

A holiday roast doesn't need to be beef or bird — try salmon

By MELISSA D'ARABIAN

Associated Press

Who says a holiday roast has to be red meat or poultry? Take a page from my French husband's family's book of traditions and serve salmon!

I like to buy one single large fillet if possible, then serve it on the largest platter I can find. It makes for a pretty dramatic and colorful holiday meal centerpiece. Plus, roasted salmon is incredibly easy, quick (taking minutes, not hours like many roasts), and is versatile. Since we try to eat fatty fish twice a week in our home, this holiday favorite helps get us there, year-round.

My favorite roasted salmon strategy couldn't be easier. Just brush the fillet with seasoned olive oil (which can be as simple as salt, pepper and oil), roast it quickly at high heat, then top it with a quick vinaigrette-style sauce. Mix together almost any combination of herbs, spices and aromatics with some acid (such as lemon juice or red wine vinegar) and oil, then spoon it over the just-roasted, piping hot fish. Delicious!

The hardest part about this dish? Not overcooking it! My advice is to take it out a couple minutes before you think it is done. It will be perfect. Or you also could use an instant thermometer and cook it to 135 F.



AP Photo/Matthew Mead
Roasted salmon makes for a pretty, dramatic and colorful holiday meal centerpiece.

Roasted Salmon with Lemons, Prunes and Olives

Start to finish: 30 minutes

Servings: 6

For the salmon:

2-pound wild salmon or steelhead trout fillet

1 tablespoon olive oil

1 clove garlic, minced

2 tablespoons lemon juice

Salt and ground black pepper

2 lemons, thinly sliced, seeds removed

For the topping:

3/4 cup prunes, pitted and halved

3/4 cup briny, green olives, pitted, lightly chopped or left whole, as desired
2 tablespoons capers
1/4 cup chopped fresh parsley
2 tablespoons chopped fresh dill
Juice and zest of 1 lemon
1 tablespoon olive oil
Salt and ground black pepper

Directions:

Heat the oven to 450 F. Line a rimmed baking sheet with kitchen parchment. Set the salmon on the prepared baking sheet.

In a small bowl, mix together the oil, garlic, lemon juice and a hefty pinch each of salt and pepper. Spread the seasoned oil over the fish, then arrange the lemon slices over it. Bake until cooked through, but the flesh is still a little translucent, about 10

minutes.

Meanwhile, set the prunes in a medium bowl. Pour 1/2 cup of boiling water over them and set aside to soften for several minutes.

In a second medium bowl, mix together the olives, capers, parsley, dill, lemon juice and zest, and the olive oil. Drain the prunes, then add those. Mix well, then season with salt and pepper. As soon as the salmon comes out of the oven, carefully transfer it to a serving platter and spoon the prune mixture over it.

Nutrition information per serving: 630 calories; 210 calories from fat (33 percent of total calories); 23 g fat (5 g saturated; 0 g trans fats); 235 mg cholesterol; 500 mg sodium; 16 g carbohydrate; 2 g fiber; 9 g sugar; 93 g protein.

Pilar French brings lounge, funk, blues to McMenamins Sand Trap Pub Friday

GEARHART — Singer, songwriter and multi-instrumentalist Pilar French will perform at the McMenamins Sand Tap Pub from 7 to 9 p.m. Friday, Dec. 18. The performance is free, and all ages are welcome. The pub is located at 1157 N. Marion Ave. For more information, call 503-717-8150.

French is one of those unexpected talents who can bowl you over with intelligent, passionate songwriting and give you a groove to rock out to.

She's a varied musician, and not just because she plays guitar and bass (depending on the situation): One minute she's in lounge mode, her voice all silk and smoke, and the next she's belting out a slightly askew blues tune. French calls it twisted funk 'n' blues, but she has an intimate, introspective side as well. She can evoke Marlene Dietrich singing Cole Porter, Nicolette Larson, Steely Dan, Maria Muldaur and Sarah McLachlan, just to name a few.

"I do use music to show my emotions but I also try to write thought-evoking music," French says. "Maybe you read the lyrics and you think it's about something totally different than I do.



Submitted photo

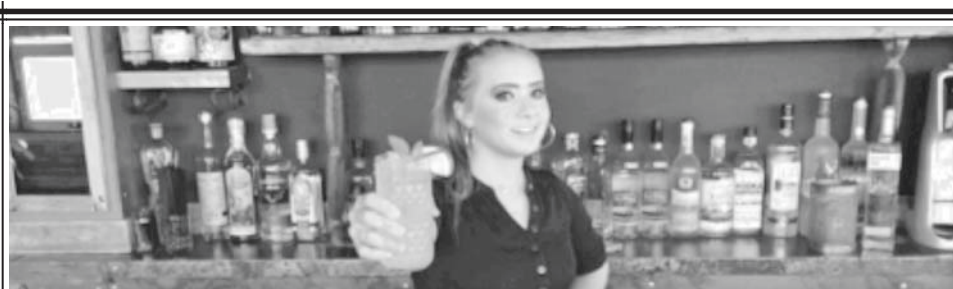
Pilar French will perform Friday, Dec. 18 at the McMenamins Sand Trap Pub in Gearhart.

Maybe it's intel-rock-tual, a thinking person's music. If you want something you can marinate on, you can listen to multiple times and discover something different every time you listen to it — that's what my music is."

French, who grew up in the Midwest and went to college in Chicago, has lived in Portland for 13 years. She's become deeply ingrained in the music scene through participation in a variety of bands and musical partnerships. She started in bluesy, funky bands, including Soul Patrol Mission and Swerve, then spent time with art songstress Kate Mann in Ginger Lovely. French later found herself work-

ing with singer Lara Michell (of Carmina Piranha and Dirty Martini) in a Duran Duran tribute band, which led to her joining Michell and Nicole Campbell's goofy cover band Guilty Pleasures and One Hit Wonders.

French has released three albums: "Butterflies" in 2007, "Alive" in 2009, and "Deliver" in 2011. "Deliver was inspired by the happier things in life — it focuses on what we have, not what we don't have," she says. "The music is noticeably upbeat, and at our shows kids find themselves compelled to dance. This is ironic to me, because I was thinking of the children in my life when I wrote some of the songs."



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Flourine & Co. hosts holiday event Saturday

ASTORIA — Beauty apothecary Flourine & Co. will hold a holiday event from 11 a.m. to 6 p.m. Saturday, Dec. 19.

The proprietors and makers of Sea Witch Botanicals will showcase their products and New Tradewinds Collections. They will answer questions and discuss why they leave

out synthetic fragrances, preservatives, formaldehyde and many other chemicals from their products.

There will be complimentary libations and hor d'oeuvres.

With any purchase, customers can enter to win a gift basket. There are three

worth \$50, \$75 and \$100 with products from bareMinerals, Brooke Elizabeth Organics, the Balm, Sea Witch Botanicals & 11th Street Barber as well as gift certificates from Pat's Pantry, Doe & Arrow, Forsythea & Street 14 Cafe.

Flourine & Co. is located at 1110 Commercial St.