

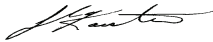
What's Simmering ... With Chef Jack!

Greetings to all!

This summer has been full of extremes - heat, intense rain storms, tornados and now the mosquitoes. Overall, this is turning out to be a great summer. We have definitely noticed an increase in business at Dockside. With this increase we have experienced some less than perfect dining experiences. You have my sincere apology for any less than "OLC" experience that you may have had. We are addressing all of your concerns. In an effort to help us service you better, we strongly encourage you to call ahead for reservations, even if it's just a heads up notice of an hour or two.

The new kids menu was started last week and I have heard lots of great feedback. Thanks for all of your suggestions. We will make one more change this summer and welcome any other suggestions. I'm really happy to see the growing interest in getting the little ones to eat better. I think its something that will stay with them for life.

Thanks.



Chef Jack

P.S.

I really want to hand it to the staff this summer. They really have done an incredible job. Our motto is "Bend, do not break!"

Here is a great summer recipe. You can substitute any grain or starch such as couscous, quinoa, and buckwheat groats—follow individual cooking methods.

Tabouleh

Amt.	Unit	Ingredients
1	cup	Bulgur
1 1/2	cup	Boiling water (add to bulgur, rest 30 minutes)
1	cup	Chopped fresh Italian (flat-leaf) parsley
1	tbsp.	Chopped fresh mint leaves
4	ea.	Scallions, finely chopped (include 2" of green tops)
2	tsp.	Minced garlic
2	fl. oz.	Olive oil
2	fl. oz.	Lemon juice
1	cup	Cucumbers, peeled, seeded, and cut into fine dice
1	cup	Bell peppers, seeded and cut into fine dice
2	cups	Tomatoes, seeded and cut into fine dice
1	tsp.	Freshly ground black pepper
1	tsp.	Salt
1	cup	Cooked chick peas (optional)

Method:

1. Combine bulgur and boiling water; set aside for 30 minutes at room temperature. Drain bulgur and squeeze out all excess water.
2. Add parsley, mint, scallions, garlic, olive oil and lemon juice. Mix well.
3. Use rubber spatula to incorporate cucumbers, peppers and tomatoes.
4. Season with salt and pepper.