



THE FEARLESS OLIVE
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The magic of aphrodisiacs

Almost all food items at some point or the other have been cloistered under the title of an aphrodisiac, with distinct qualities of not just increasing libido but also making us seem more attractive and appealing to the opposite gender.

It is all a play of chemicals on our senses as we consume food that either makes us happy, makes the blood flow faster or simply relaxes us. Nonetheless, some foods have been known to actually work as aphrodisiacs and here are a compilation of some recipes to try out and see whether you can make the season of love more romantic and above all, healthy!

The ancient Roman doctor Galen believed that any food that produced flatulence was an aphrodisiac. This was believed until the 18th century. In fact, most foods that resembled a sign of fertility, like an egg or even parts of the human anatomy were by default bunched up under this esteemed category and given exotic embellishments to sell their unique aphrodisiacal qualities.

Dark chocolate and chillies were the ideal combo that the Mayans guzzled down with the belief that it was an elixir and aphrodisiac.

HOT CHOCOLATE WITH NUTMEG, CINNAMON AND CAYENNE PEPPER

Ingredients

¼ cup chocolate powder (ideally go for a

dark chocolate powder but any chocolate will do)

Pinch of nutmeg and cinnamon powder

2 tbsp honey

About 1 tsp Cayenne pepper (you can use normal chilli flakes or roughly grind up a dry, red roasted chilli)

1 cup milk



Method

Make a paste of the chocolate powder, the chilli flakes, nutmeg and cinnamon in a cup and finally add the honey. If you are using organic honey from the Sundarbans, it already has a high moisture content so can be used to make the paste. Boil the milk and slowly add it to the cup. You can make it frothy by pouring the milk from a height level.

Serving

Serve it with a sprinkle of cinnamon on the edges of the cup and you can also stick in a rolled up cinnamon stick to give it some extra flavour.

Health focus

Chocolate is known as a super libido food mainly due to phenylethylamine (PEA), or the 'love supplement'. Chocolate contains L-arginine, an amino acid that increases creation of nitric oxide, which promotes blood flow to your sexual organs, enhancing the sensation, satisfaction, and desire.

HONEY

Honey is often seen as a symbol of procreation. Hippocrates (c.460-377 B.C.E.), the father of medicine, prescribed honey as a tonic. In ancient Persia, couples drank mead every day for a month, hence, the term "honeymoon".

GRILLED PUMPKINS, WALNUTS, HONEY SYRUP WITH GINGER AND DHAKA PANEER

Ingredients

½ kg pumpkin cut in square cubes, or you can use any gourd like (lau)

1 cup roasted walnuts

¼ cup grated ginger, dry roasted for up to 1 minute

Honey syrup (½ cup honey mixed with more than half cup water to make it into a syrup.

