



Cooking Parties & Classes

July & August

I'll take a break from open sessions; special programs are always available on request.

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Girls' Night Out

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Kids Kook

and lots more....

at your house or mine.

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....because summer should be fun and carefree!

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Visit the web at

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Contact Susan Nye at

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603/526 7319



It's that sweltering time of year when the air is thick and heavy and the heat can be merciless. These are the dog days of summer. All we want to do is laze around under a tree or in the lake. Many believe that the term was invented to describe the type of day that is so hot that even the most eager dog will spend the day lying around in the shade. Not true, first I firmly believe that Daisy, my brother's dog, would chase a Frisbee across the Mohave Desert on the hottest day of the year. And second, dog days originated with the Romans. During ancient times, Sirius, the Dog Star, rose at dawn during the hottest part of the summer. The Romans blamed the star for the sultry weather.

For many years we have been very lucky; we have spent the dog days of summer on Pleasant Lake. Dogs were even permitted on the beach for the first few years. After all, they too had been stuck in suburbia all winter. No one wanted to leave their dog in the house all day, hot or lonely or both. They happily trotted along with us down to the lake to swim, retrieve sticks and keep us company. The water patrol did not accept dogs as spotters for water skiing but many were invited onto Sunfishes for leisurely afternoon sails. They were generally agreeable as long as they could jump out and swim to shore when the fickle winds on Pleasant Lake inevitably died. On sweltering days, kids and dogs alike would lie around under the trees, barely moving. From time to time throughout the long, hot afternoons we would summon up the energy and courage to make a dash across the blistering sand and into the water.

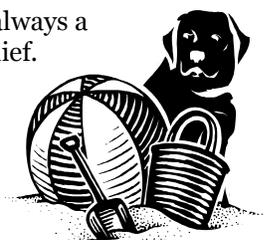
Eventually there was one territorial dispute too many and dogs were banned from the beach from the 8 in the morning until 7 in the evening. Our dog Eeyore was a lot like his namesake, the donkey in the Winnie the Pooh stories. A little cantankerous, a little melancholy, Eeyore was a loveable black Labrador Retriever who was born old. As he did with most things, he accepted his exile to the house with dignity. Forced indoors, he searched out cool places to snooze away the long afternoons until his family returned. On hot days, Eeyore wrapped his big, old, Labrador body around the toilet to stay cool. On really hot days he climbed in the bath tub. As he got older and more arthritic it became one of life's unsolved mysteries as to how he got up and into the tub. How he got out was not a mystery. It took at least two of us to wrestle 75 pounds of awkward dog up and out of the tub.

With or without our dogs, after about a week of lazy, do-nothing days, our Mothers would push us out of the shade. We were too young to work, so the Moms were always on the look-out for activities to keep us out of trouble. They turned a deaf ear to protests that it was too hot to move. We were drafted to wash cars to raise money for the hospital. We were enrolled in life saving classes and swam to Blueberry Island. We were pushed into tennis lessons and, regardless of our ability to hit the ball, our names were put onto tennis ladders and tournaments rosters. A weekly sail boat race for kids was thrown together. I was not a great sailor and never managed better than 3rd or 4th place. Always a bit confused with who had the right of way, my greatest claim to fame was ramming another boat and leaving a good-sized hole on its starboard side. Or maybe it was the port side. Any way I lost some of my enthusiasm for racing after the incident.

None of us were particularly bad kids but our Mothers were always a little bit nervous that too much free time would lead to mischief. And they were probably right.

Enjoy all that summer has to offer and,

Bon appétit! - Susan





Cooking Parties

Learn & Laugh

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Gazpacho

Is there anything better than a fresh from the vine, ripe and juicy tomato? Whether you eat them sliced with a little sprinkle of salt or turn them into an ice cold gazpacho, enjoy.

Serves 6

2 pound ripe tomatoes
2 red or yellow peppers
4-6 green onions thinly sliced or 1 small red onion
2 European cucumbers
3-4 cloves garlic
1/4 cup red wine vinegar
1/4 cup olive oil
1-2 cups tomato juice
1/2 teaspoon ground cumin
Pinch of cayenne pepper or to taste
1 teaspoon each kosher salt and freshly ground pepper or to taste

1. In a large bowl, whisk to combine the vinegar, olive oil, tomato juice, cayenne pepper, cumin, salt and pepper.
2. Core and seed the tomatoes, reserving the juice; chop. Core, seed and chop the peppers. Peel and chop the onions. Peel, seed and chop the cucumber. Mince the garlic. Add the chopped vegetables and reserved tomato juice to the oil-vinegar-tomato juice. Toss to combine.
3. Purée in small batches in a food processor. Cover and chill at least 4 hours.