

Cooking Parties & Classes

July & August

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

Looking for a fun, new way to spend an evening or afternoon?

The possibilities are endless -

Girls' Night Out

Cooking Couples

Customer Appreciation

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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For more information

Visit the web at www.susannye.com

Contact Susan Nye at susannye@tds.net or

603/526 7319



Many years ago I moved to Lausanne, Switzerland to work on a one year research project at an international business school. Apartments were in short supply but I managed to find a tiny, overpriced studio at the top of the town, high above the Lake of Geneva. The studio was furnished with a Murphy bed, a shabby table and chair and the world's most uncomfortable couch. But a picture window on the back wall framed a magnificent view of the Notre-Dame Cathedral and the Alps. The studio might have been pricey but the view was priceless.

I worked by the lake and early every morning I walked down the steep, cobblestone streets to the train station and on to Ouchy with its wide, tree lined avenues. Within a day or two, I discovered a small farmers' market. Once a week a handful of farmers set up shop, lining the narrow street above the station with makeshift tables loaded with beautiful, just picked fruits and vegetables.

I was tempted, but if I shopped in the market I would need to speak French with the farmers. French was a dim high school memory, barely spoken in 10 years. Was I up for the challenge? I plunged in. Behind one table a nice farmer lady smiled and asked if she could help me. I gathered up a tomato or two, a head of lettuce, a zucchini and looked around for beans. I searched the back of my brain for the French word for beans and hit on "légume". In English a legume is a dried bean; so it stood to reason that "légume" could be the French word for bean. I frantically composed my request, took a deep breath and asked in fractured French, "Do you have 'légumes'?" The nice lady replied politely and in perfect French. Yes, of course she had 'légumes' but what kind of 'légumes' did I want? Again I wracked my brains, "green 'légumes'." She could see I was struggling, took pity on me and switched to English. 'Légumes' was the French word for vegetables; since she had lots of green vegetables, could I be more specific? I blushed and tried again, this time in English. She was delighted to sell me 'haricots verts'. Throughout the year I visited her table many times; to buy vegetables and practice speaking French. I frequently fumbled and she frequently bailed me out.

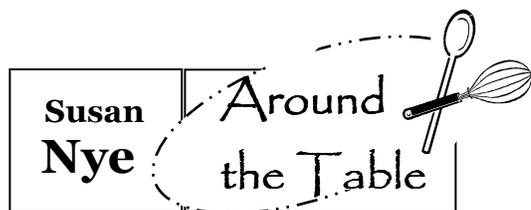


Not particularly convenient, most European farmers' markets take over a town's square and several streets for a few hours once or twice a week. Traffic is disrupted and parking is nonexistent. But a visit to a farmers' market is not just shopping; it is an event. My favorite market was in nearby Divonne, France. On Sunday mornings a festive crowd of locals and tourists packed the ancient streets, buying fruits and vegetables, chickens, country breads and cheeses.

The one year project in Lausanne ended but somehow or other I forgot to come home and stayed in Switzerland for almost 2 decades. A few years ago I finally found my way back to Pleasant Lake. As luck would have it, I am just down the road from the Saturday morning Farmers' Market in Wilmot. Trips to the Wilmot Market have become a father-daughter bonding event. You see I brought my parents to the Divonne Market when they visited me in Switzerland. Divonne was a great place to bring house guests and my Dad thoroughly enjoyed the experience. I don't play golf and he doesn't kayak, but we can get together and stroll through the Wilmot green searching for beans or corn or arugula and home baked bread. Wilmot has neither the hustle nor the bustle of Divonne but it has the special charm of a small New England town.

Enjoy a trip to your local farmers' market or farm stand and celebrate summer's bounty around the table with family and friends,

Bon appétit! - Susan



A Visit to the Farmers' Market

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Thursday Night Cooking
Parties
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Like to entertain?
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Potato, Green Bean & Tomato Salad Niçoise

This composed salad will make a beautiful centerpiece for any summer table and tastes wonderful. Enjoy!

Serves 6

1 pound new potatoes, cut in bite size pieces
1 pound green beans, trimmed and cut in half
1 pound assorted cherry tomatoes, cut in half
1/2 small red onion, diced
1/2 yellow pepper, seeded and chopped
1/2 European cucumber, peeled, seeded and chopped
1/2 cup dry pack, oil cured black Greek olives, pitted and roughly chopped
1-2 tablespoon capers, drained and rinsed
Vinaigrette Niçoise (recipe follows)

1. Put the potatoes in a large pot of cold salted water. Set over high heat and bring to a boil; reduce temperature and simmer until the potatoes are tender. As soon as the potatoes are cooked, drain, shake off excess water and transfer to a bowl. Combine the potatoes with enough vinaigrette to coat. Refrigerate. When the potatoes have cooled completely, add the cucumbers and toss to combine.
2. Meanwhile, in a large skillet, bring salted water to a rapid boil. Add the beans and cook for 2-3 minutes, toss a few times to cook the beans evenly. Drain and rinse with cold water to stop the cooking. Shake off excess water; put the beans in a bowl with enough vinaigrette to coat, add the onion and pepper and toss.
3. Put the tomatoes in a bowl, sprinkle with salt to taste and add a little vinaigrette; toss to coat.
4. To serve: arrange the beans around the edges of a salad platter. Spoon the potatoes into the center; sprinkle the tomatoes over the beans and potatoes. Sprinkle with chopped olives and capers.

Vinaigrette Niçoise

4 tablespoons red wine vinegar
1 tablespoon Dijon mustard
3-4 cloves garlic, peeled
1/2 teaspoon dried thyme
Pinch dried chili flakes
1/2 cup extra-virgin olive oil, plus more for drizzling
Coarse salt and freshly ground pepper

1. Preheat oven to 350°. Place garlic in a small oven proof baking dish (I use a custard cup), drizzle with oil, and season with chili flakes, salt and pepper. Roast until garlic is soft, about 30 minutes. Set aside to cool.
2. In a blender or small food processor, combine roasted garlic, thyme, vinegar, and mustard. With machine running, slowly add the oil; process until incorporated. Season to taste with salt and pepper. Store extra vinaigrette in the refrigerator.

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