

Summer Has Arrived in Polaris

Always finding the best of the season, Polaris has a variety of dishes just right for a summer dinner. Stop by the restaurant to try the latest creations that feature fresh produce from the Bellevue farmers' markets as well as other sustainable and local ingredients. For Polaris menu items, it's important to keep the dishes in the Club's restaurants full of ingredients found around the area.

The three creations featured on these pages include halibut with English peas, corn, asparagus flan and a tomato broth; housemade mozzarella and vine-ripened tomatoes with basil and pickled red onion; and tuna tartare with lotus chips.

Whether you dine alfresco or in the restaurant, summer in Polaris will be a tasty, relaxing experience.

Summer is a great time to use locally grown produce in recipes. Stop by your farmers' market (or head into your backyard) for the tomatoes, basil, onions or cilantro used in the recipes on the following page.



ABOVE: Tuna Tartare with Crispy Lotus Root topped with avocado puree—a summer creation in Polaris. See the next page for the recipe.



LEFT: This halibut dish with English peas, corn, asparagus flan and a tomato broth is a nice, light meal for those warm summer evenings.

Home Recipes for You to Try



Want a light summer salad? Try these vine-ripened tomatoes with basil and pickled red onion.

HOUSEMADE MOZZARELLA WITH VINE-RIPENED TOMATO, BASIL, PICKLED RED ONION AND SABA

Serves 6

2 pounds fresh mozzarella curd
2 red onions, sliced into thin half-rounds
1 cup sugar
1 cup red wine vinegar
1 cup red wine
1 bay leaf

Mozzarella

You're going to want to do all this work as close to the stove as possible. Make sure you have all items nearby and ready to use.

Bring 1 to 2 gallons of water to a boil—do not add salt.

Push the mozzarella curd through a colander into a stainless steel bowl or ceramic dish. This breaks up the curd and makes it easier to melt. Next, pour boiling water around the inside edge of the curd container, careful not to pour water directly over the curd. Cover the curd with boiling water, let stand a minute then stir with a wooden spoon. The water will start turning white—this is the whey separating from the curd. Stir 4 to 5 minutes, drain the curd in the colander and repeat the process until the curd starts turning shiny. At this point, stretch the mozzarella and roll it into tight balls like you would

2-3 vine-ripened tomatoes, three slices for each serving
Fresh basil
Extra-virgin olive oil
Saba dressing
Black pepper, to taste
Kosher salt to taste

bread dough. Put mozzarella balls in an ice bath or serve warm.

Pickled Red Onions

Cut two onions into very thin half-rounds. In a small, nonreactive sauce pot, (such as stainless steel) put equal parts of sugar, vinegar and wine. Add a bay leaf and thinly sliced onions, cook on medium heat until the onions are soft but not mushy. Cool in the liquid. Reserve.

Presentation

Put the red onions in the center of the plate and place a warm or chilled ball of mozzarella on top. Smaller balls may also be used, as shown above. Place thickly sliced vine-ripened tomatoes around the plate and garnish with freshly snipped basil and drizzle with extra-virgin olive oil, Saba dressing and black pepper. Enjoy with a glass of your favorite white wine and good crusty bread.

TUNA TARTARE WITH CRISPY LOTUS ROOT AND MANGO PURÉE

Serves 6

1 pound Ahi tuna (sushi grade), dice into small cubes
2 tablespoons chopped capers
 $\frac{1}{8}$ cup soy sauce
1 teaspoon Thai chili paste
2 tablespoons shallots
1 tablespoon mirin (rice wine)
2 tablespoons fresh cilantro, finely chopped plus sprigs for garnish
1 very ripe mango
Juice of 2 limes
Salt and pepper, to taste
2 ripe avocados
Lotus root, thinly sliced

Chill cutting board and utensils before dicing the tuna. Fill a large bowl with ice and place a smaller bowl on top. As you cut the tuna, place it into the smaller bowl to keep it cold. Once you have finished dicing the tuna, place a piece of plastic wrap on top and press down so that the plastic makes contact with the tuna to prevent oxidization. Refrigerate.

Place all the prepped ingredients except the mango, lime juice, cilantro garnish sprigs and lotus root into a bowl. Add to tuna right before serving.

For the mango purée, add flesh and lime into a food processor and purée. Season with salt and pepper.

For the avocado purée, put the flesh of two ripe avocados, the juice of one lime and salt and pepper in the food processor and purée until very smooth, about 1 minute.

In Polaris, you will receive the tartare with lotus chips that have been thinly sliced and fried in 350-degree vegetable oil. You may also use taro root using the same method. If this is not a practical alternative you can, in a pinch, use taro root chips, available at fine food stores. Lotus roots and taro roots are available at Asian markets.

To serve, place the tuna tartare in the center of plates and garnish each plate with chips, mango purée, avocado purée and a fresh sprig of cilantro.

See cover photo for presentation. In Polaris, a small watercress salad is added for additional color and interest.