



Elixirs & Recipes of Love...

More than a grocery store... Pacific Market is your source for powerful elixirs of LOVE! Besides flowers, chocolate, candles, cards, champagne, fine cheeses, olives & caviar... we recommend these foods to enhance pleasure and inspire love!

CHOCOLATE

The Aztecs and the Mayans were the first to recognize the potency of chocolate. They celebrated the harvest of the cacao bean with festivals of wild orgies. Montezuma, the Aztec ruler, reportedly drank 50 cups of chocolate each day to better serve his harem of 600 women.

Mexican Hot Chocolate

3 ounces Mexican chocolate
3 cups milk
Cinnamon for topping
2 ounces Kahlua, optional

Chop the chocolate in a blender or grate by hand. Bring the milk to a boil in a small saucepan. Pour the hot milk over the chocolate. Using a whisk, hand mixer or blender, whisk the milk vigorously until the chocolate melts and the milk is frothy. Add the Kahlua, sprinkle with cinnamon and serve immediately. *bittersweet chocolate can be used as a substitute for Mexican Chocolate.

ASPARAGUS

Asparagus first received its aphrodisiac status from the Doctrine of Signatures. Also known as the Law of Similarities, this theory says that if one thing looks like or is reminiscent of another, then it will improve or aid that which it looks like. I think that we can all take it from there. Richard Burton, the legendary Hollywood lover, deemed the stalks of asparagus lascivious. Asparagus is packed with potassium, phosphorous, calcium and vitamin E; all the things that offer some love hungry extra energy.

Asparagus Fritata (Make this for brunch in Bed)

3 eggs, beaten
2 tablespoons chopped basil leaves
1 clove garlic, finely chopped
2 tablespoons grated Parmesan cheese, plus additional for garnish
¼ pound thin asparagus
2 tablespoons olive oil
Basil leaves for garnish
Salt and pepper to taste

Combine the eggs, basil, garlic, and Parmesan cheese in a bowl. Season with salt and pepper; about 1/8 teaspoon salt and ¼ teaspoon pepper. Let stand for 30 minutes. Trim the asparagus by gently bending each

stalk near the base to break off the tough, woody ends. Peel the skin off the bottom 2 inches of any thicker or older stalks using a peeler or pairing knife. Steam in a steamer basket or small amount of boiling water until tender but still bright green, about 60 seconds. Drain then season with a little bit of olive oil. Heat the remaining olive oil in a large non-stick skillet over medium high heat. Pour a ladleful of egg mixture into the pan. Swirl it around the pan. Lower the heat to medium. When frittata turns opaque, flip it over and cook the other side until lightly browned. Repeat with other frittata. Divide the asparagus into 2 bunches. Roll each bunch in a frittata. Garnish with basil and grated cheese.

CHILES

Chiles have long believed to contain a complete arsenal of aphrodisiac powers. There are more than 200 chilies worldwide which give chilies lots of options to heat things up. Eating peppers gets the blood rushing, the heart pumping, the face flushing, and the pores sweating – all reactions similar to anything from a good night kiss to an amorous get together during lunch hour.

Honey-peppered Salmon

¼ cup olive oil
1 tablespoon honey
2 tablespoons Dijon mustard
3 cloves garlic, peeled and minced
2 teaspoons cayenne pepper
½ teaspoon ground coriander
2 tablespoons lemon juice
Salt to taste
2 – 6 ounce salmon steaks
Fresh dill sprigs for garnish

Combine the olive oil, honey, mustard, garlic, cayenne, coriander, lemon juice, and salt in a shallow dish. Mix well. Add the salmon steaks and let marinate for 30 minutes at room temperature. Place the salmon in a greased baking dish. Bake at 350 degrees for 5 to 6 minutes per side. Serve immediately and garnish with the dill sprigs.

BASIL

Basil is considered the royal herb of the Greeks and a sacred herb in India. The alluring power of basil has been used for centuries to keep wandering eyes focused homeward. Early on, wives powdered their breasts with pulverized basil. Haitian lore claims basil comes from Erzulie, their goddess of love.

Grilled Scallops with Basil and Lavender Essence

15 to 20 fresh basil leaves
1 clove garlic
1 teaspoon salt
¼ teaspoon pepper
2 drops essential oil of lavender
2 tablespoons olive oil
6 large sea scallops, about 1 pound

Combine the basil, garlic, salt and pepper in a blender or food processor; process until smooth. Add the 2 drops of lavender oil to 1 tablespoon of the olive oil, then add to the processed mixture. Let stand for 30 minutes. Cut a deep horizontal slit through the scallops but not the whole way through. Fill with the basil

mixture and close with a wooden pick. Drizzle with the remaining 1 tablespoon of olive oil. Grill for 2 to 3 minutes on each side so they are just slightly translucent in the middle. Serve immediately. Very seductive.

*If you can not find essential lavender oil, you may substitute fresh lemon (meyer) or lime (key) juice, lightly sprinkled on.

STRAWBERRIES

Strawberries – rivaled only by the smooth cherry in innate sensuality come to us as the gateway of summertime. The strawberry has a green button top that fits easily between fingers and even more important, the strawberry fits even more easily between parted lips. Imagine for one moment your partner as a strawberry, dipped in warm, creamy chocolate maybe?

Strawberry – Avocado Salad

For 2 to 3 servings:

¼ cup olive oil

1 ½ tablespoons sugar

¼ teaspoon hot sauce

¼ teaspoon salt

1/8 teaspoon pepper

¼ teaspoon cinnamon

1 head romaine lettuce, torn into bite size pieces

½ (11 ounce) can mandarin oranges, drained

1 cup strawberries, stemmed and quartered

½ cup sliced red onion (about ½ of a small onion)

¼ cup coarsely chopped pecans

½ avocado, sliced

Combine the olive oil, vinegar, sugar, hot sauce, salt, pepper, and cinnamon in a jar, shake well and refrigerate for 2 hours. Combine the romaine, oranges, strawberries, onion, and pecans in a large bowl. Pour in ½ the dressing and gently toss together. Divide the salad evenly on the plates being sure to get all the good stuff that will fall to the bottom. Divide sliced avocado evenly and add more dressing if desired.

ARTICHOKES

Artichokes; tough green leaves each armed with its own guard. They rally their strength to protect the exquisite beauty found inside their walls. This aphrodisiac, like many lovers, plays hard to get; which generally just makes one want it more. Try, with your partner, pulling an artichoke apart and insert your thumbs into the center of the blanched artichoke, where the leaves meet and let your imagination go from there.

Bruschetta with puree of artichokes

For 2 to 3 servings:

2 cloves garlic, crushed

Salt and pepper to taste

2 medium artichoke hearts

1 ½ tablespoons olive oil

5 oil-cured ripe olives, pitted and chopped

1 small tomato, seeded and chopped

2 tablespoons chopped Italian parsley

1 tablespoon capers

2 thick slices French or Italian bread
Extra-virgin olive oil
Additional parsley for garnish

Sauté the garlic, salt, pepper, and artichokes in olive oil. Add about ½ cup water and simmer, covered, until artichokes are tender (add water if needed). When tender, mash the ingredients to a coarse paste. Add the olives, tomato, parsley, and capers to the skillet. Just before serving, grill or toast the bread. Drizzle with the extra-virgin olive oil and top each slice with the artichoke mixture. Cut into appropriate size pieces (or leave whole). Garnish with a leaf of parsley.

OYSTERS

Oysters – possibly the greatest of all aphrodisiacs. The oyster symbolizes virility and passion for all who indulge. From Petronius to Casanova, oysters have unleashed their powers of seduction on unwitting prey and restored life to lagging libidos.

Baked Oysters with Chardonnay

For 2 to 4 servings:
24 oysters on the half shell
2 shallots, minced
1 tablespoon unsalted butter
1 cup Chardonnay
1 cup heavy cream
1 teaspoon Madras curry
Salt and pepper to taste
Sprigs of watercress for garnish

Drain the oysters, reserving the juice. Sauté the shallot in butter in a skillet for 1 minute to soften. Add the wine. Bring to a boil. Reduce the heat and simmer for 6 to 8 minutes or until the liquid is reduced by half. Add the reserved oyster juice. Cook for 2 minutes. Strain into a saucepan, discarding the solids. Stir in the cream. Bring to a boil. Reduce the heat and simmer for 10 to 12 minutes or until the liquid is reduced by half. Stir in the curry and salt. Arrange the oysters, in the shells, in a roasting pan. Season with pepper and 1 tablespoon of sauce each. Bake at 450 degrees for 3 to 4 minutes or until the oysters are cooked and the cream is beginning to brown. Garnish with Watercress.