

BANDON: AS SEEN THROUGH A PHOTOGRAPHER'S EYE

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# OREGON COAST

## DOGS

### ON THE BEACH

EAR-FLAPPING, WAVE-  
SPLASHING, GULL-CHASING  
FUN! *—readers share  
their stories*

## AS FRESH AS IT GETS

WHERE TO FIND LOCAL  
SEAFOOD, PRODUCE  
& FREE-RANGE MEATS

\*\*\*\*\*5-DIGIT 97203  
058\*001  
ATTN: KATHERINA AUDLEY  
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# FRESH CATCH!

STORY AND PHOTOS BY KATHERINA AUDLEY



ABOVE LEFT: Fresh Dungeness crabs are sold in the seafood case at Local Ocean in Newport. ABOVE RIGHT: Skipper and restaurant owner Robert Anthony talking local fish over a fresh, hot bowl of slumgullion. BOTTOM: Some fishermen sell fish directly to customers from their boats in Newport.

DINE ON LOCALLY CAUGHT SEAFOOD TO DISCOVER  
THE DIFFERENCE BETWEEN A GOOD MEAL AND A MEMORABLE EXPERIENCE.  
HERE'S WHERE TO FIND RESTAURANTS SERVING THE LOCAL CATCH  
ON THE NORTH AND CENTRAL COASTS.

**P**IPING-HOT BATTERED FISH with a crispy side of chips. Belly-warming chowder on a chilly gray day. Fresh-caught grilled chinook with a glass of Pinot Noir. A visit to the Coast often means a fish feast.

Just as tomatoes have their moment each year, seafood, too, has its seasons. While Oregon salmon, halibut, tuna, oyster, and crab are among the healthiest stocks in the world, the state's adherence to sustainable fishing means that there is not enough local catch to feed every hungry visitor to the

Coast year round. During the off-season, halibut and salmon get flown in from Alaska. Clams are flown in from the East Coast to keep up with the demand for chowder.

But a handful of restaurants and seafood markets on the coast make it a priority to serve local seafood that is in season. Some are owned by families of fishermen, who sell and serve their own catch, while others have chosen to focus on local, seasonal seafood for its superior flavor and sustainability.

Below are a few of my favorite locavore restaurants and seafood markets on the North Coast.

### ASTORIA

**Clemente's** restaurant in Astoria is the result of a love affair between Lisa Tarabochia Clement, a fourth-generation Astoria fisherwoman, and Gordon Clement, an Italian-American Chef. The restaurant itself is a gastronomic love song to the sea. Thanks to Lisa's family connections, diners at Clemente's have access to sustainably caught salmon when it has dried up everywhere else. The same goes for local halibut, tuna, cod, oysters, and more. Try the tuna belly carpaccio, the cioppino, or anything over Gordon's fresh made pasta, and save room for Lisa's handmade desserts. (503-325-1067; [www.clementesrestaurant.com](http://www.clementesrestaurant.com))

**Baked Alaska** (503-325-7414; [www.bakedak.com](http://www.bakedak.com)) and **Bridgewater Bistro** (503-325-6777; [www.bridgewaterbistro.com](http://www.bridgewaterbistro.com)) are two more restaurants in Astoria that go out of their way to serve seasonal, local seafood. Also, the **Bowpicker** ([www.bowpicker.com](http://www.bowpicker.com)), a cute little red-and-white fishing boat parked on land and converted into a fish-and-chips shop, serves local albacore tuna fish and chips.

### WARRENTON

If you want to buy really fresh fish, visit **Warrenton Deep Sea Market**, where Astoria locals buy their seafood. Bornstein Seafoods is a third-generation, family-run seafood processor in Oregon, Washington, and British Columbia, and their local Dungeness crab fleet ties up right outside the market. Spring for a can of ventresca (tuna belly), but consider yourself warned: one bite will turn you into a canned tuna snob for life. (503-861-3911)

### GEARHART

I've taken more than one spontaneous road trip to Gearhart for **Pacific Way Café's** Dungeness crab sandwich. Fantasies about bubbling Tillamook Cheddar draped over a sweet heap of fresh caught Dungeness crab, served on a bun

fresh from the bakery next door, make the miles fly by. (503-738-0245; [www.pacificwaybakery-cafe.com](http://www.pacificwaybakery-cafe.com))

### SEASIDE

For a town with seafood restaurants on every corner, it is surprisingly tough to find fresh, locally caught seafood in Seaside. Diner demand for halibut and salmon, even when it's not in season, leads most restaurants to fly it in from elsewhere. **Norma's Ocean Diner** is the exception. Norma's serves locally caught, seasonal seafood whenever possible and indicates on the menu whether the fish is local or not. Norma's is a great family place, too. Picky eaters have their choice of hamburgers, pork chops, and steaks while fish lovers can have whatever just came in. (503-738-4331; [www.normasoceandiner.com](http://www.normasoceandiner.com))

**Bell Buoy of Seaside** is the best seafood market in Seaside when it comes to local fish, be it fresh, canned or smoked. (800-529-2722; [www.bellbuoyofseaside.com](http://www.bellbuoyofseaside.com))

### CANNON BEACH

When you ask the girl behind the counter where the fish comes from and she proudly points to the framed boat picture on the counter and says, "My dad catches the halibut on this boat and my uncle catches the salmon," you know you're in for a good meal. **Ecola Seafoods** is just such a place; it's where locals go to buy seafood and eat fish and chips in Cannon Beach. The walls are covered with pictures of happy family members hoisting up their catch. The seafood case is immaculate and well stocked and the fish and chips are out of this world. (503-436-9130; [www.ecolaseafoods.com](http://www.ecolaseafoods.com))

### ROCKAWAY BEACH

If it's 1:30 in the afternoon, savvy people passing through Rockaway Beach know to pull over at **Karla's Smokehouse**. That's when the salmon, cod, and tuna are pulled out of the



CLOCKWISE FROM LEFT: A Dungeness crab caught that morning makes its way onto a lucky diner's plate at Local Ocean; Canned tuna lists the boat, location, and fishing method used to catch the fish in the can; Pacific Way Café sells a tasty Dungeness crab sandwich; Gino's in Newport has a total commitment to selling only fresh, wild fish.

smoker. Karla Steinhauser tends to each slice of fish lovingly; you can taste it in every warm sweet bite. She sells out every day. (503-355-2362; [www.karlassmokehouse.com](http://www.karlassmokehouse.com))

#### GARIBALDI

When I get off a fishing charter in Garibaldi, I make a beeline for the **Fisherman's Korner Restaurant**. Their fish and chips are made with local sea bass and are as fresh as it gets. (503-322-2033)

#### BAY CITY

You know you're in the right place for tasty oysters when the shells crunch under your feet on the way from the car to the restaurant. More spent shells clatter down a conveyor belt along the side of the building, to be added to the mini mountains surrounding the parking lot. **Pacific Oyster** is an oyster processing plant with a seafood market and restaurant open to the public. It is fun to watch the oyster shuckers whip through a floor to ceiling container of oysters at a rate of eight per minute while you shoot fresh shucked Kumamoto oysters out of shot glasses. (503-377-2330)

#### LINCOLN CITY

The **Bay House** is one of THE places to go for a fine meal on the Oregon Coast. Each night's regionally driven menu is dictated by what local farmers and fishermen brought in that morning. If you choose a seafood dish at The Bay House, chances are great that it was still in the ocean that morning. (541-996-3222; [www.thebayhouse.org](http://www.thebayhouse.org))

#### DEPOE BAY

Executive Chef Justin Wills of **Restaurant Beck** is a rising star. His innovative, avant-garde entrees earned him a James Beard nomination for best Northwest chef this year. Forest greens and sea kelp gathered by a staff wildlife biologist, along with fish and meat brought in by local fishermen and farmers, are the stars of the ever-changing menu. Wills is not one to simply grill up a fish. Instead, he takes his diners on culinary adventures of flavor and texture. Ramps (wild leeks) might be pickled with mustard seeds. Fish become pearls. Apples are dehydrated into a mouth-puckering snow that resembles guilt-free Pixy Stix dust. Spicy Pasilla de Oaxaca ice cream might accompany the pork belly. Each dish is a stunning little sculpture, which you will have a twinge of regret at destroying until the flavors begin dancing in your mouth. Choose the tasting menu. Restaurant Beck is located inside the Whale Cove Inn, perched over a lovely cove at the south end of Depoe Bay. (541-765-3220; [www.restaurantbeck.com](http://www.restaurantbeck.com))

#### NEWPORT

Oregon's largest fishing fleet anchors in Newport, but it is not always possible to walk up to a boat and buy fish. Most fishermen sell directly to local processors. Occasionally, skippers hang a shingle at the top of the harbor stairway stating the name of their boat and what kind of fish they have for sale. In the summertime, it's worth checking.



CLOCKWISE FROM TOP LEFT: Shuckers at Pacific Oyster Company shuck 6,000 pounds of oysters per day at a rate of eight oysters per minute; If you are near Karla's Smokehouse in Rockaway Beach at 1:30 p.m., don't hesitate to pull over and buy fresh smoked fish; Hyperseasonal food is on the menu at James Beard-nominated Restaurant Beck in Depoe Bay; Seafood displays at Local Ocean in Newport.

Local Ocean Seafoods has the inside scoop on every boat in the harbor. They have a staff member who walks the docks daily and buys the best fish from up to 40 different boats. Local Ocean also has the most beautiful seafood display I've ever seen. Not only is their fish perfectly filleted and always fresh, they make my locavore-loving heart sing with their fish labels that detail the exact type of fish, where it was caught (sometimes down to latitude and longitude), and by which boat. Skippers bring in their families to point out their fish.

#### EAT WITH THE SEASONS

Given the bounty of local seafood available to visitors on the Coast, there's no need to eat fish that came from far away. The key is to eat with the seasons. In the winter, go for oysters—it's when they're at their very best. You'll get the most (and the sweetest) crab for your money in the springtime. Salmon and halibut become readily available around April 1. The supply of local halibut dwindles by mid-summer, but that's when albacore tuna season opens. A second run of salmon passes by in the autumn. And buttery black cod, rockfish, and hundreds of other tasty bottom fish are available year round. Eating seafood that is local and in season not only supports our local ocean and fisheries, it also practically guarantees an amazing meal.

On the restaurant side, Chef Charlie Branford makes the most of Local Ocean's extraordinary fish inventory with his magnificent tuna mignons, succulent tacos, and rich, inventive stews. A recent favorite was a Brazilian-inspired moqueca made with rockfish, white prawns, Dungeness crab, mushrooms, red peppers, tomatoes, and coconut milk. Informed, enthusiastic servers will help you make tough meal decisions, which can be difficult, as there's not a sub-par entree in the house. (541-574-7959; [www.localocean.net](http://www.localocean.net))

OceanBleu Seafoods at Gino's serves and sells a variety of fish caught on their 33-foot fishing vessel, the *Sea Pup*. When they run out of their own fish, they buy it from neighboring boats. Their salmon benedict is the best I've ever had. (541-265-2424; [www.oceanbleuseafoods.com](http://www.oceanbleuseafoods.com))

#### YACHATS

The first time I went to **Luna Sea Fish House** in Yachats, the owner, Robert Anthony, greeted me at the door. Dressed in foul-weather gear, he looked like a quintessential fisherman, complete with beard and calloused hands. And in fact, he'd just returned from crabbing. You won't see him there in the summer, as he'll be out fishing for salmon and halibut, but his staff does a wonderful job keeping the mouth-watering salmon hash and slumgullion coming year round. If there's fish on the menu at Luna Sea Fish House, there's a good chance that Robert Anthony caught it. (541-547-4794; [www.lunaseafishhouse.com](http://www.lunaseafishhouse.com)) □