

A Still Life

CADÉE CONJURES SPIRITS FROM THE ISLE OF WHIDBEY

by A.J. Rathbun, cocktail and spirits columnist for *Seattle Magazine*
Photo by Hayley Young
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The Washington distillery industry can provide many stories about how and why people decided to start up their stills. Colin Campbell, owner of Cadée Distillery, has a story that goes back further than most. He belongs to a clan in Scotland that has been crafting spirits since 1494. It's in his blood, though it might be a little surprising that he's distilling spirits on Whidbey Island. Campbell and his wife first visited the region — he calls it the Isle of Whidbey — on vacation about 25 years ago, and they kept going back, making friends and falling for the scenery. Before moving to the states, Campbell enlisted as an aeronautical engineer in the United Kingdom's Royal Air Force and then worked as an aeronautical engineer and tech executive. But his clan's legacy was always waiting to pour forth. He just needed to find the perfect spot to make it happen. The area at sea level between the Cascade and the Olympic mountain ranges provides an ideal humid maritime climate for aging spirits. Campbell started with gin and vodka, which are produced fairly quickly, and has since added whiskey and rye to Cadée's lineup. "We are in a barometric trough, which squeezes our barrels and spirits back and forth in a symphony to pull out the most unique flavors from our oak and port-soaked barrels," says Campbell. Campbell,

who opened the distillery in the town of Clinton in 2015, uses 200-year-old recipes from his clan, sourcing the purest ingredients available and carrying that commitment all the way through to the name of his distillery, Cadée, which is the Gaelic word for "pure." He works tirelessly to get the flavors just right. Cadée's Intrigue gin, for example, went through 20 rounds of flavor-profile testing before Campbell felt the botanicals were balanced. He has also imported particular port, sherry and rum barrels from all over the world for aging bourbons and ryes. Campbell's good nature and sense of humor are evident to those who visit his distillery. He's as dedicated to giving visitors a good experience as he is to delivering memorable spirits. You can also see this humor and dedication in the video of the Cadée story on the distillery's website (cadeedistillery.com) in which Campbell, clad in a kilt and Highland brogues, attempts a yoga pose or two under the gaze of Kevin the goat before rising out of Whidbey's Lone Lake wearing face paint straight out of Braveheart. He's always telling tales and jokes in his Scottish accent, serving up samples, explaining the crafting and sharing the stories behind the spirit — and laughing. No doubt the 500-year-old Campbell clan would be happy to have Colin Campbell and Cadée carrying on its legacy.

Want Fries with that?

Although we are rarely asked what's in our french fries, we do get lots of comparisons to what Americans consider the flagship of fries — the ones that come in the red and yellow cardboard container underneath those yellow arches. Our list is a rather boring list since we make fries with only two (2) ingredients. We julienne russet potatoes and then double-fry them in trans-fat-free canola oil. But, back in 2015, in its effort for transparency, the clown-led, mega-chain published its list of ingredients using former *Mythbusters* host, Grant Imhara, in a video that you can find on [YouTube](https://www.youtube.com/watch?v=9m311111111).

To save you from the search (and several wasted hours getting sidetracked by kitten and bikini fishing videos) I'll share their published ingredients list in the U.S.A.:

1. Potatoes
2. Canola oil
3. Soybean oil
4. Hydrogenated soybean oil
5. Natural beef flavor
6. Hydrolyzed wheat
7. Hydrolyzed milk
8. Citric acid
9. Dimethylpolysiloxane
10. Dextrose
11. Sodium acid pyrophosphate
12. Salt
13. Corn oil
14. Tertiary Butylhydroquinone

The first ingredient that neither you nor I can pronounce (#9) is used as an anti-foaming agent in the fryer oil. It is a silicone-based polymer and also used as a lubricant and conditioning agent in caulks and adhesives. The last unpronounceable ingredient (#14) is a synthetic antioxidant that is added to foods to prevent or delay oxidation.

Aren't you glad you asked?



Ambrose F. Grow

Ambrose Grow and his wife, Amanda, and their family came to Eagle Harbor in 1881. He was a Civil War veteran and came because of the descriptive letters he had read in the New York and Kansas papers telling of the virtues of Bainbridge Island. Selling his large farm in Manhattan, Kansas, he homesteaded 160 acres here along the waterfront. In addition to being a charter member of the Eagle Harbor Congregational Church and the Madrone Schools, he was a prolific correspondent to the happenings in Eagle Harbor and environs.



The Grow Family Homestead
Still stands today as home to Harbour Public House



THAT'S JUST RUDE

One morning in May, I was rudely awakened as the sun peered over the Cascades by what sounded like clanging metal trash can lids. Familiar with the noise in boot-camp settings, I was no stranger to the clang-rattle that shook me and my fellow recruits from our semi-warm, sleep-deprived peace. As I roused, I recognized the racket coming from the opposite corner of the house from where I slept, but at our second story. How strange! Confused, I set out to investigate and found nothing to explain the disturbance. This went on for several mornings, always at sun-up, and the noisy trespassers were never caught in the action.

I took to the interweb, where after some poking around, I discovered that the northern flicker, a bird, took to pecking metal objects to mark its territory in the springtime. Whether it was metal trail markers on trees or metal rain gutter downspouts, as on my house — it was all the same to them. Loud metal clanging notified other flickers, males and females alike, that my neighborhood was occupied by a virile male flicker.

I laid in wait the next morning, hiding around the far corner, to personally see if in fact it was Mr. Flicker holding reveille on our house. Sure enough, during the first few moments of light, he appeared from the nowhere and proudly set about the clanging with his long beak.

Northern flickers are a vivid tan in color and have black scalloping on their wings and black speckles on their breasts. Their sturdy bills are curved slightly downward. Most striking are the bright red crescents on the backs of their heads.

They belong to the woodpecker family, but flickers are the only woodpeckers found hunting for food on the ground. While other woodpeckers hammer trees to extract insects, flickers generally stay grounded and poke their bills into the dirt to search for ants and beetle larvae, their main food.

Though I was not personally familiar with the species, the northern flickers are one of the continent's most widely distributed bird species, ranging from Alaska to Mexico, and East Coast to West. Flickers found in the West, however, are slightly different in appearance than the ones in the East. The flickers west of the Rockies have salmon-colored under-wings while those in the East have yellow.

In most regions of the United States, northern flickers stick around for the winter, while those in Canada generally migrate south. In some snow-states their snow season strategy is mixed; some stay put, while others likely travel to warmer environs.

What surprised me is how tolerant they are of humans. Just last week, I watched as a lone flicker was jamming his beak between sidewalk slabs pulling up unsuspecting ants and grubs, as though I wasn't even there. Thus, the northern flicker is considered to be an urban or backyard bird, in the same league as robins, black-capped chickadees and blue jays.

Now that I know who's making that god-awful racket, next time it happens, I'll act like any city-dweller and call the police.

PERSEPHONE FARM INTERNS 2018

We swung by Rebecca Slattery's farm on the solstice to get acquainted with this year's interns. Here they are pictured below:



Rachel Gerry

Madison, Wisconsin
"Loves the connection to the land"
Degree in Sociology & Environmental Studies



Sam Scheidt

Jamul, California
Motorcycles
Interested in 'No till' farming
Degree in Environmental Science & Philosophy



Zoe Adberg

Vashon Island, Washington
Seamstress, Bakes, Hikes
Whitewater Rafts
Student of Theater Studies



Katelyn Porter

Westford, Massachusetts
Rows, Swims, Hikes
Degree in Environmental Conservation,
University of New Hampshire



Lindsey Rogers

Park Ridge, New Jersey
Hikes, Rock Climbs, & Bikes
Degree in Neuroscience,
Saint Michael's College

BAINBRIDGE'S NEIGHBOURHOOD PUB

231 parfitt way sw, on the waterfront, 206.842.0969

SINCE 1991

UNIQUELY
BAINBRIDGE



The wheat gluten free designation means the menu item includes no wheat in its regular preparation. However, wheat flour is still used in our kitchen. For an extra \$2 you may also substitute Udi's® Gluten-Free Burger Bun.

BAR FOOD

OYSTER SLIDERS	\$9
A single locally-farmed Pacific lightly rice panko (gluten-free) crusted & fried Served on a Pane D'Amore® mini-bun with our tartar sauce Plate of two — Each Additional Slider	
FLASH FRIED CALAMARI	\$16
Rings & tentacles dusted with gluten-free flour, deep-fried & served with our pesto aioli	
PULLED BBQ PORK or BBQ CHICKEN SLIDERS	\$9
Order of two with Pub-made BBQ sauce, cheddar cheese, shaved red onion & cole slaw on Pane D'Amore® burger mini-buns Plate of two — Each Additional Slider	
GARDEN GREEN® HUMMUS	\$8
Green chickpeas, tahini & roasted garlic Served with fresh veggies & naan bread	
PUB QUESADILLA	\$14
Roasted & pulled free-range chicken or Natural® pork between two grilled flour tortillas, chipotle glaze, melted cheddar & black bean aioli Topped with pico de gallo, sour cream & sliced avocado	
PUB NACHOS	\$12
Tortilla chips, cheddar, tomatoes, olives, green onions & Pub-made pico de gallo with sour cream	
Add 1/2 Avocado	\$3
Add pulled chicken or Natural® pork or black beans	\$5 \$3
KIMCHI FRIED BROWN RICE	\$9
with two fried eggs & locally made red sriracha	
PUB-CUT FRIES	small side \$2 plate \$4
Hand-cut russet or yam Double-fried in trans-fat free canola oil	



The Pub has been buying Becky & Mark Weed's Harlow Cattle Co. beef cattle on-the-hoof since January of 2010. One hundred percent grass-fed, antibiotic-free and humanely treated beef ranching on the Western side of our state is hard to come by. Their Spanaway ranch is in its second generation of management. We feel honored to partner with Harlow Cattle Co. to deliver healthy, flavorful beef. You can really taste the difference!

VISA, MASTERCARD, DISCOVER, AMERICAN EXPRESS & COLD HARD CASH ALWAYS ACCEPTED, NO PERSONAL CHECKS For parties of 8 or more 18% service charge automatically included.

SOUP BOWLS

RIBOLLITA	\$14
A hearty Tuscan bread soup made of tomatoes, garlic, mushrooms, zucchini, spinach, white beans & vegetable broth Ladled over a thick slice of grilled rustic organic bread Seasoned with parmesan cheese	
SOUP OF THE DAY	bowl \$7 cup \$6
Made fresh & served with a Pane D'Amore® bread roll	

LOCAL SEAFOOD

PAN FRIED OYSTERS	\$16
Five plump Pacific oysters lightly rice panko (gluten-free) crusted & pan-fried Served with lemon, tartar sauce, Pub-Cut fries & Cole Slaw	
LITTLE BEN'S FISH TACOS	\$17
Mexican food truck style — Organic corn tortillas with beer batter deep-fried Pacific Cod, chipotle mayo, shredded cabbage, pepperjack cheese & black bean aioli — Plate of two Tacos — Each additional \$6	
ASIAN SALMON BOWL	\$24
Charbroiled Bristol Bay sockeye filet served over organic brown rice, fresh organic spinach & warm Asian slaw with our ginger vinaigrette	
STEAMED MUSSELS IN BEER	\$17
Washington Coast mussels steaming hot With Pub-cut fries & a side of mayo	
FISH AND CHIPS	\$17
BECAUSE OF COD SHORTAGE we're now serving just two-pieces of fish Pub-made beer-batter dipped Pacific cod Served with traditional Pub-cut fries fried in trans-fat free canola oil, Cole Slaw, lemon & Pub-made tartar sauce — Extra piece of fish	
STEAMED CLAMS	\$18
Steamed Baywater® Salish Blue clams in white wine & lots of garlic Served with Pane D'Amore® bread rolls	
PUB FAMOUS CHOWDER	\$18
A New England Classic using the best of the local NW ingredients! Bowl of organic potatoes, onion, bacon, white wine & cream sautéed to order Garnished with a traditional pat of butter With your choice of: In the shell Baywater® Salish Blue Clams, Hood Canal Mussels, Pub-smoked Pacific Sockeye Salmon, or Locally farmed Pacific Oysters	

BURGERS*

* All grass-fed beef burgers cooked to medium-rare. If you don't like the pink, then ask and it will come well-done. The Health Department warns that consuming raw or undercooked meats may increase your risk of foodborne illness.

All burgers served à la carte (we suggest fries or poutine for the table!) flame-grilled & served on a Pane d'Amore® burger bun unless otherwise described. You're welcome to Substitute a free-range, skinless, boneless Chicken Breast; or a Port Townsend-made Bob's Pecan® Veggie Burger Patty; or a pub-smoked Portabella on any of the Burgers

THE PUB ORIGINAL BURGER	\$14		
Pub-ground, Harlow Cattle Co.® Grass-fed Beef, with lettuce, grilled onion, pub-made pickle relish & mayo			
MAKE IT YOURS ADD-ONS:			
Beecher's Flagship® Cheese	\$3	Fried Organic Egg	\$2
Mt Townsend® Trufflestack Cheese	\$3	Sautéed Mkt Veggies	\$2
Willapa Hills® Big Boy Blue or Lily Pad Alpine	\$4	Sautéed Mushrooms	\$2
Goat Cheese or Mt Townsend® Cheese Curd	\$2	Two Bacon Slices	\$3
Pepperjack Cheese	\$2	Caramelized Onions	\$2

TRENCHERMAN BURGER	\$16
Harlow Cattle Co.® grass-fed beef with fried onion straws & Mt Townsend Creamery® Trufflestack cheese	

SAN ANTONIO BURGER	\$16
Harlow Cattle Co.® grass-fed beef with grilled poblano chili, pepperjack cheese & fresh pico de gallo	

BACON BLUE	\$17
Harlow Cattle Co.® grass-fed beef, two strips of Montana Bacon & Willapa Hills® Big Boy Blue cheese	

BO BURGER WITH BACON	\$16
Two slices of Montana bacon, an over-easy fried egg and Beecher's® Flagship Cheese on top of Harlow Cattle Co.® grass-fed beef	

ALT BURGERS

SOUTHERN FRIED CHICKEN SANDWICH	\$15
Organic, free-range, boneless, skinless chicken breast soaked in buttermilk, dredged in seasoned flour & deep-fried Served on a Pane d'Amore® burger bun with pub-made sausage gravy, Cole Slaw & Bread and Butter pickles	
SMOKED PORTABELLA REUBEN	\$14
Whole smoked & grilled mushroom with melted Willapa Hills® Lily Pad alpine cheese, pub-made kraut & 1000 Island dressing on Pane d'Amore® caraway rye You can Substitute a Beef Patty for the Portabella	
SMOKED SALMON ON RYE	\$16
Pub-smoked Bristol Bay Sockeye on toasted Pane d'Amore® caraway rye with sliced cucumber, tomato, organic greens & our dill dressing	
SMOKED PORTABELLA VEGGIE BURGER	\$15
A whole grilled & applewood smoked mushroom topped with tomato, lettuce, mayo & melted Mt Townsend® Trufflestack cheese	
PULLED BBQ PORK OR CHICKEN	\$15
Smoke roasted & pulled Natural® pork or free-range chicken splashed in pub-made North Carolina-style, spicy-vinegar BBQ sauce Served on a bun with melted cheddar & shaved red onion With a side of Cole Slaw	
PUB BBB.L.T.	\$15
Six strips (yes six!) of smokey Montana bacon on toasted Pane d'Amore® organic whole wheat bread With lettuce, tomato & mayo You can Substitute Fresh Sliced Avocado for the Bacon	



We deep fry exclusively in trans-fat free Canola oil. The waste fryer oil is recycled into biofuel and other products.

POUTINE

CLASSIC MONTRÉAL	\$11
The Canadian classic prep of a plate of our fries topped with Mt Townsend Creamery® Cheese Curd smothered in Pub-made beef or chicken gravy	
VANCOUVER	\$12
Roasted chicken with bacon pieces & Pub-made chicken gravy over a plate of Pub-cut fries with Mt. Townsend Creamery® Cheese Curd	
SWEET PAPAS	\$11
Pepper seasoned yam fries with black beans, melted pepperjack cheese, mango salsa & sour cream	
ECUADOR	\$12
Pub-cut yam fries with pub-made chorizo, Mama Lil's® sweet hot peppers Topped with a soft-fried egg	

Our entire staff truly enjoys serving you!

To ensure our mostly hidden, but equally deserving kitchen staff share in your thanks and generosity, a pre-tax 5% service charge will be automatically added to your check. This entire charge is distributed to the kitchen team. The customary tip line will be left for your discretion and is designated for just your server(s). Patrons are reminded that tipping on the 5% service charge (or sales tax) is not expected.

GREENS & SALADS

TEQUILA LIME CHICKEN BREAST	\$16
Grilled organic, free-range, boneless, skinless chicken breast marinated in tequila & lime juice Served over Butler Green® organic greens with black bean aioli & mango salsa With a pepperjack quesadilla	
SMOKED SALMON TARTINE	\$16
Pub-smoked, Pacific wild salmon, goat cheese, capers & red onion served on fingers of grilled organic whole wheat sourdough bread On a bed of Butler Green® organic salad greens	
PUB FAVOURITE SALAD	small side \$7 lg \$10
Fresh Butler Green Farms® organic greens & vegetables with your choice of dressing See Additions below	
PUB CAESAR SALAD	small side \$6 lg \$9
Crisp organic romaine lettuce tossed with traditional Caesar dressing made with garlic, lemon, anchovies & olive oil, with Pub-made garlic croutons & parmesan See Additions Below	
SALAD ADDITIONS (price added to price of salad)	
Grilled boneless, skinless Free-Range Chicken Breast	\$9
Smoke Roasted & pulled BBQ Natural® Pork	\$5
Peppered Cod or Smoked Salmon	\$9
Sockeye Salmon Filet	\$11
Grilled Smoked Portabella Mushroom	\$6
Bob's Vegetarian Pecan® Patty	\$7
Two Pane D'Amore® bread rolls & butter	\$2

WASHINGTON BAKERS

PUB-BAKED RUSSET POTATO	
One large WA baker with butter & sour cream	\$4
Add: Roasted & pulled Ranger® Chicken & Gravy	\$5
Roasted & pulled Natural® Pork & BBQ Sauce	\$5
Sautéed Market Vegetables	Mkt

MAKE SURE TO CHECK OUT OUR CHALKBOARD SPECIALS FOR TODAY'S FRESHEST OFFERS