

Salmon Season Is Here!

Do you crave the flavor and texture of a hearty, beautifully pink piece of salmon? Are you a lover of all things seafood – and are you hungry right now? Well, there's good news for you. It's salmon season. And thanks to the folks at Catch 35, you can get it enhanced to its full taste potential.

We're more savvy eaters than ever; we understand that there are differences between wild salmon caught during the government-regulated salmon season, and salmon that's been frozen for later use. Farm-raised salmon can be ordered all year round, and responsibly-sourced farm-raised salmon is one of the best fishes you can consume – outside of in-season wild salmon.

There are actually three versions of wild salmon you'll find in restaurants. King salmon, or Chinook, is an older fish – larger at 10-14 lbs., with plenty of flavor. King salmon are caught mostly during the warmer months, and are in season starting in May. Sockeye salmon is a less expensive wild fish, with leaner and firmer flesh. Sockeye is usually considered the sweetest one, with a full flavor. They're in season in the warmer months, and tend to weigh around 8 lbs. Coho salmon, a milder-tasting fish with a similar flavor profile to the King salmon, are smaller, at 4-6 lbs.

You can easily find the farm-raised kind as well; that's the salmon you get year-round. The ones at Catch 35 are Atlantic salmon, sourced from responsible U.S. farms in ocean pens so that they get the same type of nourishment that wild salmon get. These fisheries feed babies with best-quality fish meal as well. The quality you get from American fisheries is higher than internationally-sourced fish because of U.S. law. As with farm-raised cattle, fish farms also range in method and quality, so it's important to know where your food comes from.

Of course, there's more to enjoying salmon than freshness. How's it cooked? At Catch 35, the chefs prepare salmon differently every year. They use a mesquite lump fired charcoal grill, as they have for 25 years, to add

more flavor to menu items. This year, Catch 35 farm-raised salmon is grilled with a fresh cucumber and dill salad, or blackening and with a sweet chili garlic sauce. Wild salmon is grilled and currently served with a sweet corn sauce and a fava bean and asparagus salad.

If you're craving something other than salmon, Catch 35 has you covered. We also happen to be into soft-shell crab season, and the restaurant offers the crab sautéed, in tempura, or as a sandwich. Halibut, a great first-timer's dish, is also at its prime right now. This flaky white fish from Alaska has a mild flavor and is prepared several ways; with tomato and quinoa, or lemon and pistachio pesto with Mediterranean salsa prepared with tomatoes, olives, red onions, olive oil and red wine vinegar. Also consider their hearty Alaskan halibut T-bone served with a zesty Szechwan pepper butter and veal demi-glace.

And of course, one cannot live on seafood alone. That's why Catch 35 offers a distinctive wine list. Salmon pairs well with pinot noir from the American Pacific Northwest, which is no coincidence, since they both originate from the same geographical region. Halibut flavors are best enjoyed with sauvignon blanc; Catch 35 offers 14 of these by the bottle, and three by the glass. The wines come from well-known brands, but also from small-production wineries that don't get much space in the cellars of chains that try to create a nationally uniform list. If you wish to be trendy this summer, try a sparkling rose wine – sweet or not.

Catch 35 has two Chicago-area locations. If you love seafood, come out and enjoy the freshest and most flavorful catches in the Midwest!

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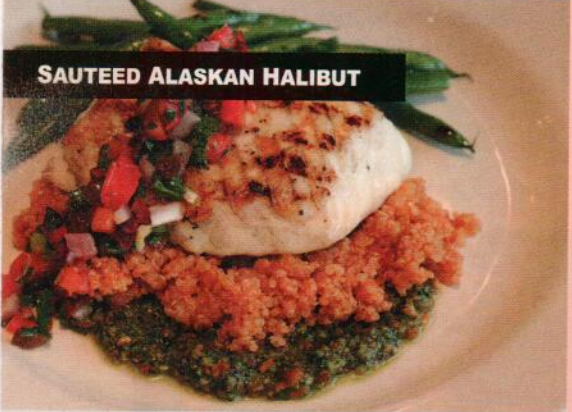
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