

“To Health, Long Life & Pleasures! “

Hosted by Lillian Zeltser

Love-Inducing Capuns

(Traditional Swiss Recipe with a Magic Twist)

This delicious and senses-teasing recipe was used by indigenous Swiss people to create sudden attraction and intensify sexual excitement between partners.

Ingredients: Serves 4

- 20g fresh wormwood leaves, chopped (or one teaspoon dried) 50g dried wormwood flowers (*Artemisia Absinthium* is the only potent variety of Wormwood)
- 400g wholemeal flour
- 3 whole eggs
- 500ml water
- 1 litre of milk, fresh
- 1 litre vegetable stock
- 50g butter
- 100g diced bacon
- Salt to taste
- Black pepper, ground, to taste
- 400g cubed air-dried beef (dry-cured ham or salami can be used instead)
- 10g parsley, chopped
- 10g chives, chopped
- 12 fresh Swiss chard or silver beet leaves, stems removed, washed and patted dry
- 200g grated yellow cheese, preferably from the Swiss Alpine region



Cooking Instructions:

Place flour into a large bowl, add eggs, water, salt and pepper, and knead until the dough is firm and smooth, using some butter if it is too sticky. Cover and let it rest. Combine the dough with cubed air-dried meat, chopped chives, parsley, and wormwood leaves, and knead again until all ingredients are evenly distributed. Separate the dough mixture into twelve even portions, and form capuns by wrapping chard leaves tightly around the filling.

Combine milk and vegetable stock in a shallow pot and bring liquid to a simmer. Carefully add capuns and cook them gently for ten more minutes. Fry diced bacon with butter.

When ready, place capuns carefully onto warm soup plates, pour even amounts of liquid over them, and generously decorate with golden bacon pieces, grated cheese, and wormwood flowers and young leaves.

For more functional recipes: <https://www.amazon.com/Aphrodisiac-Adventures-Lillian-Zeltser/dp/0648804631>

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