

**For Immediate Release**

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**-- Culinary Tips for the Ultimate Valentine's Day--  
CREATE THE ULTIMATE SEDUCTION FEAST**

**-- Woo your valentine with a sumptuous meal using easy ingredients and aphrodisiacs**

Whether it's your spouse of 20 years, boyfriend or girlfriend, this Valentine's Day you can woo their taste buds and set the stage for romance and memorable times. Robert Meyers-Lussier, author of *This Is Delicious! What Is It?*, an acclaimed new cookbook of international comfort foods, says, "Cooking is a tool, perhaps the most powerful tool – even arguably more powerful than sex. Why not use the power of food to entice your significant other and cook up some romance?"

Chocolate, champagne and oysters have long been considered great seduction foods for revving up the libido, but there are other fruits, vegetables, and spices that can be used to help pump-up the "lovmaking" senses. Meyers-Lussier, who has hosted a cooking show and teaches culinary skills, says you can seduce, entice, and woo a lover with a touch of creativity and some basic meal planning.

"You should consider using sensually-suggestive foods such as asparagus, almonds, arugula, avocados and bananas. Sweet basil, carrots, figs, garlic, ginger, honey and licorice are also libido boosters," says Meyers-Lussier. "Mustard, nutmeg, pine nuts, pineapple, raspberries, strawberries and vanilla are often used to excite passion. In particular, foods which can be hand-fed are always a good idea."

So forget about pricey chocolates and wilting flowers this Valentine's Day. Get to the supermarket. Purchase a few interesting items, and whip up a whole evening of tantalizing treats for the object of your affection.

Meyers-Lussier suggests the following menu options:

- Start-off with oysters on the half shell to really get the libido flowing. For those that are squeamish about raw shellfish, let some *Chicken-Artichoke Spread* do the talking.
- For something a bit zestier which leaves room for the main course, serve *Tri Olives with Fennel and Orange*. The perfect appetizer which encourages your lover to sip wine and relax.

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- Try *Grilled Portabellas and Goat Cheese Salad with Earl Grey Vinaigrette* as an opening, and then move onto *Ginger Chicken With Fruit* or *Pork Medallions with Mushrooms in Creamy Cognac*
- The pièce de resistance – *White Chocolate-Dark Chocolate Cheesecake*. For those non-chocolate lovers, try *Cinnamon-Encrusted Bread Pudding with Sabayon* or *Almond Custard with Litchis*.

### Some “don’ts” from Meyers-Lussier:

- Don’t serve huge portions of food; feeling weighed down and stuffed is *not* romantic!
- Serve multiple courses in small portions.
- Save those extra garlicky recipes for another day
- Take your time and space out the courses of your romantic meal; expectation breeds desire!
- Remember the old standards -- Create the right ambiance with soft music, dimmed lights, and candles.

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**Robert Meyers-Lussier began a love affair with food and started collecting recipes from around the world while in the military -- sharing them with friends, family and associates. His developing expertise landed him catering jobs, his own show “Talking with Your Mouth Full,” and finally the publication of his first cook book. *This Is Delicious! What Is It?* He is a popular radio and TV talk show guest who has appeared on many shows, delighting audiences with his charismatic culinary touch.**

**His book is available at bookstores and all major online booksellers.**

**Websites: [www.thisisdeliciouswhatisit.com](http://www.thisisdeliciouswhatisit.com) or [www.bobmeyers.com](http://www.bobmeyers.com)**

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