

# *Aphrodite*

*A Memoir of the Senses*

*Isabel Allende*

DRAWINGS

*Robert Shekter*

RECIPES

*Panchita Elona*

Translated from the Spanish by

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Excerpt from *Sringanakarika* from *Plaisirs d'Amour: An Erotic Guide to the Senses* by Elizabeth Nash.  
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A hardcover edition of this book was published in 1998 by HarperFlamingo,  
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First HarperPerennial edition published 1999.

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The Library of Congress has catalogued the hardcover edition as follows:

Allende, Isabel.

[Afrodita. English]

Aphrodite : a memoir of the senses / Isabel Allende; drawings by  
Robert Shekter; recipes by Panchita Llona; translated from the Spanish by  
Margaret Sayers Peden. — 1st. ed.

p. cm.

ISBN 0-06-017590-7

1. Aphrodisiacs—Literary collection. I. Title.

PQ8098.L1.L54A6713 1998

863—dc21

97-40274

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ISBN 0-06-093017-9 (pbk.)

## SOUP FOR ORGIES

This soup has a robust country flavor that raises a sweat on your eyelids and awakens your basest instincts, even a desire to recite poetry. It's a very concentrated broth of meat and vegetables to which the whole Spanish

landscape has been added. This dish, which can make friends of enemies and revive the passion of the most world-weary, is Carmen's favorite. It's what she always serves at her orgies. No way around it, it takes a lot of work, but it's more than worth it. The privileged guests who have tested its effect pass through the world commenting on its virtues, thereby spreading Carmen's fame far beyond the horizon.

### *Ingredients*

#### **FOR 10 BACCHANTS**

6 quarts water  
½ hen  
1 veal bone  
5 ounces bacon, well marbled  
½ pound pork ear and jowl  
1 pig's foot  
1 ham hock  
1 turnip  
1 carrot  
1 celery stalk  
2 leeks  
Salt  
1 fryer  
1 pound veal ribs  
1 pound veal hock  
1¼ pound potatoes  
1 cabbage  
½ pound pork sausage  
½ pound garbanzos, soaked in water overnight

#### **MEATBALLS**

1 pound lean pork, ground,  
or ¾ pound pork and  
¼ pound veal  
1 egg  
1 clove garlic  
2 tablespoons bread crumbs  
soaked in milk  
1 sprig parsley, chopped  
1 tablespoon flour

### *Preparation*

A huge pot is absolutely necessary for this recipe, a minimum 10-quart capacity. Set to boil water, hen, veal bone, bacon, pork ear and jowl, pig's foot, ham hock, and vegetables for the stock: turnip, carrot, celery, and leeks. Salt, too, of course. Cook for 1 hour.

This is more than enough time for cooking the garbanzos and preparing the meatballs, which hold no mystery. Mix ground meat with egg, garlic, milk-soaked bread crumbs, and parsley, and stir. Shape into balls, and dredge in flour.

Remove skins from the garbanzos, and put in a large pot with plenty of cold water; cook slowly until soft. Drain, then cook 10 minutes more in a small amount of pot liquor, to give them flavor. Keep warm.

When the stock has cooked for at least an hour, add the fryer, veal ribs and hock, and meatballs, and continue to cook for at least 1½ hours, until they are very tender and the entire house smells like Paradise. Strain off the

stock, and divide into two pots, one large, one medium. In the larger one boil the potatoes and the cabbage, and put well-strained stock into the other.

Pour a couple of inches of the stock into a large, heatproof vessel (it can be Pyrex), and keep warm over a very low flame. Carefully arrange the cut-up hen (after removing skin and ugly bones), the meat cut into equal-size pieces, laid out in families: pork, veal, fowl, jowl, with meatballs in the center, separating the meat from the fowl. The garbanzos can be served at the side of the platter or in a separate bowl. This is the platter that will be taken to the table, and so it must be arranged with a certain aesthetic intent or it will look like the result of a road kill.

At the last moment, just before gathering around the table, add pork sausage, which needs minimal cooking, to the broth containing the potatoes and cabbage. After a few minutes remove it from the stock and place it on the platter with the meat. Arrange the cabbage and potatoes on a separate platter.

It goes without saying that there are no fixed rules for an aphrodisiac casserole like this. You can give wing to your imagination, adding sausage, smoked meats, different vegetables, and, if you want to add an exotic South American touch, cassava and corn on the cob. Carmen spares no



expense or effort when it comes to an orgy. In her zeal for excellence, she often divides her divine stock into several tureens and in one, for example, serves the stock with corn and finely cut-up chicken, and in another stock with rice, in another vegetables, and so on.

Once everyone has recovered from the effects of the orgy, and before the guests say good-bye, she leads them to the kitchen, where they help wash up the mountain of pots and pans used in the feast.

## RECONCILIATION SOUP

### *Preparation*

If you can't find fresh mushrooms and must use the dried ones, soak them in  $\frac{1}{2}$  cup of good red wine until they spring up happily; in the meantime, while they're soaking, I calmly drink the remainder of the wine. Then I mince the garlic clove for the pure pleasure of smelling my fingers, because I could just as easily use it whole, and then sauté it with all the mushrooms in the olive oil, stirring vigorously for a few minutes—I've never counted, but let's say 5. I add the stock, the port, and the truffled olive oil—not quite all of it, I leave a couple of drops to dab behind my ears; let's not forget, it's aphrodisiac. I season with salt and pepper, and cook over low heat with the lid on until the mushrooms are soft and the house smells like Heaven. The last step is to process it in the blender; this is the least poetic part of the preparation but unavoidable. The soup should end up with a slightly thick texture, like mud, and with a perfume that makes you salivate and awakens other secretions of body and soul. I put on my best dress, paint my fingernails red, and serve the soup, in warmed bowls, garnished with a dollop of sour cream.

### *Ingredients*

$\frac{1}{2}$  cup chopped Portobello mushrooms (if dried,  $\frac{1}{4}$  cup)  
 $\frac{1}{2}$  cup chopped porcini mushrooms (if dried,  $\frac{1}{4}$  cup)  
1 cup brown mushrooms  
1 clove garlic  
3 tablespoons olive oil  
2 cups stock (beef, chicken, or vegetable)  
 $\frac{1}{4}$  cup port  
1 tablespoon truffled olive oil  
Salt and pepper  
2 tablespoons sour cream



# Panchita's Aphrodisiac Recipes

(With My Commentaries)



*My mother is a woman with classic style and a tendency toward moderation. As she created these recipes she had the prudence to test them one by one; for months she agonized over each spoonful of butter and sprig of parsley in her compelling desire to achieve perfection. Then it was up to me to enter them in the computer, and in the process I admit that I made a few changes. Where Panchita wrote three drops of liquor, I put a hearty splash, because in my experience cyanide is the only thing that produces an effect with three drops. Perhaps the problem is generational: in my mother's time, gentlemen reacted to subtle stimuli, but in mine you have to hit them over the head to get their attention. I thought it important to clarify this point because Panchita never had a chance to read the final text. Therefore, any errors that appear are not hers but entirely mine. If one of the recipes doesn't work for you, my patient reader, I would rather my mother didn't know. At her age, she can't take it. Write me, and I will send the humble apologies indicated.*

*Jack Allende*

# Sauces

THE SAUCY WAY TO FOREPLAY

*Hands express our intentions:  
they caress, comfort, punish, work.*

*A good hand for making  
a sauce is like  
a good hand for giving a massage:  
a valuable and rare attribute.*

*Sensual sauces,  
the ones the lover treasures in secret  
along with the most intimate  
and daring caresses,  
require imagination.*

## *Cold Sauces and Dressings*

These recipes will provide generous helpings for two people, and with a little restraint they will do for four. You can't imagine how much the work is simplified with a food processor.

## HOMEMADE MAYONNAISE

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A basic cold salad dressing. Mayonnaise is sold in all the supermarkets, even nonfat (what can *that* be made of?), but it is much tastier and safer made at home. In the old days it was a trial to prepare; in every family there was someone with “a good hand,” and no one else would attempt it. It was thought that if a woman was menstruating, the mayonnaise would

curdle, and then you would have to dither over it, trying to restore it with cooked potato. In my grandmother’s day, the egg yolks were beaten by hand with a fork the oil added drop by drop, a task that could take a half hour of aerobic exercise; definitely not recommended before an erotic encounter because it puts you in a bad humor. Panchita’s method takes only two or three minutes, and the result is equally deli-

cious but much lighter. The first time I made it, I added the oil too rapidly and it curdled; besides that, I splattered it all over the kitchen, ceiling-high. Remember.....*slowly*. Now the lids of processors have an opening to facilitate this kind of operation.

### *Ingredients*

**1 large egg**  
**½ teaspoon lemon juice**  
**1 teaspoon mustard (optional)**  
**¾ cup oil**  
**½ teaspoon sugar**  
**Salt and pepper to taste**

### *Preparation*

Place the egg, lemon juice, and mustard in a food processor or blender and beat on low for 10 seconds. Remove the lid and add 2 tablespoons of the oil and the sugar. Beat another 10 seconds and stir the mixture with a spatula. Then gradually beat in the remaining oil. In 1 minute the mayonnaise will be thick and ready to serve.

### *Variations*

This mayonnaise can be varied by adding 3 tablespoons of canned pimiento or 3 tablespoons of ketchup and 1 tablespoon of whiskey. You may also add 3 tablespoons of minced parsley, or cilantro and tarragon (salsa verde). If you prefer a firmer consistency, add 1 teaspoon of unflavored gelatin dissolved in a very small amount of hot water. Allow to cool before stirring it into the mayonnaise.

## TARTAR SAUCE

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### *Ingredients*

½ envelope unflavored gelatin  
2 tablespoons white wine  
1 hard-boiled egg  
2 tablespoons pickled pearl onions  
1 medium pickle  
1 tablespoon chopped parsley  
1 tablespoon tarragon  
¾ cup mayonnaise  
1 teaspoon mustard  
Salt and cayenne pepper to taste

For cold meats, eggs, and salads.

### *Preparation*

Soak the gelatin in the wine. Mince the hard-boiled egg, pearl onions, and pickle. Add the parsley, tarragon, mayonnaise, and mustard. Check the seasoning and add salt and pepper to taste. Heat the gelatin to dissolve it. Let it cool, add it to the other ingredients, and stir well. The sauce will remain firm and can be used as you wish.

## FRENCH DRESSING

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To enhance your salads. Can be prepared in your food processor or blender, or vigorously shaken in a bottle with a tight lid.

### *Preparation*

Place all the ingredients in a sealed bottle and shake thoroughly or combine in a blender. Store in the refrigerator until time to serve.

### *Ingredients*

¼ cup olive oil  
3 tablespoons tarragon vinegar  
1 tablespoon sugar  
3 tablespoons lemon and orange juice, mixed  
½ teaspoon Worcestershire sauce  
½ teaspoon mustard  
1 pinch ground ginger  
Salt to taste

## PEBRE

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### *Ingredients*

4 chili peppers (jalapeño, for example)  
¼ cup lemon juice  
¼ cup vegetable oil  
1 level tablespoon salt  
2 tablespoons chopped chives  
2 tablespoons chopped cilantro  
2 tablespoons chopped parsley  
3 tablespoons vinegar

This is a very popular sauce in Chile and other Latin American countries as a complement to meats, fish, and vegetables. You don't want to try it if you're frightened by things spicy.

### *Preparation*

Split open the jalapeño peppers, remove the seeds and veins, and mince by hand. Let marinate for 30 minutes in the lemon juice and salt, then drain. Add all the remaining spices and herbs and the vinegar. Store in a sealed bottle in the refrigerator until time to serve.

## GUACAMOLE

This Mexican salsa made from avocados is ever present on the tables of that country. When you have fish left from the previous day, improvise an aphrodisiac dish by adding this sauce, to be served cold. Guacamole can't be kept because it turns dark, so I prepare it shortly before serving. It is also delicious as an hors d'oeuvre with toast triangles, fried potatoes, or tortilla chips.

### *Ingredients*

2 large ripe avocados  
1 small white onion, minced  
1 jalapeño pepper, minced  
2 medium tomatoes, peeled,  
chopped, seeded, and drained  
2 tablespoons olive oil  
1 teaspoon Worcestershire  
sauce  
Salt to taste  
1 beaten egg yolk  
1 tablespoon lemon juice

### *Preparation*

Do not peel the avocados until the last minute. Combine the onion, jalapeño pepper, tomatoes, oil, and Worcestershire sauce. Let the flavors blend for 1 hour. Add salt to taste. Peel the avocados and mash lightly with a fork. Dissolve the egg in the lemon juice. Add the avocados and egg just before serving to prevent the avocado from turning dark. Store in a cool place.

## LIGHT DRESSING

For artichokes and asparagus, two green vegetables aphrodisiac not only in their internal properties but in their erotic external appearance—not overlooking the pleasure of eating them with your fingers. Unfortunately, this

### *Ingredients*

4 ounces cream cheese  
2 tablespoons grapefruit juice  
1 tablespoon apple vinegar  
1 tablespoon minced parsley  
1 tablespoon minced mint  
1 tablespoon chopped dill  
Salt and powdered mustard to  
taste  
1 egg white, stiffly beaten

wonderful smelling and delicious tasting sauce doesn't keep well, so if you have some left from dinner, use it in novel preliminaries to lovemaking; surely no directions are needed for that.

### *Preparation*

With a whip, beat the cream cheese with the grapefruit juice and vinegar. Add the parsley, mint, and dill. Season with salt and mustard. Add the stiffly beaten egg white just before serving.



## TURKISH SAUCE

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### *Ingredients*

3 thick slices white bread,  
crusts removed  
1 cup yogurt  
1 cup walnuts, ground after  
brown skins are removed  
 $\frac{1}{3}$  cup olive oil  
2 cloves garlic, crushed  
 $\frac{1}{2}$  cup chopped parsley  
1 tablespoon minced fresh  
oregano  
1 tablespoon chopped sweet  
basil  
Salt and pepper to taste

For cold fowl.

### *Preparation*

Crumble the bread into the yogurt. Place all the ingredients in a blender or food processor and combine well. The sauce should be thick, but if you want it thinner, use more olive oil.

## MEDITERRANEAN SAUCE

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### *Preparation*

Combine all the ingredients except the jelly, salt, and pepper, and let sit for 2 hours to blend the flavors. Add the red currant jelly and season very lightly with salt and pepper. Stir well and cool before serving.

### *Ingredients*

$\frac{1}{2}$  cup mayonnaise  
 $\frac{1}{2}$  cup chopped tomato, drained  
and seeded  
3 tablespoons minced black  
olives  
2 cloves garlic, crushed  
1 teaspoon anisette  
1 tablespoon tarragon vinegar  
1 tablespoon grated onion  
1 heaping tablespoon red  
currant jelly  
Salt and pepper to taste

## SALSA PICANTE

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### *Ingredients*

1 medium onion, minced  
1 clove garlic, crushed  
½ teaspoon paprika  
Cumin to taste  
Oregano to taste  
½ tablespoon butter  
2 slices white bread  
1 cup milk  
4 drops Tabasco  
Salt to taste  
⅓ cup vegetable oil  
1 cup small shrimp, cooked and peeled  
1 tablespoon rum or other non-sweet liquor

Using this sauce, the simplest dishes, such as potato or pasta salad, hard-boiled eggs, and cold fish, can be served with an erotic flourish.

### *Preparation*

Sauté the onion, garlic, paprika, cumin, and oregano in the butter. Soak the bread in the milk for 5 minutes, then add to the onion-garlic mixture. Season with Tabasco and salt. Cook a few minutes, until the mixture thickens. Pass through a sieve or blend in a food processor. Cook over low heat, slowly adding the oil and shrimp. Add the liquor to accentuate the flavor.

## HUANCAINA SAUCE

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Typical of Bolivia and the Peruvian sierra, this sauce can be used warm or cold over boiled or baked potatoes and garnished with fresh lettuce leaves. It is also good with corn on the cob, hard-boiled eggs, and some white-fleshed fowl.

### *Ingredients*

½ cup ricotta cheese  
½ cup goat cheese  
1 cup olive oil  
3 tablespoons grated onion  
2 tablespoons heavy cream  
1 teaspoon Tabasco  
⅓ cup lemon juice  
1 garlic clove, thoroughly crushed  
1 teaspoon grated orange zest  
1 teaspoon peanut butter  
Salt and white pepper to taste

### *Preparation*

Place all the ingredients in a food processor and blend until thoroughly combined.

## WALNUT SAUCE

For fowl, fish, and as a seasoning for cold pasta salads.

### *Ingredients*

4 slices white bread, crusts removed  
1 cup Chicken Stock (page 241)  
or ½ cube concentrate  
1 cup crushed walnuts (nuts are finer if blanched)  
4 tablespoons heavy cream  
Salt, pepper, and nutmeg to taste (add salt with caution if using concentrated stock)

### *Preparation*

Soak the bread in the stock for 10 minutes and then squeeze dry. Combine with all the other ingredients and blend thoroughly. If the sauce is too thick, add a splash of olive oil.

## RAVIGOTE

Excellent for cold meats. Don't be timid—you can use nearly any fresh herb you can find. This is one of the few times that excess is applauded.

### *Ingredients*

1 teaspoon chopped mint  
1 teaspoon chopped parsley  
1 teaspoon chopped dill  
1 teaspoon chopped cilantro  
1 teaspoon chopped tarragon  
1 teaspoon chopped chervil  
1 teaspoon chopped celery  
1 teaspoon chopped sweet basil  
1 teaspoon chopped watercress  
1 tablespoon capers  
1 tablespoon lemon juice  
1 egg yolk  
½ cup olive oil  
¼ teaspoon mustard  
¼ teaspoon anisette  
Salt and pepper to taste

### *Preparation*

Blend all the herbs and capers with the lemon juice and egg yolk in a food processor. Slowly add the olive oil until a green mayonnaise is formed. Add the mustard and season with anisette, salt, and pepper to taste.

## SWEET-AND-SOUR SAUCE

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This is smoother and more discreet than the typical sweet-and-sour of Chinese cuisine. Serve as an accompaniment to pork and fowl.

### *Ingredients*

2 tablespoons mustard  
4 ounces plain yogurt ( $\frac{1}{2}$  cup)  
1 pinch salt  
1 tablespoon orange  
marmalade  
1 tablespoon cherry jam  
1 jigger vodka

### *Preparation*

Mix the mustard into the yogurt. Combine with the salt, marmalade, jam, and liquor. Stir well.

## ORANGE WHIRL

---

This is a lightning-fast way to rescue the day. Hard-boiled eggs, asparagus, artichokes, and other vegetables look ready to grace a party when dressed with this sauce.



### *Ingredients*

1 cup heavy cream  
1 teaspoon sugar  
1 egg yolk  
1 tablespoon onion juice  
Juice and grated rind of  
 $\frac{1}{2}$  orange  
 $\frac{1}{2}$  teaspoon ginger  
Salt and green pepper

### *Preparation*

Beat the cream with the sugar until it thickens. Add the remaining ingredients and stir gently so as not to make the mixture watery. This is excellent on a cooked onion and potato salad.

## COSTA BRAVA

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For green salads and cold fish.

### *Ingredients*

1 tablespoon olive oil  
2 tablespoons heavy cream  
½ cup ricotta cheese  
¼ cup minced green olives  
¼ cup seeded and minced  
cucumber  
1 tablespoon grated onion  
1 tablespoon chopped mint  
1 tablespoon lemon juice  
1 pinch grated lemon rind  
1 pinch garlic powder  
Salt and pepper to taste

### *Preparation*

Combine all the ingredients 30 minutes before serving.

## THREE-MINUTE MARINADE

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In love and in cooking one should never hurry, but often you don't have time to perform the entire *Kama-sutra*. This quick marinade goes perfectly

### *Ingredients*

½ teaspoon powdered mustard  
½ cup plain yogurt  
1 tablespoon grapefruit or  
lemon juice  
1 tablespoon apricot preserves  
1 jigger vodka

with pork roast, ham, pork chops, or pork loin before cooking. The combination of ingredients for this sauce sounds loony—like the anchovies with condensed milk my son loved when he was a child—but I promise you, it's delicious.

### *Preparation*

Dissolve the mustard in the yogurt. Combine with the lemon juice, preserves, and liquor. Stir well. Nothing easier!

## SALSA VERDE

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For cold pasta salad, fish, cold meats, and cold cuts.

### *Ingredients*

3 hard-boiled egg yolks  
4 tablespoons olive oil  
½ cup plain yogurt  
1 cup cooked spinach  
2 tablespoons balsamic vinegar  
1 clove garlic, crushed  
1 cup chopped mixed fresh  
herbs, such as tarragon, dill,  
borage, and chives  
1 pinch nutmeg (preferably  
freshly ground, but if  
unavailable, powdered will do)  
Powdered mustard, salt, and  
pepper to taste

### *Preparation*

Mash the hard-boiled egg yolks with a fork or, even better, in a food processor. Add the oil, yogurt, and spinach. Add the vinegar, garlic, and herbs. Season with the nutmeg, mustard, salt, and pepper. If the sauce is too thick, it can be thinned with a little of the water in which the spinach was cooked.

## EROTIC DRESSING

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We've already said that eggs are aphrodisiac, remember? Here we have a sauce that abuses them. In some instances this dressing can be used in place of mayonnaise.

### *Ingredients*

2 hard-boiled eggs  
½ cup mayonnaise  
2 tablespoons olive oil  
1 tablespoon balsamic vinegar  
1 teaspoon minced fresh  
tarragon  
1 teaspoon lemon juice  
1 tablespoon minced chives  
1 pinch paprika or 1 teaspoon  
mustard  
Salt to taste

### *Preparation*

Mash the eggs with a fork. Mix well with the mayonnaise and all the other ingredients, and forget about cholesterol!

## *Sauces Served Hot*

There are sauces served hot and sauces served cold, although the former may be used when lukewarm and the latter at room temperature. Again like love, extremes are dangerous. This flexibility frees up precious time because it allows you to prepare your sauce a little in advance, waiting discreetly in its uncovered pan. (If you cover it when it's still hot, the steam that builds up will make it watery.) The general rule in preparing sauces is to cook them over very low heat, stirring constantly with a wooden spoon and with the same affectionate tenacity that characterizes lovers' caresses. If you are careless and let lumps form, strain the sauce or pop it through the blender. If it begins to separate or curdle, you can rescue it with a few tablespoons of whipped cream. And if it's curdled beyond redemption, throw it in the garbage and start over. If cream or cheese is called for, add them at the end, and to be sure they don't come to a boil, it's essential that you cook the sauce in a double boiler. Fresh herbs can be tied in a garni so they can be removed more easily. The recipes are calculated to serve four or five.

### **BÉCHAMEL SAUCE**

---

Also called white sauce, this formidable French invention is the base for numerous warm sauces. Resign yourself: you have to learn how to make

#### *Ingredients*

**1 rounded tablespoon butter**

**1 level tablespoon flour**

**1 cup milk**

**Salt and pepper to taste**

it. All kinds of things may be added to the basic sauce: spices (pepper, ginger, nutmeg, cayenne, and curry, among others); fresh chopped herbs (thyme, parsley, rosemary, tarragon, lemon balm), which you add at the end so they don't lose their bouquet; a spoonful of sweet liquor (sherry, port,

Marsala wine) or other flavors such as lemon zest, meat concentrates, chives, pimientos, walnuts, tomatoes, mushrooms, and crushed garlic.

#### *Preparation*

Melt the butter in a saucepan and add the flour. Stir until a smooth roux is formed. Add the milk gradually, stirring constantly to avoid lumps. Add the salt and pepper, and remove from the heat.

## SHERRY SAUCE

---

To accompany fowl or lamb.

### *Ingredients*

½ cup chopped dried figs  
½ cup chopped dried mushrooms  
1 cup sherry  
1 tablespoon butter  
1 tablespoon cornstarch  
1 cup chicken stock  
1 tablespoon whiskey  
Salt and green pepper  
3 tablespoons cream

### *Preparation*

Soak the figs and mushrooms in the sherry for 2 hours, then sauté in the butter. Dissolve the cornstarch in the chicken stock, then add to the figs and mushrooms. Simmer over low heat for 15 minutes. Season with the whiskey, salt, and pepper. Just before serving, gently stir in the cream.

## ROQUEFORT SAUCE

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Roquefort, the blue-veined cheese that smells like a soldier's old boot, is a magnificent ingredient for enhancing certain dishes. It is especially appropriate for noodles and gnocchi, and, cold or hot, will also spice up certain fish and sautéed or steamed green vegetables. For obvious reasons you won't want to use anything containing Roquefort cheese in your erotic games.

### *Preparation*

Beat the cream with the Roquefort. Add the butter, celery, salt, and pepper, and mix. Warm the mixture in a double boiler, but don't let it boil. Beat the egg yolk with the white wine and add to the sauce, stirring carefully until the sauce thickens.

### *Ingredients*

3 tablespoons cream  
3 tablespoons Roquefort cheese  
1 tablespoon butter  
3 tablespoons minced celery  
Salt and pepper to taste  
1 egg yolk  
2 tablespoons white wine



## AROMATIC SAUCE

---

For meat of all kinds—well, except human—and for simple Italian noodles (with fresh oregano or sweet basil instead of cilantro and bay leaf).

### *Ingredients*

1 cup chopped fresh mushrooms  
1 clove garlic, crushed  
1 tablespoon olive oil  
1 cup chopped, peeled, and seeded fresh tomato  
 $\frac{1}{2}$  cup Beef Stock (page 240)  
2 tablespoons minced cilantro  
1 bay leaf  
Salt and pepper to taste (add salt with caution if using concentrated stock)  
3 tablespoons sour cream

This sauce won't do at all for massages; if applied externally, many people break out in a rash.

### *Preparation*

Sauté the mushrooms and garlic in the olive oil. Add the tomato, stock, cilantro, bay leaf, salt, and pepper. Cook for 15 minutes on low heat. Add the sour cream at the end and serve warm.

## AMARANTA PESTO

---

A generic name that includes many variations, pesto was invented in Italy for pastas, especially warm pastas, but North Americans, who are so fond of eating cold pasta in salads, use it as a dressing. Pesto also goes well with seafood or can be added to a boring soup to give it more personality.

### *Ingredients*

2 tablespoons golden raisins  
 $\frac{1}{2}$  cup stock  
1 clove garlic, crushed  
1 tablespoon vegetable oil  
 $\frac{1}{2}$  cup blanched and ground almonds  
3 tablespoons chopped fresh oregano  
 $\frac{1}{2}$  teaspoon cumin  
 $\frac{1}{2}$  teaspoon paprika  
Salt to taste  
3 tablespoons grated Parmesan cheese

(Pesto will keep for several days in the refrigerator.) What we offer here is a more or less basic recipe, but you can add herbs and condiments or replace them with others of your choice. Pesto, too, is like making love: all you need are the basic instructions, and the rest is pure improvisation.

### *Preparation*

Soak the raisins in the stock in advance. Sauté the garlic in the oil. Add the raisins, almonds, oregano, cumin, paprika, and salt. Just as you remove the mixture from the heat, add the Parmesan.

## CORALINA SAUCE

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For all hot fish. This sauce has an intense rosy color, an intimate aroma, and a slightly spicy taste; in short, it's openly sensual.

### *Ingredients*

1 tablespoon cornstarch  
1 cup Fish Stock (page 241)  
4 prawns (scampi or large shrimp), cooked and chopped  
2 tablespoons vodka  
1 tablespoon soy sauce  
1 tablespoon chopped chervil  
1 canned pimiento  
Coriander, paprika, and salt to taste  
Powdered garlic to taste (optional)

### *Preparation*

Dissolve the cornstarch in the stock and heat slowly, stirring until the stock thickens. Add the prawns, vodka, soy sauce, and chervil. Pass the pimiento through a sieve and add to the other ingredients. Season with coriander, paprika, salt, and powdered garlic. Cook a few minutes for the flavors to blend.

## MYKONOS SAUCE

---

Also called Greek *nogada*, this is an aphrodisiac sauce that goes well with meats and some fish. In South America a similar recipe is served with tongue.

### *Preparation*

Soak the bread in the milk. Sauté the garlic in the oil. Stir in the bread and milk, walnuts, sweet basil, and chives. Season with salt and pepper. Cook for 5 minutes, until the mixture thickens. Serve warm, adding the pistachios at the last minute. (If the sauce is very thick, thin it with olive oil.)

### *Ingredients*

3 slices white bread, crumbled  
1 cup milk  
1 clove garlic, crushed  
2 tablespoons olive oil  
1 cup ground walnuts  
½ cup mixed sweet basil and chopped fresh chives  
Salt and pepper to taste  
1 handful whole hulled pistachios

## MARINARA SAUCE

---

This is also good when made with clams or other shellfish. In an emergency you can use canned shellfish, although they are always better fresh. This sauce goes well with fish, pasta, an omelet *aux fines herbes*, savory pud-

### *Ingredients*

½ cup minced onion  
1 clove garlic, crushed  
3 tablespoons vegetable oil  
2 tablespoons tomato paste  
1 pimiento, ground  
1 cup Vegetable Stock  
(page 242)  
1 tablespoon cornstarch  
1 cup cooked mussels  
Juice and grated zest of  
½ lemon  
Chopped rosemary to taste  
Chopped parsley to taste  
Salt and pepper to taste

dings, and vegetable soufflés. All the ingredients except the cornstarch and salt are aphrodisiac! Give your lover fair warning before serving.

### *Preparation*

Sauté the onion and garlic in the oil. Add the tomato paste and pimiento. Thicken the stock with cornstarch and add to the onion and garlic mixture. Add the mussels, lemon juice and zest, rosemary, parsley, salt, and pepper. Cook at a slow boil until the flavors are blended.

## WINE SAUCE (*White or Red*)

---

The white wine sauce goes with fowl, fish, and delicately flavored vegetables. The red goes with red meats and assertive vegetables.

### *Ingredients*

2 tablespoons butter  
1 tablespoon flour  
1 cup warm stock (chicken or  
fish if you use white wine;  
beef if you use red wine)  
¼ cup white or red wine  
2 tablespoons sherry  
Garlic powder, salt, and pepper  
to taste  
2 generous tablespoons  
whipped cream (optional)

### *Preparation*

Melt the butter over low heat. Stir in the flour and cook to caramel color. Gradually add the warm stock, stirring constantly. Add the wine and sherry. The sauce will be thin. Continue to stir until it thickens slightly. Check the garlic powder, salt, and pepper for taste. If you want the sauce thicker, add the cream but do not bring to a boil.

## SALOME SAUCE

---

For fowl, lamb, and veal. It can also serve to disguise testicles. I refer, of course, to animal testes, usually served roasted or fried in butter.

### *Preparation*

Soak the prunes in the wine for 2 hours. Blend the drained prunes, apple, and stock in a food processor. Season with salt and pepper. Warm in a small saucepan and add the cream when ready to serve.

### *Ingredients*

½ cup pitted prunes  
½ cup red wine  
½ cup sliced and peeled green apple (Granny Smith)  
1 cup Chicken Stock (page 241)  
Salt and pepper to taste  
3 tablespoons heavy cream

## MANGO CHUTNEY

---

To bring a breath of the Far East to your table, this chutney is ideal. Serve it with vegetables and to accompany red meats, lentils, or garbanzos.

### *Ingredients*

1 green mango  
1 green pepper  
2 tablespoons oil  
1 tablespoon powdered coriander (dried cilantro seeds)  
1 tablespoon powdered cumin  
1 tablespoon turmeric  
½ teaspoon cayenne powder  
1 tablespoon curry powder  
2 tablespoons honey  
½ cup water (approximately)  
Salt to taste (very little will be needed)

### *Preparation*

Peel and cut the mango into small cubes. Cut the pepper into small cubes. In a frying pan, lightly sauté the mango and pepper in the oil with the coriander, cumin, turmeric, cayenne powder, and curry powder for no more than 5 minutes. Combine in a blender with the honey and water, and process thoroughly. If the sauce seems dry, add more water. Salt to taste. The chutney may be served immediately or kept in a bottle in the refrigerator for no more than a week.

## QUICK CURRY

---

In India, curry is an integral part of the preparation of many dishes. It originated with the need to preserve food for several hours in a hot, humid climate. Curry isn't actually a sauce added at the end but part of the overall

### *Ingredients*

- 1 clove garlic, crushed
- 1 teaspoon curry powder
- 1 tablespoon oil
- 1 tablespoon sherry or white wine
- 1 teaspoon lemon juice
- Salt and pepper to taste
- 1 pinch cumin
- 1 cup cream or Béchamel Sauce (page 219) prepared with skim milk for a sauce with fewer calories

preparation of a meal. It is helpful, however, to have an easy recipe that will embellish any meat, fish, or vegetable when you want to improvise an aphrodisiac menu at the last minute or cover up something you've burned.

### *Preparation*

Sauté the garlic and curry powder in the oil for 2 minutes. Add the sherry and lemon juice. Remove from the heat and season with the salt, pepper, and cumin. Return to the heat and slowly pour in the cream, keeping the mixture warm but not allowing the sauce to reach a boil. If you use béchamel that has been in the refrigerator for several days, beat it with a hand or electric beater before using.

# *Hors d'Oeuvres*

FIRST TICKLES AND NIBBLES

*Tilbits are to the table  
what kisses are  
to lovers: a delicate demonstration  
of what is to come later,  
when you slip into something more  
comfortable. They are served  
to accompany a cocktail  
or glass of white wine before moving  
to the table. Or, in some cases,  
when the urgency to make love  
is so strong that  
there is no time to lose,  
they can take the place of a meal.*

I know a several-times-divorced playboy whose sole culinary talent is hors d'oeuvres, which he prepares with the dedication of a monk and always has fresh in a refrigerator in his bedroom. He serves them as he undertakes his seduction and to recover his strength between performances. The selections Panchita and I have made for this section have recognized aphrodisiac properties. The servings are sufficient for two euphoric and greedy lovers or for four people of more laid-back temperament.

## SEAFOOD IN COCKTAIL SAUCE

Mussels are visually very good—recalling the female sexual organs—appetizing, and easy to make. In Chile they are thought of as the oyster of the poor.

### *Ingredients*

2 generous pounds mussels in the shell  
½ cup water  
½ cup white wine  
1 slice lemon  
3 tablespoons mayonnaise  
1 tablespoon minced chives  
2 tablespoons mixed finely minced cilantro, parsley, oregano, and celery  
Lemon quarters for garnish

### *Preparation*

Diligently scrub and rinse the mussels in cold water, then drain. Cook for 10 minutes in the water and wine with the lemon slice. Remove from the heat, drain, and let cool. (Keep the broth; it is very aphrodisiac. You can give it to your lover about midnight when he begins to droop.) Detach the mussels from the shell (reserve the shells); you want them easy to eat without staining the sofa. Make a salsa verde by mixing the mayonnaise with all the herbs. Season each mussel with a little salsa and serve in the shells on a platter garnished with lemon quarters.

## ADAM'S NUTS

How we got to *Adam's* nuts from yesterday's turkey or chicken, I really can't say. Any fowl will do because this is a superb way to recycle your leftovers. What we offer is merely one suggestion. Use your imagination with other aphrodisiac fruits in season.

### *Preparation*

If you use canned fruit, drain it on paper towels. Soak the fruit in the rum and then roll in the ground nuts. Thread 1 cube of fowl and 1 cube of fruit on individual toothpicks.

### *Ingredients*

1 cup cubed fresh or canned peaches or apricots  
½ small glass Jamaica rum  
3 tablespoons ground nuts  
2 cups cubed cooked turkey or other fowl



## WIDOWER'S FIGS

---

These tidbits lead to sin, and you always want more. The bursting figs suggest a certain urgency, and everyone appreciates the sensuality of the sweet and spicy combination.

### *Ingredients*

1 scant cup (8 ounces) semi-hard white cheese, such as goat cheese  
1 tablespoon Salsa Picante (page 214)  
1 large apple or grapefruit  
4 large ripe figs

### *Preparation*

Cut the cheese into ½-inch cubes and coat in the salsa picante. Spear on cocktail picks and insert into the apple or grapefruit. Place in the center of a round plate and surround with peeled and quartered figs.

## CHEESE LOGS

---

These treats can be prepared a couple of days in advance and kept in the refrigerator. The logs are delicious made with fine strips of ham or smoked turkey. The recipe we are giving you calls for cheese and pimiento, but you

### *Ingredients*

½ package (4 ounces) cream cheese  
2 tablespoons butter  
2 tablespoons cream  
½ cup ground pimiento  
1 tablespoon lemon juice  
1 tablespoon vodka or *pisco*  
Salt and pepper to taste  
4 thin slices ham or turkey

can invent other variations, such as deviled eggs or artichokes with mayonnaise combined with Turkish Sauce (page 213), Huancaína Sauce (page 214), or Walnut Sauce (page 215). Since this recipe requires considerable forethought and some effort, the directions are for ample servings. That way you can have them on more than one occasion, preferably with different lovers so the repetition won't be noticed.

### *Preparation*

Prepare the filling by combining the cream, cheese, butter, cream, pimiento, lemon juice, liquor, salt, and pepper. Spread on the ham or turkey and roll into a log. If you feel ambitious, use different fillings. Cover the logs with aluminum foil and store in the refrigerator. To serve, slice as if they were sausages into ½-inch pieces.

## SHRIMP *PICA PICA*

Appetizing, erotic, and easy to prepare.

### *Ingredients*

10 medium shrimp, peeled and cleaned

½ cup white wine

½ bay leaf

Piece of lemon zest

Salt

Sauce (Homemade Mayonnaise, page 210; Guacamole, page 212; or Mediterranean Sauce, page 213)

### *Preparation*

Cook the shrimp with the wine, bay leaf, lemon zest, and salt for 4 minutes over low heat. Remove, drain, and let cool. Serve the shrimp on cocktail picks with a sauce of your choice.

## FRIVOLOUS PRUNES

Remember what we said about the aphrodisiac merits of plums?

### *Preparation*

Soak the prunes in the sherry for at least 8 hours, then drain on paper towels. Fill with portions of nuts that have been seasoned with nutmeg. Wrap a strip of bacon around each filled prune and bake in a hot oven for 8 to 10 minutes. Serve on cocktail toothpicks.

### *Ingredients*

6 pitted prunes

½ cup sherry or dry white wine

1 tablespoon chopped nuts

1 pinch freshly grated nutmeg

3 strips bacon, cut in half

## SALMON TEMPTATION

---

Ideal with ice-cold vodka, this can be stored for several days in the refrigerator.

### *Ingredients*

½ cup shredded smoked salmon fillet  
2½ ounces cream cheese (or approximately ½ block)  
1 tablespoon mayonnaise  
1 tablespoon butter  
1 teaspoon whiskey  
1 teaspoon lemon juice  
Salt and pepper to taste  
Red caviar for garnish (optional)  
Fried potatoes or crackers

### *Preparation*

In a food processor blend the salmon, cream cheese, mayonnaise, butter, whiskey, lemon juice, salt, and pepper to a smooth paste. Set aside for several hours so that the flavors may blend. Place in a small ceramic pot and, if your budget allows, garnish with a topping of red caviar. Serve surrounded with fried potatoes or crackers.

## CELERY ROQUEFORT

---

The coolness of the celery balances the strong flavor of the cheese, and for anyone who likes Roquefort, this is a real treat. (I prefer it with a milder goat cheese, which is considered aphrodisiac in the Alps.)

### *Ingredients*

2 stalks celery  
¼ cup Roquefort cheese  
1 tablespoon butter  
1 tablespoon chopped celery  
1 tablespoon cognac  
Salt and pepper (only a little)  
2 tablespoons finely minced chives for garnish

### *Preparation*

Remove the strings from the celery stalks and cut into 2½-inch lengths. Chill in cold water for 2 hours. Drain and dry on paper towels. Blend the cheese, butter, chopped celery, cognac, salt, and pepper in a food processor until smooth. Fill the celery pieces and garnish with the chives. Chill before serving.

## FESTIVE MUSHROOMS

---

If you can find olive oil scented with truffles, this is your opportunity to use it. A half teaspoon will lend these mushrooms the perfect touch, but even if you don't have the oil, they're still delicious.

### *Ingredients*

8 medium mushrooms  
Juice of ½ lemon  
½ tablespoon butter, melted  
2 tablespoons liver pâté  
1 teaspoon cream  
Salt and pepper to taste  
1 teaspoon truffled olive oil  
(optional)

### *Preparation*

Wash the mushrooms in running water to remove any sand. Cut off the stems. Soak the mushrooms and stems for 10 minutes in lemon juice and water. Remove, dry, and coat with the butter. Cook for 3 minutes over high heat, then cool on paper towels. Chop the tender part of the stems and mix them with the pâté and cream. Season with salt, pepper, and oil. Use a pastry bag to fill the mushrooms with this mixture. Serve either warm or chilled.

# *Soups*

HEATING UP

*Soups follow the same criteria  
as those for sauces:  
they are preambles to lovemaking, foreplay,  
and must be prepared  
while keeping all the senses in mind—  
sight, smell, taste, texture, and,  
in some cases, sound.  
In the West it is bad form to lean over your plate  
and slurp your soup,  
but in the East it would be a slight to the host  
to hold your spoon with  
your fingertips and eat your soup without  
enthusiasm or passion.*

Good manners—whatever may be appropriate in the geographic location you find yourself—have their purpose; they allow us to live without offending one another. The nearly irresistible temptation to commit murder over a question of manners came close to ruining my life when I was barely twenty years old. On one of my first jobs, my boss never flushed the toilet. . . . But let's get back to food and soup. Don't hold back: just as freedom to whisper dirty words is an essential component of the lovers' embrace, so, too, is noisily sipping your soup when alone with your lover. You can't fully celebrate a stupendous soup and not make a fuss: sucking, dipping your bread, sighing, moaning, even licking the bowl if the soup is deserving. Can you make love following the rules of etiquette? You can do no less with soup. Real soup is to the body what peace is to the soul.

In soup making, as with sauces, you can give free rein to inspiration and instinct. You don't have to be bound by instructions, the recipes are merely a point of departure, a window on inspiration. For the person who possesses the rare talent—bordering on genius—of making a superb soup, no two are ever exactly alike. Each creation is unique, although also an approximation. A recipe is like a musical score: each artist interprets it according to his or her own spirit and skills. When the lid is lifted from the soup pot and the giant wooden spoon is sunk into its steaming contents, there must be but one constant: the delicious surprise of tasting something always new.

The process of making a good soup follows the same steps as those for making love; in both, you must immerse yourself in the sensual pleasure of mixing, smelling, tasting, licking, adding, withholding, doubting, adding a little something more. . . . These recipes of Panchita's have gone everywhere with me from the time I first married—something like a thousand years ago—but I don't hold them holy and hope you won't either. The philosophy of the kitchen is the same as that of gambling: if you're not having fun, forget it. You're not trying to reach perfection but to laugh along the way.

If you want to have the greatest success with your soups, it's a good idea to follow one of Panchita's culinary routines. Don't be afraid when you read what's to come, it's less traumatic than it seems. From time to time—once a week, let's say—she cooks up the stocks that will serve as the base for her soups; after they have been strained and chilled, she stores them in bottles or jars. If she plans to use them during the week, she puts them in the refrigerator, but if she wants to keep them longer than that, she freezes them. When she feels inclined to serve one of her sensual concoctions, she takes out the jar,

thaws the contents, and whips up a new soup. She also uses the stocks as a base for sauces, aspics, and as the liquid for baking fish or shellfish.

These highly concentrated stocks (*fonds* or *fumés*, as they're called in France, or *caldos* in Latin America) are absolutely essential in a good kitchen. Formerly they were made in special pots, and every kitchen had a contrivance for grinding bones, meat, vegetables, and shellfish that was very similar to the implements exhibited in the Museum of the Inquisition. Now making a stock is a breeze if you have a pressure cooker, but even that isn't indispensable. They do, of course, sell concentrates in cans, powders, and cubes, which will get you through in an emergency, but concentrates are short on aphrodisiac powers and, besides, are nothing but pure sodium and artificial flavor. My macrobiotic friends tell me they cause cancer. I must admit, however, that I keep a secret hoard of these culinary aberrations hidden in the back of my pantry to use when my mother isn't watching. When you make your own stock, you can use ingredients you would normally throw in the garbage, such as shells, chicken bones, pigs' hooves, leftover vegetables and meats, organ meats, fish heads and tails, and much more. As I watch my mother make her stock, I delve into the depths of her personality. At bottom, she is much like the witch Robert Shekter created in his drawings, merrily levitating in her striped yellow stockings somewhere between this world, with its casseroles and sins, and Heaven, toward which the aroma of all good work rises. That's how I would like to remember her always: bent over her steaming cauldron with a mischievous glint in her eye, tossing ingredients into the boiling water and cloaked in the aphrodisiac vapors of her brews.

We begin in the enhancement with Panchita's four fundamental stocks: beef, chicken, fish, and vegetable. They should be stored in separate bottles and labeled (including the date).

## *Four Basic Stocks*

Quantities given here are larger because the stock is for storing in the refrigerator. It's scarcely worth the effort to make only the amount you will use for one amorous encounter, however gargantuan the lovers' hungers may be. Do you remember the masterful scene in García

Márquez's *One Hundred Years of Solitude* when two epic gluttons, Aureliano Segundo and a delicate female singing teacher unjustly nicknamed The Elephant, lock horns in a tourney to prove which of the two is capable of eating more? For three days they devour cows, chickens, turkeys, whole stalks of bananas, cases of eggs, and liters of coffee, until Aureliano crumbles, on the verge of death, while the singing teacher continues to eat elegantly, never losing the rhythm of her digestion. But what were we talking about? Ah, yes, the stocks. In the large old mansion in which I spent my early childhood, there were "witches' kitchens" contrived by my grandfather to save fuel. Inside a large chest packed with wool and sawdust, two boiling-hot pots brimming with stocks and stews were set side by side, and then the lid of the chest was closed. In that darkness and warmth the food cooked for hours and by evening was ready to be served.

If a pressure cooker is used, reduce the amount of liquid and cooking time by half. If you use an ordinary pot with a lid, be sure the lid is tight and cook at a low heat. In my grandmother's time, the pot was set on the back of the charcoal or wood stove, and the ingredients would blend in a slow alchemy, gradually being transformed into a fundamental elixir. The slower the cooking, the richer the savor, but no one has time anymore to spend a day watching a pot, especially when it can be done in an hour or less using a pressure cooker.

If you prefer a clear stock, don't use raw bones. At the beginning you will have to skim off the scum that forms on the surface. Go easy on the salt. Remember that as the stock boils, the liquid will be reduced, and the stock may get too salty. It's better to add more at the end if necessary. If you think the stock is cooking down too fast, add water or white wine. After cooking, let it cool and then strain it through a cloth. If you plan to freeze the stock, first put it in the refrigerator for a few hours until fat congeals on the top; spoon that off before you divide it



into jars. If you want to refrigerate it without freezing it first, don't remove the fat because it acts as a seal until you use it (no more than three or four days).

This explanation sounds intimidating. When I wrote it, it frightened even me, but doing it is much simpler than it sounds. Panchita does it automatically, like knitting without looking at her needles.

## BEEF STOCK

---

This is the slowest and most complicated of the stocks, and also the one you will use least often. We recommend that you use lean meat because fat will make it cloudy. You can use leftover meat, bones, organs, and other parts, but if starting from scratch, buy the following:

### *Ingredients*

2 pounds ribs, chopped in pieces  
1 split ox tail  
2 beef marrow bones (cut in pieces by the butcher; if you try to do it yourself with a hatchet, you could lose a finger)  
2 large onions, quartered  
8 cloves garlic  
4 stalks celery  
1 large carrot, cut in 2-inch pieces  
Bay leaf, thyme, rosemary, coriander, salt, and whole peppercorns to taste

### *Preparation in a Stockpot*

Put the meat and bones in a large stockpot. Add 8 cups of cold water and let it sit for a couple of hours while you make love or use the time to prepare other dishes. Boil for 30 minutes. Skim off the scum with a slotted spoon. Add the remaining ingredients and boil for 3 hours on low heat. Use your time for pursuits more interesting than watching the pot, but check the level of the liquid from time to time, adding a little water if necessary. Strain through a cloth, let cool, and, if you're going to freeze the stock, skim off the fat.

### *Preparation in a Pressure Cooker*

Put the meat and bones in a pressure cooker with 4 cups of water. When the valve whistles, turn the heat to the lowest setting. Cook for 1 hour. Add the vegetables and seasonings, and cook for 30 minutes. Strain through a cloth, let cool, and skim off the fat.

## CHICKEN STOCK *(And All Other Fowl)*

You can use throwaways of cooked or raw fowl—that is, feet, necks, wings, carcass, liver, and heart. You can also use the cooked carcass of turkey, chicken, and other birds. If not available, buy the following:

### *Ingredients*

- 1 roasting hen (including feet, neck, and organs), cut in pieces
- 2 large carrots, chopped
- 1 onion, chopped
- 2 stalks celery
- 1 green pepper, cut in large slices
- 1 leek, sliced
- 2 cloves garlic
- 4 cloves
- Bay leaf, thyme, parsley, cumin, salt, and pepper to taste

### *Preparation in a Stockpot*

Place the fowl in a stockpot. Cover with 8 cups of water and boil for 30 minutes. Skim off the scum. Add the remaining ingredients and boil over low heat for another 30 minutes. Strain through a cloth, let cool, and skim off the fat.

### *Preparation in a Pressure Cooker*

Place all the ingredients in a pressure cooker with 4 cups of water. After the valve whistles, simmer on low heat for 30 minutes. Strain through a cloth, cool, and skim off the fat.

## FISH STOCK

### *Ingredients*

- 2 fish heads and tails
- 3 cups water
- 1 onion, quartered
- 1 carrot, cut in large pieces
- 1 stalk celery
- 2 cloves garlic
- 1 cup dry white wine
- Juice and peel of 1 large lemon
- Bay leaf, parsley, cilantro, pepper, and salt to taste

This is the most aphrodisiac of all the stocks. You can use uncooked fish heads and tails, or shells of shrimp, lobster, and other crustaceans, raw or cooked. If you don't have them, buy the following:

### *Preparation in a Stockpot*

Boil the fish in the water for 15 minutes. Skim off the scum. Add the remaining ingredients and boil for 45 minutes, covered. Strain through a cloth and cool.

### *Preparation in a Pressure Cooker*

Place all the ingredients in a pressure cooker. After the valve whistles, simmer on low heat for 30 minutes. Strain through a cloth and cool.

## VEGETABLE STOCK

---

After you strain the stock, don't use the vegetables that are left for erotic games but for a delicious sauce. Blend in a processor and add one cup of sliced mushrooms that have been sautéed in butter and one teaspoon of lemon juice.

But back to the stock. You can use all the vegetables you didn't eat during the week even if they're not terribly fresh, but you must still wash them carefully. Or buy the following:

### *Ingredients*

1 leek, cut in large slices  
1 onion, quartered  
1 turnip, sliced in rounds  
2 medium zucchinis, sliced  
4 cloves garlic  
2 large carrots, diced  
4 stalks celery  
1 cup mushrooms  
2 large tomatoes, quartered  
1 red or green pepper, seeded  
and cut in large sections  
Bay leaf, thyme, rosemary, and  
sweet basil to taste  
1 pinch each of pepper, cumin,  
and paprika

### *Preparation in a Stockpot*

Cook on low heat for 1 hour with the lid tightly closed. Strain through a cloth and let cool.

### *Preparation in a Pressure Cooker*

Place all the ingredients in a pressure cooker. After the valve whistles, simmer on low heat for 30 minutes. Strain through a cloth and let cool.

# Consommé

A consommé is as clear and transparent as a kiss on the forehead, and ideal for preceding a strong main dish. To assure a clear broth, drop in the white of an egg and its crushed shell while the consommé is still boiling. Impurities will cling to them and are then easy to remove with a slotted spoon. After the broth has cooled, strain it through a cloth placed inside a colander. To add body to a clear consommé, add 1 tablespoon of unflavored gelatin dissolved in stock.

## CONSOMMÉ BACCHUS

So named because it is recommended for restoring well-being after a night on the town and for fortifying lovers at midnight.

### *Preparation*

This consommé should be served very hot, so it is best to set 2 soup bowls in the warming oven as you prepare it. Melt the butter and sauté the onion and garlic for 2 minutes over medium heat. Add the stock, check the seasoning, and add salt and pepper to taste. Bring to a boil, add the sherry, and remove from the heat. Break an egg into each bowl. Pour the consommé over them and serve immediately.

### *Ingredients*

1 tablespoon butter  
1 tablespoon grated onion  
1 small clove garlic, crushed  
2 cups Beef Stock (page 240)  
Salt and black pepper to taste  
2 tablespoons sherry  
2 eggs

## RISE AND WALK SOUP

### *Ingredients*

4 cups Beef Stock (page 240),  
carefully strained  
½ teaspoon curry powder  
Tabasco to taste  
1 liqueur glass sherry  
1 pinch cumin  
Salt and pepper to taste  
4 tablespoons cooked rice  
1 tablespoon raisins, previously  
soaked in some of the Beef  
Stock

Also called Lazarus's Lifeblood, this is the consommé we use in Chile to cure colds. To even better purpose, it animates languishing lovers.

### *Preparation*

Season the stock with the curry, which has been dissolved in a small amount of hot water. Add the Tabasco, sherry, and cumin, check the seasoning, and add salt and pepper to taste. Serve hot accompanied by the rice and raisins.

## NEW LIFE

---

Let's say that your quarrel wasn't the worst you ever had, that it doesn't quite call for my infallible Reconciliation Soup (page 166), and that a more modest offering will serve to improve spirits. That's the time for this

### *Ingredients*

2 cups Vegetable Stock  
(page 242) or canned or  
concentrate in cubes  
1 teaspoon minced fresh  
tarragon  
1 cup thinly sliced mushrooms  
(about 5 large ones)  
2 tablespoons olive oil  
¼ cup Marsala wine  
1 egg yolk  
2 tablespoons cream  
Salt and pepper to taste

recipe. It also works well as a light preamble for assertive main courses and can be prepared in less than ten minutes!

### *Preparation*

Heat the stock with the tarragon. In a skillet, sauté the mushrooms in the oil for 2 minutes. Add the wine, cover the skillet, and simmer over low heat for 5 minutes. Pour into the hot stock. Remove from the heat and let cool for 1 minute while you beat the egg yolk with the cream. Add to the consommé. Check the seasoning, add salt and pepper to taste, and serve immediately.

## CONSOMMÉ EL DORADO

---

Not the same as onion soup. This is a delicate preamble to more daring caresses.

### *Ingredients*

2 medium onions, minced  
1 clove garlic  
1 clove  
Salt and black pepper to taste  
1 splash vegetable oil  
4 cups hot Beef Stock (page  
240)  
4 tablespoons port  
Several drops Worcestershire  
sauce  
2 tablespoons grated Gruyère  
cheese

### *Preparation*

Sauté the onions, garlic, clove, salt, and pepper in the oil until the onion is golden. Add the stock, port, and Worcestershire sauce. Simmer for 10 minutes. Remove the garlic and clove, and blend the remaining ingredients in a food processor. Just before serving, add the Gruyère.

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## CONSOMMÉ NEAPOLITAN

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### *Ingredients*

4 cups Chicken Stock (page 241)  
½ cup angel hair pasta  
1 teaspoon unflavored gelatin  
2 beaten egg yolks, mixed slowly with stock  
2 tablespoons fresh minced parsley  
4 tablespoons grated Parmesan

### *Preparation*

Heat the stock until it boils. Add the angel hair like rain and lower the heat. Cook for 5 minutes. Add the gelatin dissolved in ½ cup of the stock and passed through a sieve and, finally, the beaten yolks, but do not allow the consommé to boil. Cook for 3 minutes on the lowest heat. Just before serving, add the parsley and Parmesan to each bowl.

## SHERRY CONSOMMÉ

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Very mild, this is a discreet soup to go with strong main courses, such as game birds, rabbit, or red meat. Always serve in Chinese rice bowls with porcelain spoons. If my partner needs an extra boost, I break a raw egg into the soup before serving it to him.

### *Preparation*

Soak the raisins in the sherry for 30 minutes. Simmer the stock with the curry for 3 minutes and add all the remaining ingredients.

### *Ingredients*

1 tablespoon raisins  
½ cup sherry  
3 cups Beef Stock (page 240)  
½ teaspoon curry powder  
4 tablespoons cooked rice  
Tabasco to taste

## SPIRIT LIFTER

---

This soup may be consolation for the pain of burials and divorces, which explains the name. Liver is aphrodisiac, but it also has a strong flavor that not everyone can accept. Chicken liver is mildest.

### *Ingredients*

4 cups Chicken Stock (page 241)  
1 cup grated potato  
½ cup chopped chicken livers  
sautéed in butter  
3 tablespoons Marsala or sherry  
wine  
1 tablespoon Worcestershire  
sauce  
1 pinch powdered tarragon  
Salt to taste

### *Preparation*

Cook the stock and grated potato for 5 minutes. Add the chicken livers, wine, Worcestershire sauce, and tarragon. Check the seasoning and add salt to taste. Cook 5 minutes more.

## ROYAL CONSOMMÉ

---

### *Ingredients*

4 cups Chicken Stock (page 241)  
2 egg yolks  
2 tablespoons toasted sliced  
almonds  
1 tablespoon butter  
2 teaspoons cognac or brandy  
(optional)  
2 tablespoons cream (optional)

Quick and easy. Ideal for lovers in a hurry.

### *Preparation*

Beat the egg yolks with ½ cup of stock. Heat the remaining stock, then remove from the heat. Add the yolks, stir well, and cook on low heat for 3 minutes; do not allow the eggs to curdle. Add the remaining ingredients except the cream. Pour the soup into bowls and place a tablespoon of cream in each one without stirring.



## Hot Soups

If you have homemade soups in your refrigerator, it's very easy to improvise an aphrodisiac dinner: The main course will be a marvelous soup accompanied by a salad, good bread, cheese, wine, and, as dessert, a chocolate bonbon or a sorbet, two backup items it is wise to keep in your kitchen for emergencies. Afterward, with a light meal on your stomach and in a good mood, you can happily make love for the rest of the night. This is a lesson I learned when I prepared a complete aphrodisiac menu, and by the time I had cooked all afternoon, served the dinner, and cleaned up the kitchen, I was so exhausted that if Gregory Peck had appeared in the full splendor of his youth, I would have been satisfied with a chaste back rub. On that occasion I had fixed a wild mushroom soup (the one I call, for obvious reasons, Reconciliation Soup, the recipe for which you will find on page 166) that left my companion in the state of supreme euphoria normally produced by the best Chinese herbs from my Japanese acupuncturist friend. The mushroom soup was followed by salmon with capers in a white wine sauce, accompanied by stuffed artichokes and asparagus tips, Caesar salad, and chocolate mousse. I fell fast asleep by the dishwasher, clutching a sponge, while the man of the moment, who was not, unfortunately, Gregory Peck, awaited in the bedroom, working a crossword puzzle. I no longer make this error. Now I devote myself to the soup the day before—sitting a day makes it even tastier—and have energy enough to make both salad and love.

### CREAM OF ARTICHOKE

---

#### *Ingredients*

2 artichokes  
1 lemon slice  
2 cups Chicken Stock (page 241)  
8 ounces plain yogurt  
Salt and pepper to taste  
2 teaspoons butter

Simple and savory, the only nuisance is scraping the leaves, but you will want to get the hang of that because artichokes stuffed with the pulp from the leaves are very erotic.

#### *Preparation*

Cook the artichokes in water with lemon until they are soft and the leaves detach easily, 30 to 40 minutes. When cool, remove the pulp from the leaves with a spoon. Scrape the choke from the heart and place the pulp and heart in a food processor with the stock and yogurt. Add salt and pepper to taste. Heat and serve with a curl of butter in each bowl.

## CLAM CHOWDER

---

May be made with mussels or other shellfish, or with a combination of fresh or frozen seafood. The effect is remarkable. No one will believe you prepared it in less than ten minutes.

### *Ingredients*

1 clove garlic, crushed  
1 teaspoon butter  
2 cups Fish Stock (page 241)  
2 slices white bread, crusts removed  
1 cup shellfish, either fresh or frozen, cooked without shells  
½ cup white wine  
2 tablespoons mixed chopped parsley and cilantro  
Salt and paprika to taste

### *Preparation*

Sauté the garlic in the butter. Add the fish stock. Soak the bread in the stock, warm, and stir strongly until the bread disintegrates. Add the shellfish, wine, parsley, and cilantro. Heat for 5 minutes. Check the seasoning, add salt and paprika to taste, and serve while hot.

## ALICANTE CREAM

---

### *Ingredients*

1 medium leek (white portion only)  
½ small onion  
1 tablespoon olive oil  
1 tablespoon flour  
2 cups Fish Stock (page 241)  
½ cup peeled and cooked shrimp  
6 cooked oysters  
Paprika, rosemary, pepper, and other herbs to taste  
2 tablespoons cream

Super aphrodisiac!

### *Preparation*

Cut the leek and onion into thin slices and sauté in the oil until golden. Add the flour and cook until it, too, is golden. Slowly pour in the stock while stirring to prevent lumps from forming. Cook until you have a soup of clear consistency, about 10 minutes. Add the shrimp, oysters, and seasonings. Simmer another 5 minutes. Add the cream before serving, but do not boil.

## ONION SOUP

---

This is the simple version of the celebrated French soup. It goes into the oven in heatproof pottery bowls, with bread and cheese. It can be a main course on its own.

### *Preparation*

Sauté the onions in the oil until golden; be careful not to burn them because that will make them bitter. Add all the other ingredients except cheese and bread. Cook for 10 minutes. Place the toast in bowls, pour in the boiling soup, sprinkle with cheese, and return to the oven for 10 minutes.

### *Ingredients*

2 medium onions, julienned  
1 splash vegetable oil  
3 cups Beef Stock (page 240)  
1 pinch ground cloves  
1 pinch sugar  
A few drops Worcestershire sauce  
2 slices toasted white bread  
4 tablespoons grated Gruyère  
or Parmesan cheese

## IT'S-A-FEAST! SOUP

---

Garbanzos are considered aphrodisiac in nearly all cultures. In my childhood in Chile they were a very modest dish that never appeared on an elegant table

or restaurant menu. Well prepared, they're delicious; the hassle is skinning them. So if you plan to take the trouble, double the recipe and keep half of it frozen. This soup can also be made with beans or lentils, which even though not aphrodisiac are very tasty.

### *Ingredients*

1 cup garbanzos  
2 tablespoons minced onion  
1 clove garlic, crushed  
1 small carrot, grated  
1 tablespoon olive oil  
2 cups Chicken Stock  
(page 241), or Beef Stock  
(page 240)  
½ cup milk  
¼ cup white wine  
Salt, pepper, and cumin to taste  
2 tablespoons minced ham

### *Preparation*

Soak the garbanzos overnight in water and then cook until softened, about 1 hour. (In an emergency, you can use canned garbanzos.) Sauté the onion, garlic, and carrot in the oil for 2 minutes. Add the skinned gar-

banzos. (No getting around it, you have to remove the skins. But if you soak them a while, they will slip off easily.) Add all the other ingredients except the ham and cook for 5 minutes. Put the mixture in a food processor and blend until creamy. Serve hot. Garnish with the ham. (If you have no problem with calories, replace the ham with bits of sausage or crisp bacon.)

## ● QUICK CRAB BISQUE

---

### *Ingredients*

1 slice white bread, crusts removed  
⅓ cup milk  
1 tomato, peeled, seeded, and chopped  
1 pimiento, chopped  
1 tablespoon oil  
Salt, pepper, and garlic powder to taste  
1 pinch thyme  
½ cup cooked crabmeat or other crustacean  
2 cups Fish Stock (page 241)  
2 tablespoons cream

This may also be made with lobster or other crustaceans, fresh or frozen.

### *Preparation*

Soak the bread in the milk until absorbed. Sauté the chopped tomato and pimiento in the oil. Season with salt, pepper, garlic powder, and thyme. Add the bread and crabmeat. Cook for 2 minutes so that the flavors blend. Pour in the stock and simmer, covered, for 5 minutes. Place in a food processor and blend. Add the cream and serve hot.

## FISH SOUP

---

### *Ingredients*

4 cups Fish Stock (page 241)  
½ cup white wine  
2 medium tomatoes, peeled and seeded  
1 medium carrot, peeled and cut in thick slices  
1 large potato, peeled and cut in thick slices  
¼ cup minced onion  
1 clove garlic, crushed  
½ cup minced celery  
1 tablespoon soy sauce  
1 bay leaf  
Salt and pepper to taste  
2 medium fillets (½ pound) fish, preferably corbina, conger eel, or sea bass  
2 squid, cleaned and cut in strips  
½ pound shellfish (such as clams or mussels), removed from shell

May be served as a main course accompanied by salad. This healthy and delicious recipe makes four servings, because we are assuming that after their first embraces, the lovers will need another aphrodisiac hit.

### *Preparation*

Cook the stock and all the ingredients except the fish, squid, and shellfish for 15 minutes. Add them and cook 10 minutes more.

## CARROT SOUP

---

This old Arab recipe is still a favorite of men who hope to shine at the time of making love. For an exotic touch, you can substitute  $\frac{1}{2}$  cup orange juice for  $\frac{1}{2}$  cup of the stock.

### *Ingredients*

2 large carrots  
2 cups Vegetable Stock (page 242)  
1 clove  
1 stick cinnamon  
1 knob fresh ginger or  
 $\frac{1}{2}$  teaspoon powdered ginger  
1 pinch cardamom  
1 pinch nutmeg  
Salt and pepper to taste  
1 teaspoon honey  
4 tablespoons cream

### *Preparation*

Peel the carrots and cut them in thin slices. Cook in a covered saucepan with the other ingredients—except the honey and cream—until soft, 10 to 15 minutes. Put in a food processor and blend. Process. Return to the saucepan to warm but don't allow the mixture to boil. Add the honey and cream, stir, and serve immediately.

## *Cold Soups*

Nearly all of these soups may be prepared in advance. They are even more delicious after spending a night in the refrigerator, especially the gazpacho. The recipes are for two, but if you have an orgy or want to have something left to restore you the day after your first date, double the recipe.

## MARGARITA ISLAND

### *Ingredients*

1 large ripe avocado, peeled, seeded, and chopped  
1 small glass grapefruit juice  
Juice of  $\frac{1}{2}$  lemon  
1 cup Chicken Stock (page 241), with fat skimmed off  
1 teaspoon soy sauce  
Salt and pepper to taste  
A few drops Tabasco  
2 large shrimp, cooked and cleaned

Very sensual, but this soup won't keep because it darkens in a matter of hours, turning the unappetizing color of greenish mud.

### *Preparation*

Mix all the ingredients except the shrimp in a blender and serve cold, garnished with a shrimp in each bowl.

## GAZPACHO

---

There are many recipes for this cold tomato soup typical of Spain, but this one is very simple to prepare.

### *Ingredients*

4 large ripe tomatoes, peeled  
and seeded  
1 small can tomato juice  
1 pickle  
1 tablespoon grated onion  
1 tablespoon ketchup  
2 rounded tablespoons  
mayonnaise  
1 tablespoon vinegar  
Salt, paprika, and garlic powder  
to taste  
2 tablespoons minced cilantro  
1 hard-boiled egg, diced

### *Preparation*

Place all the ingredients in a food processor, except the cilantro and egg, and blend. Cool in the refrigerator until it is time to serve. Garnish with the cilantro and egg.

## APPLE HOLIDAY

---

### *Ingredients*

1 large green apple, peeled and  
sliced  
1 tablespoon butter  
1 cup Vegetable Stock (page  
242)  
½ teaspoon curry powder  
1 pinch ground cinnamon  
8 ounces natural yogurt or  
2 tablespoons cream  
1 pinch sugar  
Salt to taste

Never fear, this doesn't taste like dessert. In fact, you can barely taste the apple.

### *Preparation*

Sauté the apple in the butter. Add the stock, curry powder, and cinnamon. Cook for 5 minutes, then let cool. Add the yogurt and sugar. Place the mixture in a food processor and blend. Check the seasoning and add salt to taste. Serve well chilled.

## VICHYSOISE

---

Very popular in France, this cold potato soup has traveled around the world. It's a country soup, substantial and simple, often served hot in winter. You must give it your personal touch with some herb or spice of your liking. Change it freely; it always turns out well.

### *Ingredients*

1 medium leek (white only),  
minced  
1 large potato, peeled and  
cubed  
2 tablespoons grated onion  
1 rounded tablespoon butter  
2 cups Beef Stock (page 240),  
Chicken Stock (page 241), or  
Vegetable Stock (page 242)  
Salt and pepper to taste  
1 pinch tarragon  
1 pinch garlic powder  
½ cup sour cream  
4 leaves fresh mint

### *Preparation*

Sauté the leek, potato, and onion in the butter for 2 or 3 minutes. Add the stock and cook over medium heat until the potato is soft, 10 or 15 minutes. Let cool, then place in a food processor and blend until creamy and smooth. Season with salt, pepper, tarragon, and garlic powder. Add the sour cream, stirring carefully. Serve chilled, garnished with the mint leaves.

## CUCUMBER BREEZE

---

This is an original, cool, low-calorie soup, something not often seen in aphrodisiac cuisine. I think a soup like this must have refreshed the impetuous lovers of *A Thousand and One Nights*.

### *Ingredients*

1 large cucumber, peeled and  
diced  
2 chives, chopped  
1 cup Vegetable Stock (page  
242)  
1 teaspoon honey  
Salt and green pepper to taste  
8 ounces low-fat yogurt  
1 sprig fresh dill  
2 sprigs fresh cilantro

### *Preparation*

Thoroughly blend all the ingredients except the cilantro in a food processor. Serve very cold, garnished with the cilantro.

# *Appetizers*

AMOROUS GAMES,  
LEAF BY LEAF, KISS BY KISS

*Whatever happened  
to the simple green salad of yore?  
It seems to have disappeared,  
blasted into the background by the fanfare  
of nouvelle cuisine. It has been  
dethroned by esoteric combinations  
like mango, octopus, and  
Chinese noodles dressed with  
Teriyaki sauce and Roquefort cheese.*



Until only recently, the noble salad was a forthright composition of fresh lettuce leaves and a simon-pure dressing of oil and vinegar, salt, and in some cases pepper. And I mean pepper with no ceremony; none of this choreography with a foot-and-a-half-long implement that the waiter, with great flourishes, grates above the heads of the diners. That salad is the perfect accompaniment to all the substantial main courses in this book and some hearty soups; there is no need to complicate things with more sophisticated offerings. Nonetheless, in the following pages we suggest some appetizers that would serve as lunch for lovers who meet secretly at noon, for those who like a light supper before making love, or those virtuosos who want to exhibit their culinary skill with a more elaborate menu. If this is the case and you opt for variety, use very small portions. Stuffed, half-asleep lovers are no good for acrobatic feats.

## HAVANA-STYLE PRAWNS

---

### *Preparation*

Cut the whole grapefruit in half. Scoop out the fruit and discard (or use later); set aside the grapefruit halves. Combine the grapefruit segments,

### *Ingredients*

1 whole grapefruit

Segments of 1 grapefruit,  
membranes removed

1 cup cooked medium prawns

1 apple, cubed

1 tablespoon chopped nuts

2 tablespoons mixed minced  
cilantro, chervil, and mint

prawns, apple, nuts, and herbs. Fill the grapefruit halves with this salad and refrigerate. Just before serving, mix all the ingredients for the sauce except the pepper. Stir well and pour over the salad. As a final touch, add the pepper.

### FOR THE DRESSING

2 tablespoons plain yogurt

2 tablespoons lemon juice

1 tablespoon honey

¼ teaspoon mustard

1 tablespoon vegetable oil

Freshly ground black pepper to  
taste

## CRAB AND AVOCADO MOUSSE

---

Nearly all mousses—or molds—are made using the same basic recipe. All that changes is the ingredient or ingredients that give it flavor—here, shrimp and avocado. A mousse is a discreet way of casing into the preambles of eating or making love; it can be prepared in advance and is light on

### *Ingredients*

1 cup Béchamel Sauce (page 219)  
½ cup mayonnaise  
3 teaspoons unflavored gelatin  
3 tablespoons boiling water  
3 tablespoons sherry  
1 cup cooked and shredded crabmeat  
1 teaspoon lemon juice  
¼ teaspoon Salsa Picante (page 214)  
Salt and pepper to taste  
1 medium ripe avocado, peeled, seeded, and chopped  
1 cup cream  
Lettuce and lemon slices for serving

the stomach. Besides the elegance of the two-color scheme, this one can be made ahead, allowing you to welcome your lover without any last-minute uproar in the kitchen.

### *Preparation*

Mix the béchamel sauce with the mayonnaise. Dissolve the gelatin in boiling water and sherry. Strain, pour into the sauce, and stir well. Divide into 2 portions. Season the crabmeat with lemon juice, salsa picante, salt, and pepper, and add to 1 portion. Place the avocado in a food processor and blend with the cream, salt, and pepper. Add to the other portion.

Lightly oil the sides and bottom of a mold.

Spoon in the crab mousse and spread evenly in the mold with a spoon. Carefully pour the avocado mousse on top of the crab so that no air remains between them but they are not mixed together. Refrigerate for 2 hours, until set. Turn out of the mold and serve on lettuce with slices of lemon.

## ARTICHOKE WHISPER

---

### *Ingredients*

**2 artichokes**

**Salt and pepper to taste**

**1½ teaspoons unflavored  
gelatin**

**½ cup cream, or ½ cup  
evaporated—not  
condensed—milk**

This is one of the few recipes for a mousse made without white sauce. It's very light and original.

### *Preparation*

Boil the artichokes for at least 30 minutes, until the leaves are easily detached. Rinse well and let cool. Remove the pulp from the leaves with a spoon, scrape the choke from the heart, and mash both. Season with salt and pepper.

Dissolve the gelatin in a little boiling water.

Beat the cream until stiff. If you use evaporated milk, it will have to be well chilled, nearly frozen, before beating.

Put all the ingredients in a food processor and blend for a few seconds, until creamy. Place in 2 individual oiled molds and refrigerate for 2 hours. Turn out of the mold and serve on a sauce of your choice (perhaps Homemade Mayonnaise, page 210; Tartar Sauce, page 211; French Dressing, page 211; Light Dressing, page 212; Three-Minute Marinade, page 217).

## SHRIMP COCKTAIL

---

### *Ingredients*

1 avocado, peeled, seeded,  
crushed, and seasoned with 1  
teaspoon lemon juice, salt,  
and pepper  
1 cup cooked shrimp  
1 medium apple, peeled and  
grated  
½ cup tomato sauce  
1 tablespoon oil  
1 teaspoon Worcestershire sauce  
1 teaspoon mustard  
Lemon slices or mint leaves for  
garnish

For this salad to look its best you need sherbet goblets or, even better, the kind of crystal bowl that rests on a bed of crushed ice. Remember that aphrodisiacs also appeal to the eye.

### *Preparation*

Place the crushed avocado in sherbet goblets or crystal bowls. Add the shrimp. Combine the apple, tomato sauce, oil, Worcestershire sauce, and mustard. Cover the shrimp with this sauce. Garnish with a lemon slice or mint leaf.

## SEVICHE

---

This Peruvian specialty, made of raw fish or shellfish marinated in lemon juice, has become famous and now travels the world under various names. All these ingredients are aphrodisiac; it's light on the stomach but provides lots of energy. It is served cold and must sit at least six hours after preparation for the lemon to "cook" the fish. This recipe will make four to six small servings, but if you want a real aphrodisiac jolt, it will leave two very contented.

### *Preparation*

Cut the fish into cubes, discarding the skin and veins. Wash the prawns or shrimp in salted water and dry. If they are fairly large, cut in pieces. Layer the fish, seafood, onions, and hot pepper in a glass or pottery bowl. Add the lemon and orange juices and a little salt and pepper. Cover and refrigerate for at least 6 hours, turning the mixture every hour so that all the fish will be bathed in the juices. Serve on lettuce with slices of cooked sweet potato. The spicy, tart taste of the seviche goes very well with the sweet potato.

### *Ingredients*

1 pound corbina or any firm  
white fish  
½ pound prawns or shrimp,  
peeled and cleaned  
2 medium onions, minced  
1 hot green pepper, seeded and  
cut in very thin slices  
1 cup lemon juice  
¼ cup unsweetened orange juice  
(optional)  
Salt, pepper, and Tabasco to  
taste (optional)  
Lettuce for serving  
1 large sweet potato, cut in 6  
slices

## ODALISQUES' SALAD

---

This dish is colorful, fresh, and novel.

### *Ingredients*

1 large white onion, thinly sliced  
1 cup boiling water  
2 tablespoons tarragon vinegar  
Salt, white pepper, and Tabasco to taste  
2 oranges, peeled and cut in thin slices  
4 tablespoons fresh orange juice  
½ tablespoon honey  
½ teaspoon Grand Marnier  
2 tablespoons olive oil  
4 black olives for garnish  
4 fresh mint leaves

### *Preparation*

Soak the onion slices in the water with the vinegar, salt, and Tabasco for 10 minutes, then boil for 3 minutes. Remove from the heat and drain the onion on paper towels. Place slices of onion and orange on a serving plate. Cool in the refrigerator. Combine the orange juice, honey, Grand Marnier, and oil. Pour over the salad and garnish with the olives and mint leaves.

## SIERRA POTATOES

### *Ingredients*

2 cups cooked potatoes  
½ cup vegetable oil  
½ cup lemon juice  
2 tablespoons cream  
2 tablespoons grated onion  
½ teaspoon mustard  
2 hot green peppers, minced  
1 clove garlic, crushed  
Salt and pepper to taste  
2 hard-boiled eggs, peeled and quartered  
Black olives  
3 ripe tomatoes, sliced  
Olive oil to dress salad  
1 tablespoon chopped thyme  
1 tablespoon chopped sage

This appetizer is inspired by a dish from the high plateaus of Bolivia. It is as substantial as a full meal. For two discreet lovers you can make half the recipe, followed with soup and dessert.

### *Preparation*

Mash the potatoes before they cool. Place the vegetable oil, lemon juice, cream, onion, mustard, green peppers, garlic, salt, and pepper in a blender or food processor and blend. Pour over the potatoes and combine thoroughly. Place the mixture in an oiled mold, pat down, and chill.

Before serving, turn the potato mixture onto a serving plate. Decorate the top with the hard-boiled eggs and olives. Surround with the sliced tomatoes seasoned with salt, olive oil, thyme, and sage.

## GREEK ISLANDS SALAD

---

Remember what we said about eggplant? In the Mediterranean it is thought to be aphrodisiac and was obligatory in the harems of Turkey, but in some places in Asia, men don't eat it. Run your own test with this recipe.

### *Ingredients*

2 medium eggplants  
1 tablespoon lemon juice  
Sea salt and black pepper to taste  
2 tablespoons minced parsley  
1 cup sliced fresh mushrooms  
1 clove garlic, crushed  
½ pimienta, cut in thin strips  
2 tablespoons olive oil  
1 tablespoon grappa  
4 tablespoons tomato sauce  
4 tablespoons plain yogurt (optional)

### *Preparation*

Cut the eggplants in four lengthwise segments. Sprinkle with lemon juice, salt, pepper, and parsley. Set aside for 1 hour at room temperature, then broil for 15 minutes. Sauté the mushrooms, crushed garlic, and pimienta in the oil. Add the tomato sauce and grappa, and cook 5 minutes more. Remove from the heat and pour the sauce over the eggplants. Serve cold with yogurt if desired.

## BARILOCHE

---

### *Ingredients*

4 endives, torn lengthwise  
Segments of 1 grapefruit, membranes removed  
1 cooked chicken breast

### **FOR THE DRESSING**

2 tablespoons olive oil  
¼ cup cream cheese  
½ cup plain yogurt  
1 teaspoon honey  
1 tablespoon vodka  
2 tablespoons tarragon vinegar  
¼ teaspoon mustard  
Salt and pepper to taste  
½ pimienta

### *Preparation*

Place the endives and grapefruit slices on a plate, forming a star. Cube the chicken breast and arrange it in the center. Place all the sauce ingredients except the pimienta in a food processor and blend. Pour on the salad and garnish with strips of pimienta.

## PEARS ROQUEFORT

---

This salad should be prepared only moments before serving because pears will turn dark.

### *Ingredients*

1 pear per person  
1 tablespoon honey  
Juice of  $\frac{1}{2}$  lemon  
Salt and white pepper  
Roquefort Sauce (page 220),  
cold  
 $\frac{1}{2}$  cup ground nuts

### *Preparation*

Cut the pears in half lengthwise. Remove the seeds and fibers, hollowing out the center. Dress the pears with the honey, lemon juice, and a very small amount of salt and pepper. Place the pears facedown on a round plate, forming a star. Pour the cold Roquefort sauce over them and garnish with a sprinkling of ground nuts.

## SPINACH CALIFORNIA

---

### *Ingredients*

1 pound raw spinach, stems  
removed  
 $\frac{1}{2}$  cup ricotta cheese  
 $\frac{1}{2}$  cup pineapple chunks  
 $\frac{1}{2}$  cup broken walnuts  
3 strips bacon  
3 tablespoons olive oil  
1 tablespoon tarragon vinegar  
 $\frac{1}{2}$  teaspoon mustard  
Salt and white pepper to taste

Very fresh and original.

### *Preparation*

Wash and dry the spinach. Tear it into smaller pieces. Mix with the ricotta and pineapple chunks. Broil the walnuts and bacon until crisp. Crumble the bacon and add to the salad with the nuts. Combine the oil, vinegar, mustard, salt, and pepper. Pour over the salad just as you serve it.

## CREOLE

---

### *Ingredients*

1 cup cooked saffron rice  
1 cup grated carrot  
1 teaspoon melted butter  
1 tablespoon raisins, soaked in rum  
1 tablespoon grated coconut  
2 tablespoons mayonnaise  
¼ teaspoon ground cinnamon  
Several drops Tabasco  
Orange Whirl (page 216)  
1 orange, peeled and divided into segments  
1 banana, sliced

Exotic and decorative, this salad is ideal for those warm summer evenings that invite love.

### *Preparation*

Combine the rice, carrot, butter, raisins, coconut, mayonnaise, cinnamon, and Tabasco. Oil a mold and press the mixture into it. Refrigerate for 1 hour and turn out onto a plate. Top with the orange whirl sauce and encircle with alternating orange sections and banana slices.

## SPRING SHOWER

---

This salad allows you to use your imagination and the leftovers in your refrigerator. The ingredients can be varied. It is equally delicious with fowl, cold meat, shrimp, and vegetables.

### *Ingredients*

¼ pound shredded smoked salmon  
1 head lettuce, finely chopped  
1 medium carrot, quartered and chopped  
1 tomato, peeled, seeded, and chopped  
½ cup new peas  
1 hard-boiled egg, quartered  
French Dressing (page 211)

### *Preparation*

Combine all the ingredients except the French dressing in a salad bowl. Add the French dressing shortly before serving.



## CHILEAN SALAD

Very simply prepared with two aphrodisiac vegetables: tomato and onion.

### *Ingredients*

2 medium onions  
Vinegar  
3 tomatoes  
Red or green chili pepper to  
taste (*aji verde* in Chile)  
Salt, pepper, and oil, to taste  
2 sprigs fresh parsley

### *Preparation*

Mince the onions and steep them in hot water and vinegar for 30 minutes. Pour off the liquid and dry the onions on paper towels. Peel the tomatoes and cut them into lengthwise spears. Mince the chili pepper and mix with the onions and tomatoes. Dress with salt, pepper, and oil. Sprinkle with parsley.

## CELERY SALAD

### *Ingredients*

½ cup golden raisins  
1 cup tea  
4 stalks celery, strings removed  
1 green apple  
1 teaspoon lemon juice  
1 small avocado  
½ cup sliced almonds, toasted  
½ cup mayonnaise  
Salt (optional)

### *Preparation*

Soak the raisins in the tea. Drain and dry. Chop the celery and chill in cold water for 30 minutes. Drain. Peel and dice the apple. Sprinkle with the lemon juice to keep from turning dark. Peel the avocado and cut it into small pieces. Stir all the ingredients together. Check for seasoning and add salt if desired.

# Main Courses

KAMA-SUTRA . . . WELL, MORE OR LESS!

*This is the moment  
when we get into some serious cooking.*

*Don't be afraid.*

*No one's perfect—even the best cooks  
make mistakes. What matters  
is never to admit it.*

*I have vast experience in culinary catastrophes,  
and I can offer practical suggestions  
that Panchita would never approve of.*

*Her watchword is impeccable  
and honest execution; mine is creative bungling.*

*Try to steer a course  
between these two extremes, at the  
level of your talent.*

In amorous relations there are several preambles, beginning with the first blast of the pheromones passing from the nose to the brain, transmitting the urgent call of the species, and culminating with the skirmishes of teenagers in the backseat of a car, where just when they abandon all caution, prepared to plunge into the abyss of unleashed lust, a policeman appears with a flashlight to douse the flames. Later in life, the same ceremonies of pairing are played out in a manner not unlike the ritual courtship dance of the flamingo. These warm-ups no longer take place in the backseat of a car but behind the office copy machine. As a general rule, the man moves as fast as circumstances allow, but if he possesses a lick of intelligence and good breeding, he will prolong the preambles in his bid to win his companion (the female of the species is rather ticklish on this point). This is the advice the author of the *Perfumed Garden* gives the Grand Vizier of Tunis:

*Know, O Vizier (God's mercy be with you!), that if you wish to experience an agreeable copulation, one that gives equal satisfaction and pleasure to both parties, it is necessary to frolic with the woman and excite her with nibblings, kissings, and caressing. Turn her over in the bed, sometimes on her back, sometimes on her belly, until you see by her eyes that the moment of pleasure has arrived. . . .*

The equivalent in cuisine of this foreplay in bed is hors d'oeuvres, soups, and appetizers. In Italy it would also be pasta, and in Spain their succulent *tapas*, including a kind of potato and sausage omelet that they consider a prelude, not a performance. Nevertheless, once executed, the steps in the dance of the flamingo that lead lovers to the point of no return is the moment the true talents of either lover or chef will be demonstrated. Erotic manuals devote 90 percent of their practical advice to foreplay and draw a lace curtain over what follows—not for reasons of discretion but because once that final threshold has been crossed, the floodgates of passion are irreversibly opened and there is no handbook that will be of help. Frankly, I know few people able to make love as they consult the instruction manual beside their pillow.

This is how Pablo Neruda describes sensual climax in a sonnet:

*. . . and the genital fires transformed into pleasure  
race along the narrow highways of the blood,  
bursting open like a carnation of the night,  
in the darkness, fading and not fading to a ray of light.*

In the kitchen, the equivalent of Neruda's "genital fires transformed into pleasure" is the main course. As the orgasm is the culmination of lovemaking, the supreme moment of the hymn to the species, so the main course is the ne plus ultra of a luncheon or dinner. What comes before and after are delightful complements, a necessary part of the liturgy of the table, but only in the main dish does one test the mettle of the cook. I refer to one dish, for even though a banquet tends to feature more than one Homeric offering, these are erotic recipes, and we have already indicated that with a full stomach, no Casanova in the world is worth his salt.

Unless otherwise indicated, these recipes serve two lovers with a hearty appetite, and sometimes there's enough to stoke the fires at dawn.

# *Fruits of the Sea*

## CONGER EEL *DE LA CALETA*

---

Conger is a sea eel with very fine white flesh. It can be baked in the oven very simply with butter, a lot of lemon, and a little salt. In Chile the con-

### *Ingredients*

1 pound cleaned conger  
1 onion, thinly sliced  
½ tablespoon red pepper  
½ cup vegetable oil  
½ cup white wine  
Juice of 1 lemon  
Salt and pepper to taste  
1 tablespoon butter  
¼ cup grated cheese  
1 tablespoon minced parsley

ger is eaten in soup (Conger Chowder, page 134), dredged in flour and fried, or steamed and served with a variety of sauces, either cold or hot. If you buy the whole eel, ask the fishmonger to skin it and cut off the head and tail, which can be used to make a *fumet* (see comments on stocks in the section on soups), an indispensable base for a good sauce.

### *Preparation*

Wash the eel, divide it into pieces, and pat dry. In a heavy baking pan or casserole, sauté the onion and red pepper in the oil for 5 minutes. Add the eel, wine, lemon juice, salt, and pepper. Bake in a hot oven for 10 minutes. Remove from the oven, dot with butter, and sprinkle with the cheese and parsley. Baste in the pan juices, return to the oven, and cook 5 minutes more. Let sit for a few minutes before serving to allow the flavors to blend. Serve with boiled potatoes and parsley.

## SEAFOOD NEWBURG

---

This dish can be prepared with eel, corbina, trout, sea bass, or any fine-fleshed fish. With this recipe you can also use leftover cooked fish.

### *Preparation*

Salt the fish lightly and steam gently for 10 to 15 minutes. Heat the butter, cream, yogurt, and egg yolks in a double boiler. Cook over low heat, stirring constantly; do not allow the mixture to reach a boil. When it thickens, slowly add the whiskey, stock, salt, paprika, and lemon zest. Cover the fish with the sauce and cook over low heat for 5 minutes more.

### *Ingredients*

2 white fish fillets  
1 tablespoon butter  
½ cup cream  
½ cup plain yogurt  
2 egg yolks, lightly beaten  
1 tablespoon whiskey  
4 tablespoons Fish Stock  
(page 241)  
Salt and paprika to taste  
½ teaspoon grated lemon zest

## CORBINA À LA CRÈME

---

Can be made with salmon, conger eel, or other firm-fleshed fish.

### *Ingredients*

1 pound corbina (middle section)  
Salt and white pepper to taste  
Juice of 1 lemon  
¼ cup vodka  
2 sprigs fresh rosemary  
2 tablespoons butter  
½ cup cream  
1 pinch nutmeg  
½ cup shredded almonds,  
blanched and toasted

### *Preparation*

Wash the fish and pat dry. Season with salt, pepper, and lemon juice. Place in a buttered baking dish. Sprinkle with the vodka and fresh rosemary, and dot with butter. Cover with aluminum foil and cook in a medium oven for 20 to 25 minutes. Remove from the oven, add the cream, nutmeg, and toasted almonds, and return to the oven without foil for another 5 minutes before serving.

## HAKE DIANA

---

If your budget won't stretch for a high-priced fish, that's no reason to deprive yourself of an aphrodisiac treat.

### *Ingredients*

1 pound hake, flounder, or  
similar fish  
Salt and pepper to taste  
1 tablespoon butter  
½ grapefruit  
½ cup ricotta cheese  
½ cup Homemade Mayonnaise  
(page 210)  
Juice of 1 lemon  
1 teaspoon capers  
2 pickled pearl onions  
½ teaspoon minced cilantro  
Hard-boiled eggs and  
watercress for garnish

### *Preparation*

Season the fish with salt and pepper, dot with butter, and place in a roasting pan. Remove the membrane from the grapefruit segments and place pieces on the fish. Squeeze any juice remaining in the grapefruit over the fish. Cook over medium heat for 15 to 25 minutes; the fish is done when the flesh separates easily from the spine. Remove from the heat, let cool, and place on a platter. Place the ricotta, mayonnaise, lemon juice, capers, pearl onions, and cilantro in a food processor and blend. Thin with juices from the fish to make a smooth sauce, check the seasoning, and pour over the fish. Garnish with hard-boiled eggs and watercress.

## CURRIED SEA BASS

---

A delicious, substantial dish to fortify demanding lovers.

### *Preparation*

Boil the onion, carrot, garni, pepper, and salt in the water for 15 minutes. Rub the fish with lemon and place in a cooking pot. Gently pour the boiling stock over it. Cook for 15 minutes on very low heat. Remove the fish, taking care not to break it apart, and keep warm. Reserve the liquid.

To make the sauce, melt the butter and add the curry, vinegar, apple, and sugar, stirring well. Add the flour and cook for 5 minutes over low heat. Still stirring, gradually add the liquid from the fish, coconut milk, and grated coconut, and cook over low heat 10 minutes more. Check the seasoning and add salt and pepper to taste. Keep warm but do not allow to boil. Add the cream with the egg yolk. Serve the fish and sauce with rice pilaf.

### *Ingredients*

½ small onion, quartered  
1 half carrot, sliced  
1 garni of aromatic herbs  
Salt and pepper to taste  
1 cup water  
2 sea bass fillets, skinned and washed  
Juice of ½ lemon

### **FOR THE SAUCE**

1 teaspoon butter  
1 teaspoon curry powder  
½ tablespoon vinegar  
½ tart apple, peeled and grated  
1 pinch brown sugar  
1 teaspoon flour  
Liquid from cooking fish  
½ cup coconut milk  
2 heaping tablespoons grated coconut  
Salt and pepper to taste  
2 tablespoons cream  
1 egg yolk, lightly beaten



## STUFFED TROUT

---

Is your lover an impenitent fisherman? Very likely his only trophy will be some rather pathetic trout. With this recipe they can be turned into a source of pleasure.

### *Preparation*

Wash the fish well, pat dry, and season with lemon juice, salt, and pepper. Place the ham, pickle, celery, and chives in a food processor and make a paste. Add the egg yolk and  $\frac{1}{4}$  cup of the cream. Stuff the trout with this filling and fasten the edges with wooden toothpicks. Place the fish in a buttered roasting pan and sprinkle with the wine. Cook in a medium oven for 15 minutes. Remove, pour on the remaining  $\frac{1}{4}$  cup cream and decorate with the pineapple slice, and cook 5 minutes more in low heat. Serve warm, sprinkled with fresh parsley.

### *Ingredients*

2 medium trout, cleaned, with  
heads and tails removed  
Juice of 1 lemon  
Salt and pepper to taste  
 $\frac{1}{2}$  cup chopped ham  
1 small pickle  
1 tablespoon minced celery  
 $\frac{1}{2}$  tablespoon minced chives  
1 egg yolk  
 $\frac{1}{2}$  cup cream  
2 tablespoons butter  
 $\frac{1}{4}$  cup dry white wine  
1 pineapple slice  
1 tablespoon minced parsley

## SALMON NEPTUNE

---

Easy, quick, light, and very stimulating, this is the ideal dish for impetuous lovers. Remember that the pasta must be cooked *al dente*; otherwise, it's like eating worms.

### *Ingredients*

1 pound fresh salmon  
Salt and pepper  
2 tablespoons lemon juice  
4 tablespoons olive oil  
1 sprig fresh dill  
½ pound angel hair pasta  
1 large tomato, quartered  
2 tablespoons minced cilantro  
3 tablespoons minced fresh chives

### *Preparation*

Season the fish with salt, pepper, 1 tablespoon of lemon juice, and a little olive oil, and place the dill on top. If you do not have a utensil for steam cooking, better buy one fast, but for now you can improvise by placing a large colander inside a large pot containing a few inches of water. Only the steam should reach the fish. Cook for approximately 15 minutes. The salmon should be nearly raw inside.

As the fish is cooking, start to boil 8 cups of water for the pasta. Add 1 tablespoon of oil and salt to the water. Remove the fish from the colander, set aside the dill, and cut the salmon into small pieces. Cook the angel hair pasta in the boiling water for only a few minutes, *al dente*. Remove from the heat and drain well. Mix with the salmon, tomato, cilantro, and chives. Season with 1 tablespoon of olive oil, 1 tablespoon of lemon juice, and salt and pepper to taste.

## PARK AVENUE LOBSTER

---

This is a very easy way to prepare the queen of the seas, but since lobster is expensive, I suggest you read the recipe carefully.

### *Ingredients*

1 lobster, cleaned  
4 tablespoons olive oil  
2 tablespoons minced onion  
2 tomatoes, peeled, seeded, and chopped  
1 pinch garlic powder  
1 tablespoon chopped parsley  
½ cup Fish Stock (page 241)  
½ cup sherry  
4 tablespoons cognac  
Salt and cayenne pepper to taste  
2 tablespoons butter

### *Preparation*

Cut the lobster into medallions and sauté in the oil on both sides. Remove from the pan. In the same oil, sauté the onion until transparent. Add the tomatoes, garlic powder, and parsley. Stir until well coated and add the lobster, stock, sherry, and cognac. Season with salt and cayenne pepper. Cover the skillet and cook for 20 minutes over low heat. Remove the medallions from the skillet. Place the remaining contents of the skillet and the butter in a food processor and blend. Bathe the lobster medallions in this sauce and serve.

## SQUID LUCULLUS

---

If you want squid in their own ink, order it in a restaurant. This recipe is easy and exquisite.

### *Ingredients*

2 slices bread, crusts removed  
½ cup milk  
1 tablespoon chopped onion  
1 clove garlic, crushed  
2 tablespoons butter  
1 pinch nutmeg  
Salt and white pepper to taste  
½ cup cooked spinach  
1 egg yolk  
½ cup chopped cooked shrimp  
4 medium squid, cleaned  
3 tablespoons oil  
Sliced tomato for garnish

### *Preparation*

Soak the bread in the milk. Sauté the onion and garlic in 1 tablespoon of butter with nutmeg, salt, and pepper. Add the bread soaked in milk, spinach, and egg yolk. Stir well. Add the shrimp and remaining butter. Cook for 5 minutes, stirring until smooth. Stuff the squid pockets ¾ full with this mixture. Close the opening with a wooden toothpick and fry one by one in the hot oil. Serve with sliced tomato for garnish.

## SAFFRON SHRIMP

---

Remember that in the East saffron is thought to be a powerful stimulant. This recipe was given me by my friends Francesca and Marisa, who teach Italian cooking to American tourists in Milan.

### *Ingredients*

8 large shrimp, peeled and  
cleaned  
1 rounded tablespoon butter  
½ cup Mascarpone cheese or  
very fresh cream cheese  
½ teaspoon powdered saffron  
Salt and pepper to taste  
1 pinch paprika  
1 pinch garlic powder  
½ pound *farfala* pasta (bowtie  
or butterfly)  
1 teaspoon olive oil

### *Preparation*

Sauté the shrimp in the butter, then set aside. In the middle of the bowl in which you plan to serve the pasta, whip the cheese with a spoon and slowly add the saffron until you have a yellow cream. Add salt, pepper, paprika, and garlic powder, and stir well. Cook the pasta in 8 cups of hot water until *al dente*. Drain, add the oil, and stir. Immediately pour onto the cheese and stir until the pasta is thoroughly coated with the cheese. Arrange the shrimp on top and serve.

## PSEUDO PAELLA

---

Real paella is prepared in a special pan (a *paellera*) over coals and takes hours of arduous work cleaning the seafood and chopping the other ingredients. It's a labor of love and patience, and not worth the effort for two people. This is an imitation that would make a legitimate Spaniard break out in hives—God forgive me—but that works in the same way as a preamble to lovemaking because all the ingredients are aphrodisiac.

### *Ingredients*

1 tablespoon minced onion  
3 tablespoons olive oil  
1 pinch turmeric  
1 pinch saffron  
1 pinch paprika  
2 cups assorted seafood (squid, shrimp, scallops, clams, and others), peeled and cleaned  
1 small tomato, chopped  
1 clove garlic, crushed  
2 cups Fish Stock (page 241), or concentrate  
1 cup white rice  
6 mussels in the shell  
Red pepper, cut in strips  
Salt and pepper to taste

### *Preparation*

In a skillet, sauté the onion in the oil until transparent but not yellow. Add the spices and sauté 1 minute more. Add the seafood—but not the mussels—tomato, and garlic. Cook for 5 minutes, turning occasionally. Add the stock. When it reaches a boil, sprinkle in the rice. Lower the heat, cover the skillet, and cook for 15 minutes. Arrange the mussels and red pepper on top, and cook for 5 to 10 minutes more. Test to see if the rice is done and check the seasoning. Add salt and pepper if necessary. Remove from the heat, uncover your pseudo paella, and let the steam evaporate for 2 minutes before serving.

# Fowl

## DUCK À LA PÊCHE

---

### *Ingredients*

- 1 duck (about 3½ pounds),  
cut up
- 2 tablespoons lemon juice
- 1 tablespoon sugar
- 4 tablespoons vegetable oil
- 1 cup Chicken Stock (page  
241)
- 1 can (8 ounces) peach halves  
in syrup, drained and syrup  
reserved
- ½ cup sherry or other sweet  
wine
- 1 clove garlic, crushed
- 1 bay leaf
- Salt and pepper to taste

Usually duck is daunting to cook because it tends to be either as hard as rubber or swimming in its own grease. If you have the time, though, this is a surefire recipe. Half a duck really isn't worth the effort. This recipe will feed four to six people, but it could be served as the only dish to two lovers who have a hearty appetite and are prepared to savor it slowly and later recover strength while eating the leftovers.

### *Preparation*

Wash the duck pieces, pat them dry, and rub them with the lemon juice. Sauté the duck with the sugar in very hot oil. Add the stock, peach syrup, sherry, garlic, bay leaf, salt, and pepper. Cover and cook for 1 hour, watching that the duck doesn't stick to the bottom of the pan. Remove the duck and put it in a baking dish.

Discard the bay leaf and skim the fat off the pan juices. The best way to do this is to cool the juices until the fat congeals. Cover the duck with sliced peach spears, pour the juices over both, cover the dish with aluminum foil, and place in a hot oven for 15 minutes before serving.

## MEXICAN CHICKEN MOLE

---

### *Ingredients*

4 chicken thighs  
1 cup white wine  
1 cup water  
Salt and pepper to taste  
1 small bay leaf  
1 small banana  
¼ red pepper  
¼ green pepper  
¼ cup peeled, chopped tomatoes  
1 clove garlic  
¼ large onion  
1 pinch ginger  
1 ounce unsweetened chocolate, melted  
1 tablespoon blanched almonds, chopped  
1 tablespoon salted peanuts, crushed  
1 tablespoon raisins, soaked in stock

This dish works best when prepared the previous day, which makes it more savory and leaves you time enough to invent other erotic recourses for the day of your rendezvous. Can be served with rice and beans.

### *Preparation*

Place the chicken, wine, water, salt, pepper, and bay leaf in a casserole and boil for 20 minutes. Drain, reserving the liquid, and discard the bay leaf. Skin the thighs and return to the casserole or a large skillet. Place the liquid and all the other ingredients except the almonds, peanuts, and raisins in a food processor and blend. Cover the chicken with this mixture and cook for 45 minutes over low heat. The next day add the almonds, raisins, and peanuts before warming to serve.

## CHICKEN ALEGRE

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### *Preparation*

Sauté the bacon and chicken pieces in the oil until golden. Add the corn, garlic, and vinegar, and cook for 15 minutes over low heat. Remove from the heat and place the chicken in a baking dish. Stir the yogurt and cream into the pan juices. Season with salt and nutmeg. Pour over the chicken. Cover with the spinach leaves and top with tomato slices. Cook in the oven for 15 minutes. The dish will be a beautiful green highlighted with the red of the tomatoes.

### *Ingredients*

2 slices hickory-smoked bacon, diced  
2 cups chicken, cut in large pieces  
2 tablespoons olive oil  
1 cup fresh corn kernels  
1 clove garlic, peeled and minced  
1 tablespoon tarragon vinegar  
1 cup plain yogurt  
½ cup heavy cream  
Salt and nutmeg to taste  
1 pound fresh spinach, stems removed  
2 large tomatoes, peeled and sliced

## HAREM TURKEY

---

Since this book is for the amorous couple, we don't include directions for a whole turkey, which would feed an entire family, but half a turkey breast is delicious when cooked by this recipe.

### *Preparation*

Sauté the turkey, turnip, carrot, onion, celery, salt, and pepper in 2 tablespoons of the olive oil. Add the water, cover, and cook for 45 minutes. Remove from the heat, drain, reserving the juices, and set aside the vegetables.

Remove all the bones from the turkey, leaving only the edible part. Soak the bread in 1 cup of the reserved turkey juices. Place in a food processor with the parsley, garlic, and walnuts and blend. This will make a thick paste; thin with what is needed of the remaining olive oil. Cover the turkey with this mixture and garnish with the black olives and tomato slices.

### *Ingredients*

- ½ turkey breast, cut into 4 pieces
- ¼ turnip
- ½ carrot
- ¼ onion
- ½ stalk celery
- Salt and pepper
- 4 tablespoons olive oil
- 1 cup water
- 1 thick slice bread, crust removed
- ¼ cup minced parsley (leaves only)
- 1 garlic clove, peeled and crushed
- 1 cup ground walnuts
- Black olives and tomato slices for garnish



## ROMANTIC CHICKEN

---

Easy, but should be prepared the day before. It can be served with saffron rice and raisins.

### *Ingredients*

1 chicken breast  
1 teaspoon vinegar  
Salt and white pepper  
4 tablespoons butter  
¼ onion, grated and drained  
½ leek, chopped  
1½ cups milk  
1 teaspoon flour  
1 pinch nutmeg  
4 tablespoons sherry

### *Preparation*

Cut the breast in 2 pieces, rub with the vinegar, and let stand for 15 minutes. Rinse in cold water and season with salt, pepper, and 1 tablespoon of butter, melted. Refrigerate the chicken overnight. The next day, sauté the onion and leek, and then the chicken, in the remaining 3 tablespoons of butter. Add the milk and cook over low heat for 30 minutes. Remove when tender. Add the flour to the pan juices and cook over low heat, stirring, to make a sauce. Season with nutmeg and sherry. Pour the sauce over the chicken breasts.

## CHICKEN BREAST VALENTINO

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### *Preparation*

In a saucepan, mix the butter with the flour. When it is yellow, add the cream and stock, stirring to avoid forming lumps. Add the chicken breast and season with salt and pepper. Cook for 30 minutes, covered, over low heat, turning the pieces from time to time. After removing from the heat, add the egg yolk, red pepper, Kahlua, salsa picante, and Worcestershire sauce. Cook 10 minutes more on very low heat, stirring gently. Sprinkle the peanuts on top. This is even better reheated the next day.

### *Ingredients*

1 tablespoon butter  
1 tablespoon flour  
½ cup cream  
½ cup Chicken Stock (page 241)  
1 whole breast of young hen, cut in quarters  
Salt and pepper to taste  
1 egg yolk beaten with a little milk  
1 tablespoon cooked, chopped red pepper  
4 tablespoons Kahlua liqueur  
½ teaspoon Salsa Picante (page 214)  
½ teaspoon Worcestershire sauce  
¼ cup chopped roasted peanuts

## COQ AU VIN

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### *Ingredients*

1 medium chicken  
½ cup diced bacon  
1 medium onion, chopped  
2 young carrots, sliced  
2 cloves garlic, crushed  
2 tablespoons olive oil  
1 cup pearl onions  
1 bay leaf  
1 garni of aromatic herbs  
2 tablespoons cognac  
2 cups red wine (preferably Burgundy)  
½ cup dried mushrooms, previously soaked in stock  
1 cup concentrated chicken stock  
1 tablespoon maple syrup  
2 level tablespoons flour  
1 tablespoon butter  
2 cups sliced fresh mushrooms  
Salt and pepper to taste  
Croutons for serving

The classic recipe is made with a rooster, but experience has taught us that a roasting hen or plump young fryer is best. This dish is tastier when it sits for a while, even from the day before. It will serve four to six people, and it doesn't make sense to prepare less since it keeps well in the refrigerator or freezer.

### *Preparation*

Cut the chicken into pieces, discarding the neck and wings. Sauté the bacon, onion, carrots, and garlic in the oil for 5 minutes. Add the pearl onions, bay leaf, and garni. Add the chicken pieces, smother in cognac, and set afire. When the flame burns down, add the wine, dried mushrooms, stock, and maple syrup. Cook over high heat until the liquid is reduced to 1½ cups. In a separate pan, make a roux of flour and butter. Gradually add to the chicken, along with the fresh mushrooms, salt, and pepper to taste. Cook 10 minutes more over low heat to blend the flavors. Before serving, remove the excess fat. Serve with croutons.

## JELLIED PARTRIDGE

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### *Ingredients*

4 cleaned partridges  
¼ cup cognac  
Salt  
6 small onions, quartered  
½ cup olive oil  
1 teaspoon sugar  
1 piece orange zest  
2 cloves  
2 bay leaves  
1 tablespoon vinegar  
½ teaspoon pepper  
½ cup concentrated chicken stock  
1 large cup peeled grapes  
1 bunch red grapes for garnish

This was my grandmother's recipe, and it never failed. It's a substantial, cold, aphrodisiac dish that can be made one or two days in advance and carried from the refrigerator to the table or bed.

### *Preparation*

Bind the feet and wings of the birds so they don't come apart during cooking. Rub the wings with cognac and salt. Sauté the onions in the oil with the sugar until golden but do not burn. Add the orange zest, cloves, bay leaves, vinegar, pepper, stock, and the remaining cognac. Add the partridges, moisten with this mixture, and cook for 15 minutes. Add the peeled grapes and cook 15 minutes more. Turn off the heat and allow to cool. The partridges will be set in jelly. Before serving cold, remove the orange zest, bay leaves, and cloves. Arrange on a platter and garnish with the grape cluster.

# Meat

## LAMB WITH SPINACH AND APRICOTS

Even though lamb is not thought to be aphrodisiac, other ingredients in this recipe are. The combination of the slightly bitter taste of the spinach

and the sweet aroma of the apricots is absolutely delicious. This is a perfect catalyst for an intimate discussion of sensual pleasures. It serves two easily and is good with plain white rice.

### *Ingredients*

1 pound lamb, cut in large cubes  
1 clove garlic  
1 tablespoon vegetable oil  
1 cup stock  
1 pound spinach leaves, washed and stems removed  
1 tablespoon butter  
1 teaspoon flour  
1 small can apricots in juice  
½ teaspoon grated lemon zest  
Salt, pepper, and nutmeg to taste  
½ cup cream

### *Preparation*

Sauté the lamb and garlic in the oil until lightly browned. Add the stock. Cook in a heavy casserole dish, covered, until tender, 45 to 60 minutes. Remove from the heat and place in a Pyrex baking dish or, even better, a pottery baking dish, and cover with spinach leaves. Melt the butter in a small saucepan or skillet. Add the flour and stir well over low heat. Add the juice from the apricots and cook for 2 minutes. Remove from the heat and season with lemon zest, salt, pepper, and nutmeg. Add the cream, stir well, and pour over the spinach. Decorate with the apricots, cover with aluminum foil, and bake in the oven for 20 minutes.

## FILET MIGNON BELLE EPOQUE

### *Ingredients*

2 cups good red wine  
½ onion, minced  
½ carrot, minced  
2 chicken livers  
3 anchovy fillets  
2 tablespoons cream  
Salt, pepper, and garlic powder  
to taste  
2 large filets mignon  
1 teaspoon olive oil

This sauce is divine and the fillets never fail. Buy the best; in this case it's a good investment that will pay generous dividends.

### *Preparation*

In a casserole, cook the wine, onion, and carrot for 15 minutes. Place in a food processor with the livers and anchovy fillets, and blend. Return to the casserole and cook 15 minutes more, stirring. Lower the heat, add the cream, salt, pepper, and garlic

powder, and stir. Keep warm over the lowest possible heat.

In the meantime, in a hot skillet, sauté both sides of the filets mignon in the oil. Try to brown on the outside and keep rare inside. Pour the sauce over the filets mignon and serve immediately.

## CHAMPAGNE TENDERLOIN

A bottle of champagne is a lot for two normal lovers. There's always some left over, and once uncorked the bubbles dissipate and the champagne turns to a yellowish liquid with no soul or personality. Use the dregs for this recipe. Since it takes almost no time to prepare, you can have everything ready and—after heating up with caresses, champagne, and assorted hors d'oeuvres—the two of you can whip into the kitchen and make dinner in twenty minutes.

### *Preparation*

Heat the oil. Brown the beef on one side. Season with salt and pepper. Turn and brown the other side. Add the raisins, herbs, garlic, and champagne. Cover and cook for 15 minutes. Add the tomatoes, cook 5 minutes more, and serve.

### *Ingredients*

1 tablespoon olive oil  
2 lean beef tenderloins  
Salt and coarse black pepper to taste  
2 heaping tablespoons large golden raisins  
1 garni of assorted herbs  
1 clove garlic  
½ cup champagne  
½ cup peeled and chopped tomatoes

## FILLET ORIENTALE

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### *Ingredients*

1 pound beef fillet, cut in narrow strips  
2 tablespoons oil  
½ onion  
1 clove garlic, minced  
½ cup minced celery  
6 slices fresh ginger or 1 teaspoon powdered ginger  
½ cup minced red pepper  
½ cup minced fresh mushrooms  
1 teaspoon chopped sage  
1 teaspoon chopped tarragon  
5 tablespoons soy sauce  
1 teaspoon curry powder (less if very hot)

Quick, easy, and infallible. Serve on noodles *al dente* or white rice.

### *Preparation*

Sauté the beef strips in hot oil, then remove from the skillet. In the same oil, sauté the onion, garlic, celery, ginger, and pepper for 6 to 8 minutes. Add the mushrooms and cook for 10 minutes over medium heat. Season with the sage, tarragon, soy sauce, and curry powder. Combine with the meat and serve.

## SPICY RABBIT

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Don't serve rabbit to cat lovers, they'll faint. This is an old, old recipe from Peru. One whole rabbit, however skinny, is a lot for two people, but it's not usually sold in lesser quantities. This recipe is plenty for four to six people. You can freeze half and serve it on a different occasion or to a different guest (if monogamy isn't your forte).

### *Ingredients*

1 large rabbit, cleaned and cut up  
Juice of 2 lemons  
2 tablespoons lard  
2 medium onions, grated or minced  
Salt to taste  
1 teaspoon paprika  
1 teaspoon Salsa Picante (page 214)  
1 cup stock  
½ cup sherry and port  
½ cup ground walnuts

### *Preparation*

Rub the rabbit with lemon juice and let stand in a vessel with 2 cups of water for 6 hours. Remove and dry well. Sauté the pieces in bubbling lard with the onions, salt, paprika, and salsa picante. When the rabbit is browned, add the stock and sherry. Cover the casserole and cook over low heat for 50 minutes. Add the ground walnuts and cook an additional 10 minutes.

## RABBIT HAMBURGERS

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This recipe was born of leftovers from wild hare. During a visit in the country, my grandfather went out hunting and came back with half a dozen he had bagged. Once they were skinned and the buckshot picked out, there wasn't a lot left to eat but enough to inspire these hamburgers. They can be made with chicken, duck, turkey, and other aphrodisiac meats, and accompanied with mushrooms sautéed in garlic butter.

### *Ingredients*

3 strips bacon  
1 teaspoon vegetable oil  
2 cups cooked and ground rabbit  
½ cup bread soaked in milk  
1 pinch mustard  
Salt and white pepper to taste  
½ cup cream  
2 eggs yolks, lightly beaten  
½ cup bread crumbs  
2 tablespoons soft butter  
1 cup Sherry Sauce (page 220)  
or Red Wine Sauce (page 223)

### *Preparation*

Cut the bacon in small pieces and brown in the oil. Add the ground meat, bread, mustard, salt, and pepper. Mix the cream with the egg yolks. Add to the mixture in the pan and cook for 5 minutes, stirring, over low heat. Remove and let cool. Shape 4 small hamburgers from this mixture, dip in the bread crumbs, and cook in the butter for 5 minutes on each side. Place the hamburgers in a baking dish and bake in a hot oven 5 minutes more, so they fluff up. Serve with a sauce of your preference.

## ROSEMARY VENISON

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It's not always easy to find venison—that is, unless you have a friend who's a hunter—but there are times of the year when it appears in the butcher shops. The recipe is for six; don't waste your time preparing less. It will

### *Ingredients*

**2 pounds deer, best cuts, off the bone**

**3 teaspoons olive oil**

**3 medium onions, quartered**

**¼ teaspoon ground cinnamon**

**1 tablespoon salt**

**¼ teaspoon ground cloves**

**1 sprig rosemary (or about 6 leaves)**

**2 cups red wine**

**½ cup port**

**½ cup heavy cream**

keep several days in the refrigerator. If you want to make an unforgettable impression on your partner, serve stuffed apples with the venison.

### *Preparation*

Cut the meat in large cubes and brown in the oil. Add the onions, cinnamon, salt, cloves, and rosemary, and stir until browned. Add the wine and port. Cover and cook over low heat for 30 minutes. (To prevent burning, it's a good idea to set a flame-tamer between the pot and the burner.)

Remove and gently add the cream.

If you decide to serve with baked apples, you need 1 green apple per person. Cut out the stem end and remove the seeds with a small spoon, hollowing out the core. Fill the core with a combination of cherry or red currant jelly, a little sweet wine, sugar, cinnamon, and the merest pinch of clove. These apples are great with many meat dishes. Keep them in mind.



## KIDNEYS MONTMARTRE

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### *Ingredients*

1 pound calf kidneys  
4 tablespoons vinegar  
2 tablespoons butter  
1 clove garlic, crushed  
1 tablespoon chopped parsley  
2 tablespoons fresh chives  
Salt and white pepper to taste  
½ cup dry white wine  
1 teaspoon Worcestershire  
sauce or meat extract

For anyone who likes kidneys and believes in their erotic properties, this is a quick recipe. Serve with rice.

### *Preparation*

Clean the fat and veins from the kidneys and slice. Soak in water and vinegar for 30 minutes. Drain and dry with paper towels. Sauté in a skillet with the butter, garlic, parsley, chives, salt, and pepper. When barely done, 10 minutes, splash in the wine and Worcestershire sauce (or extract). Don't allow to boil because that makes kidneys tough.

## BRAINS ITALIAN STYLE

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We've already mentioned that in some countries the brain of certain animals is considered to be very aphrodisiac. This recipe from the south of Italy has the great advantage of your not knowing what you're eating. If you have to buy the whole brain and it weighs more than what is called for here, double the recipe and drum up a small orgy, because this is a dish that won't keep. Serve with rice.

### *Preparation*

Clean the brains well and boil for 5 minutes. Drain and remove the skin. Cut into slices 2 inches long. Beat the eggs lightly and add the water, cheese, cilantro, salt, and pepper. Dip the brains in this batter and then in the bread crumbs. Fry in the oil on both sides until browned. Serve with rice and the lemon quarters.

### *Ingredients*

1 pound cow brains  
2 eggs  
2 tablespoons water  
1 tablespoon grated Parmesan  
cheese  
½ teaspoon chopped cilantro  
Salt and pepper to taste  
½ cup bread crumbs  
½ cup olive oil  
1 lemon, quartered

## ALPINE OSSO BUCO

---

This is one of the most substantial dishes in world cuisine. Bone marrow is credited with all kinds of nutritional and erotic properties. Serve with boiled potatoes or rice.

### *Ingredients*

6 pieces veal shin bone  
2 tablespoons vegetable oil  
2 onions, chopped  
2 carrots, sliced  
1 tablespoon flour  
1 cup dry white wine  
Salt and pepper to taste  
3 tablespoons tomato purée  
1 sprig parsley, chopped  
1 sprig chervil, chopped  
1 clove garlic, crushed  
Grated zest of ½ orange  
Grated zest of 1 lemon

### *Preparation*

Brown the meat in hot oil. Add the onions and carrots, sprinkle with flour, and cook until browned. Add the wine and enough boiling water to cover the meat. Season with salt and pepper. Add the tomato purée, parsley, chervil, and garlic. Cook over low heat for 1½ hours (45 minutes in a pressure cooker). Shake the pot from time to time to prevent sticking. Set aside the pieces of meat in a deep baking dish and keep warm in the oven. Add the orange and lemon zests to the sauce and cook 10 minutes more. Strain the sauce and pour over the meat.

# Vegetarian Dishes

## ASPARAGUS AND CAVIAR PASTA

---

Delicious, extremely attractive, and very aphrodisiac, but not cheap. You don't have to use Beluga caviar; it can be a less costly one. You must not fail

### *Ingredients*

2 tablespoons olive oil

Salt

½ pound noodles

6 small asparagus

1 cup Light Dressing (page 212)

1 hard-boiled egg, chopped

1 tablespoon capers

1½ ounces caviar (the best you can afford; it can even be red)

Lemon quarters for garnish

to tell your lover how complicated, expensive, and aphrodisiac this dish is and how you expect payment—in carnal tender—for your money and trouble.

### *Preparation*

Set 8 cups of water to boil with 1 tablespoon of oil and some salt. Cook the noodles *al dente*. As they are cooking, steam the asparagus for 5 minutes (they should be crisp). Cut into pieces of about 1 inch. Sprinkle with the remaining 1 tablespoon of oil. Remove the noodles and drain. Combine with the sauce and asparagus in a baking dish already warmed in the oven to keep from cooling. Sprinkle on the chopped egg and capers. Last of all, place a little mound of caviar in the middle. Garnish with lemon quarters around the dish. Serve immediately.

## NOODLES WITH ARTICHOKE

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I recommend this one for reconstituting exhausted and ravenous lovers because it is saturated with aphrodisiacs. It's also good as salad the next day and can be prepared in ten minutes.

### *Ingredients*

⅓ cup olive oil  
1 cup bottled marinated artichokes, chopped  
1 small jar of pimientos  
¼ cup piñon nuts (optional)  
½ pound noodles  
2 large ripe tomatoes  
6 large black or green olives  
2 ounces goat cheese, crumbled  
2 tablespoons minced fresh sweet basil  
Salt and pepper to taste

### *Preparation*

Heat the oil and the liquid from the artichokes and pimientos in a small skillet. And the piñon nuts if using. Cook the noodles *al dente* as you chop the tomatoes and olives. Combine with the chopped artichokes and pimientos. Drain the noodles and return them to the same warm pot. Add all the other ingredients, including the goat cheese and sweet basil, and stir. Season with salt and pepper.

## CURRIED ZUCCHINI

---

Quickly prepared, with exotic results. If you give this dish some Oriental name taken from *A Thousand and One Nights*, you can produce an enormous impression with little effort. Serve with white rice or, for an even more erotic effect, saffron rice.

### *Ingredients*

4 medium zucchinis  
1 tablespoon oil  
½ onion, grated  
½ carrot, grated  
2 tablespoons grated coconut  
1 teaspoon curry powder  
4 dates, cut in strips  
½ cup coconut milk or sweet wine  
½ cup cream

### *Preparation*

Cut the zucchinis in half lengthwise. Warm the oil and rapidly sauté the zucchinis on both sides. Remove from the skillet. In the same oil, sauté the onion, carrot, coconut, curry powder, and dates for 5 minutes. Add the coconut milk and cook over low heat for 10 minutes. Place the zucchinis in the sauce and cook 10 minutes more. Turn off the heat, add the cream, and serve.

## EGGPLANT TO A SHEIK'S TASTE

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This is one of those old, old recipes that every good lover should know. It's for two, but I recommend doubling it. Serve with rice.

### *Ingredients*

1 onion  
1 clove garlic  
4 tablespoons olive oil  
1 pinch ground cloves  
1 teaspoon sugar  
Salt and pepper to taste  
1 large or 2 medium eggplants  
2 tomatoes  
Butter  
3 tablespoons grated Parmesan  
or Gorgonzola cheese

### *Preparation*

Mince the onion and garlic, and sauté lightly in the oil. Add the cloves, sugar, salt, and pepper. Cover the skillet and cook over low heat for 3 minutes. Meanwhile, cut the eggplant and tomatoes in thick slices, and preheat the oven to 400 degrees. Arrange the eggplant in the bottom of a buttered baking dish. Cover with half of the onion and garlic mixture and sprinkle with half of the cheese. Place the tomatoes in a separate layer. Add the remaining onion and garlic

mixture, and, finally, the remaining cheese. Dot with butter, cover the baking dish with aluminum foil, and bake for 30 minutes. Remove the foil and leave the dish in the warm oven until the eggplant is tender, about 10 minutes.

## PUNJAB KEBABS

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Inspired by the smells and tastes of India. You can vary vegetables to your taste. This is enough for four large kebabs.

### *Ingredients*

1 small onion  
½ red pepper  
½ green pepper  
1 medium zucchini  
6 large mushrooms  
Juice of ½ lemon  
1 jar (6 or 7 ounces) marinated  
artichoke hearts  
4 pieces tofu, cubed  
Quick Curry (page 225)

### *Preparation*

Wash, dry, and cut the vegetables into large pieces. Place alternately on skewers, along with the artichoke hearts and tofu, and sprinkle with lemon juice and oil from the artichokes. Heat the oven and bake the kebabs for 20 minutes. Serve covered with the curry sauce.

## RISOTTO LORI

---

Each and every ingredient is aphrodisiac! With this recipe Lori Barra, the woman who did the graphic design for this book (we keep it all in the family), seduced my son, wrenching him from the grip of loneliness following a sad divorce.

### *Ingredients*

3 cups Vegetable Stock  
(page 242)  
4 tablespoons olive oil  
2 tablespoons butter  
3 tablespoons minced onion  
1 tablespoon grated garlic  
1 cup chopped brown  
mushrooms  
1 cup chopped Portobello  
mushrooms  
1 cup arborio rice  
1 tablespoon chopped rosemary  
½ teaspoon grated fresh  
nutmeg  
½ cup white wine  
1 teaspoon truffled olive oil  
(optional)  
Salt to taste  
½ cup grated fresh Parmesan  
cheese

### *Preparation*

Warm the stock, then remove from the heat. Put 3 tablespoons of olive oil and 1 tablespoon of butter in a skillet and sauté the onion, garlic, and brown and Portobello mushrooms. Set aside on a plate. In the same skillet, put the remaining 1 tablespoon of oil and 1 tablespoon of butter and lightly brown the rice. Gradually add the rosemary, nutmeg, and 2½ cups of the stock. Cook over low heat, stirring occasionally, for 20 minutes. Return the mushrooms to the skillet, pour in the remaining broth, and cook 10 minutes more. When the rice is tender, not dry, add the wine and truffled oil, and cook a few minutes more. Check the seasoning and add salt if desired. Remove from heat, add the grated cheese, and serve warm.

# Desserts

## THE HAPPY ENDING

*After an erotic meal  
that spoonful by spoonful  
has led the lovers  
through amorous games and  
foreplay to the bed,  
there should be a happy  
ending: dessert.*

*Dessert is the crown  
of the intimate orgy:  
mangos flambé au rhum  
or profiteroles  
filled with strawberries  
and blanketed  
with a velvety mantle  
of chocolate.*

In deluxe restaurants there is usually a chef whose sole assignment is sweets, a fortunate fellow who spends his days among aromatic spices, whipped cream, fruits, tarts, cakes—that is, doing exactly what I would like to do to earn my living. Desserts are to the table what baroque concerts are to music: a delicate art. But sugar is lethal; it puts on pounds, eats your teeth, and ruins your skin—to say nothing of the dangers of diabetes, cholesterol, and other ills invisible to the eye but, over the course of a lifetime, heart-stopping. Learn to prepare desserts with grace and serve them with feeling, but try not to eat them. Once you have the taste for sugar, it, like caresses, becomes an addiction. Toy with your spoon, moving the sweet around on your plate until it looks like something you threw up, then slyly throw it under the table—this is one of those times it’s handy to have a dog—or simply don’t give any to yourself and tell your lover you’re keeping your serving for some erotic game later on. There’s nothing as aphrodisiac as a *mousse au chocolate* on the skin, but try to make sure it’s on *you*, because if you get it on the other person, you’re the one who will have to lick it off and absorb all those calories. After playing with your dessert in bed, draw a bath for two, nice and hot and with perfumed bath salts, put on some quiet music, light candles, and serve champagne from a single goblet. (All this, so easy to describe, never works for me in real life; my tub gets cold and my partner falls asleep while I’m trying to get the chocolate stain out of the sheets.)

Sweets are a weakness I’ve fought continually almost from the time I was aware I had teeth. It’s a worse vice than alcohol or drugs because it’s legal, it’s not considered immoral, and it’s something people can do in public. Every bite of candy that goes into the mouth cascades directly to the hips and then must be paid for with countless diets and workout programs. I was born at the wrong time. Whatever happened to that wise old saw about “plumpness is the soul of beauty”? I belong on the canvas of some Impressionist painter, at one with the corpulent nude bathers; or in the verses of an Arab poet, among pillowy odalisques nourished on honey and nuts; or in the pages of a Victorian author whose erotic fantasy was that of a complaisant woman whose bombé buttocks he stroked with a peacock feather. I know. Feathers, like incense, have been out of style since the sixties, but nothing has come along to replace them. What the devil am I doing in California at the end of the twentieth century? Here everyone is obsessed with health and beauty; at six in the morning all my neighbors are running



through the streets, even though no one is chasing them, puffing along in shorts and with instruments strapped to their wrists to monitor any lurch of their heartbeat. I think the more palpitations per minute, the more fat is shed and muscle developed, but I'm not sure because even though my heart gallops at full speed, I don't have a visible muscle anywhere on my body.

This section of the book has been the most difficult for me. I dream about desserts at night and spend my days studying recipes while my mother prepares them in the kitchen and the rest of the family enjoys them. It's been months since I tasted a sweet of any kind, but I think about them constantly.

I shouldn't complain: most of my fiftyish women friends go through the same hell in regard to sex. With a little luck, I will soon be admitted into my neighborhood circle of flagellants. (By the way, a few weeks ago an ad appeared in a San Francisco newspaper calling for sadists and masochists to cast for a pornographic film. Four sadists and sixty-nine masochists showed up.)

It seems to me that it's pointless for you to complicate your life fixing desserts—you already have enough with income taxes. Save your strength for making love. Isn't that the point of an aphrodisiac meal? Remember that in the case of desserts, the robes make the monk: the appearance of the dessert is more important than the taste. Anything is improved when soaked in liqueur—even more if you light it—or served in a goblet topped with crème Chantilly. If you're looking for a more audacious effect, think about evocative shapes; for example, a banana with two strategically placed balls of ice cream or two peach halves spiced up with raspberry nipples. I always keep some fresh or canned fruit in my larder, along with ice cream, sorbets, chocolate for making a sauce, and tea biscuits for decoration; with those on hand I can muddle through if I don't have time to make one of Panchita's recipes—which, by the way, are not at all difficult.

## *Sweet Sauces and Creams*

Sweet sauces, in general, are clear and often include among their ingredients Karo syrup or pectin. They are made with fresh or preserved fruits and marmalades, and other aphrodisiac ingredients such as honey, chocolate, coffee, and spices. Tightly sealed, they will keep for several days in the refrigerator. Custards have milk or cream, and often are thickened with egg yolks or cornstarch. When you use eggs, you have to be very careful about the temperature of the liquids; they should be hot but not boiling so the cream thickens without curdling. Sauces with whipping cream can be kept no more than two or three days.

## ENGLISH CUSTARD

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This cream is the base for many others, so no one with any self-respect can ignore it. It has the silky texture of youthful skin, a beautiful ivory color,

### *Ingredients*

2 cups milk

½ cup sugar

1 piece lemon zest

4 egg yolks

Flavoring to taste

and a flavor so delicate that it can be completely altered by adding almond or orange extract, among others, aromas such as coffee or chocolate, or spices like vanilla and clove.

### *Preparation*

Heat the milk, sugar, and lemon zest in the top of a double boiler; do not allow to boil.

Beat the egg yolks well. Slowly pour ½ cup of the hot milk over the yolks, stirring constantly. Pour this back into the milk mixture and let cool, continuing to stir until the custard thickens. Remove from the stove, discard the zest, and flavor to taste with extracts, flavorings, and so forth. Let cool, stirring from time to time to prevent skin from forming. This will keep for several days in the refrigerator.

## SABAYON

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This liqueur sauce is usually served either on ice cream or alone in small goblets with ladyfingers.

### *Ingredients*

5 egg yolks

½ cup powdered sugar

1 cup Marsala or other sweet white wine

¼ cup sweet liqueur (kirsch, rum, curaçao, or whatever you have on hand)

### *Preparation*

Beat the egg yolks with the sugar until nearly white. Continue beating and slowly add the Marsala. Place in the top of a double boiler and continue to beat (an electric hand beater is best) until you have a thick, smooth mixture. It should nearly double in size. Add the liqueur. Beat 5 minutes more and serve immediately in goblets. This will not keep.

## CHOCOLATE SAUCE

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This is another indispensable sauce. Any ordinary ice cream, served in a goblet, drowned in chocolate sauce, and topped with a nut or maraschino cherry becomes an opulent dessert. It can be flavored with vanilla, fruit

### *Ingredients*

7 ounces (200 grams) bitter-sweet chocolate

$\frac{1}{2}$  cup sugar

$\frac{3}{4}$  cup water

1 rounded tablespoon butter

Flavoring to taste

liqueur, almond extract, and so on. It is, besides, very aphrodisiac, especially licked from your lover's fingers.

### *Preparation*

Melt the chocolate with the sugar and water in the top of a double boiler. Stir, and take care that it doesn't scorch. When you have a thick, smooth sauce, add the butter and flavoring to taste.

## MOCHA CREAM

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### *Ingredients*

1 egg yolk

$\frac{1}{4}$  cup strong coffee

1 tablespoon sugar

1 tablespoon shaved chocolate

$\frac{1}{2}$  cup fresh cream

As with chocolate, you can dress up any dessert with this sauce.

### *Preparation*

Beat the egg yolk with the coffee and sugar. Cook in a double boiler over boiling water until thick. Remove from the heat and add the chocolate, stirring to dissolve well, then add the cream. May be served cool or hot.

## RASPBERRY SYRUP

---

### *Ingredients*

1 cup sugar  
½ teaspoon Karo syrup  
¼ cup water  
2 cups raspberries

Ideal for ice cream or crêpes filled with crème Chantilly or ricotta cheese. Raspberries are sensual, fragile fruit; they should never be boiled except when making preserves.

### *Preparation*

Make a thick syrup of the sugar, Karo syrup, and water. Let cool. Blend the raspberries in a food processor. Add to the syrup.

## JAZZY APPLESAUCE

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### *Preparation*

Mix all the ingredients together and cook over low heat until reaching a boil. Remove from the heat and let cool.

### *Ingredients*

1 cup applesauce (jar or can, or even processed baby food)  
1 teaspoon cinnamon  
1 pinch cloves  
1 pinch ginger  
2 tablespoons confectioners' sugar  
Juice and grated zest of 1 large orange

## HONEY SAUCE

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### *Ingredients*

1 tablespoon cornstarch  
1 cup water  
½ cup honey  
2 tablespoons butter  
1 teaspoon grated lemon zest

### *Preparation*

Dissolve the cornstarch in cool water. Add the honey, butter, and lemon zest, and cook over low heat. Beat until a smooth sauce is formed.

## BANANA MOUSSE

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### *Ingredients*

1 apple, peeled and seeded  
1 banana  
2 egg whites  
3 tablespoons sugar  
1 tablespoon lemon juice  
2 tablespoons rum

### *Preparation*

Place all the ingredients in a blender and process. Serve immediately on syrup-soaked cake. This cannot sit because the banana turns dark.

## RED WINE SAUCE

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Different from Sabayon, this sauce is served warm on sponge cake or ice cream, especially vanilla or cinnamon.

### *Preparation*

Place all the ingredients except the butter in a saucepan and simmer over low heat for 4 minutes, stirring. Remove from the heat and discard the cinnamon stick. Add the butter and stir until it melts. Serve warm.

### *Ingredients*

½ cup good red wine  
½ cup water  
4 tablespoons sugar  
1 tablespoon cornstarch  
1 cinnamon stick  
1 piece lemon zest  
1 pinch salt  
2 tablespoons butter

## APRICOT SAUCE

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### *Ingredients*

2 cups canned apricots in  
syrup, drained  
½ cup sherry or orange liqueur  
1 pinch salt  
1 teaspoon lemon juice

This can also be made with peaches or other canned fruit. It goes very well with pancakes, crêpes, cake, French toast, and ice cream.

### *Preparation*

Place all the ingredients in a blender and process. Heat in a double boiler until reaching a boil. Serve hot.

## RUM SAUCE

---

### *Ingredients*

3 eggs plus 1 additional yolk  
4 tablespoons water  
4 tablespoons sugar  
4 tablespoons rum

Invented by the English for their famous plum pudding, a true caloric bomb. You can use it for other less lethal desserts.

### *Preparation*

Place all the ingredients in a double boiler and cook over boiling water, stirring constantly, until the mixture thickens. Serve immediately.

## Desserts

These recipes are for two lovers with a sweet tooth who will enjoy a dessert with delicacy and calm. We have tried to offer recipes that are aphrodisiac, easy, and quick, but we couldn't omit examples of crêpes, soufflés, and mousses because no legitimate cook can ignore these masterpieces.

## PEACH DELIGHT

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### *Ingredients*

1 large ripe peach, peeled  
2 scoops lime ice  
2 maraschino cherries  
1 tablespoon maraschino liquid  
1 cup pink champagne

Evocative; they resemble breasts.

### *Preparation*

Cut the peach in half and discard the pit. Place each half in a champagne goblet. Fill each goblet with a scoop of the lime ice, decorate with a cherry and a little liquid from the bottle, fill with champagne, and serve immediately.

## SOUSED PEARS

---

This was the favorite dessert of my sainted aunt Teresa, who despite the purest of souls acquired a coquettish gleam in her eye when served this treat.

### *Ingredients*

1 large ripe pear, peeled and halved  
Juice and grated zest of ½ lemon  
2 tablespoons ricotta cheese  
1 tablespoon honey  
1 pinch nutmeg  
1 glass red wine  
2 tablespoons sugar  
½ cinnamon stick

### *Preparation*

Hollow out the core of the pear halves and fill with lemon juice to prevent it from turning dark. Combine the ricotta, honey, lemon zest, and nutmeg, and fill the core with this mixture. Refrigerate. Mix together the wine, sugar, and cinnamon stick, and heat to make a thick, fragrant syrup. Pour over the chilled pear halves and serve immediately.

## TROPI-CUP

---

Quick and exotic.

### *Preparation*

Process all the ingredients in a blender except the raspberries. Freeze for 2 hours. Remove and process again. Serve ice cold in goblets, topped with the raspberries.

### *Ingredients*

1 ripe mango, peeled and cut from the pit  
1 banana, cut in chunks  
1 cup heavy cream  
2 tablespoons sugar  
2 tablespoons crème de cassis liqueur  
½ cup raspberries



## TAJ MAHAL

---

You already know that saffron is aphrodisiac, but did you also know it's used in desserts?

### *Ingredients*

¼ cup water  
1 cup sugar  
2 tablespoons orange juice  
1 pinch powdered saffron or 3 threads  
2 red apples, peeled, seeded, and quartered  
2 tablespoons Grand Marnier  
4 tablespoons crème Chantilly (whipping cream with powdered sugar and vanilla extract)

### *Preparation*

Heat the water, sugar, orange juice, and saffron until the sugar dissolves and you have a clear, light-colored syrup. Add the apples and simmer over low heat for 10 minutes, turning so that the apples are uniformly colored. Remove, let cool, and sprinkle with Grand Marnier. Spoon the apples into stemmed goblets and decorate with the crème Chantilly.

## SPELLBINDING APPLES

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### *Ingredients*

2 large red apples, peeled  
Zest of 1 lemon  
1 tablespoon butter  
2 teaspoons sugar  
2 tablespoons condensed milk  
1 tablespoon lemon juice  
Ground cinnamon and clove to taste  
1 small glass sherry  
2 cherries and 2 cinnamon sticks for decoration

This is a dessert men always like, and it is easily prepared.

### *Preparation*

Soak the apples and lemon zest in cold water for 10 minutes. Butter 2 individual baking dishes and sprinkle sugar in the bottom. Core the apples and place in the baking dishes. Combine the condensed milk, lemon juice, cinnamon, and clove, and fill the apples with this mixture. Moisten with sherry and dot with butter. Cover each dish with plastic wrap. Cook in the microwave for 7 minutes. Remove, cool, and decorate each one with a cherry and cinnamon stick. Don't refrigerate or the butter will harden.

## NOVICE'S NIPPLES

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The real name for this sweet is Nun's Bosom, but for literary reasons we chose something more suggestive.

### *Preparation*

Beat the egg whites until stiff and slowly add the sugar and vanilla extract. Gently fold in the minced prunes. Place in a buttered mold and bake in a moderate oven for 1 hour. Serve with English Custard (page 301) or with crème Chantilly (whipping cream with powdered sugar and vanilla extract).

### *Ingredients*

4 egg whites  
4 tablespoons powdered sugar  
¼ teaspoon vanilla extract  
1 cup minced prunes

## MOORISH BAVAROIS

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This is a meringue made from beaten egg whites, syrup, gelatin, and a liquid flavoring (strong coffee, lemon, chocolate) or a medium thick purée of fruits or nuts. The way it turns out depends on the proportions and how stiff you can beat the egg whites (it's always best to use an electric egg beater). It should sit for several hours in the refrigerator. Before being turned out of the mold, the bottom can be whisked through hot water so the Bavarois will slip easily onto the dessert plate. Use your imagination to make a variety of Bavarois; this is but one example.

### *Ingredients*

¼ cup water  
1½ cups sugar  
Vanilla extract  
Rum  
3 egg whites  
3 teaspoons unflavored gelatin  
1 small cup strong coffee  
1 tablespoon (½ ounce)  
bittersweet chocolate, melted  
½ cup heavy cream, beaten  
English Custard (page 301)

### *Preparation*

Make a syrup with the water, sugar, a few drops of vanilla extract and rum. Beat the egg whites until stiff. Gradually pour the syrup into the egg whites and beat gently until it cools. Dissolve the gelatin in the coffee and add the warm chocolate. Strain into the egg whites. Gently fold in the cream. Spoon the mixture into previously oiled molds and refrigerate. To serve your Bavarois, turn out of the molds and top with English custard.

## CATALAN CREAM

---

●f the many variants, we offer the easiest and one that never fails. Make it ahead of time.

### *Ingredients*

2 cups cream  
2 level tablespoons sugar  
 $\frac{1}{4}$  teaspoon vanilla extract  
6 egg yolks, lightly beaten  
1 heaping tablespoon brown sugar

### *Preparation*

Heat the cream with the white sugar and vanilla extract in a double boiler. The water should not reach a hard boil. Add the egg yolks, stirring constantly. Remove when the cream thickens and refrigerate for 8 minutes. When cooled, sprinkle the brown sugar on top to the edges. Set the bowl in a container of crushed ice. Place in a hot oven and broil so that the sugar caramelizes, 2 to 3 minutes. Remove and keep refrigerated until time to serve.

## VENUS MOUSSE

---

A cool summer dessert to get you out of a jam.

### *Ingredients*

1 banana  
 $\frac{1}{2}$  apple  
1 kiwi fruit  
Juice of  $\frac{1}{2}$  orange  
Juice of  $\frac{1}{2}$  lemon  
1 egg white  
4 tablespoons sugar  
1 tablespoon crème de menthe  
2 thin slices lemon

### *Preparation*

Peel the banana, apple, and kiwi, and place them and the remaining ingredients except the lemon slices in a blender. Process at top speed for 3 minutes. Spoon this cream into stemmed goblets and decorate the lip of each goblet with a lemon slice.

## CARIBBEAN BOMB

---

This recipe is very generous for two but may be served at a small orgy.

### *Preparation*

Hollow out the pineapple, cut the edible portion into cubes, and store the shell in a cool place. Combine the pineapple cubes with the mango, mandarin orange, and guava. Then add the banana sprinkled with the lemon juice to prevent its turning brown. Season with the sugar and curaçao. Fill the pineapple shell with vanilla ice cream and top with the cubed fruit. Sprinkle grated coconut over all. Chill until served.

### *Ingredients*

½ fresh pineapple, cut  
lengthwise, keeping the  
leaves  
1 medium mango, cut in cubes  
1 mandarin orange, in sections  
½ cup sliced guava  
1 banana, sliced  
Juice of ½ lemon  
3 tablespoons sugar  
2 tablespoons curaçao  
1 cup vanilla ice cream  
2 tablespoons grated coconut

## MADAME BOVARY

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Flaubert's frivolous heroine inspired this one.

### *Ingredients*

1 heaping cup mixed cherries,  
strawberries, raspberries, and  
red currants  
3 tablespoons sugar  
3 tablespoons cream cheese  
1 teaspoon grated lemon zest  
4 ladyfingers, crushed  
2 tablespoons kirsch  
½ banana, sliced

### *Preparation*

Pit the cherries and add to the remaining fruit with the sugar. Cook for 8 minutes. Remove, drain, reserving the juice, and set aside to cool. Beat the cream cheese with a fork and add the lemon zest and ladyfingers. Add the kirsch and juice from the fruit, stirring to a smooth cream. Spoon into goblets and top with the red fruit. Use the banana slices to decorate your dessert.



## MOUSSE AU CHOCOLAT

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### *Ingredients*

5½ ounces bittersweet  
chocolate  
3 tablespoons strong coffee  
2 eggs, separated  
½ cup heavy cream  
1 tablespoon orange liqueur  
Several drops vanilla extract

This is the aphrodisiac dessert par excellence, de rigueur in the best restaurants, and a formal invitation to love. There are many versions of this dessert. We offer the simplest. If it falls, don't call attention to it; pretend it turned out exactly as you planned and serve it in goblets. If it isn't presentable even then, use it as a lotion for a sensual massage.

### *Preparation*

Melt the chocolate in the coffee over low heat. Beat the egg yolks and whites separately. Add the egg yolks, stir, and cook for 2 minutes. Remove from the heat, allow to cool, and add the egg whites, cream, orange liqueur, and vanilla extract. Chill in goblets decorated to your taste.

## CHARLOTTE FOR LOVERS

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### *Ingredients*

1 square (1 ounce) bittersweet  
chocolate  
2 tablespoons water  
2 tablespoons sugar  
2 tablespoons butter  
2 eggs, separated  
2 tablespoons ground walnuts  
½ cup strong black coffee  
1 tablespoon cognac  
4 ladyfingers or similar cookies,  
crushed  
Crème Chantilly (whipping  
cream with powdered sugar  
and vanilla extract)

Saturated with aphrodisiacs: chocolate, nuts, coffee, liqueur, eggs!

### *Preparation*

Break up the chocolate and melt it with the water in a double boiler. Add the sugar and butter, and beat well. Add the egg yolks one by one, continuing to beat well. Cook for 5 minutes and remove from the heat. Beat the egg whites until stiff and fold into the chocolate mixture along with the walnuts. Gently add the coffee, cognac, and cookies to the mixture. Spoon into 2 sherbet goblets and top with crème Chantilly.

## CRÊPES

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These thin pancakes are so delicate that sometimes they seem transparent. The batter—of the consistency of a light cream—can be flavored with liqueur. They are easily prepared if cooked in a special pan, very hot and barely coated with butter or oil. Use a large tablespoon of batter for each

### *Ingredients*

**1 egg**

**1 cup milk**

**3 heaping tablespoons flour**

**½ level tablespoon sugar**

**1 pinch salt**

**½ tablespoon vodka, pisco,  
rum, or other liquor**

crêpe. As soon as they begin to brown, 1 minute, turn to cook the other side. If the first crêpe is too thick, add a little milk to the batter. It is advisable to double this recipe and keep the crêpes you don't use in the refrigerator, wrapped in aluminum foil, for 4 or 5 days. This basic recipe is for ten crêpes.

### *Preparation*

Blend all the ingredients in a food processor until the lumps disappear. Let the batter sit, covered, for 30 minutes. Warm your crêpe maker and add a dab of butter or oil (it's convenient to use a brush). Spoon on 1 large tablespoon of batter and shake to spread. As it begins to brown, in 1 minute, turn and brown the other side.

## CRÊPES SUZETTE

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Found in all the great international restaurants, these are served flambé, which is itself a stimulating spectacle. Not terribly complicated if everything is prepared in advance.

### *Ingredients*

6 to 8 crêpes (page 312)  
¼ cup butter  
¼ cup sugar  
4 tablespoons cognac  
(Triple Sec)  
4 tablespoons Grand Marnier  
Juice and grated zest of  
½ orange

### *Preparation*

Keep the crêpes warm. Heat the butter in a small skillet. Very deliberately, add the sugar, 2 tablespoons of cognac, and 2 tablespoons of Grand Marnier. Add the orange juice and zest. Cook, constantly moving the skillet, on high heat for 1 minute. You will have a thick syrup. Turn the heat to the lowest point. Fold the crêpes twice and dip into the syrup, one by one, until well saturated. Heat the remaining 2 tablespoons of cognac and 2 tablespoons of Grand Marnier, pour over the crêpes, and set afire. Serve after the flame dies. The whole event is fascinating; do it tableside to seduce your guest.

## CRÊPES NOËL

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### *Ingredients*

3 tablespoons cream cheese  
3 tablespoons ricotta cheese  
4 tablespoons sugar  
1 pinch nutmeg  
1 tablespoon grated lemon zest  
6 crêpes (page 312)  
1 cup canned cherries, with  
liquid  
2 teaspoons cornstarch  
4 tablespoons kirsch

### *Preparation*

Combine the cream cheese, ricotta, 2 tablespoons of the sugar, nutmeg, and lemon zest. Spread on each crêpe and roll up the crêpe. Heat the cherries with the remaining 2 tablespoons of sugar. Add the cornstarch dissolved in the kirsch and stir well. Keep warm. Heat the crêpes in the microwave for 1 minute. Remove and cover with the warm cherry sauce. Serve immediately.

## SYBARITE

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### *Ingredients*

2 cups fresh figs, peeled  
4 tablespoons confectioners'  
sugar  
4 tablespoons ground walnuts  
2 teaspoons cognac  
1 pinch nutmeg  
6 crêpes (page 312)  
6 tablespoons crème Chantilly  
(whipping cream with  
powdered sugar and vanilla)

These delicious crêpes are true concentrated aphrodisiacs.

### *Preparation*

Shred the figs with a fork. Combine with the sugar, walnuts, cognac, and nutmeg. Fill the crêpes with this paste and fold into squares. Arrange on a serving plate and heat in the microwave for 1 minute. Remove and top with the crème Chantilly before serving.

## ZUCOFF SURPRISE

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This is an omelet *flambé au rhum*, which you can vary to taste according to the whims of your imagination and whatever you have left in the refrigerator.

### *Ingredients*

4 tablespoons butter  
4 tablespoons honey  
2 tablespoons pitted, cut-up  
dates  
2 tablespoons golden raisins,  
soaked in water  
3 eggs, plus 1 additional egg  
white  
1 teaspoon white flour  
1 pinch salt  
1 small glass rum

### *Preparation*

Cook 3 tablespoons of butter with the honey for 3 minutes. Add the dates and raisins. Cook 3 minutes more, being careful that the mixture doesn't stick. Remove from the heat and keep warm. Beat 4 egg whites until stiff, then add the yolks one by one. Add the flour and salt, and beat for 2 minutes. Heat the remaining 1 tablespoon of butter on high heat in a small skillet. Pour in the batter and stir with a fork from the center toward the edge. Loosen the edge

with a spatula and lower the heat. When the bottom is browned, slide onto a plate. Cover with the dates and raisins mixture. Fold in half and take to the table. Just before serving, pour on the warmed rum and set afire.



## APRICOT SOUFFLÉ

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Every cook fears a soufflé because it tends either to be half raw in the center or to collapse as soon as you take it from the oven. This one is delicately flavored and dependable . . . well, as dependable as we can get in this life.

### *Ingredients*

2 tablespoons sugar  
1 rounded tablespoon butter  
3 eggs, separated  
4 tablespoons apricot preserves  
4 tablespoons bread crumbs or  
crushed cookie crumbs

### *Preparation*

Beat the sugar with the butter until creamy. Add the egg yolks and beat 2 minutes more. Add the preserves and bread crumbs. Finally, add the egg whites beaten stiff to form a meringue. Place this mixture in buttered, individual molds set in a large Pyrex baking dish containing 1 to 2 inches of water. Bake for 15 minutes at moderate heat. Serve warm with apricot sauce.

## ARROZ CON LECHE, OR SPIRITUAL SOLACE

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### *Ingredients*

½ cup rice  
4 cups warm water  
10 cups milk  
1 cinnamon stick  
2 cups sugar  
1 piece lemon zest  
1 tablespoon cinnamon

Remember my dream about *arroz con leche* at the beginning of this book? I can't imagine a more sensual or delicious dessert. This recipe will serve eight normal people, but in my eyes it's a crime to make less. I'm capable of devouring it at one sitting without blinking an eye, and I don't see why it should be any different in your case, my dear reader. But if you can't finish,

you can keep it in the refrigerator, then, should you be in a good mood, you can cover your lover from head to foot with this mouthwatering *arroz con leche* and slowly lick it off. On such an occasion the calories are justified.

### *Preparation*

Soak the rice in the warm water for 30 minutes. Drain. Cook the rice with the milk and cinnamon stick until the rice begins to soften, about 30 minutes. Add the sugar and lemon zest, and simmer over very low heat, stirring from time to time to prevent the rice from sticking. In about 30 minutes the mixture will thicken. Place in a bowl, cool in the refrigerator, and sprinkle with cinnamon just before serving.