oyster and cook 30 seconds more. Using tongs, carefully transfer oysters to platter and nestle them into the salt. Grill remaining oysters the same way. Serve immediately.

PER SERVING 146 CAL., 86% (126 CAL.) FROM FAT; 3.3 G PROTEIN; 14 G FAT (4.7 G SAT.); 2.9 G CARBO (0.2 G FIBER); 320 MG SODIUM; 41 MG CHOL.

Fennel-spiced wild salmon

September is the last chance to enjoy wild Alaska salmon, and Ford seizes the moment.

PREP AND COOK TIME About 20 minutes

MAKES 8 servings

2 tsp. fennel seeds
1 tsp. coarse sea salt or kosher salt
½ tsp. freshly ground black pepper
8 skinless wild Alaska salmon fillets (each 5 oz. and 1 in. thick)
2 tbsp. canola oil

1. In a small, unoiled frying pan over medium heat, toast fennel seeds, stirring occasionally, until fragrant and a shade darker, 3 to 5 minutes. Put fennel seeds, salt, and pepper in a clean coffee or spice grinder and grind until coarsely ground.

2. Rinse salmon fillets and pat dry. Dust each fillet generously with spice mix, then rub it in gently. Pour oil onto a platter and lightly coat fillets.

3. Preheat charcoal or gas grill to medium (you can hold your hand 1 to 2 in. above the grill only 4 to 5 seconds). Cook salmon, skinned (outer) sides up, 3 minutes (close lid on gas grill). Turn salmon over and cook 3 minutes, or until moist and only slightly pink in center (cut to check). Let salmon rest 3 to 5 minutes and serve with chanterelle-potato salad (recipe follows), if you like.

PER SERVING 255 CAL., 49% (126 CAL.) FROM FAT; 30 G PROTEIN; 14 G FAT (2.2 G SAT.); 0.3 G CARBO (0.2 G FIBER); 313 MG SODIUM; 88 MG CHOL.

Chanterelle-potato salad with pancetta, shallots, and thyme

Chanterelles are Ford's favorite mushroom: "We used to go chanterelle hunting in the fall and then sell them to restaurants."

PREP AND COOK TIME 55 minutes

MAKES 8 servings

NOTES If you don't have enough pancetta drippings for the potatoes, add some olive oil.

6 oz. slab pancetta or thick-cut bacon, diced
3 lbs. baby Yukon Gold potatoes, halved lengthwise (if potatoes are longer than 2 in., cut into quarters)
4 medium cloves garlic, minced
2 tsp. fresh thyme leaves
1½ tsp. kosher salt
¾ tsp. freshly ground black pepper
2 tbsp. butter
1 medium shallot, minced
⅓ cup Chardonnay or other white wine
2 tbsp. chopped fresh tarragon
1 tbsp. chopped chives
½ cup white-wine vinaigrette (recipe follows)

1. Preheat oven to 375°. Wipe chanterelles with a damp cloth or scrape with a knife to remove dirt; cut away dry, woody parts. Tear mushrooms into 1-in. pieces.

2. Cook pancetta in a large frying pan over medium-high heat until crisp and browned, about 7 minutes. Transfer with a slotted spoon to paper towels, reserving drippings.

3. Toss potatoes with 3 tbsp. reserved pancetta drippings (see Notes), garlic, thyme, 1 tsp. salt, and ½ tsp. pepper. Divide potatoes between two 9- by 13-in. glass baking pans. Bake, stirring every 10 minutes, until tender, well browned, and crispy, 25 to 35 minutes. Remove from oven and keep warm.

4. Melt butter in a large frying pan over medium-high heat. Add shallot and cook until soft, 1 minute. Add mushrooms and cook, stirring occasionally, until browned, 5 to 6 minutes. Add Chardonnay, remaining ½ tsp. salt, and remaining ¼ tsp. pepper; scrape up browned bits and cook until liquid evaporates, about 2 minutes.

5. In a large bowl, toss together potatoes, mushrooms, pancetta, tarragon, and chives. Drizzle with vinaigrette. Serve warm, with fennel-spiced wild salmon.

PER SERVING 385 CAL., 58% (225 CAL.) FROM FAT; 8.1 G PROTEIN; 25 G FAT (8 G SAT.); 34 G CARBO (2.5 G FIBER); 680 MG SODIUM; 20 MG CHOL.

White-wine vinaigrette

Put ¼ cup good-quality **white wine vinegar** in a blender with ⅔ cup **vegetable oil,** ⅔ cup **extra-virgin olive oil,** 1 chopped **shallot,** and ½ tsp. **kosher salt.** Blend at