

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
or 603/526 7319

More information the web at
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!

Susan

*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

For cooking tips, recipes and more,
connect with me on FaceBook
www.facebook.com/swnye
or follow me on Twitter at
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Watch me cook on
www.youtube.com/susannye

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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.*

