

The Santesson Recipe Collection



Aphrodisiac Cooking

This edition of the “Santesson Recipe
Collection: Aphrodisiac Cooking”
was completed on 1 March 2001

Many of the aphrodisiac recipes were
originally part of “Johan’s Guide to
Aphrodisiacs” at URL
<http://www.santesson.com/aphrodis/>

Table of Contents

Starters – page 5

- *Love snails*, a combination of two great French inventions: *l'amour* and *l'escargot*
- *Mushrooms with garlic*, a favourite with garlic lovers
- *Scrambled eggs with truffles*, a dish to wet your amorous appetite
- *Spanish snails*, a low-fat, high-taste way of cooking snails

Soups – page 9

- *Avocado soup* can be served as a starter or be a meal in itself
- *Fennel soup*, a treat for lovers
- *Pine nut soup*, a rich and tasty soup, the lover's delight
- *Shrimp soup*, small shrimps swimming in a soup that will seduce any adult person

Fish and shellfish – page 13

- *Basic aphrodisiac mussels*, the starting point for series of seducing mussel dishes
- *Diet mussel soup*, rich in taste but low in calories and easily digested
- *Gravlax*, the Swedish way of marinating or curing salmon
- *Mussel pasta sauce*, will make your fresh linguini a gourmets dream
- *Mussel risotto*, a light meal to put you in the mood
- *Mussels for gourmets on a diet*, spiced with garlic and saffron
- *Mussels with roasted pine nuts and garlic*
- *Mussel soup*, smooth, seducing and spicy
- *Pine nut and shrimp paste*
- *Scallops in saffron*
- *Trout mousse* for spoon-feeding your lover

Sauces and condiments – page 24

- *Amorous pesto*, a feta cheese based dip sauce to drive you into the bedroom
- *Hovmästarsås*, a mustard sauce for gravlax as well as shellfish
- *Spicy onion paste*, a lover's condiment which will give any dish an erotic touch

Desserts and sweets – page 27

- *Candied violets*, a sweet snack made out of flowers
- *Lemon parfait*, a refreshing sherbet-type ice cream preparation for hot summer evenings
- *Strawberries in a melon sauce*, a very special taste combination

Escargots à l'amour - Love Snails

Normally, snails are served à la bourguignonne, dripping of fat. But love food should be light! For a change, try this recipe for an early Sunday lunch.

Ingredients:

- 2 medium-sized tomatoes
- 1 green bell pepper
- 25-50 g celery
- 50 g butter
- 2 garlic cloves
- 0.2 g saffron
- thyme and sage
- salt

Proceed as follows:

1. Remove the skin and seeds from the tomatoes
2. Remove the seeds from one green bell pepper.
3. Chop the tomatoes and the bell pepper, together with a piece of celery, coarsely, using a food processor for 5 seconds.
4. Melt the butter, add two pressed garlic cloves, saffron and generous pinches of thyme, sage and salt to the melted butter
5. Let stand for a few minutes, then add the chopped vegetables.
6. Place 24-48 snails (depending on size) in special snail porcelain ramekins with handles or simply in two individual gratin dishes and cover with the butter-vegetable mixture.
7. Cook in the preheated oven (260 °C) for 10 minutes or until the vegetables begin to turn slightly brownish.

Serve together with a baguette type bread and a glass of Chablis.

Mushrooms With Garlic

A specialty of the restaurant Le Gentilhomme in The Hague is mushrooms prepared in the same way as snails. Our children love these mushrooms as much as we do, and of course we started to look for how to prepare them. A piece of advice: Be generous with the garlic!

Ingredients:

- two dozen large mushrooms, stems carefully removed
- 50-100 g butter
- 25-50 g crushed garlic (3-6 garlic cloves)

Proceed as follows:

1. Fry the mushrooms in a small quantity of butter at high heat. It is important the mushrooms do not release water, which will happen if the heat is too low. The mushrooms are ready when they have acquired a golden brown hue.
2. Mix remaining butter with the crushed garlic.
3. Place the mushrooms, one by one and upside down on snail porcelain ramequins, and add a small spoonful of the garlic butter on top of each mushroom.
4. Place the snail ramequins in a preheated oven at 200-225 °C and fry for 5-10 minutes.

Serve together with white bread or toast to facilitate sponging up the melted garlic butter.

Scrambled Eggs With Truffles

This is a light and still very tasty dish. It must be freshly prepared, but since the actual cooking only takes 5 minutes, it can be served as a nice post-theater supper. (The time-consuming part is heating the waterbath to a boil. Turn it on immediately upon your return back home from the theater.)

Ingredients:

- 4 fresh eggs
- 50-75 g truffles
- salt
- pepper
- 1 tbsp creme fraiche

Proceed as follows:

1. Beat four eggs with a whisk in a heavy-bottom saucepan.
2. Slice 50-75 grams of fresh or canned truffles (truffle substitutes usually work equally well!) and add to the eggs.
3. Season with salt and pepper.
4. Bring water in large saucepan to a boil and place the egg saucepan on this water bath. Stir the mixture constantly until it suddenly begins to thicken.
5. Remove from the water bath and add one tablespoon of crème fraiche.
6. Serve immediately together with slices of toast. A glass of red port wine combines nicely with this dish.

Spanish Snails

Snails are high up on our list of favourite foods. When you cook them, some fat is required as taste carrier, but they do not have to *swim* in fat.

Ingredients:

- 2 dozen snails
- a finely chopped green bell pepper
- 2 ripe tomatoes, peeled, seeds removed, and finely chopped
- garlic to taste (10-30 g is normal)
- 50 g butter
- cayenne pepper, thyme
- salt

Proceed as follows:

1. Mix butter, bell pepper, tomatoes and crushed garlic until a smooth paste is obtained, then add spices as desired (but remember, the cayenne pepper is essential!).
2. Take four or two ovenproof snail plates (depending on whether they are for 6 or twelve snails each), put one snail in each hole and on top of the snail the buttery paste.
3. Cook in a preheated oven at 250 °C until the butter is bubbling and the vegetables are beginning to turn brownish.

Serve together with toast or baguette, if possible also with a glass of dry, unpasteurised cider from Normandy.

Avocado Soup

This dish can be served as a starter (enough for at least 4 persons) but it is also rich enough to be a meal in itself, e.g. a lunch for an amorous couple.

Ingredients:

- 3 ripe avocados
- 350 ml chicken broth
- 200 ml whipping cream
- 30 ml lemon juice
- 30 ml cognac (or brandy)
- curry, salt and black pepper

Proceed as follows:

1. Cut the avocados into halves, remove the large seeds. Pour the lemon juice over one of the halves to prevent it from darkening.
2. Scoop out the meat from the five halves.
3. Put the avocado meat, the chicken broth and 150 ml of the whipping cream in a food processor. Puree until the soup is very smooth.
4. Add the cognac and curry, salt and black pepper as desired.
5. Whip the remaining 50 ml of whipping cream.
6. Remove the skin from the remaining avocado half, cut the meat into thin slices.
7. When you serve the soup, add avocado slices to each plate. Top with a dollop of whipped cream.

Fennel Soup



Already during Pharaonic time fennel was well known for its medical properties, including its use as an aphrodisiac as well as a laxative. All parts of the plant can be used, including the bulb, the leaves and the seeds.

Ingredients:

- 500 g of fennel bulb
- 200 ml dry white wine
- 100 g smoked chicken breasts or shrimps
- chicken bouillon cube
- 125 ml crème fraîche
- 2 tbsp ouzo or Pernod
- 200 ml water

Proceed as follows:

1. Trim the fennel stalks down to the bulb, Peel off any wilted outer layer. Set the fine fennel leaves aside after having cut them with a scissor into small pieces.
2. Cut the fennel bulb in small pieces and boil them together with dry white wine, water and a chicken bouillon cube for 8-10 minutes in the microwave oven at full power.
3. Transfer the fennel and the liquid to a food processor, purée and let it cool.
4. Cut the boneless, skinless chicken breasts (if possible smoked) into thin slices and add to the purée. If you are using shrimps instead of chicken, proceed straight to the following step.
5. Microwave on high for four minutes. If you are using shrimps, add them. Microwave for another minute.
6. Add the crème fraîche (sour cream) and two tablespoons of ouzo, Pernod or a similar licorice/aniseed type aperitif. Stir well.
7. Add some of the finely cut fennel leaves on top of the soup.

Serve immediately together with, e.g. toast. Add more of the finely cut fennel leaves on top of each plate. The combination of two powerful aphrodisiacs (fennel and licorice or aniseed) might lead to pleasant surprises, but should be handled with care.

Pine Nut Soup

First a word of warning

Be careful when deciding when to serve this delicious, very rich soup. I serve it with pleasure to my wife but never when we have couples as dinner guests.

Ingredients:

- 100 g pine nuts
- 3 egg yolks
- 250 ml chicken bouillon
- 250 ml cream
- saffron, ouzo or cayenne pepper

Proceed as follows:

1. Purée a mixture of the pine nuts and the egg yolks in the food processor until you have a fine, smooth paste.
2. Put this in a saucepan and add one cup of chicken bouillon and one cup of cream. The chicken stock can be added already at the food processor stage if you have difficulties in obtaining a smooth paste. This far the dish can be prepared hours in advance.
3. Heat over a gentle fire under constant stirring until the mixture thickens. It must not, however, be brought to a boil!
4. Serve immediately.

If desired, suitable spices can reinforce the aphrodisiac properties. We have tried three equally successful alternatives: 0.5 g of finely divided saffron, two tablespoons of ouzo and a pinch of cayenne pepper. The spice (but only one of them!) is added before the soup is heated. Especially the saffron gives the dish a pleasing reddish colour.

Shrimp Soup

The taste and texture of this shrimp soup could seduce any adult person. Small shrimps swimming in a pink delight...

Ingredients:

- 250 g shelled shrimps
- 3 egg yolks
- 250 ml (light) cream
- 250 ml dry white wine
- 1 fish bouillon cube
- 0.2-0.5 g saffron

Proceed as follows:

1. Purée half of the shelled shrimps in the food processor together with the egg yolks, saffron, (light) cream, dry white wine and a fish bouillon cube (intended for 0.5 liter of bouillon).
2. Heat the mixture in a pan at low-moderate heat while constantly stirring until the mixture thickens.
3. Pre-heat the other half of the shelled shrimps for 40 seconds in the microwave oven.
4. Add the pre-heated shrimps to the soup.
5. Serve immediately.

If possible serve together with some black lumpfish roe on the side and white toasted bread.

A variation is to purée all the shrimps and serve the soup as a fish dish sauce.

Basic Aphrodisiac Mussels

This recipe is the starting point for a few mussel dishes with a truly aphrodisiac touch. The mussels as well as the bouillon are suitable for deep freezing; thus, whenever required you can pick a plastic bag of mussels and another of bouillon from the deep freeze, thaw them in the microwave and within minutes prepare a delicious and seductive mussel dish.

Ingredients:

- 3 kg of mussels, cleaned
- 350 g onion, coarsely chopped
- 300 g celery, coarsely chopped
- 250 g shallots, coarsely chopped
- 2 garlic cloves (10-15 g), finely chopped
- 3 fish bouillon cubes (intended for 750 ml of bouillon)
- 1 teaspoon dry thyme leaves
- 1 teaspoon dry basil leaves
- 1 bottle (750 ml) of dry white wine
- 3 g saffron (the quantity can be reduced)

Proceed as follows:

1. Let the vegetables and the garlic simmer in the white wine for 15-20 minutes in a pan with a volume of 4-6 litres. At a late stage add the thyme and the basil.
2. Increase the heat, place half of the mussels on top of the vegetables and let them steam until they have opened. This should take about 5 minutes.
3. Remove the steamed mussels using a perforated ladle and set them apart. Place the remaining half of the mussels on top of the vegetables and let them steam for another five minutes until they all have opened. Remove them and add them to the first mussel batch.
4. Sieve the liquid to remove the vegetables, let the sieved bouillon boil for 5-10 minutes to reduce the volume somewhat, then leave it to cool. When cool, add the saffron.
5. Remove the mussels from the shells. Keep them separated from the bouillon.

Now you have the starting materials for a number of delicious dishes, e.g. mussel soup, diet mussel soup, mussel pasta sauce and mussel risotto. You can put the mussels and the bouillon in the deep-freeze for use later on; if so we suggest you pack in separate plastic bags about 100 grams of mussels per bag and 250 ml of bouillon per bag. Otherwise you can use the ingredients almost immediately, but remember that the saffron will require a few hours to merge with the bouillon!

Diet Mussel Soup

The starting point for this recipe is the Basic Aphrodisiac Mussels. Actually, the dish was originally not developed as an aphrodisiac but for dietary purposes. Because of intestinal cancer, Johan was on a very restricted diet. This dish turned out to be quite acceptable to his digestion, while at the same time tasting "just like gourmet restaurant food", according to Anne.

Ingredients:

- 100 g of cooked and deshelled mussels (see the basic recipe)
- 500 ml (2 cups) of saffron-spiced mussel bouillon (see the basic recipe)
- 100 g rice vermicelli, broken down into short pieces

Proceed as follows:

1. Bring the bouillon to a boil.
2. Add the rice vermicelli pieces and cook at a low heat for 3 minutes. Some varieties of vermicelli might require a slightly shorter or longer cooking time.
3. Add the mussels and heat (but do not boil) for a minute or two.
4. Optional improvement: Before serving, add two tablespoons of cognac to the soup.

A dry white wine with a lot of taste goes nicely with the soup. However, even a light Riesling can be appropriate.

Gravlax – Salt And Sugar-Cured Salmon

Internationally, this might be the best known Swedish dish. Several recipes have been posted on the Net, but, of course, ours is the best! (We are a little bit skeptical when people try to "improve" the *gravlax* by using, e.g. whisky or gin in the marinade.)

Ingredients:

- 2 pieces of centre-cut salmon fillets, little more than 500 g each, if possible of equal size, and with skin left on.
- slightly more than 125 ml sugar
- slightly less than 125 ml coarse salt (somewhat more sugar than salt)
- 15 coarsely crushed white peppercorns
- 1 very large bunch of dill (very important) – it is not necessary to chop the dill

Proceed as follows:

1. Remove any small bones from the fillets, it is easily done with the use of a pair of forceps.
2. Mix sugar, salt and pepper in a bowl. Cover the bottom of a baking dish with dill.
3. Rub half of the sugar-salt mixture into the first fillet, on both sides, and lay it skin side down, on top of the dill. Cover with lots of dill.
4. Prepare the other salmon fillet in the same way, and cover with the remaining fillet, skin side up, with the remaining dill on top.
5. Cover in plastic wrap, place a cutting board with some heavy weights on top and marinate in the refrigerator for 48 - 72 hours, turning the salmon upside down at least once a day. (Personally, we favour 3 days in the refrigerator!)
6. Scrape the marinade off and slice the fillets very thinly. Serve with a mustard sauce

Mussel Pasta Sauce

Fresh pasta can be prepared in a matter of minutes, a rather important aspect when it comes to aphrodisiac cooking. And what can be a better way of serving the pasta than together with a mussel sauce with a strong saffron taste?.

Ingredients:

- 100 - 200 g of cooked and deshelled mussels (see the basic recipe)
- 250 ml of saffron-spiced mussel bouillon (see the basic recipe)
- 125 ml whipping cream
- 1 egg yolk
- fresh pasta as desired, e.g. linguine or a similar band pasta that can well carry the chopped mussels

Proceed as follows:

1. Chop half of the mussels coarsely.
2. In a large pan (there should be space enough also for the pasta), mix the whipping cream and the bouillon; heat until a slow boil, add the chopped mussels and let the mixture simmer for a few minutes.
3. Remove the sauce from the heat, add the egg yolk while stirring.
4. Continue the heating at a very low heat (the sauce must never boil!) until the whole mussels have absorbed enough saffron taste.
5. Meanwhile, cook the fresh pasta. The cooking time will depend on the type of pasta you have chosen.
6. Drain the pasta, then add it to the mussel sauce, stir, add the remaining unchopped mussels, and continue stirring at very low heat for a minute or two. Serve immediately.

The selection of pasta is important. Do not use a dry type pasta; the flavor of the mussel sauce is too delicate. Also, stay away from very thin fresh pasta since that requires a creamy sauce without any solid particles.

Mussel Risotto

There were two starting points for this recipe: our "Basic Aphrodisiac Mussels" recipe and the basic risotto recipe of Jamie Oliver, published in his book "The Naked Chef". Many of the vegetables used to prepare the risotto are the same as used for the "Basic Aphrodisiac Mussels", thus you might consider preparing the risotto at the same time as the basic mussel dish. Please note that the quantities indicated are enough for two servings of the dish as the only course at a meal.

Ingredients:

- 100 - 200 g of cooked and deshelled mussels (see the basic recipe)
- 250 ml of saffron-spiced mussel bouillon (see the basic recipe)
- 1 shallot, finely chopped (about 30 g)
- 100 g celery, finely chopped
- 1 garlic clove, finely chopped
- 125 g risotto rice
- 1 tbsp extra virgin olive oil
- 150 ml dry white wine
- 3 tbsp high-quality cognac or similar brandy

Proceed as follows:

1. Heat the bouillon and keep it hot.
2. In a separate pan, heat the olive oil, add the chopped shallot and celery and let it steam for a few minutes, then add the garlic and continue heating the vegetables for another 2-3 minutes..
3. Increase the heat and add the rice. It should start to adsorb the moisture from the vegetables. Be careful with the heat; you must not fry the rice. After a few minutes the rice should be somewhat translucent. Lower the heat.
4. Add half of the white wine to the rice, the other half of the wine to the bouillon. Stir frequently until the rice has adsorbed virtually all of the added wine.
5. Now start adding the bouillon, ladle by ladle. Stir all the time; add the next ladle only when the last one has been more ore less completely adsorbed. The whole process of adding the bouillon should take 15-20 minutes.
6. Add the mussels on top of the rice. Cover the pan and keep it at very, very low heat for a few minutes until the mussels have been heated all through. Remember that you do not have to cook the mussels, just to heat them.
7. Bring the pan to the table. Turn off any electric lights, there should only be candle-light. Remove the cover from the pan, add the cognac, replace the cover, wait 30 seconds, remove the cover again and ignite the cognac fumes. When the flames have died, serve the risotto immediately.

You can prepare the risotto in advance and keep it deep frozen. The rice will loose some of its texture and some of the bite, but so what? if you are in a hurry..

Mussels For Gourmets On A Diet

The availability of mussels in Umeå was very limited. Small and expensive plastic bags with a contents of dubious freshness appeared once a week on the fish dish at one of the major department stores in the town (there were two of them), otherwise all mussels were of the canned variety.

You can imagine how thrilled and enthused we became when we first became aware of the ready availability of mussels in the Netherlands. Of course we started to experiment, and finally arrived at the following recipe.

Ingredients:

- 2 kg fresh Zeeland mussels, the larger the better (and more expensive)
- 100-200 g peeled and thinly sliced carrots
- 100 g thinly sliced celery
- a small leek, thinly sliced
- 6-10 garlic cloves, finely chopped (this is one secret ingredient!)
- a small onion, finely chopped
- 100-200 ml dry white wine
- 0.5 g saffron (this is the other secret ingredient)

Proceed as follows:

1. Clean the mussels and discard those that appear to be dead, i.e. will not close their shells when a friendly pressure has been applied a few times. Parboil the veggie mix in the microwave oven at full power (700 W), 1.5 minutes for every 100 gram of vegetables.
2. Transfer the vegetables to a 6 liter casserole, add the wine, the saffron and the mussels and bring to a boil.
3. Stir now and then (about every 10 seconds), using a wooden fork if available, until all the mussels have opened (this should only take a few minutes). The dish is now ready to be served.

The mussels can best be served together with toast, aioli and, if available, zeekraal. The easiest way to eat the mussels is to use a pair of empty mussel shells as tweezers to pick the mussel meat out of the shells.

Mussels With Pine Nuts And Garlic

Roasting will not destroy the aphrodisiac qualities of pine nut and can in some combinations enhance the taste. Keep in mind, though, that pine nuts roast quickly in comparison to other nuts and also burn easily.

Ingredients:

- 300 g freshly cooked mussels
- 100 g pine nuts
- 25 g garlic
- olive oil

Proceed as follows:

1. Chop the garlic and the pine nuts briefly in the food processor. Heat some extra virgin olive oil in a pan and add the coarse pine nut - garlic mixture.
2. Roast the mixture until it just begins to acquire a golden brown colour (usually 2-3 minutes) and let it cool.
3. Purée the cooked mussels and the roasted pine nut-garlic mixture in the food processor. If possible, use freshly prepared mussels which have been cooked together with white wine, fennel, celery, leeks and carrots.

The pine nut-garlic-mussel purée can be served as it is, on toast or crackers, or (our preference because of the eggs!) as an omelet filling. In the latter case, a glass (or two) of dry cider is a perfect accompaniment.

Mussel Soup

The starting point for this recipe is the Basic Aphrodisiac Mussels. Actually, the dish was originally not developed as an aphrodisiac but for dietary purposes. Because of intestinal cancer, Johan was on a very restricted diet. This dish turned out to be quite acceptable to his digestion, while at the same time tasting "just like gourmet restaurant food", according to Anne.

Ingredients:

- 100 - 200 g of cooked and deshelled mussels (see the basic recipe)
- 500 ml of saffron-spiced mussel bouillon (see the basic recipe)
- 6 slices white bread, at least two days old
- 3 tbsp extra virgin olive oil
- 2 garlic cloves
- 125 ml whipping cream

Proceed as follows:

1. Cut the bread slices into cubes with a side of approximately 1 cm.
2. Heat the olive oil in a frying pan. Add the crushed garlic, continue the heating until the garlic turns dark golden brown. Remove the garlic from the oil by filtration through a metal sieve.
3. Fry the bread cubes in the garlicky olive oil until they are golden brown. If the bread is fresh it will adsorb much olive oil and you might have to add a little bit more of the oil. Set the fried bread croutons aside.
4. Mix the mussel bouillon and the whipping cream, let simmer for a few minutes. Add the mussels, let them simmer until hot (but remember: the purpose is to heat the mussels, not to cook them).
5. Pour the soup into two soup plates. Add the bread croutons on top of the soup and serve immediately.

A dry white wine with a lot of taste goes nicely with the soup. Why not try the spicy Gewurtztraminer from Alsace?

Pine Nut And Shrimp Paste

Both shrimps and pine nuts are well known for their aphrodisiacal qualities. Imagine then what would happen if you combine these ingredients!

Ingredients:

- 100 g shelled shrimp
- 50 g pine nuts
- 75 g sour cream or creme fraiche
- pastry shells
- or endive leaves

Proceed as follows:

1. Purée the shelled shrimps, half of the pine nuts and the sour cream in the food processor until you have a smooth paste.
2. Add the remaining pine nuts and mix thoroughly.
3. Serve, e.g. in small pastry shells or on leaves of Belgian endive as an appetizer before

Since the taste of the paste is very delicate, it should not be combined with strongly tasting items.

Scallops With Saffron

The starting point was a recipe in Leith's Fish Bible, which we modified to suit our palate. Yes, we know that saffron is expensive, but plenty of saffron is a must for this dish.

Ingredients:

- 250 g scallops
- 200 ml dry white wine
- 50 g finely chopped shallot
- 100 g finely chopped chestnut mushrooms
- 1 tbsp butter
- 2 g saffron
- 150 ml fish stock
- 150 ml creme fraiche

Proceed as follows:

1. Soak the saffron in the fish stock.
2. Separate the coral from the scallops. Cut the white meat in half horizontally.
3. Place both coral and white meat in a saucepan and cover with white wine.
4. Bring the liquid to a boil. Remove from the heat immediately and set aside.
5. Melt the butter in a saucepan, add the shallot and the mushrooms and cook over a low heat for a few minutes.
6. Pour the saffron/fish stock over the shallots and mushrooms, bring to a boil and let simmer for a few minutes.
7. Add the creme fraiche, let simmer for another 7-10 minutes.
8. Add the scallops, let simmer for another minute.

Serve together with toast and a salad.

Trout Mousse

This dish can be prepared even a day in advance and be kept in the refrigerator until required. The texture makes it very well suited for spoon-feeding (each other).

Ingredients:

- 500 g trout (or other salmon type fish)
- 100 g boiled potatoes
- 150 ml freshly pressed lemon juice
- 3 tbsp cognac
- 2 tbsp molten butter
- 2 avocados
- cayenne pepper
- black pepper, salt

Proceed as follows:

1. Cook any salmon type fish, e.g. trout, in the microwave oven: 1 minute at high for every 100 gram. Remove skin, bones, tail and head, and let the meat cool. About 300 gram of meat should remain.
2. Purée the trout meat together with cooked potatoes, freshly pressed lemon juice, cognac and molten butter in a food processor.
3. Add the flesh of 1 1/2 peeled avocado, a very generous pinch of cayenne pepper and pinches of salt and black pepper.
4. Purée for another 15-30 seconds.
5. Transfer the mousse to a suitable bowl and let it cool for at least a few hours in the refrigerator.

Serve the mousse together with lumpfish roe in canapés or on toast, using the remaining 1/2 avocado cut in thin slices as a decor.

An alternative is to take the mousse bowl, sit down upon a bed and spoon-feed each other. In this case the roe should be excluded.

Amorous Pesto (Feta Dip)

The starting point for this recipe came from a Canadian contributor to the Aphrodisiacs Exchange. As usual, we began experimenting and, after a while and many attempts, came up some possible modifications. The dip mix can be used, e.g. as a pesto sauce. A similar dip mix has also been included in our collection of favourite recipes.

Ingredients:

- 150 g feta cheese (preferably in brine)
- 1 bulb and 1 clove garlic
- 2 g fresh basil (6 4-cm leaves) or 2 g fresh cilantro (coriander) leaves
- 50 g pine nuts
- 1/2 - 1 tsp saffron - optional!
- 1 tbsp lemon juice
- 2 tbsp extra virgin olive oil or 3 tbsp creme fraiche (sour cream)

Proceed as follows:

1. Remove the papery skin from the garlic bulb and bake it in the oven for 1 hour at a temperature of 175 °C. Let it cool and remove any residual skin. You should have about 25 grams baked garlic with a creamy texture.
2. If you use saffron, soak it in the lemon juice for at least 30 minutes.
3. Purée the feta cubes, the baked garlic, the raw garlic clove, the basil or cilantro (coriander) leaves and the lemon juice (with or without saffron) in a food processor. Add olive oil or creme fraiche to get a smooth, creamy consistency.

The dip mix based on olive oil is the original one. Substituting olive oil by creme fraiche results in a dip mix with a softer taste and a smoother consistency. Both forms can be used in the same way as ordinary pesto sauce. Deep-freezing is possible, especially of the creme fraiche based dip. Remember: If you leave out the saffron, the aphrodisiacal effects might be very weak or even absent.

Hovmästarsås - Mustard sauce

This is the standard sauce served together with gravlax, salt and sugar-cured salmon. It is also very good together with mussels, crayfish or shrimps.

Ingredients:

- 2 tbsp of sweetened mustard, for example Slottssenap, acquired from "IKEA" (but do not hesitate to use a substitute!)
- 1 tbsp Dijon mustard
- 1 tbsp sugar
- 1 tbsp vinegar
- (1 egg-yolk)
- salt and coarsely ground white pepper
- 125 ml vegetable oil
- plenty of chopped fresh dill

Proceed as follows:

1. Mix the mustard, (egg yolk), vinegar, sugar salt and pepper. The egg yolk is not necessary, but will make the sauce smoother and softer.
2. Whisk constantly and add slowly the oil. Continue until the sauce is creamy.
3. Add the chopped dill.

Spicy Onion Paste

This paste is not a dish in itself, but rather a delicious condiment that can add an aphrodisiac touch to very many different dishes. The aphrodisiac qualities of onions are well known since the days of antiquity.

Ingredients:

- 3 medium-sized onions
- 4 tbsp olive oil
- 2 tbsp butter
- 1 tbsp balsamic vinegar
- 1/2 tbsp black pepper

Proceed as follows:

1. Cut the onions in very thin slices but do not chop them
2. Heat extra virgin olive oil and butter in a pan, add the onion slices and coarsely ground black pepper and let simmer at very low heat for 45 minutes, while occasionally stirring.
3. Add balsamic vinegar and continue the simmering for another 5-10 minutes.
4. Let the paste cool overnight in the refrigerator.

The paste can best be served as a condiment to, e.g. plaice or paté.

Candied Violets

This mildly exotic recipe is contained in the "Honeymoon Cookbook", which the Swedish "Kooperativa Förbundet" distributed to all newlyweds during the 1930's. Although we have not yet tried ourselves, we believe it might also work with lilacs!

Ingredients:

- Freshly collected flowers of violets
- Sugar solution: 0.5 kg sugar, 0.1 kg glucose, 100 ml of water

Proceed as follows:

1. Prepare the sugar solution by letting the mixture simmer at low heat until sugar and glucose have dissolved.
2. Let the solution cool but not to the extent that sugar crystals begin to precipitate.
3. Put the flowers of violets in a strainer and dip them into the solution.
4. Let them cool and dry on a roster or a paper towel.

Lemon Parfait

A refreshing dessert for a summer evening. In place of the lemon juice and lemon zest, you can also use the same quantity of Swedish arrak punch.

Ingredients:

- 150 ml granulated sugar
- 3 egg yolks
- 300 ml whipping cream
- 50 ml lemon juice
- zest of one lemon

Proceed as follows:

1. Beat the egg yolks into the sugar until you have a very fluffy mixture.
2. Whip the whipping cream.
3. Add the lemon juice and the lemon zest to the egg-and-sugar batter. Stir.
4. Fold in the whipped cream, working so as not to deflate the volume.
5. Pour the mixture into a bowl or baking tin. Leave it in the deep-freeze for at least 12 hours to solidify.

Strawberries In A Melon Sauce

During the summer and even a month or two into the autumn succulent melons (galia, cadeloupe, etc.) are quite affordable. Puréed melon fruit meat has many uses.

Ingredients:

- 500-700 g fresh strawberries
- 1 small sweet melon (500-700 g)

Proceed as follows:

1. Cut the melon into halves and deseed them.
2. Spoon out the fruit meat and purée it in a food processor. Place the resulting "soup" in the refrigerator for at least two hours.
3. Pour some of the "soup" into a deep plate and place strawberries in it. Serve immediately.