

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!

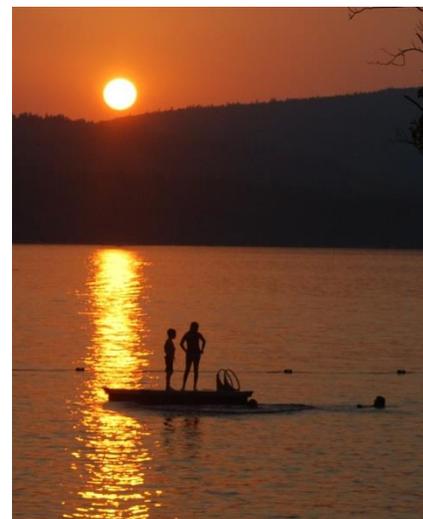
You can find lots more information on the web at www.susannye.com and www.susannye.wordpress.com

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

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It starts with the question, "Hot enough for ya?" If it's New Hampshire in July, the comeback is quick, "It's not the heat; it's the humidity." In reality, it's both. So how do you beat the searing heat and heavy humidity? Here are a few ideas:

1. **Close the curtains** and everything else too! If the air outside is hotter than the inside of your house, close the windows and doors and pull the curtains during the heat of the day. After sunset, open the windows and use a fan in reverse to suck the hot air out of the house. As soon as the house cools down, flip the fan for a nice breeze.
2. **Stay out of the sun.** If it's hot enough to fry an egg on the sidewalk, you'll fry too. Mellow out in the shade or on a breezy porch and think cool thoughts. Read or re-read *Doctor Zhivago* or *Call of the Wild*. Take a nap and dream of Antarctica.
3. **Change your schedule.** If you walk, run, play tennis or golf, do it in the early morning. Or take up swimming. Spend as much time as you can in the lake, ocean or pool.
4. **Keep your own personal sprinkler handy.** Fill a spray bottle with cold water and periodically give your face, neck and wrists a good spritz. Store the bottle in the refrigerator between uses.
5. **Don't forget to turn on the vent in the bathroom** when you take a shower. The house doesn't need any extra humidity.
6. **Turn off the lights,** computer and anything else that plugs into the wall. If it's electrical; it's generating heat. Use a clothes line instead of the dryer. Turn off the dishwasher after the rinse cycle and let the dishes air dry. Unplug the oven until the heat wave is over.
7. **Dress cool in light and loose fabrics.** Stick to white, cream and beige, pale grays, blues and greens. You'll look great and the air can circulate around your body. Go barefoot.
8. **Drink and drink some more.** The more you perspire, the greater the danger for dehydration. Dehydration raises body temperature, making you even hotter. Keep a glass of ice water handy at all times. Be aware; while they may be refreshing, alcoholic, caffeinated and sugary beverages are dehydrating.
9. **Eat light** and enjoy foods with high water content. Light and bright salads with lots of fresh fruits and veggies are a good bet. Fruits, especially watermelon, are the perfect dessert on a hot day.
10. **Add some spice to life.** Ever wonder why hot, spicy food is so popular in Mexico, India and the Middle East. Eating hot stuff cools you down. Chili peppers help you perspire. As the moisture evaporates, you get a bit of relief.



Stay cool and enjoy summer! Bon appétit!

Susan

Watermelon & Cucumber Salsa

This versatile salsa is delicious as an easy appetizer with tortilla or pita chip. It also makes a great sauce or side dish for grilled fish, chicken or pork. Enjoy!

Juice and zest of 1 lime
1/2-1 small red onion, diced
1 clove garlic, minced
1 tablespoon or to taste minced jalapeno pepper
Kosher salt and freshly ground pepper to taste
1-2 tablespoons extra virgin olive oil
3 cups diced watermelon
1 cucumber, peeled, seeded and diced
1 yellow bell pepper, diced
2 tablespoons finely chopped cilantro
2 tablespoons finely chopped mint

Put the lime juice and zest, red onion, garlic and jalapeno in a large bowl, season with salt and pepper and whisk to combine. Add the olive oil and whisk again.

Add the watermelon, cucumber and yellow pepper and gently toss to combine. Sprinkle with cilantro and mint and toss again. Chill the salsa until ready to serve.

