

What's Hot In Your Kitchen?

“Top 10 Aphrodisiac Foods That Can Spice Up Your Sex Life!”

By Dr. Renee Michelle Gordon



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Encyclopedia Britannica Article:

Aphrodisiac: any of various forms of stimulation thought to arouse sexual excitement. Aphrodisiacs may be classified in two principal groups:

- (1) psycho-physiological (visual, tactile, olfactory, aural)
- (2) internal (stemming from food, alcoholic drinks, drugs, love potions, medical preparations)

Despite long-standing literary and popular interest in internal aphrodisiacs, almost no scientific studies of them have been made. Scientific research is limited to occasional tests of drugs or hormones for the cure of male impotence. Most writings on the subject are little more than unscientific compilations of traditional or folkloric material. Of the various foods to which aphrodisiac powers are traditionally attributed, fish vegetables, and spices have been the most popular throughout history.



In none of these foods, however, have any chemical agents been identified that could effect a direct physiological reaction upon the genitourinary tract, and it must be concluded that the reputation of various supposedly erotic foods is based not upon fact but upon folklore.



It has been suggested that man's attribution of libidinous effects to certain foods originated in the ancient belief in the therapeutic efficacy of signatures: If an object resembled the genitalia, it possessed, so it was reasoned, sexual powers. Thus the legendary aphrodisiac powers of ginseng root and powdered rhinoceros horn.



I hope you benefited from the previous pages description of aphrodisiac foods. I thought I'd get the boring technical information over with so we can get to the fun part about aphrodisiac foods. Many of the foods listed are very beneficial for health and function of our reproductive organs. Others for it's suggestive shape, texture or mouth feel. If your looking for hard core performance, well you've just exited the produce and fish section of your grocery store and you're fully headed for the pharmaceutical aisle!

Bottom line we hope the organ most influenced by these aphrodisiac foods is the one between the ears. It's the brain that holds the magic behind something being sensual or not. So enjoy the lists, plan a "date-in" and most of all have FUN!

Dr. Renee Michelle Gordon



10 Asparagus



Asparagus is a great source of potassium, fiber, vitamin B6, vitamins A and C, thiamin and folic acid. Folic acid is said to boost histamine production necessary for the ability to reach orgasm in both sexes.

Grilled Asparagus Mimosa



Serves 4

Prep Time 10 minutes Cook Time 10 Minutes

Ingredients:

| | |
|---------------|----------------------------------|
| 2 each | whole eggs |
| To taste | Kosher salt |
| 2 Tablespoons | capers |
| 2 bunches | asparagus, pencil size or larger |
| 2 Tablespoons | olive oil |
| 1 teaspoon | black pepper |
| 1 each | lemon |

Procedure:

Fill a 6 to 8 quart sauce pan with good clean water and add salt to taste. If you have availability to [Kangen water®](#), use the 5.5 pH water. If you don't, add a tablespoon of distilled white vinegar your water. Bring to a boil and add your eggs in the shell. Cook for approximately 9 minutes. Remove the eggs from the boiling water and plunge in an ice water bath. Once they are slightly chilled peel off all of the shell then chop with a knife or grate through a large hole grater. Mix with a pinch of salt and the capers. Reserve for later.

While the eggs are boiling, prepare you asparagus to grill. If they are very large asparagus, they can be peeled. Run your peeler from the base of the asparagus tips to the base of the asparagus stalk. Trim the asparagus stalk where it begins to be tough. A simple test is to hold one end of the asparagus in one hand and the other end of the asparagus in the other. Bend the asparagus until the tough end breaks off. Repeat that for the rest of your asparagus.

Toss your cleaned asparagus in the olive oil, salt and black pepper. Heat an iron pan, stove top grill pan or even open outdoor grill to medium high heat. Cook the asparagus on all sides to caramelize and bring out the natural sweetness of the asparagus. Cook until it just becomes tender. Piercing with a fork will show it's doneness. Place on a serving platter and cover with the chopped egg and caper mixture and squeeze of lemon. Serve & enjoy!

9

Almonds



Almonds are regarded as fertility symbols. During Sicilian weddings, bags of Jordan Almonds, a candy coated almond, was a must at this occasion.

Almonds provide high doses of vitamin E, magnesium and even fiber. And it's said that the aroma of almond arouses passion in females.

8

Avocado



Avocado is rich in folic acid, vitamin B6 and potassium. They are also said to boost your immune system.

The Aztecs called the avocado the “testicle tree” because they thought the fruit hanging in pairs on the tree resembled testicles. And the Catholic priests in Spain found this fruit to be so obscenely sexual that they forbade it (good enough reason for me to enjoy it every day!)

Hot & Smoky Almonds

Serves 4

Prep Time 5 minutes Cook Time 5 Minutes

Ingredients:

| | |
|--------------|------------------------|
| 1 pound | almonds, whole, raw |
| To taste | Kosher salt |
| 1 Tablespoon | cheyenne pepper |
| 1 Tablespoon | smoked paprika |
| 1 teaspoon | extra virgin olive oil |
| 1 teaspoon | black pepper |
| 1 each | lemon zest |

Procedure:

Heat a saute pan over medium high heat and add your almonds. Dry roast for 3-4 minutes shaking the pan every 10 seconds.

Add your spices and seasoning and continue to toss for 1 minute more. Transfer to a serving bowl.

Toss with your lemon zest and olive oil. Let it sit for 5 minutes to absorb the seasoning and oil. This can be made in advance and stored in a air tight tin.

Silky Smooth Guacamole

Serves 4

Prep Time 10 minutes Rest Time 30 Minutes

Ingredients:

| | |
|-----------------------|------------------------------------|
| 3 each | Haas avocados, halved, seeded |
| To taste | Kosher salt |
| 1 each | lime |
| 1/2 each | jalapeno pepper, seeded and minced |
| 1 teaspoon (to taste) | Hot sauce |
| 1 each | Roma tomato, dice fine |
| 1 small clove | garlic, minced fine |

Procedure:

In a medium bowl, scoop out the avocado meat and add the rest of the ingredients. Mash with a potato masher until just smooth. Cover and sit for 30 minute to let the flavors develop or cover and store in the refrigerator for 1 hour to 3 hours.

Serve with crudity or whole grain blue corn chips. Hand feed each other with your fingers!

7

Bananas



Come on, do I need to explain any more?

Ok, ok, let me wipe the silly Junior High smirk off my face and act serious for a minute (if that much!)

Bananas are loaded with potassium, magnesium and B vitamins. It also contains minerals that is said to enhance the male libido.

Oh yeah, and it's shape has a definite connection to sexuality which is quite obvious.

6

Basil



Basil is known in the culinary world as the “love herb”. It has a fantastic aroma that is very stimulating to the senses.

It's found in many varieties from many cuisines around the world. But my favorite is the sweet basil used in Italian foods. Maybe that's why the Italian culture is known for their amorous attitude!

Spicy Chocolate Dipped Bananas Fondue with Basil

Serves 4

Prep Time 10 minutes Cook Time 10 Minutes

Ingredients:

| | |
|----------------|---------------------------------|
| 1 pound | dark chocolate, high quality |
| 1 cup | heavy cream |
| 1 pinch | organic sea salt |
| 1/2 Tablespoon | cheyenne pepper |
| 1 pinch | chipotle pepper powder |
| 1 shot | George Dickel Tennessee Whiskey |
| 1 bunch | basil leaves, fresh only |
| 4 each | bananas |

Procedure:

Chop the chocolate into small pieces and place in a glass or stainless bowl, cover with plastic wrap. Place over a double boiler over simmering water to melt the chocolate barely half melted.

Meanwhile in a sauce pan, heat your cheyenne pepper and chipotle powder in a dry pan to roast and release the flavors. Add your heavy cream, whiskey and salt and bring to barely a simmer. Pour over the half melted chocolate and stir until smooth.

If you have a fondue set up, pour the melted chocolate mixture in the fondue pot and serve.

Warm your honey slightly in a pot in warm water. Cut your basil leaves by first rolling them into a cigar shape then cutting them very thin. Add this to the honey.

To serve, have you bananas peeled and cut into bite size pieces. Alternate dipping them into the warm chocolate fondue and basil honey with special fondue forks or if the chocolate is not too warm, use your finger to feed each other and find creative ways to clean up your chocolate mess!

5

Chocolate



Chocolate, the darker the better! When it is darker, it is more pure and full of more psychoactive feel-good chemicals and PEA (phenylethylamine), the “love chemical. That’s why when you feel like you want a boost of “love”, a bite of dark chocolate will do the trick.

Now for my milk chocolate or white (ugg!) chocolate lovers, your preferences won’t have the same intensity of chocolate liqueur (not to be confused with chocolate liquor) so your loving high won’t be as intense.

This is when you don’t want to skimp on the quality or high cocoa percentage in your chocolate. Yes, you’ll pay a bit more for high quality, but you’ll benefit more overall. And after all, don’t you deserve the best!

4

Honey



Besides the visual of what to do with **honey**, this sweet sticky ingredient is a great source of boron, a trace mineral that helps the body use and metabolize estrogen, the female sex hormone. This mineral may also enhance testosterone levels in the blood, the hormone responsible for promoting sex drive and orgasm in both men and women. Honey also contains B vitamins needed for testosterone and phytochemicals.

3

Garlic



I know, I know, how can **garlic** be sexy when it's so stinky and strong?

In our household the rule is if one of us has garlic, then both of us has garlic! But more importantly, garlic has an overabundance of allicin, an ingredient that will increase blood flow which is beneficial to both men and women. So go heavy on that aioli sauce with steamed artichokes!

2

Oysters

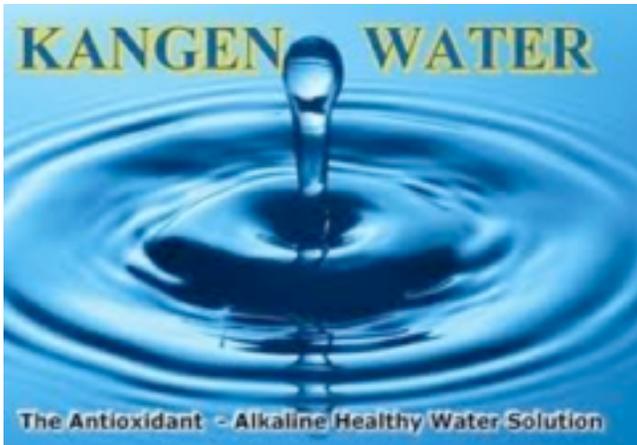


I fooled you, you thought oysters would be my #1 aphrodisiac food, as most people associate these delicate bivalves with sensuality. Oysters do contain a high content of zinc which helps in the production of sperm and increases libido.

But I think oysters with a bottle of chilled "Dom or Cristal" are the non-verbal "go" sign for a frisky evening. It's a must to have for a truly romantic "date-in" meal.

1

Kangen Water®



Kangen water®? I know, you're all saying, "I don't get it, what does water have to do with aphrodisiac foods?"

At first glance you may not see the connections. But upon a closer look, everything! My family and I have been fortunate to own a Kangen water® ionizer machine and have a nickname for the water it produces, "liquid Viagra".

Now the purpose of the water is to bring your body back into homeostasis or balance in order for the body to function at optimum efficiency. This is why many people are finding that their health has improved to a point where it's affecting every part and function of the body, including the reproductive organs. If you look at the commonality and benefits of many of the aphrodisiac fruits and vegetables, they are all high in essential minerals (something we lose in high amounts from age 42-44) which buffer the ill effects of health robbing acidic foods and environmental toxicity. So these minerals buffer the negative acidic effect and alkaline the body to a healthier state of being.

So you can't separate the sexy parts of the body from the rest of the body. If the body in whole is functioning well, then it stands to reason that the reproductive organs are at peak efficiency as well. And good health to us is a powerful aphrodisiac!