

What's Cookin': Get your honey in the mood with some aphrodisiac foods

Happy Valentine's Day! In honour of the occasion, Gerry wanted me to mention some traditional aphrodisiac foods— just in case you're planning to cook up a meal for your loved one. Just be careful though, make sure you're making some of their favourites— tonight is not the night to make them suffer politely through a meal they don't like!

Lori Gysel & Gerry Kentner



- champagne (if they like it!)
- chocolate • vanilla • bananas
- oysters • figs • almonds • truffles
- strawberries • fresh asparagus
- avocado • honey • papaya

Today's Valentine's recipe comes from the most interesting source. This recipe belongs to Jean Narey. Her daughter, Trish Cook, sent it to us. Apparently Jean is a 90-year-old WWII vet and this is her favorite dessert! Jean asked if we would be interested in trying it out, so we did. The only variation we made on the recipe, was to make it in a heart shaped pan for the occasion. So thank you Jean for your recipe— have fun and keep cooking!

Email questions or comments to whatscookin@independentfreepress.com



Sex in a Pan

Step 1 ingredients

- 1 cup chopped pecans
- 1/2 cup butter, softened
- 1 cup flour
- 3 tsp sugar

Step 2 ingredients

- 8 oz cream cheese, softened
- 1 cup icing sugar
- 1 litre Cool Whip

Step 3 ingredients

- 2 cups milk
- 1 small instant chocolate pudding
- 1 small instant banana cream or butterscotch pudding

Method

1. Mix pecans with butter, flour and sugar. Press into 9" x 12" pan. Bake in a preheated 350 degree oven for 25 minutes, then cool.
2. Mix cream cheese, icing sugar and half of the Cool Whip together. Mix until smooth, then spread over cool base.
3. Mix milk, chocolate and banana cream (or butterscotch) pudding and let stand until set. Spread on top of cream cheese mixture.
4. Spread remaining Cool Whip on top and decorate with grated chocolate. Refrigerate for at least two hours before serving.

Cook's Note: This dessert may be made ahead and frozen. Remove from freezer one hour before serving.

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