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LIVING

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The Guys' Issue



NOW YOU'RE COOKING



IMAGE COURTESY OF STEPHENS PRESS

Rocky Fino shows guys the seductive power of manning the stove.

SOUTHERN CALIFORNIA NATIVE ROCKY FINO IS PASSIONATE ABOUT COOKING. In part, that's because he loves to prepare food with fresh, simple ingredients (he thinks it's a shame that so many Americans subsist on convenience items). But Fino believes that guys who cook for their dates are much more likely to, in his words, "get lucky." It's all laid out in his cookbook, *Will Cook for Sex: A Guy's Guide to Cooking* (and in his follow-up bar guide, *Will Mix for Sex: Twenty-One Classic Cocktails to Set the Mood*). To his credit, the formula seems to be working pretty well: He and his longtime girlfriend consider themselves lifelong partners, and he continues to do the cooking.

Laura Samuel Meyn: What inspired you to write this book?

Rocky Fino: In my twenties, my father stressed to me the importance of enjoying cooking and being able to create meals for two—or even for just myself. Based on his influence, I set out to write a bachelor's cookbook. But as I got into it I realized that married men need this advice more than single guys.

LSM: I like how upfront you are about what you're doing in this book; you seem unapologetic about using cooking as a means to an end. Has anyone been offended by the idea?

RF: Women are smart. Of course they know our intentions no matter what we do. The idea of cooking for sex is misconstrued as a manipulation. Women love chivalry. If a guy performs a chivalrous act, like preparing a romantic dinner, then he becomes more attractive to her. There are other acts that she will also find attractive, but cooking is one that is universally appreciated.

LSM: What convinced you that cooking for a woman improves your appeal?

RF: I'm short, I have strong ethnic features—a big nose, bushy eyebrows. I've never had a girl fall for my looks. I always had to utilize personality, humor, and talent to attract women. Along the way, I discovered that cooking is a talent that all women appreciate.

LSM: Why do women like men who cook?

RF: Women want to see their man has talents outside of the office or golf course. She doesn't care that you can drive a golf ball 300 yards straight down the fairway. It's all about setting the mood. If it's just the two of you, cooking sets the mood for romance. If friends or family are involved, cooking showcases your talents and impresses others, which sets the mood for later.

LSM: So if a guy cooks for a woman, does that necessarily mean that he wants to have sex?

RF: Guys always want to have sex. But don't get nervous if the neighbor couple invites you over for dinner. We [guys] also love to eat, drink, and entertain. If your friend's date or husband prepares a great meal at a dinner party, he's looked upon as being talented by the others, which makes him that much more attractive to his significant other.

LSM: Is the food in your book intended to appeal to the women guys are cooking for, or is it more for the guys themselves?

RF: The book is designed to teach guys to entertain women, friends, and family. No guy spends all of his time chasing women—he'd go insane.

For more information go to www.rockyfinowillcook.com and www.willcookforsex.com.





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RECIPES

POWER PLAY PUCKS

This first-course recipe comes courtesy of *Will Cook for Sex* (Stephens Press, 2005) by Rocky Fino.

- 1 mango
- 3 tablespoons milk
- Dash of cayenne pepper
- ½ teaspoon olive oil
- 6 large scallops
- 2 sprigs parsley

Peel and slice the mango. Discard the seed and skin. Add mango, splash of milk, and dash of cayenne (use sparingly, to taste) to blender and puree the mixture. (Note: The amount of milk is flexible; you want the consistency of thick gravy. It is better to put less. You can always add but you can't take away.)

Preheat medium-size nonstick pan, and add a few drops of olive oil. Brown scallops on both sides over medium-high heat. Cooking time for the scallops is about 2 to 3 minutes on each side. (Scallops are done when the center is still clear and appears raw. They will be very tender and can be cut with a fork. If overcooked, they become rubbery and tough.)

Place mango puree on plate (it's best at room temperature). Add the scallops on top of the puree. Garnish with parsley.

Serves 2.

SENSUAL BERRIES

This recipe comes courtesy of *Will Cook for Sex* (Stephens Press, 2005) by Rocky Fino. He writes that this fresh fruit presentation can complement a breakfast, lunch, or dinner—or it can serve as a light dessert.

- 1 papaya
- 1 lime
- 1 cup blueberries
- 1 cup raspberries
- 2 sprigs parsley

Cut the papaya in half. Scoop out the seeds with a spoon. Squeeze ½ lime over the papaya to enhance the flavor. (Lime is important in this course. It brings out the flavor in the papaya.)

Fill papaya with blueberries and raspberries. Slice remaining half of lime and add parsley for decor.

Serves 2.

BLUE COLLAR SOUFFLÉ

This recipe comes courtesy of *Will Cook for Sex* (Stephens Press, 2005) by Rocky Fino. In the cookbook, Fino refers to this recipe as "The Closer." He suggests preparing the soufflés ahead of time and placing them in the oven just after dinner. We used ⅔ cup of Ghirardelli bittersweet chocolate chips in this recipe and it came out perfectly; if your oven runs hot, check on the cakes as early as 12 minutes into baking.

- 4 ounces bittersweet chocolate
- 4 tablespoons unsalted butter
- 4 tablespoons sugar
- 2½ tablespoons flour
- 2 large eggs
- 2 scoops vanilla ice cream

Preheat oven to 400°F. Put chocolate and butter in a double boiler over low heat and stir until chocolate is melted. (A mixing bowl on top of a saucepan with a cup of water can be used in place of a double boiler.)

In a small bowl or cup, mix sugar and flour.

In a medium bowl whisk eggs, then whisk in flour and sugar.

Whisk chocolate into egg mixture.

Scrape mixture into two 1-cup baking bowls (glass or ceramic, called ramekins) and bake for approximately 15 minutes until edges are firm and center is still soft.

Add scoop of vanilla ice cream to center and serve immediately.

Serves 2. ■



To make this easy fruit dish even more enticing, feed the plump berries to each other one at a time, savoring each sumptuous bite.