



FRESH OFF THE LINE

August 2010

Featured American Fish

August

Cast Iron-Griddled Coho Salmon

Smoked Eggplant, Panzanella Salad, Caper Vinaigrette



Seared Diver Scallops & Hudson Valley Foie Gras

Yellowtail Sashimi

Fermented Black Garlic, Flavorosa Plums, Shiso

Seared Diver Scallops & Hudson Valley Foie Gras

Poached Peaches, Chive Blossom, Almond Streusel

AMERICAN FISH Celebrates Restaurant Week

Many cities have a magical time period called Restaurant Week where participating restaurants offer specially priced prix fixe menus, usually to benefit a local cause. People take this week seriously and strategize accordingly. Months in advance they consult the list of participating restaurants, ask friends what participating restaurants are favorites, ask which restaurants had the best Restaurant Week menus last year, scour the menus once they are posted, then pack their calendars with lunches and dinners every day to take advantage of the hailed Restaurant Week. **August 30 through September 5** is Restaurant Week in Las Vegas and AMERICAN FISH's 3 course prix fixe featuring some of our most popular dishes. Start with a choice of Tuna Tartare, AMERICAN FISH Caesar, or Shrimp & Grits. For your main course choose from Cornmeal-Crusted Rainbow Trout, Mixed Grill, or Sea Salt-Baked Hawaiian Walu. Finish with either Farmer's Market Strawberries or Valrhona Chocolate Custard. AMERICAN FISH is offering this menu at \$50.10 and proceeds will benefit local charity Three Square to end hunger in Southern Nevada.



Look for this logo for restaurants participating in Las Vegas Restaurant Week

Washington

Coho Salmon spawns in small, coastal streams and tributaries and can even be found in small, neighborhood streams. If urban areas have cold and clean water year-round, Coho Salmon will inhabit these waters. Since they

are attracted to small streams they can be found in virtually every small coastal Washington stream with year-round flow. Coho Salmon average 6-12 lbs but can be up to 31 lbs.

HOOK, LINE AND...

Monterey Fish is based in San Francisco.

While small enough to provide personalized service their sales volume allows them to buy in volume directly from local boats and producers nationwide, enabling them to sell the best quality seafood.



ermen who are HACCP compliant and have a detailed HACCP plan on record.

Monterey Fish employees are involved in all facets of the seafood industry. They give priority to hiring those who were previously involved in the culinary world. They are involved in consulting, writing, speaking and education for the seafood industry giving them a broader perspective on current issues of conservation, availability and even cooking technique.

Since 1979, Monterey Fish worked to establish a reputation for quality both with customers and their network of suppliers who call them first with their premium product.

They follow the strictest guidelines of seafood handling and expect suppliers to do the same. They are HACCP compliant—adhering to a strict set of regulations implemented by the Federal Government to ensure the wholesomeness of seafoods. Monterey Fish uses only suppliers, growers, producers and fish-

Realizing there may be a need for further expertise Monterey Fish relies on a diverse group of industry leaders, experience advisors and friends: representatives from National Marine Fisheries, National Fisheries Institute, Fisherman's Associations, environmental activists, educational and health experts as well as celebrated chefs.

Reel Recipe

Cast Iron-Griddled Coho Salmon

Smoked Eggplant, Panzanella Salad, Caper Vinaigrette
4 portions



Ingredients:

Salmon	1 3/4 lb
Eggplant Purée	1 1/2 C
Cherry Tomatoes	1 1/2 C
Cucumber	3/4 C
Red Onion	1/3 C
Arugula	1/4 C
Frisee	1/4 C
Watercress	1/4 C
Crouton	3/4 C
Radish	1/3 C
Caper Vinaigrette	1/3 C

Eggplant Purée Method:

- Roast 6 large Italian Eggplants in open fire until soft
- Scoop out inside flesh and drain
- Purée flesh with 1/2 C olive oil and pass through a strainer
- Add 1 TBSP Sherry vinegar and 1/2 C mayonnaise
- Salt and pepper to taste

Caper Vinaigrette Method:

- Mix 1/4 C Sherry Vinegar, 1/4 C Balsamic Vinegar and 1/2 C Cabernet Sauvignon Vinegar. Add slowly to 1 2/3 C Pure Olive Oil using a hand blender
- Add 1 tsp salt, 1/2 tsp ground black pepper, 3 TBSP chopped capers, 2 TBSP chopped shallots, 2 TBSP chopped roasted piquillo peppers and 1 TBSP chopped parsley
- Season to taste

Method:

- Marinate Cherry Tomatoes with basil and garlic oil. Add shaved red onions, diced cucumber, arugula, watercress, frisee, shaved radish, and croutons. Add caper vinaigrette.
- Sear the salmon slowly, skin side down, in oil. Finish with garlic, thyme, and butter to taste. Plate beside Eggplant Purée

49% of children in Southern Nevada are at risk of hunger.

Three Square's mission is to provide wholesome food to hungry people, while passionately pursuing a hunger free community. They do this by providing bakery, produce, dairy, non-perishable products and ready-to-eat meals to non-profit and faith-based organizations; their work is making a difference in Las Vegas. After being founded in September 2006, Three Square distributed 10



million pounds of food in 2009, serving 214,500 individuals

through the year including 5,000 bags of food weekly to Clark County in their Back-Pack for Kids program. Each month, Three Square's Agency Partners serve approximately 31,000 children under the age of 18. The assistance of donors and participants in Restaurant Week makes a huge difference as only \$1 donated to Three Square provides 3 full meals.