



The Take a Child Outside Week & Fettuccine with Fresh Corn & Tomatoes

Officially Fall 2013/Volume 365

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Yes, there is a week for everything. Who doesn't celebrate *Organize Your Files Week* or *Email Week*? Filing and email not high on your list of celebrations; how about *Take a Child Outside Week*? The timing certainly couldn't be better – the 24th through the 30th of September. Cool and sunny, late September is a great time for outdoor activities in New England.

So what to do with the little nippers?

Kayak or canoe on your favorite lake.

As you glide across the water, watch the geese fly overhead and say a fond farewell to the loons. They'll both be gone soon.

Take a hike in the woods. Close to home, there are plenty of options for a short hike after school. Consider exploring further afield on the weekend; there are lots of public trails throughout the State.

Visit a historic garden. True summer's floral bounty is gone but don't let that stop you. Visit the sculpture gardens at Saint-Gaudens or the rock garden at The Fells.

Bicycle down a country road. With or without a destination in mind, it's a great time to explore. Find a covered bridge or discover a new favorite haunt for homemade ice cream.

Fly kites on the beach. If it's been a while since you visited the seacoast, grab your coat, hat and kite and spend a day at the beach.

Speaking of the beach, build a sand castle. It won't be long before the sand and water will be too cold for play. Enjoy it while you can!

Children love to collect things. Take the kids on a nature walk to collect branches, bits of bark, leaves, rocks, acorns and moss. But don't shove those treasures into pockets to forget and later send through the washing machine. Turn those bits and bobs into snug little fairy houses. With winter on the way, the fairies will be forever grateful.

Get lost in a corn maze. Wander through a maze and see how many dead ends you hit before popping out the other end. Local corn is delicious right now, so be sure to bring a few ears home for supper.

Pick apples, visit a pumpkin patch or both. Crisp and juicy, there is nothing like a freshly picked, local apple. They are also great in pies, cakes and crisps. Try some fresh pumpkin or squash in a soup on a chilly evening. An added plus, pumpkins and gourds make beautiful fall decorations.

Count the stars and watch the moon. The Harvest Moon may be waning but it is still beautiful. Clear September nights are cool, if not downright cold, but the view of the heavens is spectacular. Dress warmly, lie back and enjoy the night sky.

Bon appétit!



Fettuccine with Fresh Corn & Tomatoes

They won't last long so feast on the local corn and tomatoes while you can! Enjoy!

Serves 4



2-3 ears corn, shucked and kernels removed
Olive oil
1/2 small onion, finely chopped
1 clove garlic, minced
Sea salt and freshly ground pepper
1/2 cup dry white wine
1/2 cup chicken stock or broth
1 tablespoon butter, cut in small pieces
About 8 ounces fettuccine
2 medium tomatoes, cored, seeded and finely chopped
2-3 tablespoons pistou (recipe follows)
Grated Parmigiano-Reggiano cheese
1/4 cup pine nuts, toasted

Bring a large pot of salted water to a boil, add the corn cobs and simmer for 15-20 minutes.

Remove the corn cobs from the simmering pot, return the water to a boil and cook the fettuccine according to package directions. Drain the pasta, reserving a little of the pasta cooking water.

Meanwhile, heat a little olive in a large, heavy skillet. Add the onion, season with salt and pepper and sauté until translucent. Add the garlic and sauté for 1 minute more. Add the wine and chicken stock, bring to a boil and cook until reduced by half, about 5 minutes. Add the corn kernels, season with salt and pepper and simmer for 2 minutes. Add the butter and whisk until melted and combined.

Add the pasta to the vegetables and toss to combine. If the pasta seems dry, add some pasta cooking water a little at a time. Cover and let pasta and sauce simmer together on low heat for 1 minute. Add the tomatoes and toss again.

Serve the pasta immediately in shallow bowls, garnish each with a drizzle of pistou and a sprinkle of grated Parmigiano-Reggiano and pine nuts. Pass additional cheese.

Pistou

3 cloves garlic
1 cup loosely packed fresh basil leaves
1/2 cup loosely packed fresh flat leaf parsley leaves
Sea salt and freshly ground pepper
About 1/2 cup extra virgin olive oil

Put the garlic, basil and parsley in the bowl of a small food processor, season with salt and pepper and pulse to chop and combine. With the motor running, slowly add the olive oil to the herbs and garlic until you have a smooth, deep green sauce.

Cover and store leftover pistou in the refrigerator.