

Join Me in the New Year for a Cooking Class

January

18 French Country Cooking

February

1 Italian Country Kitchen

15 French Country Cooking

29 Italian Country Kitchen

March

7 Mediterranean Easter Feast

28 Tapas & Finger Food

April

4 Italian Country Kitchen

18 French Country Cooking

May

2 Italian Country Kitchen

16 French Country Cooking

June

6 Summer Salads

*Join me in the Kitchen & Around the
Table for delicious seasonal food & fun
Details & Menus on the Web
www.susannye.com*

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Private Chef & Catering Services

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At my house or yours.

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me do it for you!

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

More information the web at
www.susannye.com



* I grew up skiing in New Hampshire in the days before widespread snow making. We were dependent on the largesse of Mother Nature, not powerful snowmaking machines. Storms could be hit or miss and in a spirit of optimism we employed special language to describe ski conditions. There was powder which loosely translated as, it snowed yesterday or the day before. There was packed powder which meant it snowed last week but the grooming machines had been working like crazy, moving snow around to keep the trails and any icy patches covered. And then there was hard packed powder. Hard packed powder meant that it had been much too long since the last snow storm and the ice had more or less won over the grooming machines.

I moved to Switzerland in the eighties and after skiing in New England for so many years I discovered a radically new experience; skiing above the tree line and lots and lots of snow. In New Hampshire snow is measured in inches with an annual average of about eighty inches. The Swiss Alps has two to three times as much and fifteen or more feet of snow is not uncommon. In a word, skiing in the Alps is spectacular. The views are magnificent, the snow is superb and I enjoyed a whole new bunch of exciting challenges.

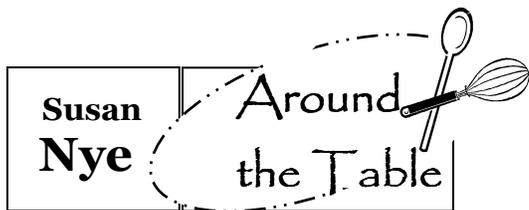
But in spite of the fabulous skiing in the Alps I can not help but feel lucky that I learned to ski in New England. I wonder what it would have been like to be seven or eight or even ten and ski those massive peaks. I always figured that some how or other Swiss kids were missing out on something very special. In spite of the cold and sometimes slippery conditions, New England offers a unique environment for young skiers with lots of smaller, family-friendly ski areas.

As kids we skied at King Ridge and later as teenagers we demanded a bigger challenge and moved on to Ragged Mountain. These ski areas did not have massive peaks like the Rockies or Alps but there was little chance of getting lost and no threat of avalanche. Confident that we couldn't get into too much trouble, our parents let us loose on the mountain and we explored every twist, turn, bump and jump. Although we were hardly let loose when you consider that we could not ski for more than a few minutes without seeing someone we knew. Family friends, neighbors and even a few strangers would not hesitate to call us to task for skiing out of control or fooling around in lift lines.

But even with those spying eyes, there is a wonderful sense of freedom and independence when you are nine and on your own with your buddies on the mountain. I had a moment of déjà vu and a chance to see that joy this past weekend when I tried to ski with my nieces over at Ragged. Within one or two runs they started to peel off to ski with their friends. Charlotte in particular was delighted to be out on the mountain dodging adult supervision with two of her buddies. The young trio took every opportunity to ignore us in the lift line and on the mountain. With every run they conspired to slip by us, reveling in the freedom of skiing on their own, even if they were never out of sight for long.

As the winter continues I have two simple wishes for all skiers, myself included. Let every day on the mountain be bright with sunshine and may we all ski with the joy of a child who has ducked her parents.

Bon appétit! - Susan



Family Skiing in New Hampshire

Winter 2008/volume 70

Around the Table Private Chef & Catering Services

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too little time?

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Homemade Crunchy Granola

Start your ski day right with a healthy, hearty breakfast of yogurt and granola.

Enjoy!

Makes about 5 cups

- 2 cups rolled oats
- 1 cup sweetened, shredded coconut
- 1 cup sliced almonds
- 3/4 cup dried chopped apricots, cranberries and/or cherries
- 2 tablespoons vegetable oil
- 2 tablespoons honey
- 1 teaspoon ground cinnamon
- 1/4 teaspoon nutmeg

1. Preheat the oven to 350 degrees.
2. Toss the oats, coconut, almonds and dried fruit together in a large bowl. Pour the vegetable oil and honey over the oat mixture. Sprinkle with cinnamon and nutmeg; toss until well coated. Pour onto a sheet pan.
3. Bake, stirring occasionally, until the mixture turns a nice golden brown, about 25 to 30 minutes.
4. Remove the granola from the oven and cool. Store in an airtight container.