

Join Me for a Cooking Class!

Winter-Spring 2008 Schedule

**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  
30 Tapas & Finger Food

**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](http://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

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](mailto:susannye@tds.net)  
or 603/526 7319

More information the web at  
[www.susannye.com](http://www.susannye.com)



After a winter of record snow storms, the annual spring thaw is finally here. As the snow melts I am discovering some of the damage a little snow and ice can bring. So far the list is thankfully short; a crashing wave of ice brought down the rain diverter and unhinged a shutter. The rail fence has been derailed, bent and broken under the weight of heavy snow and the plows. The ton of sand which kept cars from skidding off the road or into each other is everywhere. Of course these small details pale in comparison to the implosion of my sunroom which happened in late January, but that is old news.

The frost heaves which have made driving an Evel Knievel-like experience are slowly disappearing. Potholes have been left in their wake, some large enough to swallow a small automobile or at the very least ruin your alignment and terrorize your shocks. The highway division, exhausted from plowing around the clock all winter, are now tracking down and filling these hazards.

Most of the ski areas have closed down. They have had their last hurrah with Slush Cups and cardboard sled races. When we were kids, we counted April as one of the saddest times of the year. The ski season was over and we were trapped in suburbia for those last few dull months of school before we could escape back to New Hampshire for summer vacation.

But there are a few bright spots in spite of all the sand and mud and sad goodbye to the ski hill. For the first time in weeks I can see out my kitchen window. For most of the winter a giant mountain range of snow has hidden the garden and road from sight. Now when I do my dishes, instead of looking at a frozen wall of white, I can watch the walkers, runners and a raccoon or two as they make their way around Pleasant Lake. I have not spotted a robin yet but the first few crocuses (or should I say crocai?) are starting to peep through the snow and mud. These humble little flowers add a little cheer and color to the garden.

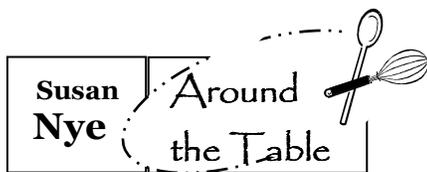
Not all crocuses are created equal and one in particular is far from modest. In fact, the saffron crocus produces the world's most expensive spice. The tiny red threads of saffron found in the center of this not-so-humble flower can be purchased at anywhere from \$70 to \$200 and even \$500 an ounce. What makes saffron so pricey? Well, it takes more than 4,500 flowers to make a single ounce and it must be harvested by hand. Heavy machinery would crush the delicate threads.

But don't go fumbling around in your garden searching for gold just yet. While crocuses grow all over the world, saffron crocuses only grow in places much warmer and dryer than New Hampshire. Even if you do manage to harvest a few tiny threads of saffron from the flowers in your garden; don't throw them in your supper, many northern crocuses are poisonous.

Saffron is a popular ingredient in Mediterranean cooking. During the wet spring thaw why not spice up your table with a few warm and sunny Mediterranean dishes? Saffron gives food a rich golden color and has a wonderful, slightly bitter, flowery taste. And yes, as the world's most expensive spice, it is pricey, but a tiny pinch is all you need to enjoy its unique flavor. Celebrate spring with saffron's subtle aroma and beautiful color in a North African couscous, Italian risotto or Spanish paella. Bring your friends and family together and enjoy a meal of pure gold!



Bon appétit! - Susan



**Around the Table**  
**Private Chef & Catering Services**

Do you have too much to do and too little time?

Too busy to cook?  
Let me do it for you.

Like to entertain?

No time to prepare the perfect cocktail or dinner party?  
Let me do it for you.

**Around the Table**  
**Friday Night Cooking Classes**

A fun evening to learn, eat and laugh!

For more information

Visit the web at [www.susannye.com](http://www.susannye.com)

Contact Susan Nye at  
[susannye@tds.net](mailto:susannye@tds.net) or  
603/526 7319

**North African Lamb Kebabs with Yogurt Sauce and Couscous** – *Enjoy a taste of spice and exotic sunshine with this flavorful dish!*

Serves 6

2 to 2 1/2 pounds boneless leg or shoulder of lamb, cut into 1-inch cubes  
4-5 red or yellow bell peppers, cut into 2-inch pieces  
1 medium onion, finely chopped  
4 cloves garlic, minced  
1 tablespoon lemon zest  
1/4 cup fresh lemon juice  
2 tablespoons fresh parsley leaves, chopped  
2 tablespoons fresh cilantro leaves, chopped  
3 tablespoons fresh mint leaves, chopped  
1 teaspoon salt  
1 teaspoon ground cumin  
1 teaspoon paprika  
1 teaspoon freshly ground black pepper  
1/4 cup olive oil  
Bamboo skewers  
Yogurt Dipping Sauce, recipe follows  
Couscous with Olives and Pine Nuts, recipe follows

1. In a large bowl combine the onion, garlic, lemon zest, lemon juice, parsley, cilantro, mint, salt, cumin, paprika, pepper and olive oil. Put the lamb in the bowl and toss to coat. Cover and refrigerate at least 2 hours and up to overnight.
2. Soak bamboo skewers in water for at least 1 hour.
3. Preheat the grill to medium-high. Thread the lamb and peppers onto the soaked skewers and place on the grill; grill for 8 to 12 minutes, turning to cook evenly. Serve with yogurt sauce and couscous.

**Yogurt Sauce**

1/2 cup plain yogurt  
1/2 cup sour cream  
1 tablespoon fresh lemon juice, or more to taste  
1 tablespoon each fresh, chopped mint, flat leaf parsley and cilantro

1. Combine all ingredients in a small bowl. Refrigerate until ready to serve.

**Couscous with Olives and Pine Nuts**

1 1/2 cups couscous  
1 1/2 cups chicken stock  
Pinch of saffron  
1/4 cup Sicilian olives, pitted and roughly chopped  
2 tablespoons chopped chives or 2 scallions, sliced thin, green parts only  
1/2 cup pine nuts, lightly toasted  
Grated peel of 1 lemon  
Juice of 1 lemon  
1-2 tablespoons extra-virgin olive oil  
Kosher salt and freshly ground black pepper  
Garnish: 2 tablespoons each fresh, chopped parsley and mint

1. Put the stock in a medium saucepan; bring to a boil. Remove from the heat, add the saffron and couscous; stir to combine. Cover and let sit for 10 to 15 minutes.
2. Uncover and fluff with a fork. Add the olives, scallions, pine nuts and lemon juice; drizzle with olive oil and season with salt and pepper. Toss gently to combine. Garnish with parsley and mint.