



The Most Fulfilling **Aphrodisiac**

A RECIPE TO **BOOST** YOUR LOVE MODE





THE MOST FULFILLING APHRODISIAC

What makes the Caribbean people have a unique spice and rhythm!?

Is it the heat? The water? Or perhaps what they eat is what makes them so caliente! 80% of the Caribbean population eats seafood every day.

There is a big debate between countries in the Caribbean of who makes the best seafood plate.

If you go all along the Caribbean coast each country has their own recipe. Most of them have unique aphrodisiac qualities.

We've combined different aspects of some recipes like ceviche, break the mattress, seven powers, come back to life, and mojo isleño to create a fulfilling aphrodisiac.

Enjoy!





INGREDIENTS

4-6 Servings

1 lb. Peeled and deveined shrimp
½ lb. Lobster chunks
1 lb. Fish, chunks (turbot, dorado, grouper)
½ lb. Boiled octopus
½ lb. Calamari
½ lb. Mussels
½ lb. Conch

Olive oil -- 1/4 cup
Onion, chopped -- 1
Bell pepper, chopped -- 1
Garlic, minced -- 4 to 6 cloves
Tomatoes, peeled, seeded and diced -- 2 cups
Red wine vinegar -- 2 tablespoons
Green olives, pitted -- 1/4 cup
Capers, rinsed -- 1 tablespoon
Bay leaf -- 1 or 2
Salt and pepper -- to taste
Olive oil -- 1/4 cup
Salt and pepper -- to taste
Chile -- to taste



PREPARATION

Bring to a boil water and add a spoonful of salt

Cook the seafood in batches

- Shrimp 4 min • Mussels 3 min • Fish 12-13 min •
- Calamari 8 min • Octopus and Conch 20-25 min •
- Lobster 8-10 •

Once all the seafood is cooked, mix them all together and let rest.

Sauce

Heat the first 1/4 cup olive oil in a saucepan over medium flame. Add the onions and peppers and sauté until the onions are translucent. Add the garlic and sauté for another 2 minutes.

Stir in the tomatoes, vinegar, olives, capers, bay leaf, salt and pepper. Simmer for 10 to 15 minutes until somewhat reduced.

Heat the remaining olive oil in a saute pan or skillet over medium high flame. Season the seafood with salt, pepper, and chile slices or sauce and saute.

Pour the prepared sauce over the seafood and mix well.

You can serve with any side.

...Enjoy!

TIPS

- Use sea salt for better results •
- When boiling don't fill the pot with water •
- You can always add other seafood or remove undesired •
 - Salt, pepper, and chile are optional •
- Remember to enjoy the process and results •

