

# EPICUREAN FARE

## AJ's Cares

AJ's Fine Food Stores, Bashas' and the Phoenix Heart Ball have teamed up to create the exclusive AJ's Heart Ball reloadable grocery card. Similar to a gift card or a credit card, customers can use the Heart Ball community card to purchase groceries at any AJ's Fine Foods or Bashas' in the Valley. The card is good for all purchases, including fine wines and liquors, groceries, bakery, catering, party trays, floral and gifts and more. Every time a cardholder reloads the card with additional funds using a credit card, debit card, cash or check, six percent of the total will be given back to Heart Ball fundraising efforts, in turn supporting the American Heart Association. Each card comes with \$10 in available cash on it, and is therefore sold at \$10. After you buy the card, you can then load any dollar amount onto the card. To get reloadable Heart Ball grocery cards, call Melanie Dillman at 602-414-5360 or e-mail your order indicating your name, phone number and the quantity you would like to receive to [melanie.dillman@heart.org](mailto:melanie.dillman@heart.org).

## Salsa In Safford

Arizona's Salsa Trail is all about terrific Mexican food and down-home friendliness. Sprinkled throughout the small southern Arizona communities of Safford, Pima, Thatcher, Clifton, Duncan, Willcox and York are a dozen Mexican restaurants, a family-owned tortilla factory and a lady who grows chilies—who have all joined together to create the Salsa Trail. The scenic Old West Highway connects the communities and businesses that are within a 40-mile radius of Safford, about an hour and a half northeast of Tucson. This year, a new event has spawned from the Salsa Trail: The First Annual SalsaFest on Saturday, September 29 at the City of Safford Town Square. The SalsaFest is a celebration of everything salsa, including live entertainment, samplings of some of the greatest salsas in the Southwest and an opportunity to win prizes and bragging rights in the Salsa Challenge. To learn more about the Salsa Trail and SalsaFest, visit [www.salsatrail.com](http://www.salsatrail.com).

## Viva Mexico

On September 16, 1810, Father Miguel Hidalgo urged his people to take up arms and fight for Mexico's independence from Spain. This year, on Sunday, September 16, Los Sombreros Café and Cantina celebrates the time-honored Mexican Independence Day by preparing an authentic four-course menu made from the finest indigenous spices of Central America. Choose from a selection of the finest tequilas and cervezas, or enjoy cocktails with a citrus flair, such as the Pomegranate Margarita and Sangria de cava. Los Sombreros is located at 2534 N. Scottsdale Road. To make reservations, call 480-994-1799 or visit [www.lossombreros.com](http://www.lossombreros.com).

## Through The Vines

The Capital Grille and Alliance Beverage present A World Tour Through the Vines, an exciting new series of food and wine seminars at The Capital Grille in Phoenix. Sample tasty dishes paired with wines from regions around the world. The Tuesday series will culminate into a graduation party and complimentary wine tasting for guests who have attended at least one seminar. The events begin on September 11 and run through October 16. The cost is \$35 per person for each event. Each class can be purchased individually or, for the grand tour, as a six-week package. To RSVP, contact Keri Mahoney at 480-239-8450 or [keri.mahoney@tcgdine.com](mailto:keri.mahoney@tcgdine.com).

## The Breakfast Club

Friday, September 21 from 7:30 to 9:30 a.m. is the kick-off Lovitt and Touche's Breakfast Club America series at the Scottsdale Center for the Performing Arts. Breakfast Club America is a national franchise organization primarily focused on the middle-market business community with the goal of growing members' reach in the business community. The club is category exclusive, creating a noncompetitive environment for members to give references and referrals. Guest speakers are usually high-profile sports or business personalities and attendance is between 200-300 people. Some examples of Phoenix

member companies include Blue Cross Blue Shield, National Bank of Arizona and Sprint. To learn more, visit [www.breakfastclubamerica.com](http://www.breakfastclubamerica.com).

## I Am Iron Chef

Mark Tarbell, owner of Tarbell's in Phoenix, was selected to be on one of the Food Network's most popular shows, *Iron Chef America*. On the show, chefs do battle in the Kitchen Stadium against one of the four in-house Iron chefs: Mario Batali, Bobby Flay, Cat Cora or Masaharu Morimoto. The contestants must make a minimum of five dishes in 60 minutes based on one secret theme ingredient. The dishes are judged and winners are chosen based on taste, presentation and originality. The show was taped last October and will air on September 16. To honor this amazing achievement, an exclusive premiere party will be held September 16 at Tarbell's. Delicious cuisine and fine wine will be served as guests watch the premiere on big-screen TVs. Only 200 tickets are being sold for \$150 each. Net proceeds will benefit HomeBase Youth Services, Fresh Start and Phoenix Suns Charities. To purchase tickets, visit [www.tarbells.com/ironchef](http://www.tarbells.com/ironchef).

## Dine Out

Dine Out with the Chefs: A Celebration of the Culinary Arts will be October 7 at the Scottsdale Center for the Performing Arts. The mouthwatering event features 14 top Valley chefs who will serve up some of their favorite dishes, along with a book signing with Pamela Swartz, event founder and author of *Dine Out Phoenix: Where to Eat from Chic to Unique*. The participating chefs include Chef Justin Beckett of Canal, Pastry Chef Tracy Dempsey of Confection, Executive Chef Bernie Kantak of Cowboy Ciao, Executive Chef Eric Howson with Hyatt Regency Scottsdale Resort and many more talented Valley chefs. Enjoy wine tasting courtesy of Republic National Distributing Company and AZ Wine and Spirits, a premium beer tasting courtesy of Hensley and live jazz by The Andy Margolis Trio. Tickets are going fast and are available at [www.scottsdaleperformingarts.org](http://www.scottsdaleperformingarts.org).

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