



# Netted Tails from Ted's Kids

July 2010

## **TWO-YEAR ANNIVERSARY FOR ANKENY LOCATION**

These last two years have gone by very smooth with the great support of our Ankeny friends and customers. Many of you have learned about our great Wednesday Night Specials and Monday Night Catfish Night since our opening. Every Wednesday Waterfront runs specials, on either a specific species of fish or shellfish, or a theme with a great variety to choose from. Great thought and preparation goes into these specials. We hope those of you who come to enjoy them will spread the word. We thank you from the bottom of our hearts for your support.

## **SUSHI AT WATERFRONT – THE BEST**

Sushi at Waterfront has grown from pleasing just a few to pleasing many of all ages. For a long time most of you wouldn't even try a California or Waterfront roll, even though everything in it was cooked. Times have changed and more and more of you are not only giving Sushi a try, but also enjoying and loving it too. Waterfront has a new corporate Sushi chef, Leo Woo, who oversees both our West Des Moines location and Ankeny. Leo started with us in West Des Moines a little over 2 years ago, and then went to run our Ankeny Sushi bar. He now supervises all Sushi purchases, training and personnel at both places. Leo is a true perfectionist and it shows in everything he does. He operates mainly out of the West Des Moines location so stop in and meet him. Allow him to make something special just for you. Another very experienced Sushi chef, Alex Oliver, now heads our day-to-day Sushi operations in Ankeny. Alex is highly trained and experienced in preparing the best Sushi around. Both our restaurant/markets demand only the best and freshest ingredients, and we supply them with what they need. For those of you who may not have tried Sushi yet, or believe Sushi to be just raw fish, please try one of our cooked rolls. Sushi just means "with rice" and our Sushi chefs or servers will be happy to help you with your selections. Just ask.

## **NEW LUNCH HOURS IN WEST DES MOINES**

If you haven't heard yet, our West Des Moines location has changed hours and is now open all through the afternoon for lunch, from 11:00 am to 4:30 pm. We also start dinner at 4:30 pm so those of you who like an early dinner can start before what used to be our 5 o'clock rush. This change came about because it has worked so well at the Ankeny location since opening two years ago.

## **BRING YOUR COOLER**

These days everyone is busy and we hope you don't have to plan your day around us to enjoy fresh fish. Bringing a cooler with you to pick up market items is always a great idea. We will supply you with an ice pack that will last 4 to 7 hours in a cooler, but only an hour or so in a paper sack. A closed car in the hot sun quickly reaches 120 degrees or more and is not good for fresh products of any kind.



## **SUSHI CLASSES**

On July 25th both our Sushi bars will be offering Sushi classes. This is a great opportunity to get up close and personal with our Sushi chefs at both West Des Moines and Ankeny. Please come in to or call whichever store you wish to take your class at, pay the \$75.00 fee to reserve your spot and enjoy not only the instruction but a wonderful meal filled with Sushi, salads and drinks. Alex will be supervising the Ankeny classes and Leo will be in West Des Moines. Please remember gratuity is always appreciated.

## **Enjoy these great specials at both locations!**

### **WEDNESDAY NIGHT SPECIALS**

Please see the other side of this newsletter for additional information regarding our wonderful Wednesday night specials.

### **SATURDAY LUNCH SPECIALS**

During lunch on Saturday, 11:00 am. to 4:30 pm., Waterfront has half the menu price specials on Peel-and-Eat Shrimp and Oysters on the Half Shell. Made to order Oyster Stew is available along with our Sam Millers Crab Soup, Sushi and other great seafood specialties for you to enjoy. Please make Waterfront a must stop on your Saturday outing. Remember our one dollar off on our great Shrimp, Oyster and Catfish Po-Boy sandwiches and two dollars off our Bay Scallop Po-Boys.

### **MONDAY NIGHT SPECIALS - CATFISH NIGHT**

Both Ankeny and West Des Moines will be doing our Catfish specials on Monday nights. These specials are prepared in a variety of ways just for you. Seniors remember your 10% discount is available Mondays and Tuesdays and our regular menu is also available.

**DID YOU KNOW?**  
You can read our menu &  
newsletter online at  
[www.waterfrontseafoodmarket.com](http://www.waterfrontseafoodmarket.com)

*After the fish is out of the water, the sooner it gets to the table determines the freshness.*

2900 University Ave., West Des Moines, IA 50266 515-223-5106 | 2414 SE Tones Dr., Ankeny, IA 50021 515-963-1940



**Waterfront Seafood  
Market & Restaurant**  
2900 University  
Clocktower Square  
West Des Moines, IA 50266

PRSRST STD  
U.S. POSTAGE  
**PAID**  
DES MOINES, IA  
PERMIT NO. 4976

## *JULY WEDNESDAY NIGHT SPECIALS*

### **July 7th – Alaskan Sockeye Salmon**

It's getting closer to the end of the season for our #1 requested salmon, Sockeye. Come in and let us treat you to a dinner of this great tasting wild Salmon before the season comes to an end.

### **July 14th – Sea Scallops**

Fresh North Atlantic sea scallops from off the Maine and Nova Scotia coasts. The high tides from this area make for the sweet and tender scallops that you will enjoy grilled, sautéed, or baked.




### **July 21st – Alaskan Halibut**

As of the end of June almost 60% of the Halibut catch for the year has been caught in Alaska. At this rate the season will close early so we thought we would special them now and hopefully do it again at a later date. Come in and enjoy this great fish while it's fresh.

### **July 28th – BBQ/Grilling Night**

Our last grilling night was such a success we thought we should repeat it. Our chefs choice of whatever is the freshest is prepared so come in and choose your favorites for the night.

  
**COUPON**  
 Please cut out - MUST be shown for discount  
 CUSTOMER PRIVILEGE DISCOUNT CERTIFICATE  
 10% DISCOUNT ON ALL FRESH AND FROZEN  
 SEAFOOD PURCHASES IN THE MARKET  
 10% OFF WITH CASH AND 5% OFF WITH DEBIT/CREDIT CARDS  
**Good for the month  
of July 2010**



### **RECIPE OF THE MONTH**

#### **Tuscan Halibut**

Courtesy of [www.welovefish.com](http://www.welovefish.com)

4 sheets (12 x 18" each) heavy-duty aluminum foil  
2 cans (15 oz. each) Great Northern or cannellini beans, rinsed & drained  
2 medium tomatoes, chopped  
4 tbsp. prepared pesto, divided

4 (4 to 6 oz. each) Alaska halibut steaks  
4 tsp. lemon juice  
2 tsp. lemon pepper  
4 lemon slices

Preheat oven to 450°F and combine beans, tomatoes, and 2 tablespoons pesto; mix well.

Center ¼ of bean mixture on each foil sheet. Top with one Alaska Halibut steak; drizzle with lemon juice. Sprinkle halibut with lemon pepper. Top with lemon slices.

Bring up sides of foil and double fold. Double fold ends to form four packets, leaving room for heat circulation inside packets.

Bake 16 to 20 minutes on a cookie sheet in oven. Serve with remaining pesto.

**Makes 4 servings.**