

## Pacific Northwest

My father's family is from Seattle and my oldest friend lives near Eugene, so I have enjoyed some of the most incredible Pacific Northwest meals with them. I drove up the Oregon coast, and think I had salmon every



way possible, but the best was at Uncle Lawrence Pierce's 100th birthday when it was grilled on open fires at their beach house. (He lived to be 104, had a lady friend, attended the opera, symphony and gave generously to the community, including full endowment and building a children's camp on Horsehead Bay, plus

being Superintendent of the Seattle Schools for many years). I still haven't been to Alaska but friends have brought back fresh caught salmon, which was fabulous. Out west they mainly smoke or grill their fish. Perhaps you didn't realize that James Beard grew up in Portland? His father had come across the country in a covered wagon when he was five, and later met his mother an English lady, and their cook was Chinese. His mother owned The Gladstone, a Portland hotel. No wonder he developed a palate for cooking, and especially fish and bread.

Besides salmon, there are tuna, abalone, crab, Oregon shrimp; caviar, and the best oysters I have ever eaten from South Bend. Rich, plump and buttery - sorry Chesapeake Bay! Oregon and Washington grow some of the best apples and pears in the country, think Harry & David. Then there's [Seattle's Pike Place Market](#) which has every type of food possible from around the world. Originally the market offered only locally grown fruits, vegetables, meats, herbs, and seafood. Then there are other delicacies such moose, elk, or



caribou, mushrooms, berries, small fruits, potatoes, and wild plants such as fiddleheads. Oregon and Washington produce excellent the wines, so many fine wines I can't even begin to describe them. Tillamook County in Oregon produces excellent cheeses, made from cow's milk.

But it is the infusion of large populations of Asians and other ethnic groups that brought spices and other ingredients not native to the American palate. These include bok choy, sesame, ginger, tofu, lemon grass, galangal, rice noodles, curries and dhal. Giant kelp found in the Strait of Juan de Juca in Washington is pickled.

So what herbs might you use to enhance the flavor of these foods? Suggestions are dill, so good with salmon; tarragon; parsley; ginger;



fennel and fine herbs. Fish stews with parsley, wine, garlic and other herbs, onions and tomatoes make for a hearty meal served with a salad and crusty bread. Add chilled white wine and you have a perfect summer night's dinner. Remoulade sauce with parsley and tarragon makes a perfect addition to a plate of freshly shucked oysters, crab, or shrimp. Watercress can also be added to salads, seafood sauces, or asparagus soup to give a significant boost to your intake of calcium, iron and folic acid. Meats with a dry rub can be grilled, and served with a tarragon sauce such as Béarnaise. Or if you can come up with some elk make meatballs seasoned with thyme and parsley. Green bean salad with dill, olive oil, and some

lemon juice provides a healthy vegetable. Potatoes can be boiled or baked and served with dill sour cream or butter. Poached pears in a ginger sauce or baked apples with cinnamon, ginger, nutmeg, cloves, and raisins are a delicious way to end a meal.