

# SAN DIEGO

MAGAZINE

TWENTY

# Hot

DATES

*(for partners, lovers & friends)*




*PLUS*

CHILES, CHOCOLATE & OYSTERS: THE SEXIEST LOCAL DISHES



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# What Are You In the Mood For?

Across San Diego County, local restaurants serve delicious dishes packed with ingredients said to get you hot

BY LEORAH GAVIDOR COLLAGE PHOTOS BY ERICA JOAN

**F**oods that purportedly induce that lovin' feeling might have little empirical evidence to back up the claims, but humans have been consuming so-called aphrodisiacs for thousands of years. To be fair, science says that oysters contain nutrients known to boost sexual health, like zinc, which affects testosterone levels. Chocolate has serotonin, a mood enhancer. Capsaicin in chiles increases blood flow and elevates heart rate, for a sweat that will turn up the spice level. Aphrodisiac or not, sharing a bite with your date or partner is an intimate experience—so why not try some feel-good foods from a handful of San Diego's top restaurants?



## CHOCOLATE

### MISSION HILLS

*Kakawa Chocolate Pot @ Wolf in the Woods*

Wolf in the Woods elevates the classic pot de crème with Hatch chile chocolate, cake crumbles, raspberry coulis, vanilla crème fraîche, New Mexican pinon brittle, and Kakawa almond cocoa. The touch of spice infused in the chocolate may surprise your date while leaving them with a lingering sweet impression.

### SOLANA BEACH

*Chicken Mole @ Tony's Jacal*

A menu staple since the 1960s, the mole at Tony's Jacal is simmered with cocoa, chiles, nuts, and a long list of spices. A hint of chocolate gets you in the mood, and the cozy sauce makes you want to cuddle.

### LA JOLLA

*Half-Baked Chocolate Cake @ Nine-Ten*

A cakey exterior houses a decadent center of flowing, warm dark chocolate. Drizzled with caramel sauce and served with silky whipped cream or smooth vanilla ice cream, this shareable dessert has been on the menu for two decades. "We'd be banished if it were ever removed," says marketing director Leslie Araiza-Lorenzo. Two spoons, please!

