

## Join Me for a Cooking Class!

Summer 2008

During the summer I'll take a break from open sessions.

I am always available for private classes. Get a group of family and friends together for

Summer Salads

or

Chillin' & Grillin'

or

Tapas

Or a

Summery Feast from the Mediterranean or the South of France

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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.

...too busy or too tired to cook ...  
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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)

Friday, June 20th 2008

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Sunrise: 5:07am ..... Sunset: 8:28pm ..... 15 hours and 21 minutes of sun light!

The solstice is the first day of summer and longest day of the year. In ancient times, it was cause for celebration, particularly in the far northern reaches of Scandinavia. It is still arguably Sweden's biggest holiday, some say bigger than Christmas. Unable to limit the festivities to a single day, they celebrate the solstice with a week of singing, dancing, games and bonfires. Who can blame the Swedes? After a long, dark winter, who wouldn't want to make merry throughout the long light-filled evenings?

The summer solstice does more than mark the longest day; for centuries it has been wrapped in intrigue, mystery, magic and legend. Many summer solstice traditions centered on fire and light. Huge bonfires were built throughout the countryside in Scandinavia and Great Britain. Country folk and villagers alike gathered around the fires to sing, dance and chant. Mistletoe, verbena, St. John's Wort and lavender were thrown on the fire so their smoke could chase away evil spirits. Finally, in the wee hours of the morning, after a long night of good cheer, people shuffled through the fire's dead ashes to capture a final bit of good luck before heading home.

William Shakespeare wrote about the summer solstice in *A Midsummer Night's Dream*. What? Wait a minute; midsummer? Summer is just getting started. For most of Europe the solstice falls mid-way through the growing season, hence the name midsummer.

Now back to Shakespeare. His famous play tells the tale of four young lovers lost in a forest filled with mischievous fairies. The story twists and turns through a series of adventures and misadventure complete with a band of actors, love potions and mistaken identities. Throughout this romantic comedy of errors, the lovers bungle and fumble, leading us to arrive at only one conclusion, "What fools these mortals be."

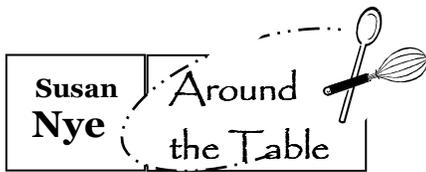
Solstice celebrations can still be found throughout Great Britain, particularly at Stonehenge on the Salisbury Plain. With its monstrous standing stones, Stonehenge is one of the most famous prehistoric sites in the world. The identity of the ancient site's builders remains a mystery and these giant stones have been shrouded in myth and legend for centuries. Thousands of present day druids and party goers continue to descend on Stonehenge every year for the summer solstice. They celebrate throughout the night and greet the morning sun as it magically rises over the Heel Stone.

You don't need a convention of druids, a quartet of foolish young lovers or a forest full of fairies to celebrate the summer solstice. Why not get together with family and friends and throw a summer solstice party? Living in the country, I can't think of a better way to celebrate the start of summer than with a long, lazy evening picnic.

Take your cue from Swedish merrymakers and create your own magic with a delicious cookout on the beach. Try a Scandinavian favorite like grilled salmon with new potatoes. Check your garden or your local farmer stand for baby greens and toss them together for a tasty salad. With any luck, you can finish the evening with a few early, just-picked native strawberries.

Take advantage of the extra day light for a friendly game of softball, frisbee or volleyball. Sound too strenuous? Just sit back and share the good company of family and friends while you watch the sun set and the moon rise. Make merry and enjoy the early days and nights of summer,

Bon appétit! - Susan



**Around the Table**  
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603/526 7319

**Grilled Salmon with Tarragon Sauce**

*Grilled salmon with tarragon sauce is perfect for an early summer picnic. Round out your menu with baby greens and a salad made with new potatoes. Enjoy!*

Serves 4

1 1/2 pound piece salmon  
Extra-Virgin Olive Oil  
Kosher salt and freshly ground black pepper to taste  
Tarragon Sauce (recipe follows)

1. Drizzle the salmon with a little olive oil and season with salt and pepper. Place the fish on the grill and cook for 5 minutes per side or until the fish reaches desired doneness. Do not overcook. Serve with tarragon sauce.

**Tarragon Sauce**

2 cloves garlic  
1/4 cup mayonnaise  
1/4 cup sour cream  
Juice and zest from 1 lemon  
3 tablespoons chopped fresh tarragon leaves  
1 tablespoon chopped parsley leaves  
Kosher salt and freshly ground black pepper to taste

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 salt and pepper. Roast until garlic is very soft, about 30 minutes. Set aside to cool.
2. Put the garlic, mayonnaise, sour cream, lemon juice and zest, tarragon, parsley, salt and pepper in the bowl of a small food processor. Process until well combined.