6 p.m. 23	Taste of Success Private Party 4 p.m. 24	#1065 Carl's Magic Bus Tour 4 - Hidden Gems Ethnic Tour 10 a.m. 25	26
27	#1066 World of Whites 6 p.m. 28	#1067 Summer Chili Cook-Off at Kitchen Window 6 p.m. 29	#1068 Light Summer Cooking 6 p.m. #1069 Meet the Chef: Redstone 6 p.m. 30	31		
				<i>Sidewalk Sale</i>		

*For Current Class Availability Please Visit [www.kitchenwindow.com](http://www.kitchenwindow.com)*

## This Months Highlights It's Sidewalk Sale Season!

Be sure to visit Kitchen Window during Calhoun Square's summer Sidewalk Sales. We'll have tables full of great deals! If you're in need of any kitchen basics or even something special, come and save up to 50%!

### July Sidewalk Sale

**Thursday, July 10 – Monday, July 14**

### August Sidewalk Sale

**Thursday, July 31 – Monday, August 4**

The August Sidewalk Sale coincides with the Uptown Art Fair so be prepared for lots of fun and festivities!

### AUGUST PREVIEW

#### Uptown Art Fair

Friday August 1, 12 p.m. - 7:30 p.m.

Saturday August 2, 10 a.m. - 7:30 p.m.

Sunday August 3, 10 a.m. - 6 p.m.

Stop by our cooking school during the Uptown Art Fair.

## From Our Editor

### To Subscribe To Our Newsletter

We hope you enjoyed this issue of our newsletter. If you would like to receive future issues, stop by Kitchen Window and pick up a copy, visit our website and download a pdf file or subscribe to our E-newsletter and we will send it to you monthly by email.

To subscribe to the Kitchen Window's E-newsletter visit [www.kitchenwindow.com](http://www.kitchenwindow.com). and click on Join Mail List in the upper right corner. Fill in your information and select Kitchen Window's E-Newsletter.

### We would like to hear from you!

If you have an idea for something you would like to see in our newsletter, please let us know. Please contact us at [editor@kitchenwindow.com](mailto:editor@kitchenwindow.com)

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