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The Salt Lake Tribune

WEDNESDAY, June 16, 2010

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More Food News:

- The well-mixed rants of culinary bad boy Anthony Bourdain
- Dining out: Come for sushi, stay for karaoke
- Hand-pressed, aged, rubbed in cocoa -- you'll go coo-coo for Cocoaroma cheese
- Fat: The secret ingredient to a tasty lean burger
- Celebrating urban chickens and backyard coops
- Expect to pay more at the plate for shrimp
- Everyday Organic: Natural dental care
- Utah's rock star farmers
- Love marinating? Learn to love flank steaks
- Dining Out: Hapa still grills a great burger
- In season: Fava beans
- Cuisine quest: Chile verde, anyone?
- Dining briefs: Dining around the world
- Owner-operated market planned in SLC
- Utah brewers bring home 21 medals
- Rubs add flavor to lean meat
- The din of dining
- Supermarkets borrow the restaurant vibe
- Chopped pork the secret to meaty sloppy Joes
- Weekly toast: When it comes to grilling, think big and bold
- Healthy eating: Satisfying soup for summer
- Trans fat limits lead to healthier foods
- Cuisine Quest: Roasted chiles for that smoky flavor
- Cooking classes: Go to back to school this June
- Everyday Organic: Make your own vanilla
- Food & Garden briefs: Cake Wrecks author coming to Utah

Celebrating urban chickens and backyard coops

By [Kathy Stephenson](#)
 The Salt Lake Tribune

Updated: 06/15/2010 01:33:15 PM MDT

Learn to raise chickens, visit local chicken coops and enjoy brunch made with locally-produced eggs during Wasatch Community Gardens "Chicken Week" celebration. It begins June 23 at 6 p.m. with an urban chicken workshop. Participants will learn how to build and maintain a chicken coop in their backyard. The workshop is \$10, and will be held at the Grateful Tomato Garden, 800 S. 600 East, Salt Lake City.

The 5th Annual Tour de Coops is Saturday, June 26 from 10 a.m. to 2 p.m. Take a self-guided tour of some of Salt Lake City best urban chicken coops, with owners on hand to answer your questions. Cost is \$10 per person, or \$20 for groups or families.

Before you head out on the tour, stop by Squatters Brew Pub, 147 W. 300 South, for the first "Early Bird Brunch," featuring breakfast and prizes, from 9 a.m. to 11 a.m. Cost is \$15, with proceeds benefiting WCG.

Registration is required for all three events. Get tickets at www.wasatchgardens.org or contact Brit Merrill at community@wasatchgardens.org, or at 801-359-2658, extension 11.

Have a smoothie, enjoy fireworks

Buy a smoothie at one of the six Utah Jamba Juice stores along the Wasatch Front and your purchase will help pay for the Sugar House fireworks. Through July 3, the company will donate 15 percent of all sales for the annual holiday show, which

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now depends on private donations. Jamba Juice has stores in Salt Lake City, Midvale, Taylorsville, South Jordan and Bountiful.

Virtual cooking class

Take a virtual cooking lesson with the chefs from Pei Wei Asian Diner. On June 16 at 7 p.m., log onto the internet and learn how to make four different mango-inspired recipes. Those who participate will get a discount code for 10 percent off their next online order. There are three ways to view the demonstration -- on the web: www.PeiWei.com; through the Facebook fan page: www.Facebook.com/PeiWei; or through the Livestream Broadcast Page: www.Livestream.com/PeiWei.

How to read a wine label

The Park City School of Wine continues its

Friday night wine series on June 18 with a lesson on "How to Read a Wine Label." The 45-minute class starts at 6:15 p.m. and will be held at the Silver Baron Lodge (next to the Lodges at Deer Valley), 2880 Deer Valley Drive, Park City. Cost is \$20, and includes a tasting of five wines. Patrons must be at least 21 to attend. To reserve a spot, call 435-655-9463.

Cookies for kids

A bake sale to raise money for pediatric cancer research will held Saturday, June 19, from noon to 4 p.m. at the Walmart at 5675 W. 6200 South, in West Valley City. The "Cookies for Kids' Cancer" event is sponsored by SaltLakeCityMommies.com, a networking group for Utah mothers.

Blue Lemon opens in SLC

Blue Lemon, a popular one-year-old restaurant in Utah County, recently opened its second location in the City Creek Center in downtown Salt Lake City. Chef/owner Todd Leonard makes salads, soups, sandwiches, entrees and dessert using fresh ingredients that are never fried or microwaved. Popular items include the shrimp and raspberry chicken salad, chipotle barbecue brisket sandwich and fiery fish tacos. The restaurant offers grab-and-go drinks and pastries.

Ultimate chefs crowned

Chefs Jared Young and Billy Sotelo from Salt Lake City's Oasis and Faustina restaurants won the "Ultimate Chef Challenge," held recently at the South Town Expo Center as part of the Nicholas & Co. annual food show. The duo, part of the LaSalle Restaurant Group, earned bragging rights and a chance to cook for chefs during the 2011 Sundance Film Festival. Each team of chefs had 90 minutes to prepare four different dishes using lamb -- the secret ingredient revealed just before the start of the competition. Young and Sotello impressed the judges with a lamb tartar; lamb T-bones; lamb bruschetta; and ancho-glazed lamb chops. They defeated chefs from Wild Grape, Goldener Hirsch, Log Haven and O.C. Tanner.

New food magazine

Abraham Lincoln: "Self-Made in America"
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- Successful Utah restaurant owner opens organic market
- 'Top Chef' brings touring truck to SLC
- Brave diners try to tackle Utah's biggest, spiciest foods
- A chicken burger with -- gasp! -- good texture
- Report: Foods free or mostly free of trans fats
- Kirby: A lesson or two about responsible eating
- Healthy Plate: A healthy bread hot off the grill
- Dining out: Meat takes center stage
- The Cheese Plate: Tangy and creamy, it's the whey of sheep's milk
- Food blogs give rise to pasta paparazzi
- Cuisine Quest: A seriously good orange-poppy seed cake
- Food and dining briefs: A smorgasbord and more at Scandinavian Festival
- Beat the clock at Zucca
- Dining Out: Kathmandu has its highs and lows
- Kiwi Bakery is back -- with comfort foods from Down Under
- Beers of Epic proportions
- Farmers' Market expanding at Pioneer Park
- In season: Its tartness tamed, rhubarb's the sweetest thing
- Cuisine Quest: Mac 'n' cheese with an attitude
- Healthy Plate: Think thin? Think breakfast
- Food and dining briefs: Join the Fiesta at the Utah Cultural Celebration Center
- Are we getting TMI about the food we order?
- Less mess, more meat: Country-style ribs
- Everyday Organic: The nature of nettles
- The molcajete is the rock of ages of kitchen tools
- Dining out: Local flavors and ambitious dishes highlight Tin Roof's eclectic menu
- Dining News & Notes: French food and wine
- Cut the fat, while pumping up the flavor
- Weekly Toast: Sip this sunset
- Cuisine Quest: Got a

The first issue of *Edible Wasatch*, a new print and online magazine about Northern Utah food, is now available at the Downtown Farmers Market at Pioneer Park, Harmons, Dan's and Whole Foods grocery stores, as well as several other locations throughout Utah. Published quarterly -- with the seasons -- the magazine will highlight farmers, chefs and food artisans along the Wasatch Front.

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- Everyday Organic:
Edible flowers: a feast
for the senses

- New cookbooks stay
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wonders of pig

- Mexico's sweetheart
spirit gets a Utah twist

- Cuisine quest:

Hazelnut chocolate cake

- The Cheese Plate:
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- Consider fruit at the
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a helping of ideas -- visit
the storage fair at WSU

- With Martha's help
Emeril going strong 20
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- Give in to the trend.

Try an egg on your pizza

- Earth Day: Cooking
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- Dining out:
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- Dish of the Week »
Ricotta dumplings from
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- Hand-crafted cheddar
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- Cuisine Quest: Rising
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- Food and dining
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- A cheesy chicken burrito in a flash
- Roundly dignified: Building better meatballs
- Dining notes: Bambara gets a redo
- New Mediterranean eatery to spice up east-bench hub
- Weekly Toast: Blueberries and vodka are a winning combination in Park City
- Cuisine Quest: Peaches and brining put Utah cook above the rest
- Taste of fried without all the oil
- Food and dining briefs: Utah Wins Gold at Beer Olympics
- Dining notes: Spring Dine O'Round starts April 16
- Recipe of the week: Pan-seared Utah trout with lemon butter sauce
- Uncork us: A guide to carrying in your own wine
- Dining out: With fare and flare, Citris and Trio are a reliable duo
- The Cheese Plate: Bit of spruce in every slice
- Cuisine Quest: Sate your nostalgia with Thai chicken noodle soup
- April cooking classes: Learn how to make pizza, sushi, tabouli and Italian specialties
- Food and dining briefs: Take tips from a wellness coach -- a page at a time

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