



**LIVE  
Entertainment**

# TASTE OF FEDERAL WAY

**ENTER  
RAFFLES  
For Prizes!**

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

**RESTAURANTS TEAMING UP WITH NON-PROFITS**

	<b>Black Bear Diner</b> Federal Way Hawks		<b>East India Grill</b> Valley Cities Behavioral Health Care		<b>KC Deez BBQ</b> LDRSHIP.ORG
	<b>Chick-fil-A</b> Federal Way Young Life		<b>Azteca</b> Ted Colby for St Vincent de Paul Parish School		<b>Jimmy Mac's Roadhouse</b> Rotary Club of Federal Way
	<b>Mediterranean Gyro Grill</b> Pacific Christian Academy		<b>Billy McHale's</b> Do The Right Thing		<b>Subzero Nitrogen Ice Cream</b> Federal Way Farmers Market



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

**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.

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

[www.federalwayfarmersmarket.com](http://www.federalwayfarmersmarket.com)



Serving crunchy banh mi, rice bowls, vermicelli bowls, and salad bowls topped with sizzling meats (or tofu) and your choice of fresh toppings.  
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# TASTING FW 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!**  
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## Tasting Federal Way: Peach jalapeño poppers

FOR THE MIRROR

Directions:

**Peach jalapeño poppers**  
(makes 10 servings)

By Vickie Chynoweth

Ingredients:

- 10 jalapeño peppers, halved lengthwise, seeds removed (J & E Farm)
- 1 peach peeled, slice thinly (J & E Farm)
- 4 ounces 1/3 less fat cream cheese
- 5 slices center cut bacon

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 jalapeño.
5. Wrap each stuffed pepper with a 1/2 slice of bacon. Arrange bacon-wrapped 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

7. Cool poppers for 5-10 minutes before eating.



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# TASTING FW

## Support Our Local Restaurants!

### Tasting Federal Way: Sausage Zuppa Toscana

FOR THE MIRROR

#### Sausage Zuppa Toscana (makes 10 servings)

By Vickie Chynoweth

#### Ingredients

- Zuppa**  
 1 pound mild Italian sausage  
 1/2 cup each dried pigeon peas, black peas soaked overnight (PhilAm Farm)  
 2 cups butternut squash peeled and cut in 1/2 inch cubes (Amador Farm)  
 1 sweet onion chopped about 2 cups (J & E Farms)

- 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 soup.

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 olive oil.



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 \*\*MASKS REQUIRED\*\*

Uber Eats

MIRROR BEST OF FEDERAL WAY 2021



Scan for Menu

# TASTING FW

## Support Our Local Restaurants!

### Tasting Federal Way: End of summer fruit pie

FOR THE MIRROR

#### End of summer fruit pie (makes 8-10 servings)

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)
- 1 lemon juiced, 2 tablespoons

- 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 starch
  - 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.

#### 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.

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 with 2 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 steam.

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. Store in refrigerator.

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