

## Dedications

Remembering the first meals from your loved one

### **Don Juan deMarco**

Ava: Do you remember the first meal I ever cooked you

Don: I do certainly remember the first meal you cooked me.\*smiles\* it had quite a lot of courses as I remember.

Ava: \*smiles\* Yes it did, didn't it \*laughs\* Do you remember them

Don: of course. You first cooked me some different types of tapas to begin. I remember there being Croquetas, some Gambas al Ajilo, and then some Patatas Bravas. We then moved on to the appetizer and that was Gazpacho. We then went on to the main course which was a beautiful Paella which was as good as my mothers. And for pudding well \*smiles\* we had chocolate and strawberries.

Ava: \*smiling\* Wow Don you have a good memory dear although you did forget on thing from the pudding

Don: \*grinning\* Oh yes whipped cream. You must never forget the whipped cream. I also believe desert was not eaten downstairs.

### **Manouche Blake and William Blake**

Manouche: Well, it were jus' a little over a year ago this very time. I'd 'ad one or two brief encounters with Mr. Blake, an' I must confess, I'd lost me heart to 'im. But I was unsure as to whether me feelin's would be reciprocated.

Blake \*grins, squeezes her hand\* Silly pirate ...

Manouche: So, th' night after New Year's Eve, there I was at Chez Roux, carousin' an' enjoyin' th' usual fine times with me mates Kidd an' Lisa ... an' jus' as I were commiseratin' with 'em about me achin' heart, there he was! Right there in th' restaurant. But still, I were so bloody shy, couldn't make th' move ... then Kidd an' Lisa pushed me into action, as it were. Well, in Kidd's case, it were a bit more on the firm side, if ye catch me meanin' ... but it were most effective. I finally plucked up me courage, approached 'im, blimey, I were so nervous ... an' we left th' restaurant, I took 'im to me ship ... an' then I must confess, it were some time before we finally got 'round t' a proper meal. But I remember what it was ... it was—

Blake: Scones an' coffee that I picked up from Chez Roux the next morning. \*to Manouche\* And you had some fresh oranges, and you made Kir Royales. \*leans over, kisses her\*

Manouche \*smiles, shrugs\* It were five o'clock somewhere

### **Inspector Fred Abberline and Kat Abberline**

I approached Mr and Mrs Abberline and their answer was a dive in Fiji with rum as the main course and the words search me. Just before I was leaving Fred said that he also remembered that Kat also tried to make some meat stew when they began their relationship, but she burned it

### **Grace o' Malley Brasco and Donnie Brasco**

Grace: \*leans back in a chair, a rum bottle in her hand; making dramatic gestures as she speaks\* Iffen ye want te know about me an' Donnie's first meal together, I'll tell ye. It so 'appened that I were on me way te Chez Roux fer a meal an' a drink when I ran into Donnie. At that particular juncture, 'e were jus' a man o' law with exceptional brown eyes, savvy? But the blighter insisted on joinin' me an' he even 'ad the nerve te insist on 'oldin' me hand as we walked.

Donnie: \*quietly\* You didn't seem to mind...

Grace: I reckoned befriending an officer would come te me advantage...\*grins\* and there were them brown eyes. As I were sayin', we 'ad our first meal at Chex Roux. I don't remember what it was...but there were red wine an' rum.

Donnie: \*rolls his eyes\* THAT she remembers! We had Greek gyros with fried potatoes and Greek salad.

Grace: We should 'ave that again soon.

Donnie: We should.

### **Miranda and Malachi**

Miranda's home baked apple pie

### **Sarah and J.M Barrie**

Sarah: Our first meal together was at Chez Roux - and completely coincidental.

Barrie: \*smiling\* I'd like to think it was fate. But no, it was not planned. I walked into Chez Roux and there no empty tables, but there was an empty seat by her table. So I asked the pretty lady if I could join her.

Sarah: And then insisted on paying for my meal too. So I suppose it turned into a date of sorts.

Barrie: I did walk you home.

Sarah: Indeed you did. \*Thinks for a moment\* I believe I had a salad with chicken and baguette.

Barrie: I thought it looked good, so I ordered the same. It was a nice meal and a nice evening.

### **Portsmith**

Whipped cream, Cherries, Hot chocolate and Rum

### **Captain Jack Sparrow**

Obviously, Commander Portsmith is of a sensitive nature and finds it in questionable taste to reveal too many details of our tryst. Fortunately, or unfortunately as the case may be, I myself am not of such a nature. So allow me to set a mood ... \*spreads hands, gazing off into space\* Picture if you will, mates, the presumed majesty of the darkened interiors of the Commander's castle, the very chateau so lovingly replicated stone by stone from antiquity of great faux authenticity. Now before I continue, I can't help but have noticed that other couples responding to this very query have disclosed that their meals took place either before or after various levels of coupling, as it were. Ours is indeed a standout in that the meal and

the coupling were mixed, though the feelings runnin' on high at the time were decidedly not ... mixed, that is. \*frowns slightly, then continues\* So as I was sayin', we had just passed our first stage of acquaintance, which involved various states of dress, undress, address and redress ... quickly followed by the Commander expressing a voracious appetite for more than ol' Jack. It was then that I discovered, to my anxiety, that the lady possesses a certain condition regarding her blood sugar, and when the level is low, her temper runs high ... you've all no doubt seen it before. The result being that if she didn't consume something soon, she could quickly turn from the loving and lusty officer I'd known only moments before to the cold keeper of the keys, if you catch my meanin'. \*shrugs\* Well, I did what had to be done ... I stepped up with the proposal of rum. Sits well on the stomach, reconstitutes the constitution ... it's natures perfect food, savvy? This brought a spark of interest to the good Commander, and she took it a step further and said why stop with rum when you can create dessert. Before I could ask her to explain herself, she'd rung for that bloke who works for her, Wilson ... and we soon found before us a bounty of rum, hot chocolate, cherries, and the afore-and oft-mentioned whipped cream. \*grins\* Now, as you all know, I'm not one to brag, but as a matter of disclosure, I'm quite the artist in me spare time. So, after a little fortification and inspiration brought on by said rum, and with the Commander sprawled before me on the cheap but sincere imitation Persian carpet, herself in a most arrestin' pose – \*snickers to himself\* – arrestin', that's pretty funny, innit, her bein' of the law-enforcement trade – \*shakes head, returns to the subject at hand\* ... Anyway, gazing upon the alluring flesh of dolly ol' what's-her-face, it occurred to me that my adorable little Security strumpet would make a most provocative canvas. So, with nothing but the noblest of artistic intentions in mind, I took the whipped cream in hand and proceeded to—

**Ichy**

"You must NEVER forget the whipped cream!"

"Why?"

"BECAUSE"

**Dee Dee\* and Tom Hanson**

Dee Dee recalls a Limp salad over done bread rolls where as Tom recalls with a smile a fresh salad and bread rolls and wine

\* This lady likes to steal your men so be warned

## Introduction

Thank you for purchasing Intercourses: The art of aphrodisiac cooking and welcome. My name is Ava deMarco; yes the wife of Don Juan deMarco or better known as the lady who tamed the world's greatest lover. My cooking helped me to win the love of Don Juan deMarco who can not get enough of my cooking and other things. Now ladies we all know that Don teaches his art to men to make women to fall at their feet. But now it is our turn to do the same so with my guidance and help ladies you can win a man through his stomach. These are some of my recipes that I have used on my husband he adores them. So if these work on Don Juan deMarco these will work for you to. In this book I will be discussing the art of aphrodisiac cooking. Firstly I will briefly discuss the history of the aphrodisiac. I will the go on to discuss the A – Z of natural aphrodisiacs. Finally we will have some simple yet delightful recipes for you to cook for your man.

### The history of the aphrodisiacs

Aphrodisiacs were first sought out as a remedy for various sexual anxieties including fears of inadequate performance as well as a need to increase fertility. Procreation was an important moral and religious issue and aphrodisiacs were sought to insure both male and female potency.

### Why Certain Foods?

In ancient times a difference was made between substances that increased fertility versus one that simply increased sex drive. One of the issues in the early times was nutrition food was not as available as it is today. Under nourishment creates a loss of libido as well as reduces fertility rates. So substances that represent or look like your personal parts.

It is important to understand these food substances were identified and documented by the likes of ancient Greeks Pliny and Dioscordes in the first century AD and later by Paul of Aegina from the seventh century. Later more credence was given to foods that "satisfied dietary gratification".

Other foods that are to have these aphrodisiac qualities were derived from mythology. Aphrodite, the love goddess was said to consider "sparrows" sacred because of their "amorous nature" and for that reason were included in various aphrodisiac brews.

There was not always agreement upon what foods were actually aphrodisiacs or "anaphrodisiacs" (decrease potency). But the ancient list of aphrodisiacs included Anise, basil, carrot, salvia, gladiolus root, orchid bulbs, pistachio nuts, rocket (arugula), sage, sea fennel, turnips, skink flesh (a type of lizard) and river snails.

The ancients suggested you steer clear of dill, lentil, lettuce, watercress, rue, and water lily.

## A to Z of natural aphrodisiacs

### A

#### Alcohol

Edward Fitzgerald knew what he was talking about when he said: "A jug of wine a loaf of bread and thou." People have been using alcohol to stimulate the libido for centuries. But while a moderate amount of alcohol will reduce anxiety and release inhibitions one glass too many is more likely to put you asleep than put you in the mood.

#### Aiola

A popular garlic recipe from the south-eastern region of France. In summer, entire villages hold food festivals featuring this sauce called the "Butter of France." For an aphrodisiacal treat use it as a dip for either artichokes or asparagus

#### Apricots

The ancient Chinese considered this round thin skinned fruit to be a symbol of a sensual nature. Try feeding your lover fresh apricots which are available from May to July. Look for fragrant fruits with a red blush that gives slightly to pressure.

#### Artichokes

Katherine De Medici was considered scandalous by the French court for eating large quantities of artichokes. Her husband, Henry, didn't seem to mind.

The simple act of stripping an artichoke of its leaves, dipping them into butter and scrapping off the tender flesh with your teeth is a very sensual experience.

#### Asparagus

Perhaps the most erotic member of the vegetable kingdom. In nineteenth century France bridegrooms were required to eat several courses consisting of asparagus, asparagus and more asparagus because of its reputed powers to arouse.

### B

#### Bananas

If you need us to explain why this sweet, creamy, soft-fleshed fruit that's generally between 7 and 9 inches long is an aphrodisiac you need a lot more than our dictionary for amorous inspiration.

#### Basil

This flavourful herb is used in Voodoo love ceremonies in Haiti.

#### Beef

is one of Don favourites. It brings out the inner caveman in any man. Meat works wonders on your libido and brain. After a high protein meal, your blood stream is flooded with the amino acid tyrosine. The chemicals made from tyrosine, dopamine and norepinephrine, trigger brain cells that enhance mental alertness and concentration.

### C.

#### Cardamom

According to traditional Indian herbal medicine, a nightcap of powdered cardamom that has been boiled with milk and mixed with honey. Lets just say that little mixture has it covered coming and going!

### Carrots

This popular root vegetable, with its sweet flavour, was used to seduce lovers by Middle Eastern royalty. My question is: "Why does royalty need to depend on carrots?"

### Caviar

Caviar is considered an aphrodisiac for several reasons. Eggs are a symbol of fertility. Caviar, like Aphrodite who was born from sea foam, comes from the sea. Caviar, like many aphrodisiacs, is a very precious food that is reserved for special occasions.

### Champagne

Bubbly is lovely and makes any time of the day or night special. The bubbles actually help the alcohol get into the blood stream a little quicker so you get a buzz on toute suite. You don't have to spend big bucks to enjoy a little bubbly.

### Chocolate

My favourite food in the entire universe and one of the best known and best loved aphrodisiacs. Chocolate contains over 400 different chemicals including caffeine (see java) and phenylethylamine (PEA), a brain chemical that some scientists believe arouses the same feelings that we experience when we are in love. The Aztecs were the first chocoholics. They ground cocoa beans added spices and drank the bitter brew without sugar. Legend has it that Montezuma drank 50 cups of cocoa before entering his harem of several hundred women. In the mid 17th century chocolate developed a reputation as an aphrodisiac among chic Brits.

### Cloves

This dried bud of an evergreen tree is one of the world's oldest, dearest and most expensive spices. Cloves were probably first used by the Chinese around 200 B.C. The word clove comes from the Roman word for tack, clovis. They were believed to have medicinal powers and still have a reputation as a powerful love food. Cloves have a warm, sweet almost peppery flavour.

### Cucumbers

It doesn't take a rocket scientist to realize why these cool vegetables are considered to be an aphrodisiac. The Chicago Smell and Taste Treatment and Research Foundation found that women become aroused by the scent of cucumbers.

### E

#### Eggs

All kinds of eggs, from chicken to fish eggs (caviar), have been thought of as fertility symbols and by extension aphrodisiacs.

### G

#### Garlic

Garlic has been used as an aphrodisiac by the Egyptians, Greeks, Romans, Chinese, and Japanese.

#### Ginger

This pungent root has been used for centuries, both internally and externally, throughout Asia and India as a powerful aphrodisiac.

#### Ginkgo

Ginkgo has been known to increase blood flow throughout the body, especially in the brain.

#### Grapes

The party animal of the vegetable kingdom, grapes have been eaten by mankind since Neolithic times and have probably been cultivated almost as long. Dionysus known as Baccus

by the Romans hence the name bacchanalia was the god of wine as well as fertility and procreation. Funny how those three things go together eh?

## H

### Honey

One of the ultimate love foods, honey is sweet and spread able and perfect for dipping or spreading. The word honeymoon derives from the ancient custom that for the first lunar month after marriage a newly married couple would drink mead (honey wine). Some cultures spread a little honey on the palms of the bride and groom and have them lick it off each other to ensure a sweet life together. The Egyptians offered honey to the God of fertility,

## I

### Ice cream

Another one of our favourite love foods. But don't believe us. Buy a pint of your favourite flavour, sneak it into the boudoir and surprise your lover with ice cream in bed.

## J

### Java

Fatigue can really squash romance. A quick jolt of java can perk you up and put you in the mood for amour. Fact: coffee drinkers are almost twice as likely to describe themselves more sexually active than non-coffee drinkers.

## K

### Kumquat

This unusual and sensual citrus fruit is eaten skin and all and is an excellent food to pitch into your lover's mouth. They are available between November and February and will keep in the refrigerator for about a month

## L

### Lamb

Rack of lamb for two is one of life's most romantic foods.

### Liquorice

According to the Chicago Smell and Taste Treatment and Research Foundation the smell of black liquorice increases blood flow. Now you understand why the Inspector smokes so much

### Liqueurs

Several liqueurs have developed a reputation as aphrodisiacs including Chartreuse (especially the green variety) and Benedictine (both developed by monks) and Crème de Damiana (a Mexican liqueur).

### Lobster

This is a very sexy food to eat. You rip the flesh apart with your hands and dip in butter.

### Lovage

With a name like lovage you better be an aphrodisiac. The bright green leaves and stalks of this herb used to flavour soups, stuffing's and vegetables dishes, look and taste a lot like celery.

## M

## M & M

Legend has it that green M & M's work wonders. Personally, we feel M & M's of all colours are a classic love food. After all, they melt in your mouth not in your hands

## Mango

This exotic, sensual fruit has a moist flesh resembling peach, papaya and apricot. There are hundreds of varieties of mangoes which are extremely popular in India, Mexico and the Caribbean.

## N

### Nutmeg

This fragrant spice has been prized by Arabs, Greeks, Hindus and Romans as an aphrodisiac.

### Nuts

Whether you prefer walnuts, almonds or macadamias, nuts have had a reputation as aphrodisiacs for centuries. During harvest festivals in Rome,

## O

### Onions

Onions, a common ingredient in almost all cuisines, have been used for thousands of years as an aphrodisiac. Onions are recommended in both ancient Hindu and Arabic texts on the art of making love. In France, newlyweds were served onion soup the day after their wedding. Egyptian priests abstained from onions because of their lusty reputation.

### Oysters

One of the world's classic love foods. Legend has it that Casanova ate 50 raw oysters every morning in the bath tub using a beautiful woman's breasts as a plate. Oysters are very high in zinc. maidens passed out bowls of nuts as symbols of fertility.

## P

### Peach

Native to China, peaches have long been associated with ripe sexuality by the Chinese. There are thousands of varieties that range in colour from white, to yellow, to red.

### Pepper

According to The Perfumed Garden (an ancient Arabic love manual), ground pepper mixed with cardamom or lavender, galanga, musk, honey and ginger is a potent topical aphrodisiac for men. In India pepper corns are crushed with almonds, mixed with milk and consumed as an aphrodisiac.

### Pine Nuts

These nuts have been used as an aphrodisiac throughout the Mediterranean and the East. The Roman poet, Ovid, included pine nuts in his list of aphrodisiacs. The Perfumed Garden, (an ancient Arabic love manual), contains many references to pine nuts including this prescription "A glass of thick honey, plus 20 almonds and 100 pine nuts repeated for three nights."

### Pomegranate

This deep red fruit is recommended in the Karma Sutra (an Indian love making manual) as an aid.

## Q

#### Quince

Due to its colour, fragrance and many seeds, the quince was dedicated to Aphrodite (the Greek Goddess of love) and Venus (the Roman Goddess of love). Quince is eaten at some weddings to ensure a sweet life for the newly married couple. Some say quince was the fruit that tempted Eve.

#### R

##### Rice

Rice is a symbol of fertility and a staple food in Asia. In some cultures if a man and woman eat out of the same rice bowl it is a declaration of their engagement. Rice is thrown at wedding ceremonies for good luck and many children.

##### Roses

Roses are by far the most popular flower given to lovers. Roses have been used for centuries in love potions and the petals are edible.

#### S

##### Saffron

This expensive spice has been reputed to work like a hormone and make erogenous zones even more sensitive. Saffron is made from the dried stigmas of a type of crocus. About 225,000 stigmas are needed to make one pound of saffron. (Each crocus has about 3 stigmas which must be picked by hand.)

##### Sake

Japanese rice wine or sake is frequently drunk as part of Japanese wedding ceremonies. In the orient rice is a symbol of fertility.

##### Strawberries

A ripe strawberry is another perfect love food, both innocent and sexy. Try dipping them in chocolate, sour cream and brown sugar or whipped cream. Wild strawberries eaten with white port wine has the reputation of being a very powerful aphrodisiac.

##### Sweet Potatoes

Sweet potatoes are reputed to expand your ability to give and receive love. In late 16th century Europe sweet potato tarts were recommended to increase desire.

#### T

##### Tequila

This spirit made from cactus has been used for centuries to promote desire. Or at least break down inhibitions.

##### Tomatoes

Known as love-apples by the French, the humble tomato may have been the real culprit that got Adam and Eve kicked out of Eden.

##### Truffles

The fragrant musty smell of this precious, rare fungus contains chemicals that are similar to the hormones in the male pig. (Ok everyone; make your male pig jokes here.)

#### U

##### Unagi

Unagi, or raw sea eel, is a popular Japanese aphrodisiac. In America, it's a popular item on

sushi menus. Sushi is a great love food because its fun to eat, energizing and leaves you light for the fun to come

V

Vanilla

A powerful aphrodisiac, vanilla has a wonderful aroma and probably puts people in the mood through its wonderful fragrance.

W

Walnuts

In Rome, walnuts were thrown at newlyweds instead of rice and they were used in ancient fertility ceremonies. Walnuts have also been used in Italy and France to intensify desire

X

Xanat

This flower of the vanilla orchid was named for the youngest daughter of a South American fertility goddess who transformed herself into a plant that would bring pleasure and happiness.

Z

Zucchini

The shape says it all

## **Cook Book**

### **Shirred Egg with White Truffles and Baby Potatoes**

*Serves one*

Ingredients:

- 4 or 5 Ruby Crescent potatoes, each the size of a fingernail, quartered
  - 1 stick of sweet butter
  - a pinch of kosher salt
  - 1 tablespoon extra virgin olive oil
  - 1 very fresh extra large organic egg
  - 1/4 ounce fresh white truffle from Italy
    - 1 teaspoon white truffle oil
- 1 tablespoon mixed fresh herbs (chives, chervil, parsley, tarragon and basil)

Pre-heat oven to 500 degrees

On top of the stove, in a small saucepan, melt the butter, season with salt and gently poach the quartered potatoes for a few minutes or until tender.

Meanwhile, in a cold small steel blini pan (4 1/2" diameter) pour in the olive oil and swirl to cover the bottom. Pour out the excess.

Crack open the egg into the pan, season lightly with salt and bake for two minutes or until just set.

Remove the egg to a small round serving dish and garnish with the drained potatoes, truffle oil and herbs

Shave the white truffle over the dish in paper thin slices and serve immediately.

### **Raw Oysters served with Cucumber, Lime and Dill Dressing**

Yield: Makes enough dressing for one dozen oysters.

Ingredients:

- 2 small pickling cucumbers, peeled, seeded and chopped
  - 3 tablespoons finely chopped red onion
  - 1 Scotch bonnet (also called a Habanero) chilli pepper stemmed, seeded and chopped fine-these are hot!  
So be cautious when handling peppers
    - 1 teaspoon pommery mustard
    - 1 tablespoon finely chopped fresh dill
    - 3 tablespoons extra virgin olive oil
    - 1 tablespoon fresh squeezed lime juice

- 1/2 teaspoon sugar
- Kosher salt and freshly ground black pepper to taste

In a stainless steel bowl whisk together the lime juice, sugar, mustard, dill and chilli pepper. Slowly incorporate the lime juice.

Mix in the onion and cucumber. Cover and refrigerate for 20 minutes in order for the flavours to mingle. Shuck the oyster and top with a teaspoon of dressing.

### **Roasted Oysters Wrapped in Pancetta with balsamic vinegar sauce**

Ingredients:

- 1 dozen Oysters -very fresh and from a reliable fishmonger
- 12 slices, Pancetta-very thinly sliced about 1/8th pound
  - 1 cups Balsamic vinegar
  - 1 each Cinnamon sticks
  - 4 each Juniper berries
  - 1 each Bay leaves
  - 8 each Whole peppercorns
- 1 Unsalted butter, cut into 8 pieces
  - stick-very cold

Method:

1. Carefully open the oysters, reserving the liquor. Wrap each oyster with pancetta and place in a cleaned oyster shell.
2. Place reserved oyster liquor, vinegar, cinnamon, juniper, bay leaves, peppercorns in a saucepan and simmer 15 minutes or until the vinegar has reduced by two thirds.
3. Using a whisk, add the butter one piece at a time and whisk until all the butter is incorporated before adding more butter. If the sauce seems about to boil remove it from the heat-if the sauce boils it will break.
4. Keep adding butter one piece at a time until the sauce is thick and tasty- you may not need one or two pieces.
5. Roast the oysters for 6-10 minutes in a preheated 450F oven-until the pancetta is almost crispy.
6. Remove the oysters from the oven; allow cooling for 2 minutes, arranging on a serving platter and drizzling the balsamic vinegar sauce over the oysters.

### **Smoked Salmon "Pitza"**

(Recipes 1-2-3, Viking Penguin, 1996)

- 4 Pita breads
- 4 ounces herbed goat cheese or scallion cream cheese
- 12 ounces thinly sliced smoked salmon or pastrami-cured salmon

Preheat the oven to 425 degrees F.

Lay the pita breads flat on a large baking sheet. Whip the goat cheese until light and fluffy and spread the cheese evenly on the pita breads, leaving a boarder of  $\frac{1}{4}$  inch. Place the smoked salmon evenly on top to completely cover the cheese.

Bake 6 or 7 minutes, until salmon is warmed.

Serve on individual plates. If desired, cut each into 6 wedges, using a pizza cutter or very sharp knife.

### **Chilled Lobster with Fresh Perigord Black Truffles and Pickled Root Vegetable Salad**

Serves 4

- 4-1 pound lobsters, poached in their shells
  - 1 cup mushroom flavoured aspic
- One-quarter cup each of julienned, blanched carrot, rutabaga and parsnip
  - 1 tablespoon rice wine vinegar
  - 1 tablespoon sunflower seed oil
    - 1 tablespoon minced dill
  - Freshly ground black pepper to taste
    - Salt to taste
    - Chervil sprigs for garnish
- Fresh Perigord black truffle julienne for garnish

Remove the lobster meat from the shell. Keep the claw meat separate from the knuckle meat and split the tail meat lengthwise in two. Put the lobster meat on a rack placed on a cookie sheet or tray. Brush the lobster with the aspic and keep the tray chilled.

Season the root vegetables with the vinegar, oil, dill and freshly ground black pepper and salt to taste.

To arrange on plates, first place seasoned vegetables in the centre of each plate. Then arrange the glazed lobster tail to form a ring shape on top of the vegetables and place the claw and knuckle meat inside the ring shape.

Garnish with the chervil and truffle julienne

### **Tian of Celery Root and Smoked Sturgeon and Fingerling Potato Cups Filled With Crème Fraiche and Osetra Caviar**

Ingredients:

- 6 medium sized fingerling potatoes
  - 1 medium sized celery root
- 2 ounces smoked sturgeon, sliced thin
- 3-4 ounces horseradish emulsion (instructions included)
  - 1 ounce Osetra caviar
  - 2 ounces crème fraiche
- Garden cress or water cress, trimmed

Method and Technique:

Cut fingerling potatoes into quarters. With small melon baller, remove one- half of the inside of the potato being careful not to break the outside skin.

Blanch potato in boiling, salted water until tender. Remove and cool. Do not shock potatoes in water.

Peel celery root and cut in half. Grate celery root or cut into strips with Japanese mandoline. Hold celery root in water with lemon for later use.

Remove celery root from water and dry.

In bowl, mix dry celery with horseradish emulsion to bind. Season with salt and pepper to taste.

With small spoon, fill fingerling potato cups with crème fraiche. Top crème fraiche with a generous dollop of caviar. Hold in refrigerator.

For Horseradish Emulsion:

- 3 ounces freshly grated horseradish
- 1-2 cups olive oil (not extra-virgin)
  - 1 egg white
- 3-4 ounces chicken stock or canned broth (cold)
  - Fresh lemon juice and salt to taste

In blender, add chicken stock, egg white, and grated horseradish.

With blender running, slowly add olive oil in thin stream until mixture becomes thick.

Season with salt and lemon juice to taste.

To assemble the dish:

With round or square mould, lightly press celery root into one-quarter of mould's height to form.

Proceed with smoked sturgeon by pressing it lightly into mould to one-half of mould's height.

Fill remaining one-quarter of mould with trimmed cress and carefully remove mould.

With palette or small knife, lift sturgeon tian and place on plate.

Serve with three fingerling potato cups placed just to the left of tian.

### **Individual Beef Wellington with Green Peppercorn Sauce**

Yield: 2 servings

- 12 ounces filet mignon, cut in two pieces
  - 1 pound assorted mushrooms
  - 1 Tablespoon shallots, chopped
  - 1 sheet puff pastry, refrigerated
- 1 head garlic, wrapped in foil and roasted
  - 1/2 cup dry sherry
  - 1 Tablespoon parsley, chopped
- 1 egg beaten with 1 Tablespoon water

Green Peppercorn Sauce

- 1 Tablespoon shallots, chopped
- 1 Tablespoon green peppercorns, crushed

- ¼ cup brandy
- ¼ cup heavy cream
- 1 teaspoon fresh dill, chopped
- 1 Tablespoon butter

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Preheat oven to 375°F. Chop mushrooms very fine in food processor.

Sweat shallots in small amount of oil until tender. Add mushrooms and sauté until their liquid is evaporated. Add sherry and sauté until evaporated. Season with salt and pepper. Add butter and parsley. Remove from heat and cool.

Season beef with salt and pepper and sauté in hot pan until brown on all sides. Remove and place on a plate. Coat meat with roasted garlic.

Roll out refrigerated puff pastry until approximately 1/8-inch thin. Divide into four square pieces. Place small amount of mushrooms in middle of each piece of pastry. Place meat on top of mushrooms. Spoon more mushrooms around sides of meat. Fold up pastry and crimp edges together to close, like a "beggar's purse." Place each piece, edges side down on paper-lined sheet tray. Brush with egg wash.

Place in preheated oven for 17 minutes or until meat reaches an internal temperature of 128°F.

For the Green Peppercorn Sauce, sweat shallots and green peppercorns in butter. Deglaze with brandy and reduce by half. Add heavy cream. Simmer for two minutes. Season with salt and pepper, add dill.

To serve, spoon the Green Peppercorn Sauce on a plate. Place one "beggar's purse" in the centre. Drizzle a bit more sauce on top, and garnish with dill.

### **Braised Beef Short Ribs**

Yield: *4 servings*

Ingredients:

Braised short ribs:

- 4 beef short ribs (2 bones 2" x 4" each)
  - 1 carrot, sliced
  - 1 pineapple, sliced
  - 1 onion, sliced
  - 1 bottle of red wine
- 8 cloves of garlic, smashed
  - 3 celery, chopped
  - 3 cups veal stock
- 1 cup Tamari sauce (soy sauce will do)
  - 6 pieces of bacon, chopped

Red Cabbage:

- ½ head red cabbage, thinly shaved

- ½ onion, diced
- 3 pieces of bacon, chopped
  - 1 apple, julienned
  - ½ cup red wine
- ½ cup red wine vinegar
  - 1 cup apple juice
  - ¾ cup sugar
- 1 Yukon potato, grated with a box grater

#### Carrot Purée:

- 1 onion, sliced
- 10 carrots, chopped
- 1 Tablespoon cumin
  - ¼ pound butter
- 1 vanilla bean, split and scraped
  - Salt to taste

#### Glaze:

- 4 cups apple cider
- 2 cups braising liquor

#### Method:

1. To prepare braised short ribs: Season and sear short ribs on all sides and set aside. In a large braising pan, sauté garlic; add bacon after 1 minute. After 2 minutes, stir in onion, carrot, pineapple and celery. Sauté for 4 minutes. Add red wine, orange juice and soy sauce. Bring to boil, then add veal stock and bring to boil again. Simmer for 20 minutes. Add short ribs, cover and cook for 3 hours at 300 degrees.
2. To prepare cabbage: Sweat the onion and bacon until rendered. Add the red cabbage, season, and sauté until wilted (about 3-4 minutes). Fold in apple and potato. Add wine, juice, vinegar, and sugar. Bring to a boil and bake covered at 300 degrees until tender (about 30 minutes).
3. To prepare the carrot purée: In a stockpot, combine onions, cumin and oil. Sweat onions until translucent. Add carrots and barely cover with water. Add vanilla bean to the carrots and season. Bring to boil and then simmer until tender (about 45 minutes). Strain ½ liquid, then purée in butter with hand blender until smooth. Add salt to taste.
4. To prepare glaze: Reduce apple cider and braising liquor to glazed consistency.
5. To plate: Assemble cabbage and carrot purée in centre of plate. Place short ribs on top and glaze with cider sauce.

### Duck Confit

Yield: 2 *servings*

#### Ingredients:

- 6 duck legs, cleaned, skin on
- 5 cups rendered duck fat
  - 6 whole garlic cloves
- 2 stalks celery, chopped
  - 1 carrot, chopped
- 1 large yellow onion, chopped
- 3 Tablespoons kosher salt

- 8 medium fingerling potatoes, sliced
  - 2 Tablespoons canola oil
    - 3 cloves garlic sliced
    - 3 slices bacon chopped
  - 1 cup low-sodium chicken broth
- 2 cups greens Swiss chard, chopped
  - ¼ cup dried cherries
  - Salt to taste

Method:

Preheat oven to 350°F. In a deep, oven-proof pot, place duck legs, duck fat, whole garlic, celery, carrots, onion, and 3 Tablespoons of kosher salt. Cover pot with foil and place in oven for two and a half hours, or until the meat begins to fall off the bone. Remove duck legs from fat, and place them on a baking sheet. Set aside.

Place the sliced potatoes on a parchment-lined baking sheet. Drizzle with the canola oil and sprinkle them with a pinch of salt. Place them in the oven for twenty minutes or until soft, and set aside.

In a large sauté pan, place the chopped bacon and render until the bacon is crisp. Add the sliced garlic, roasted potatoes, greens, and chicken broth and let the broth come to a boil.

Place the sheet of duck legs back into the oven until the skin is crisp. Season the broth mixture with salt to taste and ladle into two serving bowls. Place the crisp duck legs on top and sprinkle with dried cherries.

### **Sautéed Gulf Shrimp with Andouille Sausage and Tasso Ham**

Yield: 2 servings

For the grits: 1/2 cup stone-milled grits (I use Woodson's Mill) 2 cups whole milk 2 ounces unsalted butter 1 Tablespoon salt (or to taste)

For the Shrimp:

- 12 each U-12 shrimp (preferably heads-on)
- 2 Tablespoons olive oil
- 1/4 cup Andouille Sausage, small dice
- 1/4 cup Tasso Ham, small dice
- 2 ounces white wine
- 4 ounces butter, diced (I use Plugrá)
- 1 Tablespoon fresh chives, finely chopped

For the grits, bring the milk, butter and salt to a boil. Add grits. Reduce heat to low and cook for 25 minutes, stirring constantly. Remove from heat and keep warm. These can be made 1 day ahead.

For the shrimp, sauté the shrimp in the olive oil briefly until they start to colour. Add the Andouille sausage and Tasso ham. Deglaze the pan with the white wine. Let the wine reduce to almost gone. Reduce the heat and slowly whisk in the butter until all incorporated. It is important at this stage not to let the sauce boil or the butter will break out of the sauce. It should also be noted that this sauce cannot be reheated on kept warm for very long; therefore, it should be made right before actual service. Finish with the freshly chopped chives.

To serve, divide the warm grits evenly between 2 warm plates. Portion the shrimp

evenly over the grits. Spoon the sauce on top, making sure that each plate gets the sausage and ham. Serve immediately

## **Puddings**

### **Chocolate Cake**

Yield: *Three 8" cakes*

Method:

Butter and flour three 8" pans

Step 1:

- 10 egg yolks
- 3/4 cups sugar
- 1 tablespoon water

Whip with mixer until thick and light. The batter should form ribbons from the beaters when lifted.

Step 2:

- 10 tablespoons high quality cocoa powder
  - 7/8 cups pastry flour
- 2 1/4 teaspoon baking powder

Sift, and set aside.

Step 3:

- 10 egg whites
- 1/2 teaspoon cream of tartar
- 6 tablespoons sugar

Whip until firm.

Fold 1/2 of the beaten egg whites (step 3) into the yolk mixture (step 1). Fold in dry ingredients (step 2). Fold in remaining egg whites. This mixture should be handled gently, avoid over mixing. Divide among the 3 pans and bake for 30 minutes at 350 degrees F.

- Rum Syrup
- 2 cups sugar
- 2 cups water

Bring to a boil, remove from heat Add: 1 cup dark rum and stir Set aside and let cool to room temperature.

## Chocolate Butter cream

*Yields: 1 1/2 quarts*

- 5 whole eggs
- 3/4 cups sugar
- 12 oz semi-sweet chocolate, melted
- 9 oz unsalted butter, soft

Whisk eggs and sugar over a double boiler until very warm. Remove from heat and mix until cool and light. Add melted chocolate (warm, not hot) while on low speed. Then add soft butter and beat until light.

To Assemble:

With a serrated knife, split the cakes into 3 layers each. For each cake assembled, place one layer on a cardboard circle or cake platter; moisten with rum syrup using a pastry brush. Top with chocolate butter cream, spread out to the edges. Top with a second layer of sponge cake and repeat until all 3 layers are assembled. Coat the entire cake with butter cream, and garnish with shaved chocolate.

These recipes make enough for 3 completed cakes. After the final butter cream coating, the cakes may be wrapped and frozen. To serve, pull out of freezer 4 hours before serving and let sit at room temperature. Garnish with shaved chocolate. These may be frozen up to one month ahead

## Love Potion Sorbet

"Food and sex are so related that when you start to do research it seems that every sort of food imaginable was at some point considered an aphrodisiac. To me, a perfect piece of fruit at its height of ripeness represents the most powerful aphrodisiac. It's been growing and sweetening until the one day that it's at its peak and will give the most pleasure. You are indulging in that one moment between youth and decay."

*Yields: 1 1/2 quarts*

Through the centuries, sea holly root (*eryngium maritimum*) and vervain (*verbena officinalis*) are two herbs that were often referred to as aphrodisiacs. Rose, cardamom, and ginger also make the love-inducing list. There's no guarantee, but try it and see what happens! Happy Valentines Day!

- 3 cups water
- 1 1/4 cups sugar
- 1 tablespoon chopped sea holly root, fresh, or 1 teaspoon dried
- 1 tablespoon chopped vervain leaf, fresh, or 1 teaspoon dried
  - 12 green cardamom pods, crushed
  - 6 (1/4") slices fresh ginger root
  - 2 tablespoons rose water
  - 1/4 cup lemon juice
  - 1 cup champagne

Bring the water and sugar to a boil in a saucepan. Add the sea holly, vervain, cardamom pods, and ginger. Cover, remove from heat, and let steep for 1 hour. Strain and chill. Stir in the rose water, lemon juice and champagne. Freeze in an ice cream maker according to manufacturer's directions.

## **Strawberries and Candied Ginger Dipped in Chocolate**

*Makes 32 pieces*

- 6 ounces good-quality bittersweet chocolate, chopped
  - 16 large ripe strawberries with long stems
  - 16 large pieces of crystallized ginger

In the top of a double boiler set over hot water, melt the chocolate, stirring occasionally. Remove the chocolate from the heat and keep it over hot water to keep it from becoming too thick.

Holding each strawberry by the stem, dip it into the chocolate, coating two-thirds of the berry. Let any excess drip off. Put the strawberries on a baking sheet lined with foil or waxed paper. Chill until hardened.

Pierce each piece of ginger with a toothpick and dip it into the chocolate to coat two-thirds, letting excess drip off. Place on a tray until hardened.

## **Passion Fruit Soufflé**

*Yield: 6 servings*

- 7 egg whites
- $\frac{3}{4}$  cup sugar
- 2 Tablespoon water
- 1 vanilla bean
- Juice of 1 lime
- 1 cup passion fruit purée (you can buy fruit purees at specialty stores) \*
  - 2 Tablespoons butter (for melting)

Preheat oven to 400° F.

Brush six ramekins with melted butter at room temperature and coat with sugar.

Bring water, lime juice, vanilla bean and sugar to a boil.

Whisk egg whites with an electric mixer until soft peaks form. Add in sugar liquid. Whisk again with a warm whisk until stiff peaks form. Gently fold in passion fruit purée with a spatula.

Fill ramekins with the mixture and bake for 7 minutes.

*To Serve:*

Remove carefully from oven and serve immediately.

## **Passion Fruit Granita**

- 2 passion fruits, puréed (you can also use store-bought)\*

- 2 orange tea bags
  - 4 cups water
  - 1 stalk lemongrass
- 1 Tablespoon black peppercorns
  - 2 Tablespoons sugar

Bring the lemongrass, sugar and peppercorns to a boil. Add the orange tea bags and let sit for 20 minutes. Strain into a shallow rectangular roasting pan. Put in freezer. Take out when solid and shave with a metal serving spoon to look like crystal

### **Hawaiian Vintage Chocolate Crunch Bars Macadamia Nut Brittle**

- 2 cups Macadamia nuts, diced and roasted
  - One-half cup water
  - 1 pound brown sugar
    - 1 cup corn syrup
    - 4 ounces butter
    - 1 teaspoon vanilla
  - 2 teaspoons baking soda, sifted
- One-half cup light oil such as canola or vegetable oil
- 1 and one-half pounds Hawaiian vintage milk chocolate
- 12 ounces Gaufrette cookies (50 pieces), crushed and toasted
- 1 and one-quarter pounds Hawaiian vintage dark chocolate
  - 2 and one-half cups whipping cream
  - 4 teaspoons Macadamia Nut Liqueur

Brittle: Keep nuts warm in low oven. Combine water, brown sugar, corn syrup and butter in a heavy sauce pot and cook to 280 degrees F. Add vanilla and warm nuts. Add baking soda last, stir in mixture. CAUTION!! Mixture will bubble up. Immediately pour onto greased cookie sheet and spread evenly with greased spatula. Cool slightly, then with caution pull out the brittle to make it thinner with your hands. Crush only 24 ounces of brittle very fine and combine with oil. Set aside. (Note: Save leftovers for ice cream toppings, etc.)

Melt mild chocolate and combine with crushed Gaufrette cookies and crushes brittle. Spread in a plastic wrap lined 9 inch by 13 inch pan and refrigerate.

Melt milk chocolate and cool. When chocolate is cool, add liqueur. Fold in whipped cream and mix thoroughly. Spread over mild chocolate mixture. Refrigerate 2 hours or overnight. Cut into desired shapes. Dust with cocoa powder before serving.

### **Fruit Spring Rolls with Ginger-Chocolate Sauce**

*Yield: 2 servings*

Rolls:

- 2 rice paper spring roll wrappers
  - 1 mango, peeled and sliced
    - 8 banana slices
  - 4 chunks canned pineapple
  - 1 kiwifruit, peeled and sliced

Sauce:

- ¾ cup cream
- 1 tablespoon minced fresh gingerroot
  - 1 ½ cups sugar
  - 1/2 cup water
- 2 ounces semisweet chocolate, chopped

To make the Rolls:

Fill two shallow dishes with hot tap water. Soak each wrapper in its own dish until pliable, about 2 minutes each side. Remove wrappers from water; pat dry on cutting board with paper towels. Arrange fruit in centre of each wrapper. Fold in tops and bottoms, and then roll up like a burrito. Cover rolls with plastic wrap and refrigerate.

To make the sauce:

Bring cream and gingerroot to boil in small saucepan over medium-low heat. Remove from heat, steep for 10 minutes. Strain mixture through fine-meshed sieve or cheesecloth: set aside. Place sugar in saucepan with 1/4 cup water; stir until blended. Using brush or fingers, drizzle remaining water down inside of saucepan sides to remove any clinging sugar crystals. Cover and boil over medium-high heat for 8 minutes. Remove cover and check colour of sauce. It should be starting to turn a pale gold colour. Continue boiling and checking colour until sauce caramelizes, about 8 more minutes. When caramelized to a rich brown colour, remove immediately from heat before sauce burns. Slowly stir in cream mixture and return to a boil. Stir in chocolate and reduce heat. Simmer 3 minutes.

*To serve:*

Arrange spring rolls on individual serving plates with dipping sauce on side.

### **Chocolate Espresso Truffles**

*Yield:* 2 dozen truffles

- 2 sticks unsalted butter
  - ¾ cup sugar
- ¾ cup espresso coffee
- 8 ounces semisweet chocolate
  - 3 whole eggs
  - 3 egg yolks

*Equipment:*

8" cake pan.

Truffle scoop (optional)

Preheat oven to 350 degrees. Adjust rack to centre of oven.

Melt butter, sugar, coffee, and chocolate in top half of double boiler set in simmering water. Place in mixer, add egg yolks and whole eggs slowly until well blended. Pour into eight-inch cake pan. Place cake pan into water bath and bake 1 hour in a 350 degree oven.

Remove cake pan from oven, and place in the refrigerator to cool. When cooled, use truffle scoop or teaspoon to scoop truffles and roll

with hands into 1/2" balls. Chill again until firm. Dip each truffle in melted chocolate of your choice or roll each truffle in cocoa. Chill and serve directly from fridge

### **Rose Petal Sorbet and Crystallized Rose Petals**

Yield: *12 Servings*

Ingredients:

2 cups milk  
3 cups water  
20 rose petals, washed  
12 ounces sugar  
1 cup of lemon juice  
2 Tablespoons rose petal water  
Grenadine (optional)

In a saucepot bring the milk and water to a boil; add rose petals. Let infuse for about 10 minutes; strain the liquid and add the sugar. Allow a few minutes to dissolve; add the lemon juice and rose petal water.

Chill and put in the ice machine. To serve place two scoops of sorbet in a martini glass; drizzle over the top a little grenadine and garnish with crystallized rose petals.