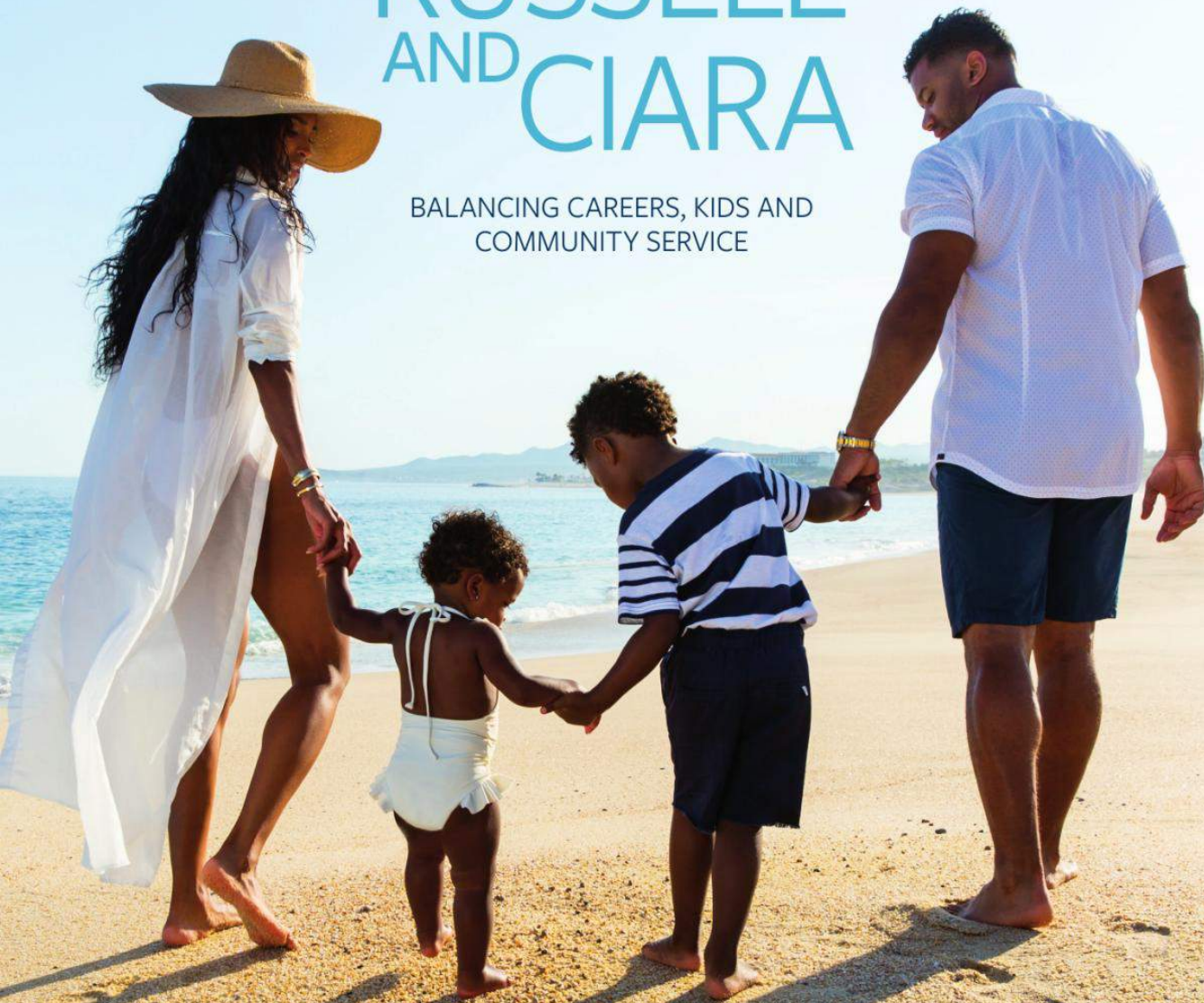


# Alaska BEYOND»

MAGAZINE SEPTEMBER 2018

## RUSSELL AND CIARA

BALANCING CAREERS, KIDS AND  
COMMUNITY SERVICE



**WINE AND DINE**  
West Coast  
vintners offer a  
taste of autumn  
**PAGE 94**

**HAWAIIAN  
STYLE**  
Eating like a local  
in the Islands  
**PAGE 120**

## HIGHLIGHTING HEIRLOOMS

By Adriana Janovich

» It isn't just the color, although the Boston Marrow squash is quite stunning, with a rich and vibrant orange-red hue inside and out. It's the texture—"nice and soft, but not stringy"—and the earthy, gently sweet flavor that sold Mike Jones on the ingredient. As chef and owner at **Mizuna** in Spokane, Washington, he's had it on the fall menu for about 10 years. He pairs his signature squash gratin—a mixture of squash, heavy cream, nutmeg, goat cheese, garlic and seasoned bread crumbs—with anything from roast chicken to pan-seared scallops. But the treatment is always fairly simple. "The thing about heirloom fruits and vegetables is that less is more," Jones says. "You don't have to do too much to them. They have really great flavor. You want that flavor to shine."

Highlighting these varieties is "emblematic of eating seasonally and locally," says Seattle cookbook author Kim O'Donnel. Her 2017 *PNW Veg* cookbook features many heirlooms—from mayocoba beans to emmer, an ancient wheat. The "heirloom" designation refers to varieties grown from seeds that are open-pollinated, saved and handed down from generation to generation—like treasure. They haven't been crossbred for multiple generations or genetically modified. And they taste largely the same as they did when our great-grandparents grew them.

"When these kind of ingredients come back after having fallen off the culinary map, it's encouraging," O'Donnel says, noting she sees more

and more of these varieties on restaurant menus every year. "It's a bonus when you see them. It means chefs have gone out of their way to explore working with that ingredient. That's somebody with a culinary curiosity."

Jason Knibb, executive chef of **Nine-Ten Restaurant and Bar** in the Grand Colonial Hotel in San Diego, is one such chef. His tomato salad remains on the menu through late September and features a variety of heirloom tomatoes, as well as burrata cheese, cucumber, watermelon, pickled corn, purslane, fresh parsley and basil, tomato-and-corn vinaigrette, curry oil and rustic-bread crumbs. In the past, Knibb says, heirlooms "were neglected because they didn't look 'good.' When you look at an heirloom tomato, for example, it's dimply, and there are blemishes. But once you get to the meat of it, the flavor is unbelievable." ✂

» Heirloom tomatoes are showcased in a fresh summer salad at **Nine-Ten Restaurant and Bar**.

