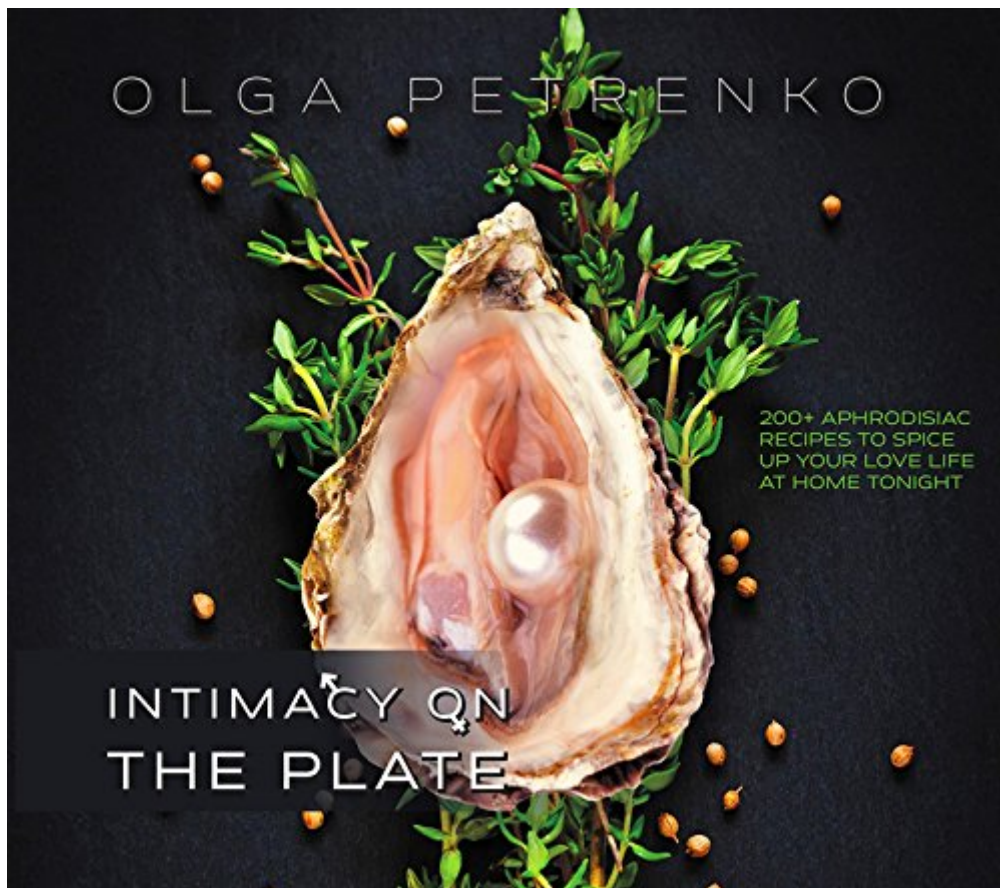




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# Intimacy On The Plate: 200+ Aphrodisiac Recipes To Spice Up Your Love Life At Home Tonight



## Synopsis

Every couple knows that the key to a harmonious home is a healthy love life, but keeping your time in bed spicy isn't enough – you need to turn to the kitchen and amp up the flavor. Olga Petrenko is a housewife who dedicated years of her life to crafting original dishes that combine tradition with innovation, creating new tastes that everyone can enjoy. In the process, she discovered something new: by applying scientific research to her recipes and by using the correct ingredients, all meals had the potential to be the perfect aphrodisiac. After a decade of hard work and experimentation, she finally had an extensive collection of recipes designed to make every bite erotic - *Intimacy On The Plate: 200+ Aphrodisiac Recipes to Spice Up Your Love Life at Home Tonight*. Every dish in this erotic cookbook pays as much attention to presentation as to flavor and science. If you want to create the right mood for your loved one, you need to feed the eyes before you feed the stomach. Olga has worked hard to make every sensual meal beautiful and visually appetizing so that you and your partner will feel the food love before you even sit down to eat. Within these pages, you'll find 200+ healthy, easy-to-cook recipes known around the world to contribute to sexual desire. Using a wide range of ingredients, including dozens of types of vegetables, mushrooms, fish, seafood, fruits, nuts, herbs, and spices, you and your partner will experience the full range of erotic properties the world of food has to offer. You'll never run out of new and exciting places to take your meals. From appetizers, to main courses, to side dishes, beverages, and desserts, you'll always have something scintillating to offer up on date night.

## Book Information

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## Customer Reviews

I have many terrific cookbooks, but this cookbook is one of a kind. Yes, it provides plenty of recipes, but they aren't just designed to taste good and look good; they're also supposed to add a little spark of oom-pa-pa to your love life. Based on her research, the author explains the sex-enhancing attributes of various foods and herbs, as understood throughout history by various peoples of the world, and then she highlights some recipes containing those "magical" ingredients. Does it work? Beats me, but I did have one "ah-HA" moment while reading the book. Oysters have traditionally been called aphrodisiacs, but I never had any idea why that might have been the case. (I mean, they taste good... but they don't LOOK terribly sexy, ya know?) But according to Ms. Petrenko, oysters are very high in zinc, and THAT is what supports those romantic feelings. Interesting, huh? I think so, too... which is why I told my husband about it when I read it. When I came home from the store this morning, he jokingly asked if I bought any zinc pills while I was out. I didn't. But I DID buy some oysters... (ahem) Purely coincidental, of course.

We all joke about aphrodisiacs. You're at dinner with friends and tease who's gonna get "lucky" tonight based on what they ordered. Well, tonight we all can be in the fortunate category. Olga Petrenko brings us recipes designed to arouse, rescue and restore more than just a relationship. Subtle additions of seasonings, spices, herbs, nuts and foods loaded with Zinc. (Yes Zinc!) can aid in increasing both your's and your partner's libido and accelerate their stamina. Who knew pumpkin, cabbage or mushrooms could achieve all that. Or that vanilla is such a powerful aphrodisiac. Most of the recipes have easy to find and common ingredients, except I have NO idea what a daikon root is or where to buy it. The fruit and chocolate recipes are now some of my faves. For those cooks that watch their carbs and calories intake, these recipes will work well with your dietary restraints. Big on vegetables, fruits and seafood recipes, Intimacy of the Plate provides the added bonus of healthy cooking with low-to-not-much carbs in most of the specialized recipes sections. What I like about this

fun, intoxicating cookbook is the opportunity to enjoy a fun, sexy meal with my husband, by sharing the joy of making and serving a meal that is sooo much more than two veggies and a meat. Take away serving utensils and let the fun begin. They say the best way to your partner's heart is through their stomach. This intimate cookbook will do just that and more! In a well thought out format, Olga brings us easy to prepare dishes, beautiful food photography and supreme knowledge of erotic foods.

The sexual parts of life are very important to me. I actually bought this book for a girl in my life, but I found that I enjoyed it just as much too. I think I learned a lot about romantic meals and the science about the ingredients is pretty interesting. If you're gonna own a cook book, make it one that teaches you about boners.

I haven't yet read through all the recipes but have read the intro's and skimmed the recipes and many of them look very yummy. Will def take this one along traveling and whenever I have a home (read AirBnB) date will make use of these aphrodisiac recipes to give my date a great evening and when I find a keeper I'll be happy to give her the book as a gift so we can keep enjoying it. Will make for a great story to tell the kids once on how mom and dad met.

Intimacy On The Plate: 200+ Aphrodisiac Recipes to Spice Up Your Love Life at Home Tonight by Olga Petrenko, Gregory Diehl Starts out with intro and what are aphrodisiacs are. Differences between male and females lures. Talks about a lot of different vegetables and even has recipes. Most include a color photo and list of ingredients along with how to make it and suggestions for serving. Love all the fish/salmon recipes. Sections on herbs, spices and nuts are also included and why each is important. Fruit section is large and varied. Drink recipes also.

Very good insight...some things about God did not quite gel with me...learning to love oneself is very well explained...living in the here and now is very understandable...giving and receiving is also well explained...how to treat others is another topic I enjoyed...well written...Trust and love...

I bought this cookbook for my wife as a birthday present. She loves cooking - especially when it comes to trying new dishes and techniques. She said that she wanted this book, I decided it would be a good idea to buy it for her birthday, for the next few weeks. She already enjoyed using it and learning about the techniques of French cooking. I have benefited, too, because I try to make it the

tasty stuff! Overall, a great purchase for someone who really likes to cook and learn a bit of the science behind it, too.

I got this book because I was a beta-reader for it and also because I love to collect recipes and cookbooks. I find this one delightfully unique. Remarkably well-researched, it combines science, history, and gastronomy in a fun and accessible way. Although its goal is to enhance sexuality, the recipes are geared toward health in general, while appealing to the eye and the appetite. It is also beautifully illustrated!

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