



Executive Chef Paul Marks shares recipes and cooking tips with members.

DINNER FOR TWO

In today's busy world all of us are on the move constantly, whether it be running the kids to the Bellevue Club for swim lessons or taking the family dog to the groomer. But sometimes you have to slow down and smell the roses, and Valentine's Day is one of those days to do exactly that. This is generally a time to show love and admiration for another person. If you are a couples that likes to cook together, why not make this one of those special nights? Call Grandma to see if the kids can do a sleep over and begin planning your special night.

The concept of bonding over food is nothing new. From the dawn of history, families and communities have shared in the work of producing nourishment to survive. Even to this day, the family-style servings utilized by many cultures bring people together at the table.

Serving food to be shared encourages people to interact with each other and creates emotional bonds that provide better mental health. Cooking a meal with your loved one is a great way to interact with one another and it promotes conversation.

Try taking the meal a step further and go down to Pike's Place Market with your date and stroll through the booths, together searching for unique ingredients for your Valentine's meal.

It's surprising how much you can learn about someone, even if you have been together for years, while preparing a meal together.

When choosing the dishes for your special meal, keep in mind items that promote conversation

and sharing. Foods with interesting, vibrant flavors and colors promote conversation and stimulate the senses. For example, when putting a salad together, think about presentation, as in what can you share off one plate? With main courses, present them family-style on a large platter with a starch and vegetable. If you're planning on serving a several course meal, be sure to keep the portion size small for the main course so you have room left for dessert. I prefer to use the dessert as a palate cleanser. Overall, the No. 1 rule is to have fun together and focus on each other throughout the cooking and dining process.

If you're stumped for ideas, here are some of my favorite dishes and recipes for an interactive meal:

- Stuffed artichokes
- Prosciutto-wrapped strawberries
- Ripe pears with soft cheese and black pepper
- Ripe tomatoes, grilled onions, goat cheese, balsamic and extra-virgin olive oil
- Grilled pears with mountain Gorgonzola, chopped rosemary and molasses
- Caesar salad stuffed with cherry tomatoes and Parmesan
- Butter lettuce leaves or endive leaves with radicchio slaw
- Grilled flank steak or any other steak with grilled potatoes and peppers
- Pasta with green onion-skewered prawns, tomatoes, olives and basil
- Fresh melon drizzled with blackberry brandy
- Lemon pound cake with Grand Marnier whipped cream
- Chocolate double-dipped strawberries

VALENTINE'S RECIPES TO TRY

Here are some basic recipes to help get you started on your interactive meal:

Polenta

- 6 cups water or stock
- 2 cups polenta
- ¼ cup chopped herbs
- 1½ cups Parmesan
- 4 tablespoons butter
- Salt and pepper

Bring water to a boil in a heavy saucepan. Turn down to medium

Continued on page 16

Feb. 13 & 14

Valentine's Celebration

IN POLARIS

5:30-9 p.m.

\$85 / per person

for the prix-fixe menu

REGULAR MENU AVAILABLE

RESERVATIONS RECOMMENDED, PLEASE CALL 637.4608

Continued from page 14

and whisk in the polenta slowly. Continue stirring until polenta starts to pull away from the sides of the pan. Add in butter, cheese and herbs. Season with salt and pepper. Pour out onto a greased cookie sheet with 1/2-inch-tall sides, cool, and cut.

Raddichio Slaw

- 1/2 carrot, thinly sliced
- 1/4 cup fennel, thinly sliced
- 1/2 zucchini, thinly sliced
- 1/2 red bell pepper, thinly sliced

Toss with vinaigrette of choice and salt and pepper, and let marinate for at least a half hour.

Risotto

- 1 pound Arborio rice
- 1/2 cup white wine
- 2 1/2 cups chicken stock
- 3 tablespoons diced onions
- 4 tablespoons olive oil
- 4 bay leaves
- Parmesan

Sauté onions and bay leaf in oil in a large pan. Add rice and sauté.

Stir constantly and add wine. Once the wine is absorbed start adding the chicken stock a little at a time until all is absorbed. Once rice is cooked, stir in Parmesan and season with salt and pepper.

Meat Marinade

- 1/4 pound marjoram
- 1/4 pound rosemary
- 1/4 pound tarragon
- 1/4 pound parsley
- 1 1/4 cup lemon juice
- 1/2 cup minced garlic
- 3 cups olive oil
- 4 tablespoons salt
- 1 tablespoon pepper

Pick the herbs off the stems and weigh. Combine all ingredients and purée into paste. Rub on the surface of the meat, and let marinate several hours.

Artichoke stuffing

- 2 slices bacon, finely chopped
- Juice and zest of one lemon
- 2 tablespoons butter
- 1 tablespoons olive oil
- 1/4 cup finely chopped onion

- 6 scallions or green onions finely chopped
- 1/2 cup Parmesan
- 1/4 cup white wine
- 1 tablespoons finely chopped rosemary
- 2 cups fresh breadcrumbs

In large bowl combine scallions, breadcrumbs, Parmesan, lemon juice and zest. Brown bacon in oil. Add onions cook until transparent; add rosemary and sauté one minute. Add white wine and bring to a boil. Add butter and melt into mixture, pour over ingredients in bowl and combine. Stuff artichokes and bake 20-30 minutes at 375 degrees or until brown and crusty on top.

Dining in Polaris

If you don't feel like staying home and cooking yourself, join us in Polaris Friday, Feb. 13 or Saturday, Feb. 14 for our special tasting menu to be shared by you and your date. Besides the normal Polaris menu, we've created the Valentine's Day tasting menu to stimulate conversation and enjoyment.



Left to right:

Terry Burns, CFP, CIMA
Senior Vice President
Senior Financial Consultant,
Wells Fargo Investments, LLC

Melody Clark
Financial Consultant Associate,
Wells Fargo Investments, LLC

Grace Hsu
Financial Consultant Associate,
Wells Fargo Investments, LLC

Jeff Bander, CIMC
Senior Vice President
Senior Financial Consultant,
Wells Fargo Investments, LLC

WELLS
FARGO

INVESTMENTS

Wells Fargo Investments
is your source for:

- Stocks & Bonds
- Professional Money Management
- 401(k) and IRA Rollovers
- Mutual Funds
- Financial Planning
- Equity Research

Since 1852 Wells Fargo & Company has helped generations of families with complex financial needs realize their dreams. Wells Fargo Investments continues that tradition. To learn more about how we can partner with you, contact us at **877.679.2948**.

Then. Now. For generations to come.

Investment and Insurance Products:

- ▶ Are NOT insured by the FDIC or any other federal government agency
- ▶ Are NOT deposits of or guaranteed by the Bank or any Bank affiliate
- ▶ May Lose Value

Private Client Services provides financial products and services through various banking and brokerage affiliates of Wells Fargo & Company. Financial Consultants are registered representatives of Wells Fargo Investments, LLC (member SIPC), a non-bank affiliate of Wells Fargo & Company. ©2007 Wells Fargo Bank, N.A. Member FDIC (1007-18747)