

“To Health, Long Life & Pleasures! “Show- Podcast

Hosted by Lillian Zeltser

Morels for Igniting Romance!

There are many versions of this simple, and delightfully appealing aphrodisiac recipe. Originally, I learnt it 30 years ago from the mushroom vendor at the Farmer’s Market in St Germain, France, who called morels - the true aristocrats of the mushroom kingdom!

At the time, I simply sauteed them with garlic and butter on the hot plate in my room. I was charmed by their haunting aroma, smoky, buttery flavour and pleasant texture. The ridged surface tickled my tongue and provoked pleasant erotic thoughts. It was my dinner and a love at first bite, which translated into an unforgettable sensual dream.

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Ingredients:

Shallots cubed or minced	x 3
Garlic cloves pilled and minced	x 4 cloves
Unsalted Butter	x 100g
Cream	x 100g
Tarragon Dried	x 10g
Artemisia Absinthium / Wormwood Dried	x 10g

Morel Mushrooms Fresh x 1kg (or dried 200g. or a combination of fresh and dried for a stronger effect)

Preparations:

Reconstitute dried morels by placing them in a bowl of hot water mixed with some Madeira for one hour. Then strain the reconstituted morels through a cheesecloth and wring dry, reserving the liquid for future use in sauces or soups.

Leave small morels whole and cut the large ones into halves, quarters, or attractive longitudinal slices. (I usually reserve large morels for stuffing with herbed bread crumbs, crab meat or cheese – but let us leave it for another recipe time!).

Melt butter on low heat in a deep saucepan, then add onions and garlic. Stir, until the onions become translucent. Then add morels mixed with herbs (tarragon and wormwood) and continue to sauté the mixture for a further four to six minutes, or until tender. Mix in salt, black pepper and cream to taste.

Garnish with greens and serve as a main or a side dish, or use it as an amazing filling for pies, wraps or sandwiches.



*Aphrodisiacs
Expert*

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