

FOOD

Salmon with whipped feta and peas is a joyful springtime meal

By Ellie Krieger
WASHINGTON POST

I was surprised to learn that each of us eats about three pounds of salmon a year, on average, according to the National Fisheries Institute. I would have guessed that amount to be much higher because salmon is the second most popular seafood in America (shrimp is No. 1). My perception was skewed by the quantity we devour in my household. I easily eat three pounds of it in a couple of months, which is why my gears are always turning for new ways to prepare it.

This dish propels the year-round favorite fish into spring by plating it on a creamy, verdant spread of feta and peas, and topping it with a pile of lemony leafy greens. The fish itself is brushed with a little oil, simply seasoned with salt and pepper, and roasted. You could certainly grill it, poach it or pan-sear it instead, if you'd like.

To make the whip, just whip feta, peas, parsley, a dollop of yogurt, lemon zest and juice, and a small garlic clove in a food processor, and drizzle in olive oil until you have a thick spread. The peas and parsley impart a pastel-green hue, and the lemon infuses the spread with its sunny flavor. You can use either fresh peas, which have been cooked until tender, or frozen peas defrosted and cooked according to the instructions on the package, then allowed to cool a bit.

The buttery salmon tastes even more luxurious served atop the tangy whip, while a crown of peppery watercress (or arugula) dressed in lemon



TOM MCCORKLE/FOR THE WASHINGTON POST
FOOD STYLING BY GINA NISTICO/FOR THE WASHINGTON POST

Roasted salmon is planted on a creamy, verdant spread of feta and peas.

and olive oil provides a perky contrast.

It's a compelling and nourishing meal that makes a memorable dinner any night of the week, and would also be lovely for Easter brunch. It's so good, it could very well help salmon take over the top seafood spot.

Roasted Salmon With Whipped Feta and Peas

A creamy spread of whipped feta, peas and parsley makes a luscious bed for buttery, roasted

salmon. Topped with a bright, peppery watercress salad to offset the richness of the fish, this weeknight-friendly meal is special enough for company.

- 1 large lemon
- 4 (6-ounce) center-cut salmon fillets (skin-on or skinless)
- 3 tablespoons plus 2 teaspoons olive oil, divided
- ¼ teaspoon plus ½ teaspoon fine salt, divided
- ¼ teaspoon freshly ground black pepper

- 4 ounces feta cheese
- 1 cup fresh peas (see Substitutions)
- ¼ cup fresh flat-leaf parsley leaves
- 3 tablespoons plain Greek yogurt (any fat level)
- 1 small garlic clove
- 3 cups (3 ounces) packed watercress leaves and tender stems

Position a rack in the middle of the oven and preheat to 400 degrees. Line a large sheet pan with parchment paper.

Finely zest the lemon to get 1 teaspoon of zest. Halve the lemon, and squeeze out one of the halves to yield 1 tablespoon plus 1 teaspoon juice. Cut the remaining lemon half into wedges and set aside.

Thoroughly pat the salmon dry and place it on the prepared sheet pan. Brush the tops of the fillets with 2 teaspoons of the oil, and sprinkle with ¼ teaspoon each of the salt and pepper. Roast for 12 to 15 minutes, or until the salmon reaches your desired level of doneness.

While the fish is roasting, in a food processor, pulse the feta, peas, parsley, yogurt, garlic, lemon zest and 1 teaspoon of the lemon juice until combined. With the processor running, drizzle in 2 tablespoons of the oil until the mixture is thick and creamy.

In a medium bowl, toss the watercress with the remaining 1 tablespoon each of oil and lemon juice, and the remaining ¼ teaspoon of salt.

Spread about ¼ cup of the whipped feta on each serving plate. Top with the salmon, then the watercress, and lemon wedges on the side, for squeezing over.

Yield: Four servings
Storage: Refrigerate the salmon for up to two days. Refrigerate the whipped feta for up to four days.

Substitutions: Feta for fresh goat cheese (chèvre) or fresh whole-milk ricotta. Salmon for Arctic char. Watercress for baby arugula. Fresh peas for fresh cooked and cooled peas, or frozen peas, defrosted according to the package instructions. Parsley for dill or mint. Dairy-free? Use nondairy feta and yogurt.

NO-LI

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Partnering with The Spokesman-Review felt natural to Bryant: a Spokane newspaper and a Spokane brewhouse that both build, preserve and reflect the local culture, he said. Much like the newspaper covers news specific to the Inland Northwest, No-Li brews drinks with a regional flair, like their Born & Raised India pale ale featuring Washington-grown hops and cans embellished with Spokane landmarks, like the Monroe Street Bridge or the Great Northern Clocktower.

A mock-up for 1AB's can features a stylized bald eagle clutching a rolled-up edition of The Spokesman-Review, flanked by the iconic downtown brick tower that has housed the paper's newsroom since its inception in 1883.

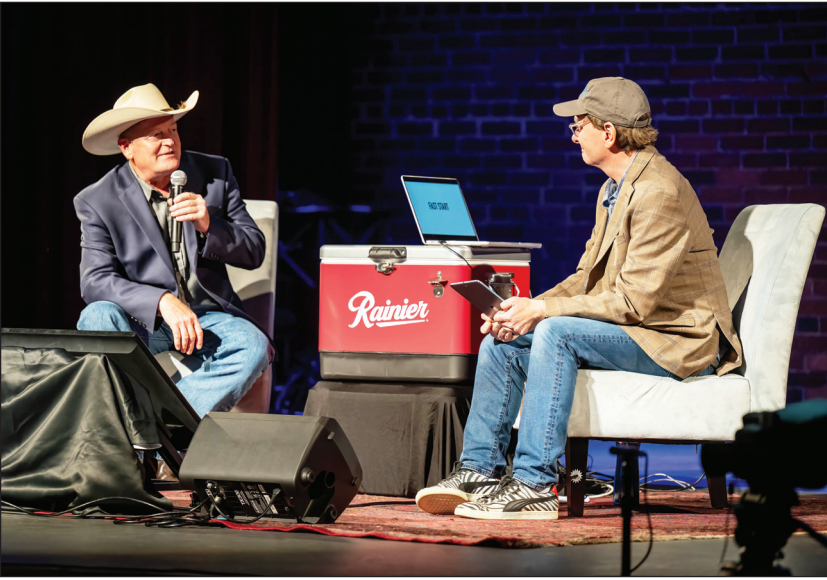
It was important for Bryant to keep his brews with a local emphasis so they stood out on shelves among national beers like Miller Lite or Corona, which dominated the market when he founded No-Li 13 years ago. Since then, he's seen a surge in craft breweries in the region.

"The local populace now begins drinking local craft beer that's as good as any beer in America, and that becomes a sense of social pride, which is called culture," Bryant said. "It's why you preserve music. It's why you preserve the symphony. It's why you preserve education."

Local journalism is essential to documenting and building that culture, Bryant said.

"You can get your national news. I get it. Everybody watches, like, pick your news station," he said. "But I think it's local journalism, local editorial that gives you a flavor of your local culture."

The partnership was also clear for Spokesman-Review Executive Editor and Comma President Rob Curley, who sees the "power



COLIN MULVANY/THE SPOKESMAN-REVIEW

The day after "The Longmire Defense" hit bookstores, "Longmire" author Craig Johnson, left, came to Spokane for a conversation with Spokesman-Review Editor Rob Curley during a Northwest Passages event held around a Rainier beer cooler on Sept. 6, 2023, at the Bing Crosby Theater. Johnson will return to Spokane to talk about his latest book, "Return to Sender," in May.

Rainier Beer's biggest fan

Rainier Beer's biggest fan, "Longmire" author Craig Johnson, is set to return to the Northwest Passages stage in celebration of the release of his latest book, "Return to Sender." And there's sure to be a pack waiting for him.

You can catch his book talk at 7 p.m. May 28 at the Steam Plant Rooftop event space, at 159 S. Lincoln, on the third floor. Tickets are available at spokane7tickets.com.

to unite" in both storytelling and enjoying a beer.

"When you're trying to do things differently, and you see how involved a company like No-Li is throughout the Pacific Northwest, it doesn't seem that strange that a local brewery and a nonprofit news organization would come together to talk about the importance of the freedoms of speech and of the press, especially as they relate to community," Curley wrote.

The beer will be available for a

limited time, coming soon as No-Li brewers perfect the experimental recipe from a small batch created for The Spokesman-Review staff to sample.

For Lindquist, who was born and raised in Spokane, whipping up the 1AB brew is a patriotic endeavor. "What's more American than the First Amendment?" he asked.

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RAINIER

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ma Uptown.

It is directed by Tacoma-based filmmaker Isaac Olsen, who collaborated with brothers Justin and Robby Peterson to bring the film to life after the discovery of Rainier advertising footage in the Washington State Historical Society's archives, including the legendary commercials that helped it become Washington's top selling beer in the late seventies.

During the mid-1970s, Seattle was far from the tech-boom-metropolis we know it as today. This was during what was known as the "Boeing Bust" when, according to the Seattle Times, the aircraft company went from a peak of over 100,000 employees in the mid-sixties to a low of around 32,400 employees in 1971.

This era was marked by the infamous billboard asking, "Will the last person leaving SEATTLE - Turn out the lights." In the face of economic downturn, one boutique advertising agency took it upon themselves to imbue a little bit of absurd, goodhearted humor into Rainier Beer advertising, and with that effort, energized a renewed sense of regional spirit.

But Rainier Beer's history extends much further back - ever further than Washington's history as an official state.

The brewery was founded in 1878, and it quickly became so popular that people began to spread the idea that Mount Rainier had been named after the beer. After Washington enacted statewide prohibition in 1916, the company survived by moving production first to California and later to Canada. Rainier Beer relaunched in 1933 following the nationwide repeal of prohibition in 1933, and in 1954 the company raised the iconic neon red "R" sign, cementing Rainier Beer's status as a Seattle staple.

Although the beer is no longer brewed in Seattle, its legacy lives on, and its television advertising has no doubt been a part of that legacy's survival and diehard fanbase. Facing competition from large national competitors during the 1970s, the brewery hired Terry Heckler to bring fresh life to the company's advertising.

Heckler found himself at a pivotal point of Seattle history, having created the Rainier advertisements that captured the spirit of what some may call "old Seattle" as well as designed the unmistakable Starbucks siren logo, an image representative of the corporate transformation seen in the city since the 1980s.

To learn more about the documentary, visit rainierbeermovie.com, and to see previews and "mini-docs" from the film, visit the film's YouTube channel @rainierbeerodyssey337.

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