



## ARIZONA STATE FAIR FLASH

### 2007 Arizona State Fair: Check your diet at the gate

#### Uniquely Fun Fair Food Plentiful at the Fair

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**PHOENIX, OCT. 25, 2007** - Fun food. It's one of the biggest reasons Arizonans visit the State Fair — unbelievably tasty, incredibly enticing, one-of-a-kind Fair food. If you crave it, deep-fried or on a stick, the Fair's probably got it.

Specialty food items at this year's Fair include Viking Balls at **Sally's Ice Cream**, the **Cranium Freeze** and what is sure to become a Fair favorite: Rattlesnake, "Snake Bites," with deep-fried jalapeno slices at the appropriately named **Rattlesnake Ranch**.

If you're a stickler for food on a stick, you can try birthday cake-on-a-stick at Sally's, located north of the Coliseum, or chicken fried steak-on-a-stick at **Sweety's**, just south of the Grandstand.

Not to be neglected in the deep-fried department: deep-fried pickle spears, deep-fried candy bars, deep-fried asparagus, deep-fried cookie dough and the brand new deep fried root beer float carry on the tradition.

"I almost burnt the house down developing this new float," says Cathy Getz at the **Pretzels & Fried Ice Cream** stand across from the Kitchen Craft Commercial Exhibits building on the Avenue of the Flags. "But I wanted to do something special for the Arizona State Fair and with that minor crisis averted I think we ended up something uniquely different." The secret, according to Getz, involves using a puff pastry instead of the usual funnel cake batter, which Getz says makes it taste lighter, crispier and crunchier.

Meanwhile, up at the northeast end of the Avenue at **Chef du Jour**, Chef John Corey is whomping up Sea Dawgs — a 12-inch cod in a

sourdough baguette with coleslaw — and Coco-Nanas — deep-fried bananas with coconut and chocolate dipping sauce.

Get your flan, tacos, tortas and sopes at the aptly titled **Mexican Food** stand by the Grand Wheel. Owner Jose De La Cruz delivers homemade and authentic Mexican choices.

Cranium Freezes are available for your palate-numbing pleasure in the middle of the Avenue. Mix and match 12 kinds of frozen carbonated beverages in a kid-friendly, self-serve setting with flavors ranging from grape, strawberry, cherry and lemon to bubblegum, sour apple and pina colada. Proprietor Jeff Arkel's philosophy: "Big messes: not a problem!"

If you fancy something a bit healthier, try the fruit kabobs with fresh strawberries and bananas drizzled in white and milk chocolate at **Berry Licious Kabobs'** big red tent on the Avenue. Stacia Wood calls it "a healthier alternative to the fried stuff," helpfully noting that chocolate is a good source of antioxidants.

If you're watching your carbs, then you might want to grab hold of a giant turkey leg or BBQ chicken at Al's **Western BBQ**, a Fair favorite located just west of the Coliseum. **Rubio's Fresh Mexican Grill** has also joined the Fair this year, offering their world-famous fish tacos and more, located at the Breezeway near Kiddieland. And the **SPAMMOBILE**<sup>®</sup> will be serving up free samples of their Spamburgers Oct. 26 to 28.

Of course the Fair doesn't neglect the standards either: fry bread, cotton candy, funnel cake, fudge, kettle corn and pizza are in abundance.

If you can't find Fair fare to your tickle your food fancy, well, you're just not feeling very festive yet.

We prescribe a corn dog.

### Fun Food Facts

Did you know that nearly every year at the Arizona State Fair, visitors consume approximately:

- 14,000 pounds of pork chops
- 14,285 pounds of hot dogs
- 56,000 ribeye steaks
- 37,160 milkshakes
- 20,000 dips of ice cream
- 10,459 deep fried Snickers
- 4,350 pounds of Weaver popcorn
- 3,360 pounds of smoked sausage
- an estimated 2½ tons of chips with 65 gallons of hot sauce
- 30,000 bags of cotton candy
- 4,000 lbs. of popcorn
- 37,000 apples
- 75 cases of caramel dip