



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!

Treat Yourself to an Around the Table Chef's Apron

Cook like a chef or just look like one!

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It's been a tough year for the Nye family. You know your parents are getting on in years when you're on a first name basis with most, if not all, the EMT's. At last count, between the two of them, my mom and dad had booked four trips to the emergency room, one in a blizzard. In addition, there have been four surgeries, three hospital stays and countless doctor visits and tests. At this point, the car can almost drive itself to Dartmouth-Hitchcock and New London Hospital. It's too bad they don't give frequent visitor points. I'm sure that we'd have more than enough for a trip to Disney World ... for the entire family and maybe a neighbor or two. And then finally, we were forced to admit that it was past time for my mom to move into assisted living. She is now safely ensconced and holding court in the memory care unit at Woodcrest.



Through it all, one group has been tireless in their support of my parents and our entire family. The nurses. Let's face it; life is messy in the best of times. Add a nasty or degenerative illness or both and it only gets worse. Grace under constant pressure, nurses somehow manage to combine the utmost in professionalism with true human kindness. At every turn I have seen nothing but passion for their jobs and compassion for their patients.

No doubt about it, ya gotta love a nurse.

After all, only a nurse can and does ...

Take care of your loved ones in a way you wish you could but know you can't.

Have the patience of a saint, understanding and sorting out issues, large and small, simple and complex.

Understand the total patient includes the family, even though there must be times when they wish it didn't.

Graciously put up with pushy daughters who insist on answers and information.

Talk with patients and their families, including that pushy daughter, following up and providing answers in plain speak instead of medical jargon.

Cheer up an old man and take the time to get to know him. Listen to his stories and share a few of their own; all with a smile.

Bump into you in the supermarket months later, ask about your dad, tell you how much they like him and enjoyed helping him.

Not just help a stranger with the paperwork but shed a tear with her when her mom moves into assisted living.

Hug your mom and treat her like she's their own favorite granny while still providing top notch professional care.

Next Monday, May 6th, kicks off National Nurses Week. Give your favorite nurse, or any nurse for that matter, a hug and a thank you for everything they do. Bon appétit!

Roasted Shrimp with Tarragon Aioli

Toast your favorite nurses with champagne and pass around a platter of these delicious shrimp. Enjoy!

Serves 12 as an appetizer or 6 for dinner



Extra virgin olive oil
2 cloves garlic, minced and divided
1/2 teaspoon paprika
1/2 cup mayonnaise
1 teaspoon Dijon mustard
1 tablespoon finely chopped fresh tarragon
Grated zest and juice of 1 lemon
Sea salt and freshly ground pepper to taste
2 pounds extra-large (22-25 per pound) shrimp

Make the Tarragon Aioli: Put 1/4 cup olive oil, 1 clove minced garlic and the paprika in a small saucepan and cook over low heat until the garlic is fragrant, 3-5 minutes. Remove from the heat and cool for 10 minutes.

Put the mayonnaise, mustard, oil and garlic in a small bowl, add the tarragon and half the lemon juice and zest and whisk to combine. Season the aioli with salt and pepper, whisk again and let sit for about 20 minutes to mix and meld the flavors. (Can be made ahead, covered and stored in the refrigerator. Remove from the refrigerator about 30 minutes before serving.)

Prepare the Shrimp: Put the shrimp in a large bowl, sprinkle with the remaining garlic and lemon zest and toss to combine. Drizzle with enough olive oil to lightly coat and remaining lemon juice, toss again. Let the shrimp marinade for about 10 minutes.

Preheat the oven to 450 degrees. Lightly coat 2 rimmed baking sheets with olive oil.

Place the shrimp on the baking sheets in a single layer and roast at 450 degrees for 5 minutes or until the shrimp are cooked through and opaque. Don't overcook.

Serve immediately or at room temperature with Tarragon Aioli.

On warm, sunny evenings, cook the shrimp on the barbie. Heat the grill to medium-high. Thread the shrimp onto wooden skewers which have been soaked in water for at least 30 minutes or toss them in a grill basket. Grill the shrimp, turning once, until opaque, 1-2 minutes per side.