

TAKE A SIP OF  
THE ELIXIR OF  
LOVE...  
SUGAR AND  
SPICE DRINK  
FROM HAPI,  
RECIPE ON  
P.60



## Foods To Get You In The Mood

Cook up a recipe for romance with these aphrodisiac-loaded ideas that'll have you feeling the love from your belly to your heart.

*By Yi-Hwa Hanna*



Belgian  
Chocolate  
Waffles,  
Tom & Serg



**Belgian Chocolate Waffles** by Tom & Serg

1½ cup flour  
1¼ cup buttermilk  
1 egg  
3½ tsp baking powder  
1 tsp salt  
1 tbsp sugar

3 tbsp melted butter  
1 cup dark Belgian chocolate  
1 scoop peanut butter ice cream  
1 handful of fresh cherries

1. Sieve the flour and baking powder in a bowl. Combine sugar and salt.
2. Beat the egg and set aside.
3. Mix the flour, egg and melted butter with the flour mix.

4. Melt the chocolate in a double boiler; add half into the waffle mix.
5. Heat up and prep a waffle machine using non-stick spray or brush with oil before pouring in the waffle batter, and cook at 180°C for 3 minutes.
6. Serve with peanut butter ice cream, drizzled in the rest of the chocolate sauce, and garnish with fresh cherries.



*Chocolate is one of the most well-known aphrodisiacs, containing tryptophan, which boosts arousal-stimulating serotonin, and phenylethylamine, a stimulant related to amphetamine, that's released in the brain when people fall in love.*



### Chocolate Mousse

by Morah

- 80g sugar
- 20ml water
- 1 whole egg
- 2 egg yolk
- 180g 64% chocolate
- 250ml 35% cream

1. Place egg yolks in mixing bowl fitted with whisk attachment; whip at high speed in electric mixer.
2. Melt chocolate in a bowl over simmering water and reserve until needed. Whip egg and yolks until thick and pale (about 5 minutes).
3. Combine water and sugar in saucepan. Place on stove on medium heat and simmer until it has a slightly thick syrup consistency.
4. Pour hot syrup onto yolks while mixing; be careful not to splash yourself. Keep mixing until yolks are cool and double in volume, and look very thick. Fold chocolate into egg mixture, then fold in cream gradually until well-combined. Pour into silicone moulds and place in freezer. This will help them to be un moulded easily. To serve, defrost mousse and garnish; at Morah, we use a sweet cheese cream with coffee syrup and honey kataifi baklava.

### Sugar and Spice Coffee

by HAPI

- 22g coffee beans
- 10g sweetened condensed milk
- 0.25g spice mix
- 100g milk
- 50g hot filtered water

*To make spice mix, combine cinnamon, cloves, nutmeg, black pepper, ginger and cardamom*

1. First, brew a double espresso in a 4oz or 120ml cup (which is one single serving portion in this recipe), which is what you'll serve them in size-wise.
2. Pour the 10g of sweetened condensed milk into the double espresso, and mix well, using a spoon.
3. Add in the 0.25g of your spice mix, and stir until it's mixed properly.
3. Add in 50g of filtered, hot water (at a temperature of 90 degrees). Mix it well.
4. Steam the milk until it's frothy, then add some hot milk and foam to the coffee.
5. Finally, dust some spice mix and coffee grounds on the top of your drink—which is hapi's signature drink—which is an added aroma of coffee and spices, as well as a decorative finishing touch.



Chocolate Mousse, Morah

### Fig Tart with Beet Chutney

by Urban Bistro

- 5 figs
- 5 inches short crust pastry, flattened and baked after docking
- 100g beetroot
- 50ml balsamic vinegar
- 5g salt
- 10g brown sugar
- 20g feta cheese
- 10g pine nuts
- 20g arugula leaves

1. Add balsamic vinegar and sugar to a pan and cook until its starts thickening. Add beetroot and cook until tender, until all the juice is dried up.
2. Dehydrate the figs on a slow heat, with some salt and sugar sprinkled on top.
3. Start layering the short crust pastry tart with the beetroot chutney, dehydrated figs, and the arugula leaves on top. Garnish the dish with crumbled feta cheese, and the pine nuts to finish. You can dress it with a little more balsamic vinegar just before you serve or eat it.

### Nutella and Peanut Brownies

by Urban Bistro

- 1 cup butter
- 2 cups sugar
- 2 tbsp vanilla extract
- 4 eggs, large
- 1 cup all-purpose flour
- ¾ cup cocoa
- ½ tsp baking powder
- ½ cup nutella
- ½ cup peanut butter

1. In a medium bowl, combine the flour, cocoa, and baking powder, and set this aside.
2. Over a low heat, melt the butter and then stir in the sugar and vanilla extract.
3. Add in eggs to the butter-and-sugar mix, one egg at a time.
4. Melt the nutella and the peanut butter, and stir this into the batter.
5. Pour the batter into baking containers, and bake it at 350°C for 30 minutes.
6. Let the brownies cool completely before cutting them into squares.
7. Serve with smiles and a dash of love!



Sugar and Spice Coffee, HAPI


PHOTOGRAPHY: RICHARD HALL (HAPI); SUPPLIED (TOM & SERGI; MORAH).





## FEED THE LOVE

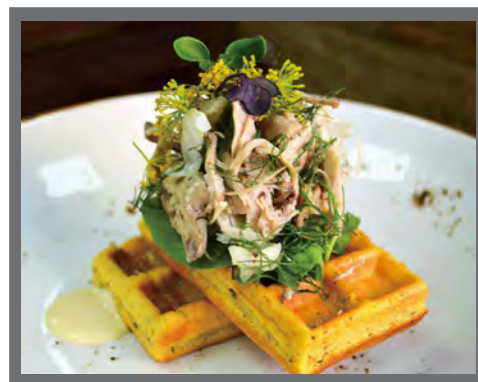
Some foods may not seem like the sexiest ingredients at first, but there are more aphrodisiacs out there than you'd think...

 Potatoes—the sweet *and* the white kinds—have been considered aphrodisiacs since Shakespearian times. Sweet potatoes are high in potassium, which helps reduce anxiety and can thus help improve bedroom performance.

 Joining the list of aphrodisiac ingredients that can help stimulate those lovin' feelings thanks to their makeup are caffeine, figs and beets. We knew there was a reason we loved coffee and beetroot salad.


### SWEET POTATO WAFFLE WITH CONFIT CHICKEN, LOVEFOOD

- 1 cup cooked, mashed sweet potatoes (about 2 potatoes)**
  - ½ cup almond butter**
  - 1 tbsp coconut flour**
  - 3 eggs, separated**
  - 1 vanilla bean**
  - 1 tsp pumpkin spice**
  - ½ tsp baking soda**
  - 1 tbsp maple syrup (optional)**
- 1.** Separate the eggs' yolks and whites. Place egg whites in a small bowl and set aside. Add just the egg yolks to a large mixing bowl.
  - 2.** Add the remaining ingredients (except for the egg whites) to a large mixing bowl, and blend until well-combined.
  - 3.** In a separate mixing bowl, beat the egg whites with an electric mixer until stiff peaks have formed.
  - 4.** Gently fold the beaten egg whites into the batter with a spatula.
  - 5.** Brush a pre-heated waffle maker's grates with coconut oil.
  - 6.** Spoon the batter into the moulds of the waffle iron and cook it until the waffle is golden.



### LOBSTER AND POMEGRANATE SALAD, CROWNE PLAZA DUBAI

- 80g lobster meat**
  - 30g rocket leaves**
  - 20g pomegranate seeds**
  - 15g pickled ginger, to dry as chips**
  - 5g pickled ginger, for dressing**
  - 10ml olive oil**
  - 30g red apples**
- 1.** Cut the ginger into thin slices, then lay on a tray in a drying machine at med-high temp for 7-8 hours.
  - 2.** Finely chop the rest of the ginger, place in a bowl and whisk with olive oil.
  - 3.** Cook the lobster whole in boiling water, with lemon and bay leaves for 5-6 mins.
  - 4.** Remove lobster; cool in an ice bath. Remove meat once temperature drops to below 18°C. Chop 80g of meat.
  - 5.** Wash rocket leaves; place in bowl.
  - 6.** Open a quarter of a pomegranate; drop seeds into a large bowl.
  - 6.** Mix all of the ingredients together in a large bowl, and season with a vinaigrette made from the ginger and olive oil, salt and pepper.
  - 6.** Place the salad on a plate (with the help of a metal ring to keep it neat, then remove ring), then garnish with pickled ginger chips.

 *All types of shellfish are considered to be aphrodisiacs, and lobster is among them, thought of as being one since the times of Ancient Greece.*



## MEET THE CHEFS

*They often say the way to someone's heart is through their stomach, so who better to ask than a professional chef when it comes to figuring out what to cook to get your loved one in the mood? We called up some of our favourites in town to set them the challenge... here, meet the pros behind the recipes.*

### Paul Frangie, Chef and Founder at HAPI

With a glittering list of achievements to his name, TV presenter and, of course, chef, Paul (who is also *WHME*'s Guy Next Door columnist), strives for excellence in anything he puts his mind to. And that hasn't changed with his newest venture, HAPI, a holistic lifestyle brand that inspires the community to live better through good food, mindful exercise, and active leisure. HAPI has a wholesome, nutrient-packed attitude towards food that focuses on quality above all, and whether it's their stellar breakfast pots like mashed potatoes topped with warm, flakey salmon and a boiled egg, their lunches of juicy sliced beef, perfectly roast chicken, hot smoked Norwegian organic Salmon or a burger, their moreish coffees or their homemade bone broth and soft serve, you can taste the foodie love in every bite.



### Stuart Cameron, Executive Chef at Morah

Australian-born Stuart's career started early: At just the age of 14, he was offered a full-time internship at a local restaurant, before moving on to a four-year apprenticeship at Box Hill Institute of Culinary Arts in Melbourne. He then joined the city's top fine dining Italian restaurant, and has since travelled all over Australia, as well as North America. Eventually, his talent an expertise brought him to work with Food Network celebrity chef Roger Mooking at Nywood restaurant, after which he took the position of Chef de Cuisine at Kultura, where he earned the 'Best Small Plates' in Toronto award. Now, as Executive Chef at Icon Legacy, which includes Morah at the JW Marriott Marquis, he is able to flaunt his speciality for high-quality plates of multiple global genres ideal for sharing with loved ones.



### Anaga Mandal, Head Chef at Tom & Serg

The food industry has always been an obvious choice for Anaga: He loved creating new dishes with different flavours. His career began in India where he completed his degree in Hotel Management, then finished his training in several five star luxury hotels and resorts around the country. Anaga joined the Radisson White Sands Resort Goa as a Commis Chef and then worked his way up to the top. His first opportunity abroad came along with the Holiday Inn by IHG group in Dubai. He then moved on to Rocco Forte hotel in Abu Dhabi, Fairmont the Palm in Dubai and Wheelers by Marco Pierre White. Learning as much as he could from the very best of chefs has made him the chef he is today. When he heard about Tom&Serg, he instantly knew that he wanted to be a part of the concept. He's been with the Tom&Serg family for two years now and is still loving it!



### Cinu Chandran, Head Chef at Urban Bistro

Cinu's culinary career began at The Oberoi hotel in Calcutta, India in 2002. After three years there, he joined the Grand Hyatt in New Delhi, then the Taj Palace, before moving to England to work with Michelin-starred Chef Raymond Blanc for just over two years at Brasserie Blanc. Cinu then moved to the UAE, working at the Mövenpick Hotel Ibn Batutta Gate, then West 14th New York Steakhouse. Opting for a change of environment, Cinu now is the head chef at Urban Bistro. He takes on more than just the kitchen as he oversees the cafe's daily running whilst creating dishes, and working with local farmers and suppliers to source the freshest ingredients. He ensures that the Urban Bistro philosophy of clean living is consistently adhered to, and makes every effort to remain on top of global food trends around the world.



### Gabriele Pezzimenti, Jr Executive Sous Chef, Crowne Plaza Dubai

Overlooking the 13 F&B Outlets of the Crowne Plaza Dubai (and Head Chef of Al Fresco Italian Restaurant) at the young age of 31, Gabriele has had an impressive

career that's seen him work in his native Italy (he hails from Milan and actually began his career at a two-starred Michelin restaurant in his hometown of Bergamo), France, Spain, and now, Dubai. A truly passionate foodie, Gabriele is also a keen sportsman who is committed to a healthy lifestyle personally, and his dedication to good nutrition can be seen in his commitment to sourcing the best ingredients with a focus on quality, and using as many whole foods and ingredients as he can to make his meals special, be they in his own kitchen or in one of the restaurants he manages. His restaurant, Al Fresco, promises a truly authentic Italian experience, and Gabriele makes an effort to get to know his clientele by personally visiting as many tables as he can to make sure guests are always happy.



### Stuart Walton, Executive Chef and MD of LoveFood

With over 14 years' experience in some of Australia's award-winning restaurants, working with distinguished chefs Andrew McConnell and Michael Lambie,

"Stewy" has invaluable experience in gourmet cooking. His time in Dubai, Saudi Arabia, Turkey and Australia has greatly influenced Stewy's creativity with unique ingredients and flavours. Stewy has always had a passion for nature's best produce, and in particular, his passion for Paleo food. Stewy feels that good nutrition should not have to compromise on taste, and chose to venture into his own business along with business partner Richard Hannaby to redefine Dubai's health food scene through LoveFood, a meal delivery service that delivers great food with healthy, unprocessed, sustainable, nourishing meals that pack a massive nutritional punch. Love Food is not a diet; it's a lifestyle choice and a long-term, healthy, and sustainable way of life.