

GLOSSARY OF APHRODISIAC INGREDIENTS

The aphrodisiac ingredients are highlighted in red in the menu on the right.

ALMONDS

Almonds were regarded as fertility symbols throughout antiquity. The aroma of almond supposedly arouses passion in females. Alexander Dumas dined on almond soup every night before meeting his mistress, & Samson wooed Delilah with them.

ASAFOETIDA

Indian dried, powder herb used as a sexual stimulant in Ayurvedic medicine.

CARDAMOM

Cardamom is a sensual spice, considered to have aphrodisiac properties. Its essential oil has an erotic effect. Cleopatra used to take baths in cardamom.

CAYENNE PEPPER

Stimulant, irritant, fresh or dried eaten, it heats the sexual drive.

CAPSICUM

Capsicum plays a very large role in blood circulation. When cayenne is ingested, it dilates blood vessels. This allows increased blood flow throughout the body, especially in the major organs.

CHOCOLATE

Chocolate has long been recognized as an aphrodisiac.

CLOVES

Cloves are the dried flower buds of *Jambosa caryophyllus*. The Danish medieval herbalist H. Harpenstreng noted the value of cloves, stating that they "make the man desire the woman",

CORIANDER

The book of The Arabian nights tells a tale of a merchant who had been childless for 40 years and but was cured by a concoction that included coriander. That book is over 1000 years old so the history of coriander as an aphrodisiac dates back far into history

FENNEL

The Greeks regarded fennel as a potent sexual stimulant. During the Dionysus festivities, crowns of fennel leaves were worn, and leaves and seeds were used as aphrodisiacs

GARLIC

The 'heat' in garlic is said to stir sexual desires. Make sure you and your partner share it together.

PINEAPPLE

Ananas cosmosus-- diuretic, invigorator For aphrodisiac effects to work eat pineapple with chili powder.

POMEGRANATE

Punica granatum-- Mediterranean, Asia Minor- invigorator! The fruit is sacred to Aphrodite.

3 COURSES & A GLASS OF PROSECCO

COVENT GARDEN & SOHO - £39
BAYSWATER, CAMDEN, EARLS COURT & ISLINGTON - £36

5-23 FEB

STARTERS

GRILLED JUMBO PRAWNS

Prawns marinated with cayenne pepper, cheese and fresh herbs, served with chilli yoghurt dip

or

ASPARAGUS, BROCCOLI AND RAW BANANA KEBAB V

Toasted almond, fennel, broccoli, asparagus & banana patty, served with a pomegranate chutney

MAINS

POMEGRANATE SPIT ROAST DUCK BREAST

Duck breast marinated with pomegranate and fresh herbs, served on a bed of asparagus & kale, tossed in garlic & chilli

or

APHRODISIAC THALI

(Choose from one of the following)

WILD MUSHROOM KORMA THALI V

Exotic wild mushroom curry cooked with pistachio almond, cardamom, cinnamon & fresh herbs

LAMB AND APRICOT CURRY THALI

Lamb chunks, slow cooked overnight with apricot, cardamom, cinnamon, cloves & fresh herbs

In addition to one of the above curries the thali will comprise of rice or two chapattis, papad & chutney & the following:-

PINEAPPLE AND BELL PEPPER CURRY V

Pineapple and peppers tempered with mustard, curry leaves & fresh herbs in lightly spiced coconut sauce

DAL, NORTH INDIAN SLOW COOKED BLACK LENTILS V

Combination of black lentils and chickpeas slow cooked overnight with fresh herbs & spices

SOUTH INDIAN BABY ROAST POTATOES V

Baby potatoes slow roasted with asafoetida, chillies, turmeric and fresh herbs, tossed in an onion & tomato sauce

DESSERT

CHOCOLATE MOUSSE

A dark chocolate mousse on a crunchy biscuit base with a crushed raspberry sauce



SNAP, SHARE, WIN!

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