

# Recipes for Love

## Six Sexiest Dishes to Serve Your Lover this Valentine's

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Hello lovers of the world. Valentine's is the last of the holidays we can indulge on sans the guilt. This Valentine's Day eat or cook with your lover in mind. To help you all out, because I'm sure you all are thinking to yourselves "I wouldn't know where to begin," I have listed six of the sexiest dishes to ignite your relationship mojo.

First let me tell you the popular key ingredients in aphrodisiac dishes will be sea foods, chocolates, olives, tomatoes, spicy vegetables, ginger roots spice, fruit of course (apples, bananas, strawberries), cheese, cream, icing and some meats depending on the way they are prepared. These key ingredients are essential for the brain, libido, and relationship growth. Plenty of these ingredients on the list help develop mental stimulation, energy, flirtatious demeanors, and bonds. Now allow me to share with you how you can incorporate these ingredients into your dishes.

According to Chef Justine Miner of Taste TV, our first sexy dish is: steamed/baked half shelled oysters to get the libido jogging accompanied by a bowl of gingered butter sauce to dip the oyster into and feed to your lover. Followed with a glass of champagne or a nice chardonnay with a killer after taste, or a tasteful pinot noir should do it too.

Our second sexiest dish is a fine Italian recipe from London. If you want to enjoy this dish take your lover on a trip to one of the finest restaurants in London, Buona Sera. There you will order Tagliatelle nere, a homemade black pasta with mussels, tomato, garlic and chili.

Third on the list is: Thai Red Curry Chicken. Follow the recipe on <http://thaifood.about.com/od/thaicurrydishes/r/redcurrychicken.htm>. Serve this curry with plenty of Thai jasmine-scented rice. You can pair it with a soft chardonnay or pinot grigio.

These entrees are sure to get the romance heated on

Valentines Day. Consider this wine list to perfect the evening:

Beringer Third Century 2005 Pinot Noir, Central Coast, California

2003 Pablo Padin Albariño from Spain

2005 Herve Azo - Chardonnay - 1re Cru, Vau de Vey - Chablis, France

2003 Campagnola - Amarone della Valpolicella - Veneto, Italy

Camille Saves, Brut Rosé, Bouzy

Château Mouton Rothschild

Now we've only made it through the main course. We have got to keep our lover's attention with these three dessert choices. As mentioned earlier chocolate and fruit are vital ingredients when boosting the mood or bond between lovers.

1. Chocolate Fondue with fruits on the side to dip. You'll have fun feeding the fruit to each other with dripping chocolate (hint, hint).

2. Vanilla ice cream, yes you read that right! Serve this dessert plain, with almonds (another aphrodisiac), strawberry syrup, chocolate syrup, as a sundae, and with any pie or cake.

3. Strawberries: Strawberries can be a very flirtatious tool to have handy. You're free to be creative and have fun with strawberries because it is so versatile. Now that I have equipped all you lovers out there with the proper cooking ingredients, I leave the rest to you. It is now up to you to be smooth, flirtatious, sensual, attentive, daring and adventurous.