





TASTEOF FEDERAL WAY

ENTER RAFFLES For Prizes!

SEPTEMBER 25, 2021 • 11:30 AM - 2:00 PM

RESTAURANTS TEAMING UP WITH NON-PROFITS



Black Bear Diner **Federal Wav** Hawks



East India Grill Valley Cities Behavioral Health Care



KC Deez BBQ LDRSHIP.ORG



Chick-fil-A **Federal Way** Young Life



Azteca Ted Colby for St Vincent de Paul Parish School



Jimmy Mac's Roadhouse

Rotary Club of Federal Way



Mediterranean **Gyro Grill Pacific Christian** Academy



Billy McHale's Do The Right **Thing**



Subzero Nitrogen Ice Cream

Federal Way Farmers Market



Look for this logo in today's paper for Taste participants

Located at the **Commons Mall Back Parking Lot** (1701 So. 320th & Pacific Hwy.)

www.federalwayfarmersmarket.com

Tickets \$15

Your ticket includes tastes from nine different restaurants!

Purchase your tickets prior to the event at participating non-profits and the Farmers Market. Event day tickets are available at the Farmers Market. Masks are required while not eating or drinking.



Serving crunchy banh mi, rice bowls, vermicelli bowls, and salad bowls topped with sizzling meats (or tofu) and your choice of fresh toppings.

Dine In, Take Out, Delivery



Federal Way Location Only.



麊 All Natural Ingredients



Prepared Fresh in Small Batches



Hot, Fast & Convenient









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Support Our Local Restaurants!

Taste of Federal Way festival returns Sept. 25

By Olivia Sullivan osullivan@fedwaymirror.com

Lunch date, anyone?

The 2021 Taste of Federal Way event is 11:30 a.m. to 2 p.m. Saturday, Sept. 25 at the Federal Way Farmers Market.

This year's event features local dishes from nine Federal Way restaurants who have also teamed up with community nonprofits. Sound Celebration barbershop quartet is providing live entertainment and raffle prizes are waiting for a few lucky winners.

Participants include: Black Bear Diner; Chick-fil-A Federal Way; Mediterranean Gyro Grill; East India Grill; Azteca Mexican Restaurant; Billy McHale's American Restaurant; KC Deez BBQ; Jimmy Mac's Roadhouse; and Sub Zero Nitrogen Ice Cream.

Tickets are \$15 and includes nine tastings from savory entrees to sweet desserts. Tickets can be purchased from any participating nonprofit, through BOLT 365 Radio at the market or online at bolt365radio.com.

The Taste of Federal Way is Saturday, Sept. 25 at 1701 S. 320th Street in The Commons mall parking lot.

OLIVIA SULLIVAN/THE MIRROR
Attendees received nine samples
of signature dishes from various
Federal Way restaurants at the
Taste of Federal Way in 2019.



Serving our Full Food and Bar Menu at our NEW Location! Dine In, Take Out, Delivery HAPPY HOUR Sunday & Monday: All Day Tuesday - Saturday: 3 - 6 pm & 8 pm - Close BEST FOO21 SUN - THUR 11am to 9pm • FRI & SAT 11am to 10pm 2020 S 320th Ste L, Federal Way 253-839-6693 • aztecamex.com

Tasting Federal Way: Peach jalapeño poppers

FOR THE MIRROR

Peach jalapeño poppers

(makes 10 servings)

By Vickie

Ingredients:

Chynoweth

10 jalapeño peppers, halved lengthwise, seeds removed (J & E Farm) 1 peach peeled, slice thinly (J & E

4 ounces 1/3 less fat cream cheese 5 slices center cut bacon

Directions:

1. Preheat oven to 375 degrees. Line a baking sheet with aluminum foil.

2. Put one slice of peach in each jalapeño half.

3. Fill each jalapeño half with the

cheese mixture.
4. Add a peach
slice on each cream

cheese stuffed jala-

peño.
5. Wrap each
stuffed pepper with
a 1/2 slice of bacon.
Arrange baconwrapped peppers on
the prepared baking

sheet.

6. Bake at 375 for 15 minutes. Lower oven temperature to 350 degrees and cook for 40–45 minutes or

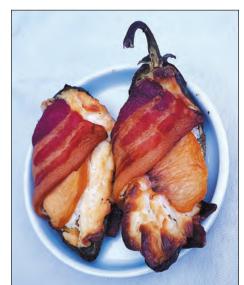
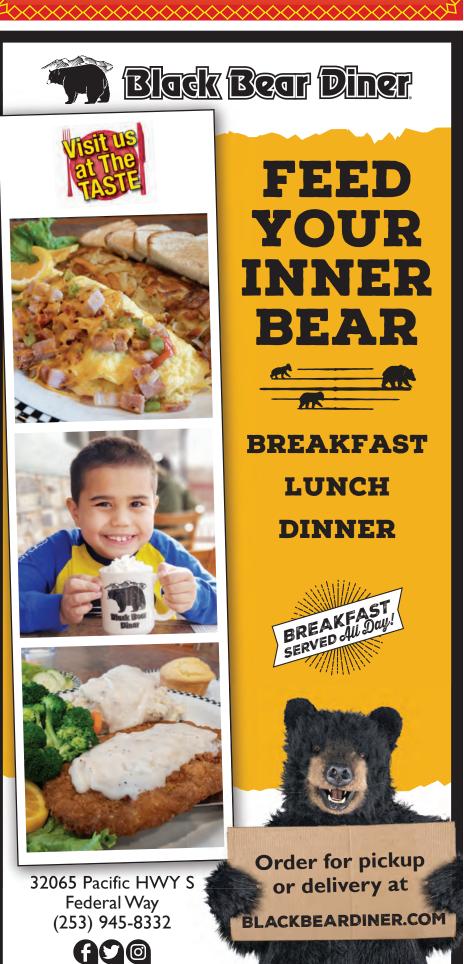


PHOTO COURTESY OF VICKIE CHYNOWETH

until the bacon is at desired doness.

7. Cool poppers for 5–10 minutes before







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Tasting Federal Way: Sausage Zuppa Toscana

FOR THE MIRROR

Sausage Zuppa Toscaña

(makes 10 servings)

By Vickie Chynoweth Ingredients

Zuppa 1 pound mild Italian

sausage 1/2 cup each dried pigeon peas, black eas soaked overnight (PhilAm Farm)

2 cups butternut squash peeled and cut in 1/2 inch cubes (Amador Farm)

about 2 cups (J & É Farms)

1 sweet onion chopped

2 cloves garlic minced (Lopez Farms) 2 cups yellow beet, chopped, about 2 beets (Amador Farm)

1 1/2 cup russet potato, peeled and cubed (PhilAm Farm)

12 purple potatoes, leave whole (PhilAm Farm) 2 medium carrots sliced (Amador Farm)

2 ears of corn, kernels removed, about 3 cups (Sidhu Farms)

1 bunch kale torn, stems removed (Bautista Farm) 2-3 tablespoons Ancient

Trees Greek Extra Virgin Olive Oil

1 1/2 cups milk 1/2 teaspoon celery salt



4-4.5 ounces low sodium chicken broth Side of bread ingredients:

Gruyere Cheese Bread Sliced (Forest Fairy Bakery) 1/4 - 1/2 cup (Ancient

Trees Greek Extra Virgin Olive Oil) **Classic Dark Balsamic**

Vinegar (Nature's Work)

Fresh ground pepper

Directions:

1. Rinse and drain dried soaked beans.

2. Add olive oil to large stock pot. Saute onion, garlic, carrots and beets until tender.

3. Remove cooked vegetables from pot. Brown sausage in pot, drain off oil.



PHOTOS COURTESY OF VICKIE CHYNOWETH

4. Add cooked vegetables to cooked sausage. Add potatoes and dried beans

5. Add chicken broth. Cooked uncovered until boiling. Turn stove down to simmer for 90 minutes. Note: Pigeon peas will be slightly crunchy. The pigeon peas bring a nutty flavor to the

6. Add milk and corn, cook until heated through about 7 minutes. Kale can be added to individual serving bowls or with milk and corn.

7. Slice bread. Pour 1 tablespoon olive oil to individual serving shallow dish. Add balsamic vinegar and freshly ground pepper. Dip bread in



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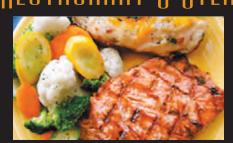
OPEN DAILY 11AM

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POOL TABLES :: DARTS :: HAPPY HOUR :: BANQUET ROOM :: CATERING NEW AMERICAN, BARBECUE RESTAURANT & STEAKHOUSE









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ndian Cuisine

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Menu

Healthy * Fresh * Flavorful

East India Grill

31845 Gateway Boulevard S, Federal Way

eastindiagrillwa.com

Buffet is Open 11 am - 3 pm \$17.95 Open Daily 11am

Closing: Sun - Thur 9pm; Fri - Sat 10pm **MASKS REQUIRED**

Uber Eats



Tasting Federal Way: End of summer fruit pie

FOR THE MIRROR

End of summer fruit pie (makes 8-10

By Vickie Chynoweth

Pie ingredients:

- 1/2 cup Raspberry Rhubarb jam (Sidhu Blackberries)
- 4 cups of plums pitted and cut slices (PhilAm Farms)
- 2 cups apples peeled and cored (J & E Farms)
- 2 cups blueberries
- (Hayton Farms)

tablespoons

1 lemon juiced, 2

1/2 cup honey (Novo Bees)

- 1 large egg white 2 cups Fairy Munch Granola (Forest Fairy Bakery)
- $1/2\ cup\ granulated\ sugar$ 3 tablespoons corn
- 1/2 teaspoon salt 1 teaspoon vanilla (Nature's Work)
- 1 tablespoon cinnamon Pie crust ingredients: 2 cups all purpose flour 1/2 teaspoon salt
- 2/3 cup vegetable shortening (Crisco) 6 tablespoons ice water 1/4 cup granulated sugar



PHOTO COURTESY OF VICKIE CHYNOWETH

Directions:

Apple, Blueberry, Plum **Pie Filing**

- 1. In a bowl mix apples, blueberries, plums and raspberry rhubarb jam. Add lemon juice and sugar, vanilla and honey mix to coat fruit.
- 2. In a blender or food processor, blend granola to a

- course flour texture.
- 3. Mix corn starch with granola, salt and cinnamon.
- 4. Separate egg, using only the egg white, mix until frothy. Gently stir into the fruit mixture.
- 5. Gently fold corn starch mixture into fruit and set aside while making crust.

BEST F2021

JOIN US DAILY FOR

9pm to Midnight

Pie Crust

1. Preheat the oven to 400 degrees. Combine the flour, salt and sugar in a large bowl and fluff with a fork. Cut the shortening into the flour with a fork or pastry blender until mixture is coarse pieces. Sprinkle a tablespoon of water at a time over the dough, lifting and tossing it with the fork. When it begins to come together, gather the dough, press it into a ball and then pull it apart; if it crumbles in your hands, it needs more water. (It's better to be too wet than too dry.) Add a teaspoon or two more water, as needed.

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Restaurants!

2. Gather the dough into two slightly unequal balls, the larger one for the bottom crust and the smaller one for the top. Flatten the larger ball, reforming any frayed edges with the sides of your hand. Lay out plastic wrap on counter. Place one ball of dough on plastic wrap, cover dough with another piece of plastic wrap. Dough should now be

between plastic wrap. Using a rolling pin, roll out dough until slightly larger than pie pan. Remove upper plastic wrap. Evenly place rolled dough into pie plate. Sprinkle the bottom off dough with2 tablespoons of sugar. Make top pie crust using the same method.

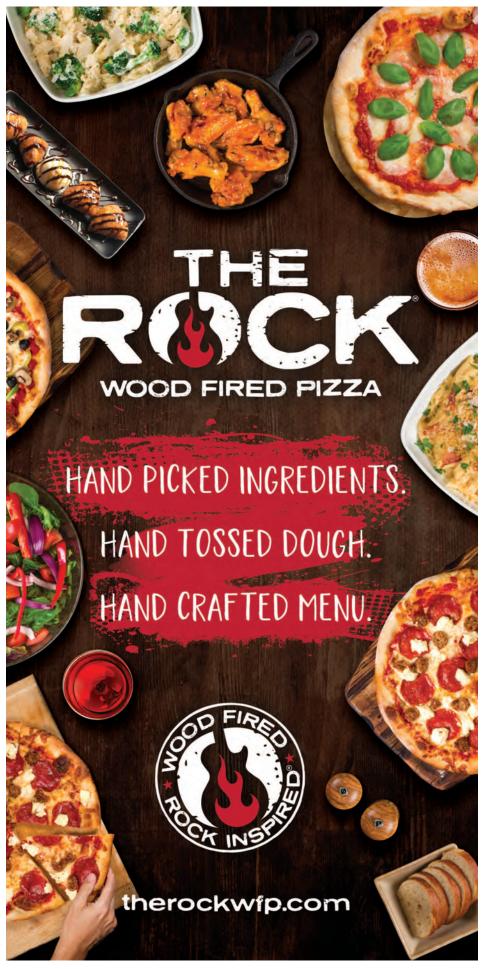
3. Place fruit mixture in pie plate with bottom crust that has sugar sprinkled evenly. with sugar. Lay top crust over fruit mixture. Fold the edges of the crust under, forming a rim around the pie. Push the dough between the thumb and index finger to form a U-shape. Crimp around entire edge of crust. Make four 1/2 slits on the top crust to vent

4. On a cookie sheet lined with foil place the pie on foil. It is now ready to bake. Bake 400 degrees for 30 minutes reduce oven to 375 degrees for 30-40 minutes. Cool on wire rack for at least 3 hours. Sore in refrigerator.





MEET | EAT | DRINK





TAVERN FAVORITES: