

## Join Me in the Kitchen & Around the Table for a Cooking Class!

### Enjoy delicious food & fun!

*Italian Country Kitchen*

*Tapas & Finger Food*

*French Bistro Cooking*

*French Country Cooking*

*Moroccan Feast*

*Latinas Night Out!*

*Summer Grilling*

*Global Salads*

Get a Group Together for  
a Great Evening Out  
Birthday ■ Girls' Night Out  
Cooking Couples  
Customer Appreciation  
and lots more....

Private Chef & Catering  
Celebrations for Family &  
Friends.

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

*Cook like a chef or  
just look like one!*

Treat Yourself to an  
Around the Table  
Chef's Apron

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)

Every spring orchestras and bands get out their sheet music and scratch away at Sir Edward Elgar's Pomp and Circumstance. Graduates march. Parents heave a sigh of relief and beam with pride. Teachers do handsprings and high fives, happy the year is over. Then they collect themselves, return to earth and gravely shake hands with graduates and parents alike.

Graduation ceremonies are known for uncomfortable chairs, steamy temperatures and long winded speakers. More often than not, local politicians or minor celebrities offer up advice. They extol the virtues of higher learning. They quote great leaders, heroes, scientists, writers and entrepreneurs. Their carefully chosen words are designed to inspire new graduates as they head off on their next journey.

Be remarkable ... make a difference ... blaze a trail ... shoot for the moon ... be the very best you can be... explore ... dream ... discover. Wow! Those are some pretty highfalutin words and ideas.

I wonder what advice grandmothers and great-grandmothers might hand out on commencement day. Would their words be filled with deep thoughts and inspiration? Fun and lighthearted? Practical? Or all of the above?!

I'm guessing Nana's advice might go something like ...

1. Drink eight glasses of water every day.
2. Run, walk, swim, play – stay active and exercise.
3. Think before you speak and before you act.
4. Listen more than you talk.
5. Go to bed before midnight and get at least seven hours of sleep.
6. Don't forget to say please and thank you.
7. Play fair.
8. Be kind.
9. Be generous. Share your ideas, wealth, goodness and spirit.
10. Love your family.
11. Love your friends.
12. Master the art of compromise.
13. Master the art of forgiveness.
14. Don't be shy. People aren't mind-readers; let them know what you are thinking.
15. Don't complain. If you don't like something, do something about it or let it go.
16. Call home every Sunday.
17. Eat your vegetables.
18. Cook from scratch
19. Clean your room.
20. Work hard.
21. If you make a mistake own up to it. Try not to make too many mistakes you can't fix.
22. Smile.
23. Have fun.
24. Get a job.
25. And remember no matter how successful and how important you become ... you will still put your pants on one leg at a time.



Nana Westland - Aunt Bess - Nana Nye

Happy graduation, good luck and bon appétit!



*Cook like a chef...  
or just look like one!*

**Treat Yourself to an  
Around the Table Chef's Apron**

*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  
Private Chef & Catering Services**

*Enjoy an evening of fun!  
Learn, eat and laugh!*

**Around the Table  
Cooking Classes**

**For more information  
Visit the web at [www.susannye.com](http://www.susannye.com)**

For cooking tips, recipes and more,  
connect with me on FaceBook

[www.facebook.com/swnye](http://www.facebook.com/swnye)

or follow me on Twitter at

[twitter.com/susannye](http://twitter.com/susannye)

Watch me cook on

[www.youtube.com/susannye](http://www.youtube.com/susannye)

Contact me at  
[susannye@tds.net](mailto:susannye@tds.net)

603/526 7319

PO Box 1875 - New London  
New Hampshire 03257

**Peanut-Sesame Dipping Sauce**

*This versatile dipping sauce will be a great addition at your next party. It makes a wonderful  
appetizer with fresh vegetables. It's particularly good with blanched and chilled asparagus  
and snow peas. Or serve it at dinner with grilled chicken or shrimp. Enjoy!*

Makes about 1 cup



1/4 cup sesame oil  
Juice of 1 lime or 2-3 tablespoons rice wine  
vinegar  
1 tablespoon or to taste soy sauce  
1 teaspoon fish sauce  
To taste Harissa\*, Sambal\* or your favorite  
chili pepper sauce (I used a heaping  
teaspoon of Harissa in my last batch)  
2 cloves garlic  
1 tablespoon cilantro, chopped  
1 cup peanuts

Put the sesame oil, lime juice, soy sauce, fish sauce, garlic, chili sauce, garlic and  
cilantro in a mini food processor or blender and process until smooth. Add the peanuts  
and process until smooth. Add hot water a tablespoon at a time and process until you  
reach the desired consistency.

Refrigerate for at least 2 hours to combine the flavors. Bring to room temperature, give  
it a stir and serve.

*\* Harissa is a North African  
chili sauce made with hot  
peppers and spices.*

*\* Sambal is a South-East Asian  
chili sauce made with hot  
peppers, onions and spices.*

