FOOD FOR THOUGHT

The Pressroom at 441 W. Madison St. Those who purchase early admission tickets can get into the event at 11 a.m.

More than 15 local doughnut and ice cream businesses will offer their treats. Guests also can enjoy cold beer and cocktails. The fun foods will come from around the world. Rolled ice cream, bubble waffle with ice cream, beignets and churros are some of the sweet items that will be offered at the festival. Boba, coffee and lunch foods also will be available to buy at the event.

A curated marketplace with local artists will be part of the gathering, which will be held inside and outdoors at The Pressroom.

Tickets for admission are required. Prices are $13 per person for early admission, $8 for general admission, $4 for children ages 7 to 12 and those ages 6 and under get in for free. Prices do not include fees. Once in the event, food and drinks are sold separately. Most vendors will accept cash and cards. To learn, more visit www.ticket tailor.com/events/azdonuticecream.

History and food blend in cookbook

Arizona history, food memories, storytelling and favorite recipes come together in a hardcover, full-color book written by Historical League volunteers.

"Tastes & Treasures II: A Storytelling Cookbook of Historic Arizona" is a 216-page colorful souvenir that is part history book, part cookbook and all Arizona. The first section has unusual histories, photos and special recipes from 24 historic Arizona venues including El Chorro Lodge, Stockyards, Lon's at the Hermosa Inn, Grand Canyon's Harvey House Café, Bisbee's Café Roka, Charlie Clark's and Gertrude's at Desert Botanical Garden.

Readers can learn about history makers including Justice Sandra Day O'Connor, who made beef jerky on the Lazy B Ranch. Arizona's poet laureate, Alberto Rios, also shared an original story. Lattie Coor, a Phoenix native who was the 15th president of Arizona State University, revealed his recipe for tamale pie. Arizona's official historian Marshall Trimble offered up the family recipe for Trimble's Tasty Cowboy Beans.

The book retails for $30 and is available at the store at the Arizona Heritage Center at Papago Park, 1300 N. College Ave. in Tempe, or online at www.HistoricalLeague.org/shop.aspx.

Koi Poke adds chicken to bowls

Koi Poke is giving diners another way to boost their protein and satisfy their meat cravings, as well as another chance to save money.

The restaurant, located at 4280 E. Indian School Road, #108, has added chicken as one of its fresh protein options. Diners can select white meat grilled chicken as a way to top their choice of base, which is white or brown rice or spring mix. The restaurant's popular poke bowls can be customized with fresh options including Hawaiian tuna, lobster, yellowtail and shrimp, as well. Customers can tailoring their grilled chicken bowl with cucumber, shaved Brussel sprouts, kale, cilantro, jalapeno and other toppings.

Koi Poke diners also can "sauce it up" with teriyaki, house Sriracha aioli and other offerings and garnish their bowls with crispy onion or garlic, sesame seeds and other enhancements.

The grilled chicken bowls come in three sizes: small (four ounces of white meat) for $9, medium (six ounces of

please see KOI POKE on page 48

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