

Private Chef, Catering & Cooking Classes

I'd be delighted to help you with any and all of your celebrations.

Join Me Around the Table for an Eat Well-Do Good Dinner!

Support the fight against Alzheimer's Disease & Enjoy delicious food & fun!

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Cook like a chef or just look like one!

You can find lots more information on the web at www.susannye.com and www.susannye.wordpress.com

For cooking tips, recipes and more, connect with me on FaceBook www.facebook.com/swny 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

The evenings are already a little cooler. The sun rises a little later and sets a little earlier. Our too short summer is coming to an end. Before it's gone, celebrate the last warm breezes with *Ride the Wind Day*.

Yes, I know. There seems to be a day for everything. But who wouldn't want to celebrate *Wiggle Your Toes Day*, *S'mores Day* and *Tell a Joke Day*? I can't find a *Love a Writer Day* (of course, I checked) but there should be.

Anyway, back to *Ride the Wind Day*. Conceived to celebrate human-powered flight, I figure just about any flight will do. There are lots of ways to make the day special. You can ...

- Take off in a jumbo jet to some romantic or exotic place,
- Whirl over your favorite city in a helicopter,
- If you're brave, try a go at parachuting or maybe wing walking,
- Soar high above the hills in a hang glider or
- Sip champagne while gently floating above the late summer fields in a hot air balloon.

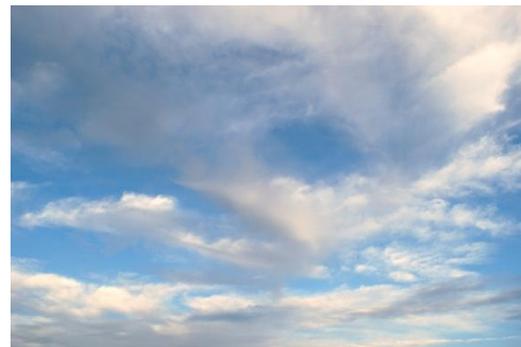


It'll feel like flying if you ...

- Race down a huge hill at top speed on your bicycle,
- Skim across the lake on a single ski, jumping up and over the wake,
- Ride the zip lines at Mount Sunapee,
- Fly over the rails on a roller coaster or
- Feel the wind in your hair as you cruise down the highway in a sporty convertible.

Then again, with the waning summer sun, there is no better time to enjoy a flight of fancy. Now is a good time to ...

- Fly kites with your favorite kids on a sunny beach,
- Chase butterflies or fireflies, or both,
- Break through the trees and touch the sky on the top of Mount Kearsarge. On a clear day you can see forever,
- Visit a school yard and ride the swings to heaven and back,
- Throw out your arms and spin like a top until you get that dizzy, floating feeling,
- Climb high into a tree and watch the world go by from your hidden perch,
- Take a deep breath and leap off the rock at Blueberry Island,
- Buy an enormous bouquet of bright red helium balloons and share them with friends, family and strangers,
- Play some of your favorite music and let your spirit soar. Vivaldi, Miles Davis and Donna Summer works for me, how about you? Or, finally,
- Find a sunny meadow and just sit and dream as you watch the clouds drift by.



Enjoy the final days of summer and bon appétit!

Susan

Blueberry Soup with Mascarpone Cream

Celebrate Ride the Wind Day on August 23rd with a sweet and fruity dessert soup. A fluffy white cloud of Mascarpone Cream floats atop the deep blue soup. Enjoy!



Serves 6

About 1 1/2 pounds frozen blueberries *
 1/2 cup sugar
 1-inch piece ginger, chopped
 1/2 teaspoon cinnamon
 Pinch cloves
 Grated zest of 1 orange, divided
 Grated zest of 1 lime, divided
 Juice of 2-3 oranges
 2 tablespoons Grand Marnier (optional)
 Mascarpone Cream (recipe follows)
 About 1 pint or more fresh blueberries, chilled

Combine the frozen blueberries, sugar, ginger, cinnamon, cloves, half of the zest and all of the orange juice in a saucepan and bring to a boil over medium-high heat. Lower the heat and simmer for 5 minutes. Remove from the heat and cool for about 10 minutes

Transfer the blueberries to a blender and process until smooth. Strain the mixture through a fine mesh sieve, pressing on the solids to release as much liquid as possible. Discard the solids. Stir the Grand Marnier and remaining zest into the soup, cover and chill until very cold.

To serve: divide the soup into individual bowls or goblets, add fresh blueberries and a dollop of Mascarpone Cream.

** You can use fresh blueberries for the soup base but frozen berries work best because they release lots of juice. If you decide to use fresh blueberries, you may need to add a few more berries and extra orange juice.*

Mascarpone Cream

4 ounces mascarpone
 1 cup very cold heavy cream
 2 tablespoons brown sugar
 Grated zest of 1 orange
 Juice of 1/2 orange
 1 teaspoon pure vanilla extract
 Pinch nutmeg

Put the mascarpone, brown sugar, orange juice and zest, vanilla and nutmeg in a bowl and beat until smooth using an electric mixer on medium-low speed.

Slowly add the heavy cream and gradually increase the mixer speed to high and whip until soft peaks form.

