



STALK FULL OF GOODNESS

It's time for celery to shed its stepchild persona. While we realize how boring this crunchy vegetable is, it actually has many redeeming qualities. It's low-cal and packed with potassium and beta-carotene.

Health nuts are clearly wising up to the veggie's many benefits, because celery juice is now an up-and-coming libation that's trending in all kinds of health and wellness spaces.

Fortunately, juicer-maker Hurom shared this celery juice recipe that'll have you stalking your grocery store for ingredients to whip up your own at home. Hurom's Celery Apple Kale Lemon Juice is not only hydrating but is infused with Vitamin C, packed with the antioxidant quercetin and designed to boost metabolism. So, drink up.

Bonus: It tastes good.

Celery Apple Kale Lemon Juice

Ingredients

- 3 medium-sized apples
- 1 cup celery, chopped
- 1 cup kale
- ½ medium-sized lemon

Directions

Place all ingredients in juicer, and process.

"Fast casual will make significant inroads. We'll continue to see luxury ingredients served in a very simple fashion with self-service."

— Geoffrey Zakarian, "Chopped" judge, chef, restaurateur

32 MILLION

Number of Americans with food allergies

Source: Food Allergy Research & Education

Cold As Ice

The next time you order a cocktail, think about this: The type of ice used could make or break the final creation.

That's the philosophy of Ervin Machado, the beverage director for Big Time Restaurant Group (Louie Bossi's, City Oyster and more), which recently invested \$100,000 in equipment to make four kinds of ice for the new Elisabetta's in Delray Beach.

"Ice is a building block. It needs to be viewed as a key ingredient in cocktails. You wouldn't use the same ice for a shaken drink that you would use to cool down a drink," says Machado in a press release. "Depending on the ice you use, it changes the profile of the cocktail. The second you introduce alcohol to ice, the alcohol by volume decreases. When we're making drinks, depending on the structure and concentration of the ice, the drinks will either melt more quickly and lower the alcohol or integrate better."

That comes into play when making an Old Fashioned — using 2.5-inch cubes cools the beverage but doesn't water it down.

With this level of attention to detail, you can rest assured your next Big Time cocktail won't disappoint.

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