

Sexy Summertime Food



Kai Ellmann

A creative food stylist, European trained chef and industry professional with 20 years of experience throughout Germany, the UK and Australia, Kai has gained extensive knowledge in world class establishments such as "The Ritz" in London.
www.kai.com.au

It's all set. You bought flowers, chosen the music and lit the candles. Your lover enters the room, a little kiss, things are looking good and then...you serve your dinner...what you serve will determine the mood for the rest of the night...do not leave anything to chance.

Here are a few hints on how you can score some major goals when entertaining your first date, lover or someone really special.

Food can be very sexy and seductive and it is believed that some foods are aphrodisiacs because of their shape, smell or appearance such as asparagus, bananas, eels, oysters, figs and ginseng.

Having said that, you need to choose your menu very carefully as there are some foods that can be a real turn off. Avoid messy or heavy foods such as spaghetti bolognese or smelly foods like strong cheeses.

Find out what your lover's likes and dislikes are, they may be Vegetarian or have certain beliefs that prohibit them from eating some foods. I once dated a Japanese girl and she hated sashimi, so make sure you don't assume anything.

Keep it very clean, simple, relaxed and be prepared. Keep an eye on detail - it is the little things that make a difference and believe me they will be noticed.

If you really want to give your lover the message that you are caring and interested in spending quality time together, invite them to prepare a meal or one of the courses with you. Choose foods you both like that you can eat by hand and feed each other across the table.

Hot foods such as ginger and chilli are thought to be effective because they make you hot and sweaty, with the flushed appearance of sexual excitement. And any sweet or spicy taste puts you in a relaxed, pampered state of mind, ready for further indulgence. Just don't over do it!

A dozen oysters or quail's eggs with Champagne, followed by asparagus and a platter of exotic fruit or chocolate dipped strawberries, can leave lovers feeling cherished and in the mood to carry on spoiling each other.



Some substances obviously have an immediate effect on our moods. A small amount of alcohol relaxes you emotionally and physically. Once again remember not to over do it.

Choose your drink carefully, match it to the food and on a first date stick to the safe rule of white wine with fish and white meats or anything with a bit of spice. Red wines with red meats or for something different especially on a hot summer's night try a good chilled rose such as the Devil's Lair Rosé 2005.

To finish off the dinner a good dessert wine such as the Penfolds Reserve Botrytis Riesling will work well with soft cheeses, or a chilled Sparkling Shiraz like the Seppelt Original is heaven with dark chocolate.

Most important ...remember not to ask your guest to do the washing or cleaning up otherwise all your hard work will go straight out of the door and so will she.

Atlantic Salmon with Capers, Avocado Salad and Warm Orange Vinaigrette - He Cooks Lesson 1.

