



Cooking Parties & Classes

The New Fall-Holiday Schedule
is on the Web!

September

12 French Country Cooking
26 Italian Country Kitchen

October

10 French Country Cooking
24 Italian Country Kitchen

November

7 French Country Cooking

December

5 Tapas & Finger Food

Join me in the Kitchen & Around
the Table for delicious seasonal
food & fun

Details & Menus on the Web
www.susannye.com

Private classes always available

Girls' Night Out
Cooking Couples
Customer Appreciation
and lots more....
at your house or mine.

Private Chef &

Catering Services

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Celebrations for Family &
Friends. At my house or yours.

...too busy or too tired to cook ...
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Contact Susan Nye at
susannye@tds.net or

For more information

Visit the web at www.susannye.com

or

603/526 7319



Are you incoherent until you get that first jolt of java in the morning? For many years I was addicted to coffee. A java junkie, I supported a 7, 8, even 9 cup a day habit. I started my day with a coffee and usually ended my day with a coffee. I worked in a big, stuffy office and made frequent trips to the coffee machine. Coffee revived me when I was feeling lousy and more important it gave me an excuse to get up and away from my desk, if only for a few minutes. Forget the water cooler, in offices around the world, lots of information, important and not, is shared over coffee.

My fascination with coffee began when I was little. First of all, it smelled wonderful and second, it was off limits. I seem to remember a well circulated old wives tale that drinking coffee stunted children's growth. I think that it's possible, maybe even probable, that our busy mothers just figured that we kids had enough energy and didn't need any additional stimulants. When I hit 10 or 11, my Mother humored me and let me try a little. She had one caveat, if I wanted to drink coffee; I had to drink it black, no sugar and no milk. If I loaded it up with milk and sugar I might as well drink hot, melted ice cream. I tried it, and as expected, once was enough.

At least until college. College is the perfect time for experimenting and new adventures. I tried lots of new stuff, including coffee; lots and lots of coffee. It felt cool and adult to sit around with friends drinking cup after cup after cup, even if we did add a ton of milk and sugar. Like most college students, I was not a master at time management and unregrettably I wasted a lot of time having fun. As a result I spent many late nights in the art studio and library so coffee was not optional, it was a necessity.

In the early days of my coffee addiction, I was hardly a snob. The college dining room served huge pots of mediocre coffee which I drank at every meal. For late nights, I had a little electric percolator. When really pressed for time, I threw a couple of spoonfuls of instant coffee into a mug and added hot tap water. I confess I bought the cheapest coffee I could find, blaming it on my student budget.

I continued to drink lots of coffee after college but it was not until I moved to Switzerland that I discovered that coffee was more than a caffeinated stimulant. The Swiss have very good, very strong coffee. In short order I made the switch from happy-go-lucky drinker of giant mugs of java to coffee snob. I bought French, Italian and even Turkish coffee and espresso makers and didn't skimp on the beans. Every morning I enjoyed big beautiful cups of café au lait. Afternoons and evenings, I moved on to tiny cups of thick, black espresso.

Unfortunately some good things must come to an end. A decade ago, bouts of insomnia drove me to cut back on my coffee habit. First it was no coffee after lunch then I more or less gave it up. I still enjoy a cup from time to time but these days I drink coffee for the camaraderie and conversation and not caffeine. As cool weather approaches, I look forward to meeting friends for coffee and a relaxed chat. I am still a coffee snob and my current favorite is a double shot of very good espresso topped off with lots of steaming milk. And my Mother was right, even without sugar, it does taste a lot like a hot milk shake!

Has it been awhile since you met friends for coffee? Why not plan a get-together at your favorite coffeehouse or kitchen table? Enjoy a perfect cup of coffee and even better conversation,

Bon appétit! - Susan



Susan
Nye

Around
the Table



Are You a Java Junkie or Coffee Connoisseur?

Fall 2007/volume 54

Wednesday Night Cooking Classes

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For more information

Visit the web at

www.susannye.com

Contact Susan Nye at
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Café Glacé

Need a simple dessert, one with only a few ingredients? If you are a coffee enthusiast, Café Glacé is the easiest dessert you will ever love. The secret to making Café Glacé is to use only very good coffee and very good ice cream. Adding a little Irish whiskey creates an interesting departure from a traditional Irish coffee.

Serves 1

1 good sized scoop of premium vanilla ice cream
2-3 ounces of strong espresso made with high quality coffee
1/2 - 1 ounce Irish whiskey or Kaluha (optional)

1. If you don't have one; buy an espresso maker. You can find Italian stove top espresso makers on the internet, in kitchen specialty shops and discount stores for \$20 or less.
2. Brew a tiny, perfect cup of espresso (While many aficionados will disagree, I think decaf is ok. Instant is not!). Scoop the ice cream into a glass.
3. Pour the hot espresso over the ice cream. Add the whiskey or Kaluha. Enjoy.