

Pacific Northwest Cuisine

September 2010

Cuisine from the Pacific Northwest region stresses the use of fresh local ingredients. The area boasts an abundance of fish and seafood, with salmon coming most readily to mind. Washington and Oregon are major producers of fruit such as berries, apples, pears, and stone fruits like peaches and apricots. Plentiful rain in the forests make them ideal for the growth of wild mushrooms. There is also an abundance of nuts, particularly hazelnuts, almonds, and walnuts. The Rogue Valley is well-known for producing blue and goat cheeses. Parts of the region have an ideal climate for wine production and have been very successful with Pinot Noir and Pinot Gris. Coffee also comes to mind when thinking about this region since Seattle is home to the first Starbucks and you can find a coffeehouse on almost every corner.

Appetizers

Northwest Bounty Bruschetta
Meatballs in Cranberry and Pinot Noir Sauce

Soup and Salad

Corn-and-Crabmeat Soup
Baby Greens with Warm Goat Cheese

Entrées and Sides

Grilled Salmon with Blackberry-Pinot Noir Coulis
Risotto with Peas and Mushrooms
One-Pan Ratatouille

Dessert

Harvest Pear Crisp
Espresso Brownie Cake
Hazelnut Dessert Coffee

Wines

14 Hands Hot to Trot White (Washington Chardonnay/Pinot Gris blend)
Wine by Joe Pinot Noir (Oregon Pinot Noir)

**Present this menu at Apollo for 10% off of the suggested wines.*

Appetizers

Northwest Bounty Bruschetta

Yield: Serves 10

1 sourdough baguette (8 oz.), sliced 1/4 in. thick
3 tablespoons olive oil, divided
1/3 cup chopped onion
1 cup peeled and chopped Granny Smith apple
1 teaspoon maple syrup
1/4 cup dried tart cherries
1 1/2 teaspoons prepared horseradish
2/3 cup crumbled blue cheese
1/3 cup chopped hazelnuts

1. Brush bread with 2 tbsp. olive oil and broil until golden, turning once, 5 minutes.
2. In a frying pan over medium heat, sauté onion with remaining oil until golden. Add apple and syrup; cook 5 minutes. Let cool slightly. Stir in cherries, horseradish, and cheese; spoon over toasts. Top with nuts.

Sunset, NOVEMBER 2008

Meatballs in Cranberry and Pinot Noir Sauce

Yield: 24 meatballs

Sauce:

1 - 16 ounce can whole cranberry sauce
1 cup brown sugar
1/2 cup good quality Pinot Noir
2 teaspoons hot Chinese mustard

Meatballs:

2 pounds lean ground beef
1 1/2 cups fresh bread crumbs
1/2 cup finely chopped celery
1/2 cup finely chopped onion
2 eggs
1 tablespoon Worcestershire sauce
2 teaspoons garlic salt
1/4 teaspoon pepper

Preheat oven to 350°. Lightly oil a shallow baking dish. In a large bowl, combine all meatball ingredients and mix well. Shape into 24, 1½ inch balls. Place in one layer in the baking dish. Bake for 20 minutes.

While meatballs are baking, stir together all sauce ingredients in a medium sauce pan. Simmer over medium heat for 5 minutes, stirring often. Remove from heat and set aside.

After the meatballs have baked for 20 minutes, pour the sauce over them and bake for an additional 15 minutes. Remove to a heated chafing dish and keep hot while serving.

Note: Frozen meatballs work great.

The Welcoming Table (a cookbook presented by The Welcome Wagon® of Lake Oswego and West Linn, Oregon)

Soup and Salad

Corn-and-Crabmeat Soup

Yield: 4

1 quart fresh corn kernels (cut from about 8 ears)
1 quart canned low-sodium chicken broth or homemade stock
2 tablespoons butter
1 onion, chopped
1/4 cup dry white wine
1 1/2 teaspoons salt
1 1/2 cups milk
1/2 pound lump crabmeat, picked free of shell
1/3 cup chopped fresh chives or scallion tops

1. In a blender or food processor, combine the corn kernels and 2 cups of the broth. Pulse to a coarse puree.

2. In a large pot, melt the butter over moderately low heat. Add the chopped onion and cook, stirring occasionally, until translucent, about 5 minutes.

3. Add the corn puree, the wine, the remaining 2 cups of broth, and the salt to the pot. Bring to a boil. Reduce the heat and simmer, stirring occasionally, until the corn is tender, 10 to 15 minutes. Add the milk and bring just to a simmer. Stir in the crabmeat and chives.

Variations: · Puree four cups (two ten-ounce packages) of defrosted frozen corn kernels with the milk (not the broth). Since frozen corn is already cooked, stir the puree into the soup when the milk is added in Step 3, bring just to a simmer, and then stir in the crabmeat and chives.: · Substitute half a pound of medium peeled shrimp for the crabmeat. Stir the shrimp in along with the milk and cook for three to five minutes.

Food & Wine, 1998

Baby Greens with Warm Goat Cheese

Yield: 4 servings

4 teaspoons finely chopped walnuts
1 tablespoon fresh bread crumbs
1 teaspoon chopped chives
1 teaspoon chopped parsley
1 – 4 ounce log of fresh goat cheese, cut into 4 rounds
4 cups of baby greens or mesclun mix, washed and dried
8 cherry tomatoes, cut in half

Walnut Vinaigrette:

3 tablespoons walnut oil
3 tablespoons olive oil
2 tablespoons red wine vinegar
1 shallot, minced
Sea salt and freshly ground black pepper

Preheat oven to 350°. Combine the walnuts, bread crumbs, chives, and parsley in a small bowl. Press the mixture onto all sides of the goat cheese rounds. Place the rounds on a nonstick baking sheet and bake for 5-8 minutes, until warmed through.

Whisk together all ingredients for the vinaigrette and toss with the greens. Divide among four plates. Top each plate with a goat cheese round and 4 tomato halves.

The Welcoming Table (a cookbook presented by The Welcome Wagon® of Lake Oswego and West Linn, Oregon)

Entrées and Sides

Grilled Salmon with Blackberry-Pinot Noir Coulis

Yield: Makes 6 servings

1 cup Pinot Noir or other dry red wine
2 1/2 cups blackberries, rinsed and drained
2 tablespoons minced shallots
2 tablespoons minced fresh ginger
2 to 3 tablespoons sugar
1 tablespoon butter or margarine
6 salmon fillets (about 5 to 6 ounces each)
Salt and pepper

1. In a food processor or blender, combine wine and 2 cups berries; whirl until puréed. Rub berry mixture through a fine strainer into a 1 1/2- to 2-quart pan; discard residue. Add shallots, ginger, and 2 tablespoons sugar. Bring berry mixture to a boil over high heat, and stir often until reduced to 1 cup, about 10 minutes. Remove from heat, and stir in butter and more sugar to taste. (Note: The berry sauce should be nicely balanced between sweet and tart; judge the amount of sugar to add by the sweetness of the fruit.)

2. Rinse salmon and pat dry.

3. Lay salmon flesh side down on an oiled grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas grill. Cook fish, turning once, until opaque but still moist-looking in center of thickest part (cut to test), 7 to 10 minutes.

4. Spoon berry coulis (if cool, stir over high heat until warm, about 1 minute) equally over steaks. Garnish with remaining 1/2 cup whole berries; add salt and pepper to taste.

Adapted from recipe in *Sunset*, JULY 2001

Risotto with Peas and Mushrooms

NOTE: This dish can be used as a satisfying meatless entrée or side dish.

Yield: Makes 4 servings

1/2 pound mushrooms, a mixture (at least 2 kinds and any combination) of chanterelle, common, portabella, and shiitake
1 tablespoon olive oil
1 clove garlic, minced or pressed
1 onion (about 6 oz.), peeled and chopped
1 1/2 cups white Arborio or pearl (medium-grain) rice

4 to 5 cups vegetable broth
1 cup shelled fresh or frozen petite peas
1 tablespoon butter or margarine
1/3 cup grated parmesan cheese
Salt and pepper

1. Trim and discard any grit or soil and discolored stem end from mushrooms (trim and discard shiitake stems). Immerse mushrooms in cool water, swishing gently to rinse well, then quickly lift out and drain. Thinly slice mushrooms.

2. In a 3- to 4-quart pan over medium-high heat, combine oil, garlic, onion, and mushrooms. Stir often until vegetables just begin to brown, about 6 minutes. Add rice and stir until some of the grains are opaque, about 2 minutes.

3. Add 4 cups broth to pan; when it boils, reduce heat to medium or medium-low and simmer, stirring often, until rice is just tender to bite, 15 to 20 minutes. Add peas and butter and stir often until peas are tender to bite, 2 to 5 minutes. For a creamier risotto, add more broth until mixture is desired consistency and boiling. Stir in half the cheese. Season risotto to taste with salt and pepper, pour into a bowl, and sprinkle with remaining cheese.

Sunset, MAY 2001

One-Pan Ratatouille

NOTES: This easy vegetable stew makes a great main dish when served over pasta, grilled artisan-style bread, or polenta. You can also serve it as a side dish.

Yield: 4 servings

3 tablespoons olive oil
1 onion (8 oz.), peeled and diced (1/2 in.)
2 cloves garlic, peeled and minced
2 cans (14 1/2 oz. each) diced tomatoes
8 ounces Asian eggplant, rinsed and diced (3/4 in.)
About 1/2 teaspoon salt
About 1/4 teaspoon pepper
1 pound red, yellow, and/or orange bell peppers, rinsed, stemmed, seeded, and diced (1/2 in.)
8 ounces zucchini, rinsed, ends trimmed, and diced (1/2 in.)
8 ounces yellow summer squash, rinsed, ends trimmed, and diced (1/2 in.)
3/4 cup chopped fresh basil leaves

1. In a 12-inch frying pan with sides at least 2 inches tall, or a 5- to 6-quart pan, heat 1 1/2 tablespoons olive oil over medium-high heat. Add onion and garlic and stir frequently until onion is limp, about 5 minutes.
2. Add tomatoes (with juice), eggplant, 1/2 teaspoon salt, 1/4 teaspoon pepper, and 1/2 cup water and bring to a simmer. Cover, reduce heat, and simmer, stirring occasionally, until eggplant is soft when pierced, about 10 minutes.
3. Stir in bell peppers, zucchini, and yellow squash. Return to a simmer, cover, and cook until squash is tender when pierced, 8 to 10 minutes longer.
4. Stir in basil and remaining 1 1/2 tablespoons olive oil. Add more salt and pepper to taste.

Sunset, OCTOBER 2004

Desserts

Harvest Pear Crisp

NOTES: Assemble the dessert ahead of time, and put it in the oven when guests arrive. Or bake it earlier in the day and serve it at room temperature. Serve with low-fat vanilla ice cream.

Yield: 8 servings

6 cups Anjou or Bartlett pears, cored and cut lengthwise into 1/2-inch-thick slices (about 3 pounds)
1 tablespoon fresh lemon juice
1/3 cup granulated sugar
1 tablespoon cornstarch
1 1/2 teaspoons ground cinnamon, divided
1/3 cup all-purpose flour
1/2 cup packed brown sugar
1/2 teaspoon salt
3 tablespoons chilled butter, cut into small pieces
1/3 cup regular oats
1/4 cup coarsely chopped walnuts

Preheat oven to 375°.

Combine pears and lemon juice in a 2-quart baking dish; toss gently to coat. Combine granulated sugar, cornstarch, and 1 teaspoon cinnamon; stir with a whisk.

Add cornstarch mixture to pear mixture; toss well to coat.

Lightly spoon flour into a dry measuring cup; level with a knife. Place flour, 1/2 teaspoon cinnamon, 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 walnuts; pulse 2 times. Sprinkle flour mixture evenly over pear mixture.

Bake at 375° for 40 minutes or until pears are tender and topping is golden brown. Cool 20 minutes on a wire rack; serve warm or at room temperature.

Cooking Light, SEPTEMBER 2002

Espresso Brownie Cake

NOTE: If you don't have a pan with a removable rim, bake the brownies in a regular 8- or 9-inch square or round baking pan and use a spatula to remove servings.

Yield: 8 or 9 servings

3/4 cup (3/8 lb.) butter, cut into chunks
3 ounces unsweetened chocolate
3/4 cup granulated sugar
1/4 cup instant espresso powder or instant coffee
2 large eggs
1 teaspoon vanilla
1/2 cup all-purpose flour
1 1/4 cups powdered sugar
2 to 3 tablespoons coffee-flavored liqueur, such as Kahlúa
1/3 cup semisweet chocolate chips (about 1 1/2 oz.)

1. In a 2- to 3-quart pan, combine 1/2 cup butter and the unsweetened chocolate. Stir often over low heat until melted and smooth. Remove from heat and beat in granulated sugar, 3 tablespoons espresso powder, the eggs, and vanilla until well blended. Stir in flour just until incorporated.
2. Pour batter into a lightly buttered 8- or 9-inch cake pan with removable rim (see notes). Bake in a 350° regular or convection oven until center springs back when gently pressed, 20 to 25 minutes. Let cool completely in pan on a rack, about 1 hour.
3. In a bowl, combine remaining 1/4 cup butter and 1 tablespoon espresso powder with the powdered sugar and 2 tablespoons liqueur. With an electric mixer on medium speed, beat mixture until smooth and fluffy, adding up to 1 more tablespoon liqueur if necessary to make a smooth, spreadable mixture. Spread

evenly over the top of the cool brownie cake.

4. Place chocolate chips in a 1-quart unpleated zip-lock plastic bag. Heat in a microwave oven at full power (100%) at 15-second intervals, squeezing chocolate between intervals, until melted and smooth, about 1 1/4 minutes total. Squeeze chocolate to one corner of the bag, then cut off about 1/4 inch of that corner. Pipe chocolate decoratively over buttercream. Chill until chocolate is firm, at least 30 minutes.

5. Just before serving, remove pan rim. Cut brownie cake into wedges and set on plates.

Sunset, JANUARY 2004

Hazelnut Dessert Coffee

Yield: 6 servings (serving size: 1/2 cup coffee mixture and 1 teaspoon whipped topping)

6 tablespoons Frangelico (hazelnut-flavored liqueur)

3 cups hot strong brewed coffee

2 tablespoons frozen reduced-calorie whipped topping, thawed

Ground cinnamon (optional)

Place liqueur in a microwave-safe bowl; microwave at HIGH 10 seconds or until warm. Add warm liqueur to coffee. Pour about 1/2 cup coffee mixture into each of 6 cups; top each serving with 1 teaspoon whipped topping, and sprinkle with cinnamon, if desired.

Cooking Light, DECEMBER 2006