

Cooking Parties & Classes

The 2007 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.

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

....too busy or too tired to cook ... let me do it for you!

Contact Susan Nye at susannye@tds.net or 603/526 7319

For more information Visit the web at www.susannye.com



What's not to love about Halloween? Yes it falls in that dreary time of year when summer is over and snow is still a month or two off. It is apt to be cold and rainy on Halloween night but in spite of generally miserable weather, it has always been one of my favorite holidays. The proliferation of chocolate is definitely a plus. The decorations are great. We fill our yards and houses with autumnal pumpkins and gourds, Indian corn and bittersweet. Halloween is a wonderful excuse for a party. Kids bob for apples, carve pumpkins and eat too much candy. Adults nibble hors d'oeuvres, drink exotic concoctions with names like zombie and dance the night away. But the best part of Halloween is the costumes and masks.

As a little girl, one of my favorite games was dress-up. I spent countless hours wearing my Mother's lacy old nightgowns pretending to be a magical fairy princess. Each fall I invested considerable time and care choosing my Halloween costume. Over the years I was a pumpkin, a princess, a witch, a football player, a hobo, a devil and a fine young cannibal. I am still a big fan of costumes, particularly those with boas; or better yet, capes. I have two capes. With the black cape, I can almost instantly transform into a witch, a vampire or Bat Girl. The red one is for all those times when I am feeling devilish, even without Prada. Halloween is a wonderful excuse to play dress-up.

What is the origin of Halloween? The holiday is steeped in myths and legends, some of them scary, many confusing and all of them intriguing. Halloween began a couple of thousand years ago in Ireland, Scotland and Wales not as Halloween but as Samhain, the Celtic end of summer. The ancient Celts saw the change of seasons as a time of chaos and believed that spirits roamed the earth before settling back down for the winter. The Celts lit huge bonfires to ward off evil spirits and wore disguises to avoid recognition. Hoping for a blessing and good luck, they left food and gifts outside their doors for the fairies and elves. Or maybe it was to placate angry spirits. In the 9th century the Pope proclaimed November 1st All Saints Day and Samhain, celebrated on October 31st, eventually became know as All Hallows' Eve, the eve of All Saints Day.

Fast forward several centuries and not a lot has changed. In ancient times, restless spirits wandered the earth on All Hallows' Eve. Now high-spirited children dressed as ghosts, pirates and princesses wander the streets in search of Reese cups, Nestlé's Crunch and Snicker's bars. Growing up in suburbia our neighborhood was always mobbed with kids on Halloween. At three, I joined the chaos and ventured out to trick or treat for the first time. My Dad was in charge of my then 6-year-old sister and me. And he had his hands full. It was terribly exciting to be out, after dark, dressed as a pumpkin. I dashed from house to house, singing an endless chorus of "bick or beat, bick or beat"! Miraculously, my Dad managed to keep track of his two little girls, get us to every house on the street and back home in one piece. Well more or less. Somewhere, somehow along the way I lost a sneaker. I returned home with an enormous grin, a sack full of loot and a cold, little foot in a muddy sock.

Halloween is fast approaching. Are your jack o'lanterns carved? Are you stocked up with treats for the little ghosts and goblins that will soon come knocking? Is your costume ready? Will you be a witch or a hobo; a devil or a fairy princess? What ever you choose, have fun and Happy Halloween!



Bon appétit! - Susan



Wednesday Night Cooking Classes

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Pumpkin Chocolate Chip Squares

A spicy, chocolaty Halloween treat and it's good for you! Well sort of good for you. With 2 super foods, chocolate and pumpkin, these treats are loaded with anti-oxidants. Enjoy!

Makes 24

2 cups all purpose flour
1 1/2 teaspoons cinnamon
1 teaspoon ginger
1/2 teaspoon nutmeg
1/2 teaspoon ground allspice
1/2 teaspoon ground cloves
1 teaspoon baking soda
1/2 teaspoon salt
1 cup (2 sticks) unsalted butter, room temperature
3/4 cup sugar
1/2 cup brown sugar
1 large egg
2 teaspoons vanilla extract
1 cup pumpkin purée
12 ounces semisweet chocolate chips

1. Preheat oven to 350°. Butter and flour a 13"x9" inch baking pan.
2. In a medium bowl, whisk together flour, spices, baking soda, and salt; set aside.
3. With an electric mixer, cream butter and sugars on medium-high speed until smooth; beat in egg and vanilla until combined. Beat in pumpkin purée. Reduce speed to low and mix in dry ingredients until just combined. Fold in chocolate chips.
4. Spread batter evenly in prepared pan. Bake until edges begin to pull away from sides of pan and a toothpick inserted in center comes out with just a few moist crumbs attached, 35 to 40 minutes.
5. Cool completely in pan. Cut into 24 squares with a serrated knife.