



THE BEST OF THE MARKET IN ONE FABULOUS NIGHT...

the 22nd annual
feast at the market!

tuesday, 4 october
dinner 6 - 9 pm
dessert 8:30 - 10pm

a progressive dinner benefitting Pike Market Medical Clinic



- 94 Stewart Restaurant
- Campagne
- Chez Shea/Shea's Lounge
- Copacabana Café
- Cutter's Bayhouse
- Emmett Watson's Oyster Bar
- Etta's
- Il Bistro
- The Islander & Tiki Lounge
- Japanese Gourmet
- Kell's Irish Restaurant & Pub
- Matt's in the Market
- Pike Place Bar & Grill
- The Pink Door
- Place Pigalle Restaurant & Bar
- Sonya's Bar & Grill
- The Tasting Room
- Typhoon!
- The Virginia Inn

Appetizers by the Sur La Table Culinary Program and desserts and coffee by Starbucks, served in the Seattle Athletic Club - Downtown.

206-461-6935 x160

www.pikemed.org/feast

Chili peppers: nutritious & versatile

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often labeled New Mexico dried chilies.

Cayenne: Bright red and fiery hot, this small thin chili is most commonly used in dried form in commercially ground powder known as "ground red pepper" or "cayenne pepper."

Habanero: Small and lantern-shaped, habanero chilies are the hottest known chili and range in color from light green to bright orange. They are used sparingly, in both fresh and dried forms, most commonly in sauces.

Jalapeno: Small, dark green, medium-hot and juicy, jalapenos are available fresh, canned and dried (as "chipotle chili"). These are easy to find and are one of the most popular chili varieties. They are used in a variety of sauces and are often stuffed.

Pasilla: In its fresh form, this chili is

called "chilaca." But this chili is most commonly dried. Medium-hot in flavor, pasillas are thin, 5 to 7 inches long and almost black. They are usually ground and used for sauces. These chilies are also known as "chili negro."

Poblano: Often described as fruity and earthy, this dark green chili is mild to medium-hot in flavor. When fresh, its triangular shape is perfect for stuffing, as in chilies rellenos. It is often used in mole sauces. Dried poblanos are called "ancho chilies."

Serrano: Fresh serranos are more slender and hotter than a jalapeno, but less juicy. They are often used interchangeably with jalapenos.

Consider the chili and all its glorious nutritious varieties the next time you need a little heat in your life and your cooking!

Unripe Papaya Salad with Chilies

Here's a great recipe for when you find unripe papayas - Unripe Papaya Salad with Chilies from the 'Turmeric Trail' - Serves 4

1 medium green (unripe) papaya, peeled, seeded, and thinly sliced (see note)

Juice of 1 large lime

2 tablespoons finely chopped fresh cilantro

1 teaspoon salt

1 teaspoon sugar

1/4 teaspoon ground turmeric

3 to 4 fresh Thai, cayenne, or serrano chilies, slit open lengthwise

1 tablespoon vegetable oil

1 teaspoon black mustard seed

1/4 teaspoon hing (asafoetida)

1. In a medium bowl, combine the papaya, lime juice, cilantro, salt, sugar, turmeric, and chilies. Mix well.

2. In a small skillet, heat the oil over medium-high heat; add the mustard seed. When it begins to pop, cover the skillet. As soon as the seed finishes popping, add the hing and sizzle for 2 to 5 seconds. Pour the seed-oil mixture over the papaya and toss well to coat. Serve chilled or at room temperature.

Note: Choose a papaya that is green, firm, and unripe. Peel it with a potato peeler or a paring knife. The flesh will be light green in color (unlike the orange/red color when ripe). Slice the papaya lengthwise, and with a spoon scoop out and discard the pearl-like white seeds (which will turn a beautiful black color when ripe). Use the slicer blade attachment of a food processor to slice the papaya thin; a box grater's slicer surface will also suffice.

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