

DISHES THAT DELIGHT

Set the mood with foods that feature tried-and-true aphrodisiacs

BY ALISON BAILIN BATZ



Flower Child

True Food Kitchen

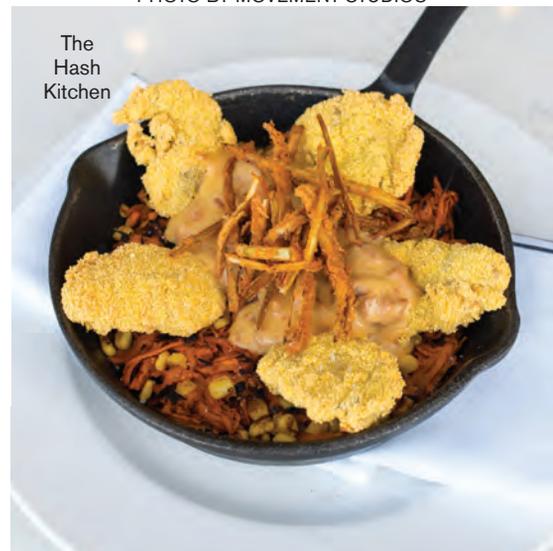
Sauce Pizza and Wine

Hand Cut Burgers + Chophouse

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Social Tap Eatery



The Hash Kitchen

As the old adage goes, the way to a man's heart is through his stomach, yet this actually applies to anyone. To up the romance factor, try using food – no, really!

There are hundreds of foods with aphrodisiac properties – from avocados to pomegranates – that have been proven to stimulate the senses, liven up the libido and add some spark to many a date night.

Following are 10 restaurants dishing out eats with ingredients that are sure to woo and wow.

EVO**DISH:** Focaccia Rustica, \$15

About: This wildly popular, freshly made focaccia with crème de brie, mascarpone and Maldon salt has one additional secret ingredient sure to stimulate all of the senses: Blue Sky honey. Not only sweet, honey is one of the world's strongest naturally occurring aphrodisiacs thanks to its high levels of boron, which regulate hormone levels. Honey also contains nitric oxide, which is known to expand the blood vessels.

Info: 4175 N. Goldwater Blvd., Scottsdale; 480.265.9814; www.evoscottsdale.com.

FLOWER CHILD**DISH:** Mother Earth Bowl, \$9

About: The Mother Earth Bowl contains avocado, which has been used as an aphrodisiac as far back as the Aztecs. Not only does its sensuous pear shape stir the senses, but high vitamin E content also helps maintain energy levels.

Info: 10460 N. 90th St., Scottsdale; 480.240.4400; www.iamaflowerchild.com.

GRABBAGREEN**DISH:** Mango Bowl, \$7

About: For many, the libido is naturally at its peak in the morning. To keep the feeling going, this breakfast mango bowl is teeming with the tropical fruit. Once considered a status symbol throughout Southeast Asia, mangoes actually contain compounds that mimic estrogen, are believed to increase male virility, and are loaded with vitamin E, which balances hormones and is known as "the sex vitamin."

Info: 15689 N. Hayden Road, Scottsdale; 480.991.9901 and 7366 E. Shea Blvd., Scottsdale; 480.991.8999; www.grabbagreen.com.

HAND CUT BURGERS + CHOPHOUSE**DISH:** Harris Ranch Prime Filet with Truffle Butter Lobster Claws, \$47

About: A juicy steak and/or lobster are certainly dishes that come to mind

when planning a romantic night out. But, it is actually the truffle butter that is the real star here when it comes to setting the stage for romance. Truffles, in fact, have been heralded as the sexiest of foods since the days of Napoleon, who ate them daily to increase his masculine potency. It is actually the musky scent – not the taste – that elicits desire in both men and women.

Info: 7135 E. Camelback Road, Scottsdale; 480.494.2008; www.handcutchophouse.com.

THE HASH KITCHEN**DISH:** Aphrodisiac Oyster Hash, \$14

About: Perhaps the most famous food for romance is the oyster – and for good reason. Oysters are brimming with zinc, a mineral that increases testosterone production and has been proven to boost sex drive, especially in men. In this dish, the oysters are complemented by a sweet potato and corn hash as well as a spicy chorizo hollandaise to further stimulate the senses.

Info: 8777 N. Scottsdale Road, Scottsdale; 480.947.3214 and 14838 N. Frank Lloyd Wright Blvd., Scottsdale; 480.361.5228; www.hashkitchen.com.

HULA'S MODERN TIKI**DISH:** Spicy Thai Chicken Bowl, \$14

About: In addition to the aphrodisiac properties of the spicy peanut sauce and fresh avocado on the chicken breast, the sweet plantains in this dish are a real stimulating stand out. Bananas are rich in bromelain, an enzyme that naturally boosts male libido, as well as potassium and vitamin B, both essential to hormone production and increased energy levels.

Info: 7213 E. 1st Ave., Scottsdale; 480.970.4852; www.hulamodernniki.com.

SAUCE PIZZA AND WINE**DISH:** Prosciutto & Fig Pizza, \$12.50

About: The ancient Greeks associated figs with love and fertility, and the Romans thought they were a gift from the gods. Sauce's Prosciutto & Fig Pizza will excite your taste buds with the perfect

combination of prosciutto and creamy goat cheese to accompany the historically sexy fig.

Info: 7135 E. Camelback Road, Scottsdale; 480.321.8844 and 14418 N. Scottsdale Road, Scottsdale; 480.321.8800; www.saucepizzaandwine.com.

SOCIAL TAP EATERY**DISH:** Red Wine Braised Short Rib, \$19

About: This ultra-tender masterpiece incorporates red wine in its sauce, which contains resveratrol, an antioxidant that helps boost blood flow and improves circulation.

Info: 4312 N. Brown Ave., Scottsdale; 602.432.6719; www.socialtapscottsdale.com.

TRUE FOOD KITCHEN**DISH:** Chioggia Beet Bruschetta, \$9

About: In addition to boasting a rich almond ricotta, this bruschetta is topped with a pomegranate molasses. The pomegranate was regaled as a culinary symbol of Aphrodite by the ancient Greeks, and some say the forbidden fruit of the Bible was not an apple at all but, instead, a pomegranate fruit.

Info: 15191 N. Scottsdale Road, Scottsdale; 480.265.4500; www.truefoodkitchen.com.

Z'TEJAS SOUTHWESTERN GRILL**DISH:** Smoked Chicken Chile Relleno, \$15

About: Chile peppers of all kinds are highly regarded for the effect they can have on the body. Chiles contain capsaicin, which is a powerful antioxidant that stimulates circulation and is a well-known aphrodisiac. The grilled-to-perfection, smoked chicken chile relleno is stuffed with mouthwatering ingredients including pecans, apricots, raisins, pepitas, Jack cheese, green chiles and sour cream. Spicy and sweet, this dish is sure to cause the heart to race.

Info: 7014 E. Camelback Road, Scottsdale; 480.946.4171 and 10625 N. Tatum Blvd., Phoenix; 480.948.9010; www.ztejas.com.