



# EUMETSAT Cooking Club

2016-02-10

*The Recipes*

Stephan Zinke (Editor)

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EUMETSAT Cooking Club 2016-02-10, The Recipes

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## Foreword

The EUMETSAT Cooking Club held its first event in 2016 on Wednesday the 10<sup>th</sup> of February on the theme of St. Valentine & Aphrodisiac Food.

15 club members cooked for themselves and 8 additional dining guests a superb menu full of aphrodisiac surprises.

After a pomegranate cocktail as aperitif made by Antonio, and an *amuse gueule surprise* (beetroots, salmon and figs) prepared by Stephan, Cristina and her group served the first dish, “Beet”ing Hearts, a combination of pickled beet roots and goat cheese.

This was followed by Fried Feta with Honey and Sesame Seeds prepared by Andriana and her group.

Antonio and his group then served the main dish, Salmon with Chilli-Ginger Sauce, Cream potatoes and stir-fried Vegetables.

Finally, Chocolate-on-Chocolate Tart with Maple Almonds, prepared by Geraldine and her group, was put on the table.

The end made Delicate Rose Tea with Petits-Beurre Biscuit, prepared by Alessandro and Brian.

As usual, all dishes were accompanied by matching wine chosen by Gigi.

Each dish was introduced by the group captains and was accompanied with a special excursion into the supposedly aphrodisiac properties of the ingredients – which in most cases revealed surprises and a lot of amusement; see more details in the annex to this recipe booklet.

That left the usual cleaning, and at 23:00 the kitchen doors could be locked, to be opened again in roughly 2 months.

THE EDITOR



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## The Recipes

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*Prosecco and Pomegranate Cocktail*

*Beetroots-Salmon-Figs Amuse Gueule*

*“Beet”ing Hearts*

*Fried Feta with Honey and Sesame Seeds*

*Salmon with Chilli-Ginger Sauce, Cream Potatoes and stir-fried Vegetables*

*Chocolate-on-Chocolate Tart with Maple Almonds*

*Delicate Rose Tea with Petits-Beurre Biscuit*



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# Prosecco and Pomegranate Cocktail

## *Ingredients*

Serves 8		
750	ml	prosecco, chilled
1	pcs.	pomegranate
100	ml	pomegranate juice, bottled, chilled

## *Preparation*

1. Cut pomegranate in half and scoop out seeds. Place seeds in a bowl.
2. Place several pomegranate seeds in the bottom of a flute, add a splash of juice and fill with prosecco.





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# Beetroots-Salmon-Figs Amuse Gueule

## Ingredients

Serves 8			Serves 24		
80	g	salmon Fillet	250	g	
80	g	beet roots, boiled and peeled	250	g	
50	g	dried, soft figs	150	g	
1	tsp.	lemon juice	2	tblsp.	
1	tsp.	soy sauce	2	tblsp.	
	some	salt		some	
	some	pepper		some	

## Preparation

1. Cut salmon fillet in small cubes/pieces (~5mm), marinate with soy sauce and lemon juice.
2. Cut beetroots in small cubes/pieces, do likewise with dried soft figs; add to salmon.
3. Chop peeled ginger in very small pieces; add.
4. Season with salt and pepper, mix well.





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## “Beet”ing Hearts

### *Ingredients*

**Serves 24 (1 unit per person)**

16	pcs.	pickled beet roots
4	pack	goat cheese
0.5	plant	chives
100	g	pistachios

### *Preparation*

1. Laminare the beets and cut them with a heart shaped cookie cutter. (You can either cut all of them or just the ones that would go on the top). Leave them aside, if possible in a strainer so that they lose as much water as possible.
2. Finely chop the chives and mix it with the goat cheese.
3. Using a coffee grinder, grind pistachios into a superfine dust.
4. Alternately place one slice of beet and the cheese mousse until you have 4-5 layers (start and end with the beet).
5. Sprinkle the pistachio dust on top.





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# Fried Feta with Honey and Sesame Seeds

## Ingredients

Serves 4			Serves 24		
0.4	kg	feta cheese	2	kg	
1	pcs.	country Style Pastry (Phyllo)	4	pcs.	
1	pcs.	egg	6	pcs.	
0.02	kg	sesame	0.1	kg	
0.001	kg	black sesame	0.005	kg	
0.04	l	honey (thyme or sage)	0.2	l	
0.1	l	olive oil	0.5	l	

## Preparation

1. Two hours in advance, remove the “phyllo” from the freezer and leave it in the fridge for two hours.  
*[TIP: There are many types of phyllo pastry typically used in the Mediterranean and Balcan cuisine. For this recipe it is important to use a good country (rustic) type of Phyllo, so that the feta cheese is covered by a relatively thick layer of pastry that matches the feta’s culinary profile and will allow a perfectly crispy outcome. This phyllo is thicker than the one readily available in supermarkets (used for Burek for example), it is the type typically used for the greek country pies. Two brands are exported and can be found in greek and turkish supermarkets (“Χωριάτικο Φύλλο” from «Χρυσή Ζύμη” and “Φρέσκο Χοντρό Φύλλο με Ελαιόλαδο” from Kanaki). These are only sold frozen outside Greece, hence the need to de-frost]*
2. Start by cutting the feta cheese into little blocks, approximately 0.5cm thick. *[TIP: Any kind of feta will do, the bolder fans of feta cheese may opt for a saltier/harder type to increase the culinary contrast with the honey; this was also our choice for this event]*
3. Separate the white of the egg into a bowl and beat softly with a fork.
4. Prepare the “phyllo” pastry. Cut each “phyllo” foil into three parts, to accommodate three blocks of feta.
5. Place each block of feta on top of each “phyllo” pastry leaving 1-2cm from each corner so they are easy to fold into an “envelope”. Using a kitchen brush, wet the remaining part of the “phyllo” with egg white focusing on the parts that need to stick together. Wrap the block of “phyllo” pastry into an “envelope”, first by rolling the feta carefully along the long side of the pastry, then by folding the edges towards the inside of the “envelop”, always using the kitchen brush with the egg white, to ensure the pastry layers stick to each other.



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6. Cover each “envelope” in transparent foil and place on the freezer for at least 1 hour. *[TIP: this is the key twist of this recipe, compared to those you will find on the internet; if the envelopes are not frozen, the feta cheese may melt too much and the pastry once fried will turn very quickly into a dark brown colour and will not be crispy enough, having absorbed the water that will come out of the feta cheese].* It is possible (and recommended) to prepare and freeze several “envelopes”, ready to cook directly from the freezer.
7. When it is time to prepare the Saganaki, remove the “envelopes” from the freezer and dispose of the foil. Commence by heating the white sesame in a small pot, (without oil) in medium heat. Stir constantly and remove from the fire once the first seeds start popping (approx. 1 minute). Let aside for the decoration.
8. Add the olive oil into a frying pan in medium heat, and once hot (but not smoking) add the feta envelopes directly from the freezer. Turn them around every 30” gently, ensuring the sides are cooked as well. Normally 3-5 minutes should be sufficient to achieve a golden brown colour on the outside; the feta on the inside should reach a semi-solid state. *[TIP: Don’t use a fork, holes in the pastry may cause the feta cheese to escape and oil to start jumping out of the pan, onto the unsuspecting cook!]*
9. Place the feta envelopes directly on the serving plate, cover generously with honey and sprinkle some white and black sesame seeds on top. *[TIP: Sage or Thyme honeys are the most suitable options for this recipe. Some fresh rosemary twigs on top are commonly used as a decoration.]*
10. Fried feta Saganaki in pastry with honey can accompany almost every meal as a starter and can be enjoyed with wine or beer any time of the year. It is to be consumed within 5-10 minutes from preparation, while it is still hot and crispy.





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# Salmon with Chilli-Ginger sauce, Cream Potatoes and stir-fried Vegetables

## Ingredients

Serves 4			Serves 24		
<b>Fish</b>					
2	pcs.	stem ginger	10	pcs.	
2	tblsp.	honey	8	tblsp.	
2	pcs.	garlic cloves	10	pcs.	
3	tblsp.	dark soy sauce	10	tblsp.	
1/2	pcs.	(bio) orange, the zest	3	pcs.	
1	pcs.	orange, the juice (125ml)	6	pcs.	
1/2	pcs.	long red chilli,	3	pcs.	
4	pcs.	salmon fillet, skin on, 125-150g each	24	pcs.	
	some	freshly ground pepper		some	
<b>Potatoes</b>					
500	g	potatoes	2	kg	
1/3	pcs.	egg	1	pcs.	
20	g	chives or parsley	120	g	
	some	potato flour		some	
	some	salt		some	
	some	pepper		some	
20	ml	beet root juice	50	ml	
<b>Vegetables</b>					
1	pcs.	carrot	4	pcs.	
1	pcs.	red bell pepper	3	pcs.	
10	pcs.	green beans	40	pcs.	
50	g	peas	250	g	
20	ml	olive oil	100	ml	
5	g	ginger, freshly cut	80	g	
5	ml	soy sauce	50	ml	
	some	salt		some	
	some	pepper		some	



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### *Preparation*

#### Fish:

1. Put the ginger on a board and slice them thinly.
2. Pile up the slices and cut through them to make thin matchstick strips. Put these in a bowl that's large enough to hold the salmon and add 2 tablespoons of honey.
3. Peel the garlic cloves and slice them thinly, then add them to the bowl with the ginger. Stir in the soy sauce, orange zest, orange juice and thinly sliced red chili.
4. Put the salmon in the bowl with the marinade.
5. Season with lots of ground black pepper and turn a couple of times, ending with the fish skin side up. Cover and chill for 30 minutes.
6. Preheat the oven to 220°C/Fan 200°C. Line a small baking tray with baking parchment.
7. Take the salmon fillets out of the marinade, scraping off any bits and pieces, and place them on the tray, skin side down.
8. Season with more ground black pepper.
9. Bake for 10—12 minutes, depending on the thickness of the salmon.
10. While the salmon is cooking, prepare the sauce.
11. Pour the marinade into a small non-sticking saucepan and bring to the boil. Cook for 6 minutes or until the liquid has reduced and the garlic is softened. You need enough of the marinade to pour over the salmon but not to swamp it completely.
12. Put the salmon fillets on warmed plates, carefully lifting off the skin as you go.
13. Spoon the hot sauce over the salmon and serve with a small portion of cream potatoes and stir-fried vegetables.

#### Potatoes:

1. Peel potatoes, cut coarsely and boil in salty water until done, approx. 20mins.
2. Press potatoes through a potato press or grate finely.
3. Add beet root juice, salt, pepper egg(s), and finely chopped chives or parsley.
4. Mix with your hands. Add as much potato flour to get a not too soft mass.
5. Spoon heaps of the mixture (approx. 1 tblsp.) on a baking parchment and bake for approx. 10-12 mins. in the oven at 180°C.

#### Vegetables:

1. Peel carrots and slice in matchsticks.
2. Wash bell pepper, remove seeds and cut in thin slices.
3. Clean green beans.



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4. Boil peas for 10 mins.
5. Boil beans for 5 mins.
6. Heat olive oil in a large pan and add first the carrot matchsticks, stir fry for approx. 4 mins.
7. Add bell pepper and stir fry for another 3-4 mins.
8. Add green beans, keeping stirring. Add peas. Stir 2-4 minutes.
9. Season with salt, pepper, ginger and soy sauce.





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# Chocolate-on-Chocolate Tart with Maple Almonds

## Ingredients

Serves 20		
<b>Crust</b>		
4	tblsp.	unsweetened cocoa powder
4	tblsp.	sugar
1.5	tsp.	salt
325	g	all-purpose flour, plus more for rolling
230	g	chilled unsalted butter, cut into pieces
2	pcs.	large egg yolks
<b>Maple almonds</b>		
1	cup	raw almonds
220	g	maple sugar or (packed) brown sugar
2	tblsp.	pure maple syrup
0.5	tsp.	teaspoons salt
<b>Filling and assembly</b>		
625	g	bittersweet chocolate (at least 70% cocoa), chopped
115	g	unsalted butter, cut into pieces
700	ml	high-fat cream (if nothing above 30% available, add another 200 ml)
6	tblsp.	honey
1	tsp.	salt
		Special equipment: A 9"-diameter tart pan with removable bottom (For true romantics, heart-shaped tart pans are available in kitchen stores)

## Preparation

1. For crust: Pulse cocoa powder, sugar, salt, and flour in a food processor to combine. Add butter; pulse until mixture resembles coarse meal. Beat egg yolks and 6 tablespoons ice water in a small bowl; add to flour mixture and pulse until dough just comes together. Form into a 3/4"-thick disk, wrap tightly in plastic, and chill in freezer/chiller until firm, at least 20 mins. (If making in advance, allow to cool at room temperature for at least 4 hours.)
2. Preheat oven to 180° C. Roll out dough on a lightly floured surface to a 12" round. Transfer to tart pan; lift up edges and let dough slump down into pan, then gently press into edge of pan. Trim dough,



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- leaving about a 1" overhang. Fold in overhang; press to adhere. Prick bottom with a fork. Chill in freezer/chiller for 15 minutes. (If making in advance, chill in refrigerator for at least 1 hour.)
3. Line pie with parchment paper or heavy-duty foil, leaving a 1 1/2" overhang. Fill with pie weights or dried beans. Place on a rimmed baking sheet and bake until crust is dry around the edges, about 30 minutes.
  4. Remove parchment and weights and bake until crust is firm and looks dry all over, 5–10 minutes longer. Transfer pan to a wire rack and let crust cool.
  5. **For maple almonds:** Preheat oven to 180° C. Toast almonds on a rimmed baking sheet, stirring occasionally, until slightly darkened, 6–8 minutes. Let cool.
  6. Bring almonds, maple sugar, maple syrup, salt, and 1/4 cup water to a boil in a medium saucepan. Reduce heat and cook, stirring often, until mixture turns mahogany, about 5 minutes.
  7. Remove pot from heat and stir vigorously until almonds are coated with a dry, crystallized sugar coating (they will look sandy). Spread out on a parchment-lined baking sheet; let cool, then coarsely chop.
  8. **For filling and assembly:** Combine chocolate and butter in a large heatproof bowl. Bring cream, honey, and salt to a boil in a small saucepan, whisking to dissolve honey. Pour cream mixture over chocolate mixture; allow to stand for 2 minutes. Whisk until chocolate is melted and mixture is smooth. If mixture is too runny, gradually add more cocoa powder and whisk until desired consistency is achieved. Pour filling into crust and chill until set, either in freezer/chiller (at least 30 minutes) or in refrigerator (at least 4 hours).
  9. Top tart with maple almonds just before serving.





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# Delicate Rose Tea with Petits-Beurre Biscuit

## Ingredients

Serves 10		
<b>Biscuits</b>		
140	g	butter, soft
180	g	sugar
2	pcs.	egg
150	g	flour
1	tblsp.	cocoa powder
2	pinch	salt
<b>Tea</b>		
20	g	leaf tea, "English rose", e.g. from <i>Whittard</i>
1.5	l	water

## Preparation

### Biscuits:

1. A) light dough: Put  $\frac{1}{2}$  of soft butter into a bowl. Add  $\frac{1}{2}$  of sugar and whisk together until you get a creamy mixture. Add one egg yolk and 1 pinch of salt, whisk again.  
B) dark dough: Put  $\frac{1}{2}$  of soft butter into a bowl. Add  $\frac{1}{2}$  of sugar and whisk together until you get a creamy mixture. Add one egg yolk and 1 pinch of salt, whisk again.
2. A) light dough: Add  $\frac{1}{2}$  of the flour and stir delicately. Make a ball of dough and cover it with plastic wrap. Put it 30 minutes in the refrigerator.  
B) dark dough: Add  $\frac{1}{2}$  of the flour, but exchange one tblsp. of flour with one tblsp. of cocoa powder and stir delicately. Make a ball of dough and cover it with plastic wrap. Put it 30 minutes in the refrigerator.
3. Preheat oven to 180 °C.
4. Roll out the dough such that the dark and light dough overlap and intersect, and cut it in shapes of cookie pieces. Arrange the cookies on a baking tray lined with baking parchment and bake for 10 minutes.
5. Remove the tray from the oven and remove the parchment together with the cookies and let cool down for 15 mins before serving.



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### Tea:

1. Add one teaspoon (around 2g) of loose leaf tea per cup and always use freshly drawn and boiled water. Allow to brew for 3-5 minutes according to taste. Can be enjoyed with or without milk.





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### Annex: Aphrodisiac Ingredients

#### **Almond**

A symbol of fertility throughout the ages. The aroma is thought to induce passion in a female. Try serving Marzipan (almond paste) in the shapes of fruits for a special after-dinner treat.

Whether you prefer walnuts, almonds or macadamias, nuts have had a reputation as aphrodisiacs for centuries. During harvest festivals in Rome, maidens passed out bowls of nuts as symbols of fertility.

#### **Arugula**

According to [gourmetsleuth.com](http://gourmetsleuth.com), this peppery plant has been documented as an aphrodisiac since the first century A.D. The minerals and antioxidants found in dark leafy greens like arugula have also been proven to block environmental contaminants that could negatively harm libido, says Dr. Walt Larimore MD, a medical journalist, author and physician.

Arugula or “rocket” seed has been documented as an aphrodisiac since the first century A.D. This ingredient was added to grated orchid bulbs and parsnips and also combined with pine nuts and pistachios. Arugula greens are frequently used in salads and pasta.

#### **Beetroots**

One of the first known uses of beets was by the ancient Romans, who used them medicinally as an aphrodisiac. Many plants have been considered an aphrodisiac by some culture at some time, but in this case it may be more than just wishful thinking.

As noted above, beets can increase blood flow due to their nitrates. Increased blood flow to the genital areas is one of the mechanisms Viagra and other pharmaceuticals create their effects. Beets also contain high amounts of boron, which is directly related to the production of human sex hormones.

#### **Carrot**

Carrots are believed to be an aphrodisiac. Because of its phallic shape (personally, I don't think its shape resemble anything close to a dick, aside from the fact that it's long and sometimes slender), carrot has been associated with stimulation since ancient times and was used by early Middle Eastern (Afghanistan) royalty to aid seduction. Because of its vitamin A (good for eye-sight) and beta-carotene, it is ascribed the power to feed sexual appetites, but to tell the truth I don't know anyone who gets excited over eating a carrot strictly in terms of just consumption, of course. Aside from the belief that it is a stimulant to the male, carrots have great medicinal properties which have been shown to be anti-cancerous and protects the arteries. It also has diuretic and abortifacient powers, because its wild carrot seeds regulate menstruation and have anti-pregnancy effect. If you chew a spoonful of seeds few hours before and after sex, it was said to avoid pregnancy. Also, this nutrient-rich vegetable.

#### **Chive**

Historians have dated chives to 3000BC, with origins reported as either Siberia, China or Greece. Medieval gardeners often used chives around their borders for both decoration and to ward off insects. At that time it was also thought that hanging bunches of chives around the house would ward off evil.



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Around a hundred years ago chives were used by gypsies in their fortune telling. It is said that the Siberians treasured chives and used them as a gift to god. They were believed to be given to Alexander the Great, when he came to Siberia to marry Princess Roxiana. They were given as they believed that chives were to greatest aphrodisiac known to man.

Chives are claimed to be a natural antibiotic and an effective antiseptic. Chives are said to be rich in calcium, phosphorous, sulphur, folic acid and vitamin A and C. The mild anti-inflammatory properties in chives mean that it can lower the chance of getting rheumatoid arthritis if eaten every day. Chives contain a high amount of vitamin K which studies have shown has the potential in promoting bone strengthening and limiting damage in the brain.

The allicin content in chives may lower cholesterol and blood pressure. During digestion chives eliminate bacterial, yeast and fungi from intestinal tracts letting your digestive system work fully. Chives are great to keep on hand in case of getting wounds, if chives are rubbed on open wounds it can reduce the chance of fungal infections.

### Chili Peppers

This invigorating spice has an exotic reputation and a bright red color, which could be why it's considered an aphrodisiac and a symbol of love. But there's scientific backing, too. Chili peppers stimulate endorphins (the brain's feel good chemicals), speed up heart rate and make you sweat, which all mimic how you feel when you're aroused.

Capsaicin, a chemical found in fiery peppers, increases circulation to get blood pumping and stimulates nerve endings so you'll feel more turned on.

With a large amount of vitamin C, red, green and Cayenne pepper chilies stimulate circulation, which is why it is considered to be a potent aphrodisiac.

Spicy foods have long been considered to be sexual stimulants. There is some scientific truth to this claim in that foods that are heavily spiced often contain capsaicin, the active ingredient in cayenne pepper. Eating capsaicin can cause a physiological response — increased heart rate and metabolism, sometimes even sweating — that is quite similar to the physical reactions experienced during sex.

### Chocolate

Chocolate is sensual, from its taste to its aroma, but dark chocolate has also been shown to cause a spike in dopamine, which induces feelings of pleasure.

The Aztecs referred to chocolate “nourishment of the Gods.” Chocolate contains chemicals thought to effect neurotransmitters in the brain and a related substance to caffeine called theobromine. Chocolate contains more antioxidant (cancer preventing enzymes) than does red wine. The secret for passion is to combine the two. Try a glass of Cabernet with a bit of dark chocolate for a sensuous treat or let us tempt you with our recipe for Chocolate Espresso Pots de creme.

### Figs

Used by Adam and Eve in the Garden of Eden, the fig paradoxically symbolizes both sexuality (the ripe fruit with seeds representing fertility) and modesty (the fig leaf). They are full of potassium and are an antioxidant powerhouse.



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An open fig is thought to emulate the female sex organs and traditionally thought of as sexual stimulant. A man breaking open a fig and eating it in front of his lover is a powerful erotic act. Serve fresh Black Mission figs in a cool bowl of water as it is done in Italy and be sure to eat with your fingers!

### **Garlic**

Garlic is the mother of all aphrodisiacs - if you can get past the fact that you might both whiff a bit!

It works by increasing the blood flow around the body meaning it gets to the bits it needs to even quicker.

This helps to make both your sensitive bits even more sensitive and it's been thought to help your man get an erection more easily.

This pungent member of the lily family has been used to treat a wide variety of illnesses from the common cold to heart disease. Garlic has been used as an aphrodisiac by the Egyptians, Greeks, Romans, Chinese, and Japanese. Garlic mixed with lard used externally to bring on an erection has been suggested by a professor at USC medical school. (Do not try this around a hungry German Sheppard.) Garlic stimulates the appetite, awakens the senses and makes food taste great!

### **Ginger**

Ginger warms up the body and increases the heart rate, much in the same way that chili does. It mimics how the body feels during sex, and makes you start thinking about it.

### **Goat Cheese**

Specially stimulating in smell and taste. Goat's cheese will release explosive amounts of phenylethylamine hormones into your brain, equaling the effects of having sexual intercourse. That is why this cheese is considered to be a magnificent aphrodisiac.

### **Honey**

It's sweet and sticky and can be smothered over anything! Some research has also shown that honey can boost testosterone production because it's rich in B vitamins.

Honey is made through pollination and is a symbol of procreation. Birds and bees ring a bell? In fact, the word 'honeymoon' got its name from mead, an alcoholic beverage made from honey given to the happy new bride and groom. It also contains boron, which helps regulate estrogen and testosterone levels and provides a natural energy boost.

### **Lemon Juice**

Lemon is a little-known aphrodisiac and these yellow, citrus beauties are a veritable sensual wake-up call! The rind of a lemon contains essential oil with mood-elevating properties, and the juice cleanses toxins from your digestive system, oxygenates your blood, and increases circulation – all to heighten your senses and inspire the body and mind for intimacy!

Add lemon to your food to brighten the flavor and turn your senses up.

### **Nutmeg**



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Nutmeg was highly prized by Chinese women as an aphrodisiac. In quantity nutmeg can produce a hallucinogenic effect. A light sprinkling of the spice in a warm pumpkin soup can help spice up your evening.

### **Olive oil**

Packed with antioxidants, olives and their oil have been used for centuries for health. The Greeks believed they made men more virile as well. Olive oil is a good source of monounsaturated and polyunsaturated fats, which are critical for a healthy heart, blood flow and hormone production, says Beverly Whipple, of the World Association of Sexology.

### **Pepper**

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

### **Pomegranate**

These bright gems enclosed in a thick rose husk are filled with antioxidants which support blood flow. One study by The Male Clinic in California found that pomegranate juice had a positive effect on erectile dysfunction.

### **Potatoes**

Potatoes, both sweet and white, were once known as an aphrodisiac in Europe, probably because they were a rare delicacy when they were first transplanted from the Americas.

### **Salmon**

Packed with omega-3 fatty acids, which keep sex-hormone production at its peak.

### **Soy sauce**

The key to soy's aphrodisiacal powers for men lie perhaps in the soybean's ability to promote prostate health. This is because soybeans are rich in a type of flavonoids called Isoflavones. The major isoflavones in soya are genistein, daidzein and glycerin which are mainly found in the form of glycosides. Studies have shown that the isoflavones in soy may be effective in preventing prostate cancer besides aiding the healthy functioning of the prostate. This is a vital gland among men which tends to get enlarged among middle-aged and elderly males leading to urinary problems and even impotence since an enlarged prostate restricts blood flow in the penis. Soy's ability to protect the prostate from enlargement and cancerous growth ensures that blood flow remains unimpeded, thus leading to healthy urinary function and normal sexual performance.

Soybeans are packed with proteins and contain all the essential amino acids. This is important for men who want to build muscle mass to enhance their sexual appeal. More importantly protein has been shown to



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naturally boost levels of dopamine and norepinephrine, two chemicals in the brain that heighten sensitivity during sex. Again amino acids like arginine are necessary for sperm production and sperm mobility. However the best part of using soy protein is that unlike animal protein like beef, it is healthy for the heart. Soy foods have in fact been proven to reduce cardiovascular disorders by lowering total cholesterol, LDL-cholesterol and triglycerides as well as by supplying omega-3 and omega-6 fatty acids which are believed to be essential for a healthy heart. The heart is the main organ pumping oxygen-rich blood to all parts of the body including the genitals and this makes a healthy heart crucial to enjoyable sex.

Soybeans are rich source of several vitamins and minerals essential for a healthy sex life. Soy is particularly loaded with vitamins B1, B2, B6 and Vitamin E which are necessary for the optimum functioning of sex hormones in the body. Among the minerals found in significant amounts in soy are calcium, magnesium, zinc and selenium. Among these, zinc and selenium are particularly beneficial for boosting the male libido and enhancing sexual performance in men. While zinc increases testosterone production and semen volume, selenium aids sperm mobility and motility. Nearly 50% of all selenium in a man is found in the testes and seminal ducts. This makes intake of adequate selenium important for healthy sex life.

Finally soy is one of the best natural sources of dietary fiber. Fiber should be made part of daily diet to keep the body weight within normal limits. One of the major causes of male impotence among industrialized societies is obesity which not only makes men sexually unattractive and sexual performance difficult but plays a major role in male infertility and decline of overall health. Intake of dietary fiber in the form of soy-based products together with cutting down on fats can lead to prevention of obesity and all-around health.

### **Tomatoes**

Known as love-apples by the French, the humble tomato may have been the real culprit that got Adam and Eve kicked out of Eden. Fresh, ripe tomatoes, locally grown and eaten in season are a very seductive food. Try them with a little fresh mozzarella cheese and some basil. Tomatoes are rich in the phytochemical lycopene which can help prevent prostate