

Interpretive Guide to:

Ultimate Valentine Seduction Feast

Tri-Olives with Fennel and Orange

Fennel

The Greeks and Hindus considered fennel to be a potent sexual stimulant. A Hindu formula for sexual vigor includes: fennel juice, honey, ghee (clarified butter), sugar and licorice. In the Mediterranean fennel soup is thought to increase sexual desire.

Candy Chicken Wings

Apricots

The ancient Chinese considered this round thin-skinned fruit (which originated in China) to be a symbol of a sensual nature.

Orange Tomato Soup with Basil

Tomatoes

Known as love-apples by the French. Tomatoes are rich in the phytochemical lycopene which can help prevent prostate cancer.

Basil

This flavorful herb (especially when fresh) is used in Voodoo love ceremonies in Haiti.

Fruit Spinach Salad with Raspberry Vinaigrette

Strawberries

A ripe strawberry is another perfect love food, both innocent and sexy, and has the reputation of being a very powerful aphrodisiac.

Thai Red Beef Curry

Beef

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.

Coconut Milk and Ginger Rice

Ginger

This pungent root has been used for centuries, both internally and externally, throughout

Asia and India as a powerful aphrodisiac. To combat impotence Indian herbalists recommend eating a mixture of ginger juice, honey and half-boiled eggs. In Europe, young maidens baked and ate ginger bread men believing the ritual would bring them a husband.

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.

White Chocolate-Dark Chocolate Cheesecake

Chocolate

Chocolate contains over 400 different chemicals including caffeine and phenylethylamine (PEA), a brain chemical that some scientists believe arouses the same feelings that we experience when we are in love.