

ALL  
NEW!

# Crank Up Your Crockpot!

TAKE A BITE OUTTA LIFE!

# Every Day

with Rachael Ray



# 126

HOT & HEARTY

**\$2.50**  
EASY-TO-FREEZE  
RECIPES

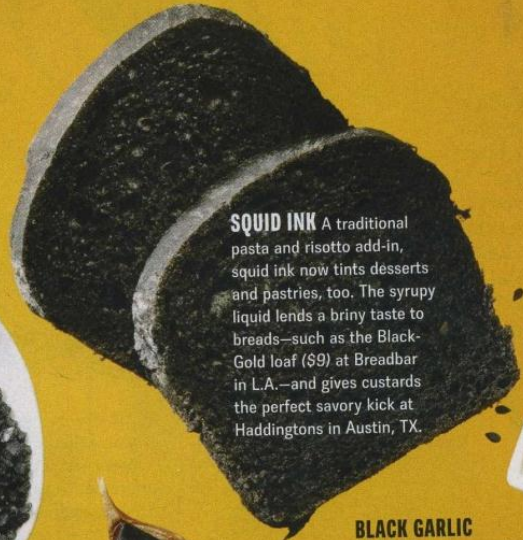
EVERY DAY **fun** WORD OF MOUTH

On the Menu

## Black Food is WHITE-HOT!

A new crop of trendy dark ingredients hits restaurant kitchens. BY ELIZABETH BARKER

**LAVA SALT** Chefs use this charcoal-infused sea salt to cheat grilled, smoky flavor onto raw foods like the beef carpaccio at Marliave in Boston (\$12) and the sliced fluke with tangerine and basil at Culina in Los Angeles (\$13).



**SQUID INK** A traditional pasta and risotto add-in, squid ink now tints desserts and pastries, too. The syrupy liquid lends a briny taste to breads—such as the Black-Gold loaf (\$9) at Breadbar in L.A.—and gives custards the perfect savory kick at Haddingtons in Austin, TX.



**BLACK VODKA** Tinted with catechu herb, it has a magic-potion vibe perfect for putting a twist on martinis. At the Sky Lodge's Sky Blue bar in Park City, Utah, sip the Poisoned Apple, a black vodka special with sour-apple schnapps and a black-sugar rim (\$12).

**BLACK SESAME SEEDS** These slightly bitter seeds cut the sweetness in rich desserts. Chef Takashi Inoue of NYC's Takashi restaurant sprinkles a powdered version on homemade vanilla soft-serve (\$8) and pulverizes the seeds into milkshakes and crème brûlées for a thicker texture and nuttiness.



**BLACK GARLIC CLOVES** The farmers' market variety looks darker than the white stuff, but tastes sweeter: "When cooked, it takes on molasses-like flavor," says Joseph Gillard of Napa Valley Grille in California. (No word yet on whether it keeps vampires away!)

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