



Isabel Allende

Aphrodite
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Under the aegis of the Goddess of Love, Isabel Allende uses her storytelling skills brilliantly in *Aphrodite* to evoke the delights of food and sex. After considerable research and study, she has become an authority on aphrodisiacs, which include everything from food and drink to stories and, of course, love. Readers will find here recipes from Allende's mother, poems, stories from ancient and foreign literature, paintings, personal anecdotes, fascinating tidbits on the sensual art of food and its effects on amorous performance, tips on how to attract your mate and revive flagging virility, passages on the effect of smell on libido, a history of alcoholic beverages, and much more.

Soused Pears

This was the favorite dessert of my sainted aunt Teresa, who despite the purest of souls acquired a coquettish gleam in her eye when served this treat.

Ingredients

1 large pear, peeled and halved
Juice and grated zest of 1/2 lemon
2 tablespoons ricotta cheese
1 tablespoon honey
1 pinch nutmeg
1 glass red wine
2 tablespoons sugar
1/2 cinnamon stick

Preparation

Hollow out the core of the pear halves and fill with lemon juice to prevent it from turning dark. Combine ricotta, honey, lemon zest, and nutmeg and fill the core with mixture. Refrigerate. Mix together the wine, sugar, cinnamon stick, and heat to make a thick, fragrant syrup. Pour over the chilled pear halves and serve immediately.