

Join Me in the Kitchen &
Around the Table for a
Cooking Class!

Enjoy delicious food & fun!

Italian Country Kitchen

Tapas & Finger Food

French Bistro Cooking

French Country Cooking

Moroccan Feast

Latinas Night Out!

Summer Grilling

Global Salads

**Get a Group Together for
a Great Evening Out**

Birthday • Girls' Night Out
Cooking Couples
Customer Appreciation
and lots more....

Private Chef & Catering

Celebrations for Family & Friends.

....too busy or too tired to cook ...
let me do it for you!

*Cook like a chef or
just look like one!*

**Treat Yourself to an
Around the Table
Chef's Apron**

Contact Susan Nye at
susannye@tds.net
or 603/526 7319

More information the web at
www.susannye.com



It's Mardi Gras. I like to think of it as Fat Tuesday. It sounds less exotic but a lot more fun and funky. If you don't agree, say it out loud, Fat Tuesday. Or better yet, Phat Tuesday. Has a nice ring doesn't it? I've decided that it's a good name for a bistro or one of those little corner cafés or bars where everyone knows your name.

It may be last minute but regardless of what serious and important things you've planned for today; it's time to reconsider. With apologies to my English friends ... please don't look across the pond for ideas. Fat Tuesday is Pancake Day in England. The day is celebrated by confessing sins and eating pancakes.

If you're uncertain and don't know what to do or where to start, let Noo Awlins (please pardon my woeful pronunciation) inspire you. Boy oh boy, there is a lot there to inspire. Not only is New Orleans famous for Mardi Gras, it is the birthplace of jazz and home of some wonderful food.

To get in the spirit, grab your purple beads, green rings and golden spangles. It's easier to think silly thoughts or consider an outrageous adventure if you are decked out in flamboyant bangles and beads. Okay, maybe you're not up for an outrageous adventure but at least have some fun. Need more encouragement? Maybe a steaming café au lait, heavy on the chicory, and a sweet beignet will get you in the mood. If you can't find a classic beignet in your neighborhood, I guess a donut will do.

If you've been following my suggestions, you are now dressed up like a Christmas tree and high on caffeine and sugar. I'm also hoping that you are smiling and happy and in the perfect mood to put together an impromptu, last minute Fat Tuesday party. Even if you love pancakes and the whole breakfast for dinner thing, let Louisiana's wonderful cuisine inspire you and your party menu. After all, New Orleans has earned a well-deserved reputation as one of the food capitals of the world.

I remember from my history classes that Louisiana is a melting pot of French, Spanish, Italian, Native American and African cultures. More often than not a melting pot means wonderful food and Louisiana's particular blend is no exception. Louisianans have a tradition of great cooks, be it the refined Creole chefs of New Orleans or the homey Cajun traditions of the swamplands. Both Creoles and Cajuns love to eat. hey have a passion for food and take joy in cooking and eating together. With their flavorful gumbo, spicy jambalaya, wonderful red beans and rice, sweet bananas foster and the aforementioned beignets, who can blame them?

So call up a few friends, cook up a little Cajun or Creole, put on your dancing shoes, turn on some jazz and laissez les bons temps rouler!

Have a grand time and,

Bon appétit!

Cook like a chef...

or just look like one!

**Treat Yourself to an
Around the Table Chef's Apron**

*Do you have too much to do and too little
time? Too busy to cook? Let me do it
for you*

*Like to entertain? No time to prepare
the perfect cocktail or dinner party? Let
me do it for you.*

**Around the Table
Private Chef & Catering Services**

*Enjoy an evening of fun!
Learn, eat and laugh!*

**Around the Table
Cooking Classes**

For more information
Visit the web at www.susannye.com

For cooking tips, recipes and more,
connect with me on FaceBook
www.facebook.com/swnye
or follow me on Twitter at
twitter.com/susannye
Watch me cook on
www.youtube.com/susannye

Contact me at
susannye@tds.net
603/526 7319
PO Box 1875 - New London
New Hampshire 03257

Creole Shrimp & Creamy Grits

Warm and spicy, Creole cooking is perfect for a chilly March night in New Hampshire.

Enjoy!

Serves 6-8

- 1/2 pound hot or sweet Italian sausage, casings removed
- Olive oil
- 1 medium onion, finely chopped
- 1 carrot, finely chopped
- 1 stalk celery, finely chopped
- 1 red bell pepper, finely chopped
- Sea salt and freshly ground pepper to taste
- 3 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon paprika
- 1 tablespoon or to taste hot sauce
- 1 teaspoon Worcestershire sauce
- 1 cup dry white wine
- 1 cup chicken broth
- 1 bay leaf
- 2 pounds large shrimp, peeled and deveined
- 3 tablespoons butter, cut in small pieces
- 1/2-1 cup half & half (optional)
- 1-2 scallions thinly sliced



Heat a large skillet over medium-high heat; add the sausage and cook, breaking the meat into small pieces. Remove the sausage from pan, drain and reserve.

Put a little olive oil to the pan; add the onion, carrot, celery and pepper, season with thyme, oregano, paprika, salt and pepper and sauté until the onion is translucent. Add the garlic, hot sauce and Worcestershire sauce and cook for 2 minutes more.

Return the sausage to the pan, add the white wine, chicken broth and bay leaf, stir to combine and bring to a simmer. Reduce heat to medium and continue to simmer until the liquid is reduced by about a third.

Raise the heat to back to medium-high, add the shrimp and butter and cook, stirring frequently, for 2 minutes. Add the cream and continue cooking until the shrimp are pink and tender, another minute or two. Do not overcook.

Serve the shrimp and grits in shallow bowls. Spoon a mound of grits into each bowl, top with shrimp and sauce and garnish with scallion and a lemon wedge.

Creamy Grits

Serves 6-8

- 1 1/2 - 2 cups instant grits or polenta
- 2 tablespoons butter
- 1/2 cup half & half
- 3-4 ounces grated cheddar cheese

Make the grits according to package directions. When the grits are done, add the butter, cream and cheese, stir until melted and well combined. Keep warm until ready to serve.