

Oysters Kilpatrick

12 oysters on half shell
4 slices bacon
1/2 cup tomato sauce
1/2 cup worchestershire

Render bacon about cooked about ½ way. Dice bacon. Mix tomato sauce and worchestershire(kilpatric sauce) and place @ tablespoon over each oysters. Top with diced bacon. Broil in oven for 10-12 mintus.

Place a drop or two of kilpatrick sauce on top and serve with lemon wedges

Oyster Rockefeller

Dozen oysters
T. butter
2 T. chopped parsley
T. finely diced onion
½ cup chopped cooled spinach
¼ cup melted butter
t. parmesan
2t. pernod or sambuca

Bread crumbs and parmesan

Sauté butter, parsley, diced onion briefly. Top oyster with parsley mix, top with spinach and drizzle with butter. Then top with bread crumbs and parmesan. Broil for 8 minutes.

Ginger Marinade-Ginger and honey aphrodisiac

For seafood or chicken.
6 tablespoons lime juice
3 tablespoons honey
2 tablespoons vinegar
2 tablespoons olive oil
1 1/2 teaspoons chopped parsley
1 teaspoon grated ginger root
1/4 teaspoon red pepper flakes

Whisk all ingredients until combined.

Pesto-Basil and pinenuts-aprhodisiacs.

C. basil leaves

1/4 c. pine nuts
clove garlic
1/4 c. olive oil
3T parmesan cheese

In processor or pestel blend basil, pine nuts and garlic to a paste. Drizzle in olive oil. Fold in parm. at the end.

Seafood Paella

1 pound medium shrimp, shelled and deveined, shells reserved
4 cups water or fish stock
2 dozen top neck clams
1 pound cleaned squid
2 tbsp olive oil
1 medium onion, chopped
3 garlic cloves, thinly sliced
1 red pepper, cut into thin strips
1 cup canned tomatoes, with their juice, chopped
1-1/2 tsp salt
2 cups medium-grain rice
1/8 tsp ground saffron
1 pound sea scallops
1 cup peas

In wide shallow pan or a paellera sauté onion, garlic and red peppers. Add chopped tomatoes, salt saffron and rice. Cook while adding water about a cup at a time. After the last cup add squid, clams, scallops, shrimp and peas. When rice is done serve.

Saffron Cocktail Meatball Sauce

1/2 c butter
diced onion
4 clove minced garlic
2/3p flour
pinch saffron
4 c. beef stock
1/2 c. ketchup
Parsley
Fresh pepper

sauté garlic and onion in butter add flour and heat til light brown
add saffron and beef stock and then cilantro and ketchup simmer til thick. Toss in meatballs.

Artichoke au gratin-Artichoke were hawked as and aphrodisiac in Middle ages.

1# artichoke hearts quartered
3 clove garlic
2 T. butter
T. flour
Cup heavy cream
1/3 cup parmesan cheese
t. ground pepper
¼ cup white wine
Roasted pepper diced.
Choice of shredded cheese.
Sweat garlic in butter, add flour, cook a minute.
Add white wine.
Add cream and fold in cheese.
Add in diced roasted pepper.
Pour over artichoke hearts in greased rarebit or small casserole.
Broil in oven for 20 minutes on 400
Top with shredded cheese. Broil another 10 minutes.

Hot chicken salad-Almonds, celery, onion, artichoke hearts and tarragon aphrodisiacs.

5 c. diced cooked chicken
2 ½ cup diced celery
¾ c. diced roasted pepper(whole red pepper roasted)
c toasted almonds
2T. grated onion
2 cup mayo
2 c. artichoke hearts(20 oz can @ 9 hearts)
6 oz shredded asiago or cheddar
T. fresh tarragon(t. dry)

Blanch celery, one minute in boiling water.
Cut artichoke hearts in 8ths
Fold everything but cheese.
Lay in 3 qt cassarole and top with cheese
Bake 20 minutes at 400 covered
And 20 minutes at 300 uncovered.

Fried Sweet Potatoes

2 lb Sweet potatoes or yams
2 eggs beaten

2 medium onions minced
2Tb. butter
2 Tb milk
tsp. Minced ginger
¼ cup flour
2 Tb. Chopped Parsley
pinch cayenne
dash of salt and pepper

Boil off the sweet potatoes until tender. Saute onions in butter until translucent, be careful not to brown the butter. In mixer mash sweet potatoes(hot) and add all other ingredients, including onions and butter. Place in refrigerator to cool. When cool spoon mixture into bread crumbs one spoon at a time and deep fry each spoonful until brown

Sweet Potato Muffins

3/4 cup oat bran
3/4 cup whole wheat flour
2/3 cup sugar
1 1/2 tsp. cinnamon
1 tsp. baking powder
1 tsp. baking soda
1/8 tsp. salt
1/2 cup apples, skinless, finely chopped
1 cup fresh sweet potatoes (yams), cooked and mashed or 1 (15 oz.) can sweet potatoes, drained and mashed
1 large egg
2 large egg whites
3 tbsp. vegetable oil
2/3 cup plain yogurt

Preheat oven to 350 degrees. In a bowl, combine bran, flour, sugar, cinnamon, baking powder, baking soda, salt, and apples. Add sweet potatoes, egg, egg whites, oil, and yogurt. Stir all ingredients thoroughly. Spray muffin tins with vegetable cooking spray and spoon 1/4 cup of batter per muffin. Makes approximately 20 muffins.

Cool Chocolate dipping sauce

cup. heavy cream*
2/3 c chocolate pieces

2 yolks
2T liqueur
2T. Butter

Heat cream add chocolate. Let stand for minute.
Temper egg yolks with some of chocolate mix. Add back to chocolate mix
Whisk in butter and baileys. Place in ramekins and cool.
*Can use $\frac{1}{2}$ and $\frac{1}{2}$ or even milk(will be less rich)
Dip strawberries, pineapples, bananas, shortbread.
Chocolate Walnut Bread Pudding

4 c. bread cubes
1 $\frac{1}{4}$ c. chips
 $\frac{1}{2}$ c. toasted walnuts
c heavy cream
c. half and half
5T. cocoa
4 eggs
1 yolk
 $\frac{1}{2}$ c. sugar

Mix bread cubes, $\frac{1}{2}$ cup chocolate chips and walnuts

Crems and cocoa and heat in sauce pan until incorporated, whisk in $\frac{3}{4}$ c. chips
In separate bowl, mix egg and sugar. Temper with cocoa cream. Toss in bread
mix and let sit.
Place in casserole dish or ramekins.

Bake for 40 minutes At 350 degrees in water bath.

Lobster Cakes-“Lobster has an essence that make one virile”

T butter
 $\frac{1}{2}$ diced red onion
1/c diced red pepper patted dry
t. parsley
 $\frac{1}{4}$ t. curry
2 T. rich lobster stock
1# lobster chopped
 $\frac{3}{4}$ cup bread crumb
2 T. Mayo
T lemon

Saute onion and butter. Add all ingredients in bowl. Mix in butter and onion. Form into patties and pan fry.

Lobster salad

1# lobster meat
½ cup mayonnaise
t. Dijon mustard
1 cucumber seeded and diced
2 st. celery diced.
½ t. dry tarragon 2t. Fresh
Salt and pepper
½ t . coriander
¼ t. white pepper

Chop lobster. Mix all ingredients. Let rest in refrigerator for ½ hour.

Poached Pears-because of its shape, pears are considered very amorous.

4 pears peeled and cored
4 oz red wine-pinot noir or fortified wine like port
cinnamon stick
qt water
c sugar
t lemon juice or t zest

Stuffing

8oz cream cheese softened
4oz chocolate melted.
Pinch cayenne.

Heat up wine, water, sugar, lemon and zest and cinnamon stick. Just before a boil, drop in pears and simmer about 15 minutes.. Let cool.

Whip cream cheese and add melted chocolate and cayenne. Pipe into center of pears. Serve with chocolate sauce.

Pineapple Souffle

6 slices of bread no crust
4 eggs sl. beaten
c. sugar
2 cups finely chopped pineapple

Cube bread. Toss with rest of ingredients.
Bake in buttered cassarole dish for 50 minutes at 350

Cucumber bisque The Chicago Smell and Taste Treatment and Research Foundation found that women become aroused by the scent of cucumbers

- 6 cukes
1 stick of celery
1# squash insides
½ onion
¼ c butter
3 cup chicken broth
2T. Dill fresh
½ cup sour cream
salt and pepper

Peel and chop cucumber.
Dice onion, celery and squash
Sauté all with butter including cucumber skin
Add broth and simmer until soft
Process and strain.
Add dill ad sour cream.
Adjust with salt and pepper.

Sweet potato tart- In late 16th century Europe sweet potato tarts were recommended to increase sexual desire.

- 2 cups cooked sweet potatoes, peeled, boiled, drained, and mashed
4 eggs
1 cup light brown sugar
1 orange, juiced
1 cup heavy cream
2 ounces unsalted butter, melted and slightly cooled
1/2 teaspoon cinnamon
1/2 teaspoon allspice
1/4 teaspoon fresh grated nutmeg

Beat eggs and sugar until light. Fold in rest of ingredients. Pour in tart pan and back at 350 for 45 minutes or until set.

Tart pastry

- 3 c flour
8 yolks

$\frac{3}{4}$ c. + 2T sugar

t salt

t vanilla

$\frac{3}{4}$ c unsalted softened butter

sift dry ingredients

make well and add wet ingredients and butter

work in quickly with heel of hand. Form into two balls.

Chill 30 min and then roll out.