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# Boston

*Ice Cream Spectacular!*



THE DEFINITIVE  
GUIDE TO THE REGION'S  
VERY BEST SCOOPS,  
FRAPPES, AND SUNDAES.  
**DIG IN.**

TRADE SECRET

## THE SPICE IS RIGHT

You won't find candles or flowers adorning the tables at Island Creek Oyster Bar. Instead, metal caddies stocked with hot sauces, vinegars, and other seafood-worthy accoutrements are the centerpieces. "We curated an interesting selection that we feel works well with the food," says chef and co-owner Jeremy Sewall, who chose the contents of the custom-designed vessel with help from the ICOB staff. Below, Sewall offers a primer on everything from locavore hot sauce to plain old Heinz. —LEAH MENNIES



- 1 GREY POUPON DIJON MUSTARD** › "It's spicy, acidic, and rich all at the same time, and has a flavor that chefs just truly enjoy."  
**2 RED TABASCO** › "If you mix it with ketchup for French fries, it's delicious. The ketchup adds a sweetness and mellows out the heat."  
**3 CHOLULA** › "It's not too spicy in the spectrum of hot sauces. It's a personal favorite on the fish and chips for me. Or on an egg sandwich for breakfast."  
**4 HEINZ KETCHUP** › "I've never had anyone make

ketchup that tastes better than Heinz. It's been a source of frustration for many people that want to make homemade ketchup for the menu—no you don't!"  
**5 GYPSY JUICE** › "It's a locally made product, and has a little relish quality to it—with chili, garlic, and acid. It would be really good on a burger."  
**6 MALT VINEGAR** › "That's for the fish and chips. I think the vinegar with the crispy beer batter just works."

**7 SRIRACHA** › "It's become a staple in most kitchens at this point. I put a little in our steamed littleneck clams—just a bit to brighten a broth is fantastic."  
**8 GREEN TABASCO** › "Regular Tabasco is too hot and vinegary on its own, but green Tabasco has a nice, mellow heat and bright acid flavor. It's the secret ingredient in our clam chowder."  
**9 HORSERADISH** › "People put that on everything—on their bread, in their ketchup. Some use it straight up on the oysters."

## FRICO SUAVE

It tastes like an upgraded Cheez-It, will make you look like a culinary pro at your next dinner party, and just so happens to be incredibly easy to create. Meet the *frico*, a crispy Italian-style wafer made from baking shallow rounds of shredded hard cheese. "Think of a burger with cheese melted on it—when the cheese gets to the bottom of the grill and gets all crunchy or charred, who doesn't like that?" explains chef Dante de Magistris, of Dante and Il Casale, who grew up on his grandmother's *fricos*. Of course, you don't have to be an Italian grandmother to master the technique, as de Magistris demonstrates here. —L.M.



**ONE** › Preheat oven to 350 degrees, and shred hard cheese (like Parmigiano Reggiano or Pecorino)—the thinner the shred, the crispier the wafer.



**TWO** › On a Silpat (or a cookie sheet that's been lined with parchment or foil and lightly coated with cooking spray) sprinkle cheese into lace-thin flat rounds.



**THREE** › Bake for three to four minutes, or until the cheese is bubbling and golden (the edges will brown first; wait until the middle turns golden as well).



**FOUR** › For a flat *frico*, allow to cool before removing. For a cup shape, (see photo), remove immediately, then press over the bottom of a cup until cooled and hardened (about 30 seconds).