

As seen on

“To Health, Long Life & Pleasures! “ Show Hosted by Lillian Zeltser and
2GB Sydney - Radio Show ‘Friday Food’ Hosted by Michael McLaren:

Love Cookies

“...I have found it impossible to carry the heavy burden of responsibility and to discharge my duties as king as I would wish to do without the help and support of the woman I love,’ said King Edward VIII in his famous abdication speech in 1936.

No one could ever explain why, just six months before his coronation as king of the United Kingdom and the Dominions of the British Commonwealth and as emperor of India, the heir to the British crown chose love — for the allegedly unsuitable, twice-divorced American woman, Wallis Simpson — over the throne of England with its power, riches, and royal obligations.

This scandalous love story puzzled many people for almost a century as it seemed to be more mysterious than just love. There were some rumours that an American woman bewitched the king with the Myan aphrodisiac plant damiana, which she added to her cocktails, teas, smoking blends and her delicious Love Cookies.

Recipe:

- 30g damiana leaves, dried
- 1 egg
- 6 tablespoons raw honey or brown sugar
- 50g walnuts, chopped (or pine nuts)
- 50g raisins (or sultanas)
- 120g unsalted butter (or coconut cream)
- pinch sea salt
- 60ml water
- 1 vanilla bean (or 10ml of vanilla extract)
- 200g plain white flour
- 50g icing sugar (optional)



Preheat oven to 190°C. Pound dry damiana leaves into dust, sieve over the mixing bowl, add an egg, pinch of salt, honey, vanilla bean seeds and water, and mix well. Cover the mixture and let it stand for ten minutes in a cool place.

Mix in unsalted softened butter, then flour. When the mixture looks homogeneous, add walnuts and sultanas and knead the mixture into a soft dough.

Form twenty thick cookies of any shape and size you desire, place them on the baking tray lined with baking paper, and pop them into the oven for ten to twelve minutes or until golden brown.

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When at room temperature, dust cookies with icing sugar and hide in the cookie jar with an air-tight lid. Enjoy as an afternoon treat with a glass of champagne, coffee or tea.

One or two cookies per person should be enough to produce a pleasantly stimulating sensual high that will kick in after an hour or so and will last a few hours thereafter.



*Aphrodisiacs
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