

Finely ground nuts a perfect swap in gluten-free salmon cakes



Dill Salmon Cakes

Photo Susie Iventosch

By Susie Iventosch

These salmon cakes are so tasty – and gluten-free, too. No one in our family has gluten issues, but being a food columnist, and cooking for a large group this past summer with a variety of dietary restrictions, I realized that I needed to step up my GF game! I haven't been terribly happy with the all-purpose or other gluten-free flours I've used lately. They are often too fine for what I am baking, which creates a texture mismatch, or the flavor isn't exactly what I'm after.

What I discovered in developing this recipe is that finely ground nuts make a great alternative for some

things, and especially for these salmon cakes. I toasted almonds and pepitas (shell-less pumpkins seeds) before finely puréeing them into a nut meal. This made a perfectly delicious replacement for the flour in these cakes and created a nice, rich, crispy coating on both the top and bottom. We really loved the flavor of these salmon cakes, and the aroma from the toasted almonds and pumpkin seeds is alluring and so satisfying. It's almost like you can inhale the goodness. Of course, if you have no gluten allergies, you can use flour in place of the nut meal, but we don't recommend it. Don't miss the goodness of toasted nut meal!

Dill Salmon Cakes

(Makes 4 large salmon cakes)

INGREDIENTS

1 lb. salmon fillets
 1 large shallot, finely diced
 2 teaspoons Dijon mustard
 2 teaspoons fresh dill, finely snipped
 1 tablespoon fresh lemon juice
 1 teaspoon lemon pepper
 1 egg white, beaten
 1/2 cup toasted slivered almonds, ground to a meal (divided)
 1/2 cup toasted pepitas, ground to a meal (divided)
 1/4 cup olive oil (for cooking the cakes)

DIRECTIONS

Prepare the Nut Flour/Coating

Toast the almonds and pepitas in the oven or toaster oven, just until beginning to brown. Be careful ... it's so easy to burn nuts when you're toasting them!

Place toasted, cooled almonds and pepitas in your food processor. Process until fine, almost like a cornmeal texture. Remove from processor bowl and set aside. You will use half of this mixture in the salmon cakes and half to coat the tops and bottoms of the salmon cakes.

Prepare Salmon Cake Mixture

Remove skin from the fillet and cut the fish into small chunks. Remove any obvious bones. Purée fish in the food processor until fairly smooth. Remove from processor bowl and place in a mixing bowl.

Add shallot, Dijon, dill, lemon pepper, lemon juice, beaten egg white and 1/2 cup of the nut purée. Chill the salmon cake mixture for about 30 minutes, to allow it to firm up." Shape into 4-6 patties.

Spread the remaining nut puree onto a plate. Pat both sides of each salmon cake into the nuts, to coat both sides.

Heat olive oil in a skillet. When hot, place salmon cakes in the pan and cook over medium-high heat until golden brown, about 1 minute. Flip over and brown the other side. Cover and reduce heat to low. Continue to cook just until cooked through. You don't want to over cook them.

Remove from the skillet and serve with remoulade sauce, a wedge of lemon and a sprig of fresh dill.

Remoulade Sauce (Makes about 3/4 Cup)

INGREDIENTS

1/2 cup plain nonfat yogurt
 2 tablespoons spicy brown mustard
 1 1/2 teaspoons sweet paprika
 1 teaspoon Cajun seasoning
 1/2 teaspoon garlic salt
 1/2 teaspoon prepared horseradish
 1 teaspoon freshly grated horseradish root
 1/2 teaspoon pepperoncini juice (can also use dill pickle juice)
 1 teaspoon hot sauce (Louisiana hot sauce or Tabasco)
 1 teaspoon fresh lemon juice
 1 tablespoon finely minced parsley
 Mix all ingredients in a bowl. Stir well. Refrigerate until ready to serve.

Susie can be reached at suziventosch@gmail.com. This recipe can be found on our website: www.lamorindaweekly.com If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977. Or visit <https://treksandbites.com>



Looking Good in Lamorinda Art meets fashion



Artist Bar Davi sports one of her original jackets. Photo courtesy of Bar Davi.



Julie Rubio stands next to L'Éclat by Tamara de Lempicka, 1932. Painting owned by Rowland Weinstein. Photo courtesy Julie Rubio.



Artwork by Tamara de Lempicka. Copyright 2021 Tamara de Lempicka Estate LLC. All rights reserved.

By Moya Stone

Orinda resident and film producer Julie Rubio is hard at work on her latest project, "Tamara," the first full-length definitive documentary on the highly collectable painter and fashion icon of the Art Deco period, Tamara de Lempicka. Rubio says that this film, a true "labor of love," reveals the struggles and the huge success Lempicka had during her lifetime.

Born in Poland in 1898 to an aristocratic family, Lempicka later lived and married in St. Petersburg. Escaping the Russian Revolution in 1917, she, her husband and young daughter fled to Paris where she studied painting and began to create her unique approach to portraiture. Described as "Cubism with soft modeling" her style is now recognized worldwide and her works are collected by the likes of Barbra Streisand, Jack Nicholson, and Madonna. One of her pieces most recently sold for over \$21 million.

Lempicka painted fashionable people of the Art Deco era, making her paintings a fascinating study for anyone interested in fashion history. A stylish woman herself, she modeled for a French fashion magazine, designed her own hats, and donned fashions by Coco Chanel.

"Tamara de Lempicka," says Rubio, "was the first woman artist to be a glamour star and fashion icon in her own lifetime." Both her fashion sense and her art continue to influence brands such as Louis Vuitton, Dolce & Gabbana, and Shiseido.

Rubio has many a completed film under her belt, including the successful "East Side Sushi" and "Too Perfect," which she wrote, directed, and produced. Shot in Orinda, the movie premiered at the Orinda Theatre in 2011. But "Tamara" is something special to Rubio. "We have never seen before a document of her heritage," she says. "And have uncovered secrets that she took to her

grave." For the past 15 years Rubio has been working closely with Lempicka's family, who have granted her access to stories, photos, and artworks. The film is set to be completed next year and in the meantime there's a fundraiser coming up this fall in Los Angeles. For more information about "Tamara," check out the website: <https://www.tamaradoc.com>.

Art and fashion often cross paths, as is the case with the works of Walnut Creek artist Bar Davi. During lockdown last year, Davi came to the realization that she wanted her artwork to be more widely seen. "I decided that when I could go out again," she explains, "I wanted my art to be able to go out too." So, jackets became her new canvas. An accomplished painter with 25 years experience, Davi paints images on the back of denim jackets that she finds in local thrift stores. The images she paints to are varied and include historical figures. "I am inspired by women of impact, those who we know from history, myth, headlines and our hearts," she says. Davi also takes commissions and has created jackets with images of beloved pets and original design ideas. "I see the jackets as a way for the wearer to express herself, to make a statement about what matters to her." <https://www.bardavi.com>.

Fashion is certainly a way to express oneself and since fall is approaching, how about some new-to-you gear for an updated look? Way Side Inn Thrift Shop in Lafayette is offering their usual special sales events. Two big ones for fall are: Better Handbags, Sept. 28 to Oct. 2, and Cashmere, Oct. 19-23. Throughout the year, choice items that come into the shop are put aside for these special sales. Way Side Inn Thrift Shop raises money for Assistance League Diablo Valley, a nonprofit volunteer organization working to improve lives in the community.

It's a new season – go forth in style. Moya Stone is a fashion writer and blogger at www.overdressedforlife.com.

THT announces first in its 'New Voices' series – 'The Children's Farm'

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For their first outing in the New Voices series, Town Hall Theatre welcomes Ciera Eis and her tremendous knowledge and experience as she directs "The Children's Farm." Eis is passionate about directing and developing socio-political new work, emerging playwrights and artists, and experimenting with space and form in theatre. She is especially drawn to directing heightened comedy, queer-femme narratives and plays dealing with mental health and catharsis in trauma.

"As a queer woman who

grew up in a rural and very religious town in California," says Eis, "'The Children's Farm' is an honest interpretation of a child's journey of self-discovery and family belonging. Dunnington has done a great job of making this play an incredibly imaginative and deeply fun dive into the world of a child through the beauty of queer-ness, acceptance, therapy, and resilience."

The New Voices series is a first for Town Hall Theatre. The series was created to give a wider-array of playwrights a chance to expose new and in-process work to an audience that may not

otherwise be exposed to their stories. Productions in the series will include a facilitated talkback at each performance allowing the playwrights the chance to receive feedback from audiences in a constructive manner, while also giving audiences an insight into the theatre maker's process.

The second entry in the first New Voices series will be "amé monos // let us love each other" by D. Linda Maria Girón which will be produced in Spring 2022.

"The Children's Farm" will perform on Oct. 8, 9 and 15, 16. Tickets are \$25 and the Oct. 16 performance will

be Pay What You'd Like. "The Children's Farm" contains adult language and viewer discretion is advised. Tickets

and information can be found at TownHallTheatre.com.

THT COVID precautions

Town Hall Theatre is prioritizing the health and safety of our artists, staff, and audiences above all else. We are keeping close watch on the number of COVID cases and hospitalizations and if we feel we cannot safely produce any of our works, we will move to a hybrid in-person and digital model or postpone to a later date.

Town Hall Theatre has joined Theatre Bay Area's coalition on COVID protocols (<https://www.theatrebayarea.org/page/bayareasafe>). Town Hall Theatre reserves the right to refuse service to anyone, and anyone violating this policy will be asked to leave the premises immediately. Masks are required at all times and proof of vaccination or recent negative COVID test is required. Town Hall's full COVID policy can be found at <https://www.townhalltheatre.com/covid19>.