

The First Friday of the Month

Throughout the fall and the holiday season

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

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More information will be available soon.

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Girls' Night Out
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Contact Susan Nye at
susannye@tds.net
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It's September. The air is cooler, the days are shorter and everyone around you seems to be picking up the pace. Yikes! After a lazy summer, it is back-to-school, back-to-work but most of all it's back-to-reality. Through out September there is lots of running around, getting organized and getting adjusted to new, busier fall schedules.

With so much going on, it's no surprise that when anything (or everything) can go wrong; it usually does. Or at least it seems that way. The next time you have an absolutely awful, terribly miserable, no good day, think about having breakfast for dinner.

Breakfast for dinner? What's the attraction? Well first of all having breakfast at the end of the day immediately brings you back to morning. Back to when the day was still fresh and new; a perfect blank slate. You had not yet put your foot in your mouth with that new colleague. You had not yet discovered the mysterious ding on the car door. You had not had a fight with the copy machine; and lost. You hadn't stepped on the cat's tail, tripped over the bicycles in the driveway or yelled at your kids.

And for your children, well breakfast for dinner lets them relive the warm and cozy feeling of what the day was like before they fell down in the playground and skinned their knee. Before they dropped their tray in the cafeteria, in front of everyone. Before they struggled through that pop math or spelling quiz. And it was definitely before their frazzled mother or father yelled at them for leaving their bikes in the driveway or fighting with their little brother.

Now on top of all that, a huge attraction for an evening breakfast is speed and ease. A big, beautiful breakfast feast can be on the table before you know it. And not just your regular weekday morning kind of breakfast. Breakfast for dinner is not a cold, stale Pop-Tart or a half an English muffin smeared with peanut butter. When you finish the day with breakfast, the meal demands eggs, pancakes or waffles and plenty of bacon or sausage. Breakfast for dinner can be a royal feast and still take less than thirty minutes to prepare.

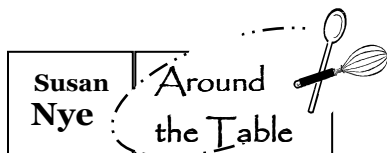
A skillet full of bacon might not be the healthiest food on the planet, but everyone and I mean everyone loves it. Some study done sometime showed that the only meat that vegetarians really, truly miss is bacon. Decades after they have given up steak and chicken with ease, said farewell to the Thanksgiving turkey and the Easter leg of lamb, they still hanker for a slice of bacon.

And while bacon may have a special attraction, don't forget the eggs. Scramble them, fry them or poach them, they cook up in a jiffy. Even an omelet can be whipped up in minutes. And for children, pancakes are the all time breakfast for dinner favorite. Then again, what's not to like. Pancakes are a carb lovers dream, floating in a little sea of sweet maple syrup and warm melting butter.

After a hard day at work and school, pancakes are an easy dinner which you and your children can make together. Whether you go the homemade route with flour, sugar, baking powder and spices or just grab a box of Bisquick, let your child measure out the ingredients. Relax and chat together as you whisk the milk and eggs into the dry ingredients. Let your children set the table or make toast while you flip the flapjacks. Hanging out in the kitchen and cooking together is a great way to connect with your children after a busy day.

Sitting down to breakfast at the end of the day will instantly remind you of a relaxing Sunday morning. You can breathe a little slower, rest a little easier. Don't let a hectic day drive you crazy. Take a deep breath, relax and,

Bon appétit! - Susan



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too little time?

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Brie, Sun-dried Tomato Pesto and Spinach Omelet

If you want the speed and ease of breakfast for dinner AND a change from all-American fare; try an omelet. Add a crispy salad and a few slices of toasted baguette and within minutes you have a light and tasty supper straight from a French Bistro. Enjoy!

Serves 2

1 tablespoon butter
4 large eggs
1 tablespoon milk
Kosher salt and freshly ground black pepper
1 tablespoon sun-dried tomato pesto (recipe follows or use store bought)
1-2 ounces brie, cut in small pieces
1-2 ounces fresh baby spinach leaves

1. Heat a 10- or 12-inch non-stick omelet pan over medium heat. Add the butter and melt.
2. While the butter is melting, break the eggs into a large bowl add the milk and whisk until light and frothy. Season with salt and pepper.
3. When the butter has melted and the pan is hot, pour in the eggs. Gently shake the pan while slowly stirring the eggs with a heat proof spatula or wooden spoon to distribute the egg. Gently lift the cooked egg so that the uncooked, liquid egg slips beneath it. After 1 or 2 minutes, the egg should be cooked through but still fairly moist.
4. Scatter the brie pieces, tomato pesto and spinach leaves on one side of the omelet. Carefully fold the omelet in half with your spatula. Cut in two wedges and serve.

Sun-dried Tomato Pesto

Makes about 1/2 cup

1/2 cup oil packed, diced, sun-dried tomatoes, drained
1-2 cloves garlic
1 tablespoon extra virgin olive oil
1 tablespoon red wine vinegar
2 tablespoons chopped fresh basil
1 tablespoon chopped fresh parsley
Kosher salt and freshly ground black pepper to taste

1. In the small bowl of a food processor combine all the ingredients and process until smooth.