

# PRIVATE AFFAIRS

Fall 2011

Susan DiBonaventura

## GET INSPIRED WITH PRIVATE AFFAIRS

### PRIVATE COOKING CLASSES

Looking to host a unique party, bridal shower, birthday party? Are you in a book club, garden club and looking for a new way to get together? Cooking classes are a great way to get together with your friends, neighbors or even ideal for team-building. Held at your location or mine, the evening is filled with fabulous food, fun and laughter. A perfect evening out. Recipes provided and a full meal is enjoyed by all. Hands on classes are also available. Call for details!

### HAVING A PARTY?

Let Private Affairs cater your next celebration. No party is too small. Come to our location to pick up foods or have us do the whole event. We prepare delicious homemade food and present it beautifully. We offer delivery service and can provide you with all your staffing needs. Check out our menu @ [www.pvtaffairs.com](http://www.pvtaffairs.com) and give yourself a break. Be a guest at your own party, leave the cooking

**LOOK FOR PRIVATE AFFAIRS  
ON FACEBOOK & TWITTER.  
KEEP UP TO DATE ON WHAT'S  
NEW & EXCITING.**

### Dear Friends,

This is it, my favorite time of year, autumn in all its golden glorious splendor. A time filled with cooler temperatures which make cooking a pleasure, a time of bright golden hues at every glance, a time of sweaters and cuddling and long walks through the rustle of leaves.



I love this time of year. I get energetic, I get happy, I get in the mood to cook up a storm, start a new book, clean out my closets, polish the silver or silver-plate. I feel renewed, I feel alive, ready to take on the world. I love to plan in the autumn months. Plan for the holidays, plan for new and interesting cooking classes, plan for comfort foods. I have many new classes online and some very interesting culinary day trips to get your juices flowing.

Enjoy this spectacular tapestry of color that nature provides us, get energized, get inspired, stop, look and listen to the world around you. Today is a gift, appreciate it!

Hope to see you soon!  
Susan

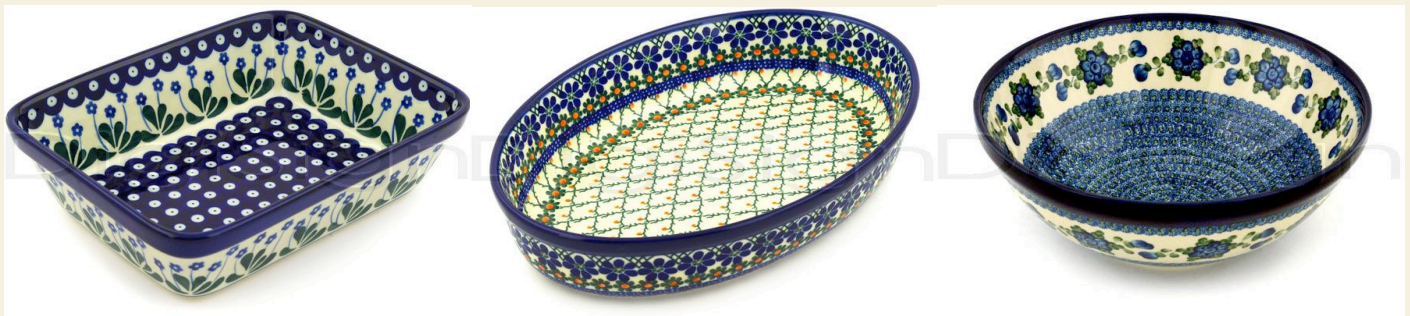
Remember, life always takes place in the present. You never know what the future holds. The opportunity to enjoy life is now. Make time to do so.

## BOLESLAWIEC POLISH POTTERY IS BACK!

We are so happy to have this beautiful pottery back. We have a wonderful assortment of all the dishes you use most during these months ahead of entertaining and parties. Round bakers, oval bakers, square bakers, rectangle bakers, and bowls of every size and shape. Beautiful new patterns as well as some of our favorites that we have sold in the past.

We are also having a huge pottery sale on Saturday November 12th from 9 am to 1 PM. Be sure to stop by as these items will sell out quickly. Hope to see you there!

**Pottery Sale: Saturday, November 12th 9am - 1pm**  
**Location: 5031 Bond Ave. Drexel Hill, PA**



## TIPS TO BOOST YOUR ENERGY

- Get outside, even for a few minutes, stimulate your senses with the world around you, stop what you are doing, look around, listen to the sounds around you. Take a deep breath, you will feel energized and fresh.
- This may sound funny but it works! Gently pull on your earlobes, run your fingers on the tips of your ears and gently give a tug, it helps you to stay awake and keeps drowsiness at bay.
- Listen to music, especially high energy music, it can change your mood, especially if you can dance around a little.
- Laugh, put a smile on your face, it elevates your mood and makes you feel good.
- Drink a glass of water all the way down. Splash some on your face. Water is a big part of who we are, it helps hydrate and helps all our organs perform in the best way possible.
- Stretch, lift your arms above your head, make your spine long, drop your shoulders and rotate them, breath in deeply. It is like taking a mini nap!
- Be grateful. We all have so much in our lives. Take a look at what you have not what you want. Be grateful for each day, it is a new beginning, a gift, a fresh start. Look at your glass as half full, not half empty.

## OREGON 2012

Beautiful, majestic, scenic and spectacular, this state is filled with an uncompromising beauty that will astound your senses and fill you with wonder. A feast for the palate as well as the eyes, Oregon will tempt you with the flavors and wines of the Northwest and the bounty of its many natural wonders.



On this trip we will visit the infamous Willamette Valley, known for award winning wines. It rivals Napa with its noteworthy wines and sprawling vineyards. This region is rich in both history and culture with its prolific farms, fruit stands and wineries.

The Oregon coast is a treasure trove of scenic views and outlooks begging you to take pictures and capture the rugged beauty of the coastline. The view is dotted with magnificent monoliths, craggy driftwood beaches, natural arches and caves full of sea lions and beaches lined with giant sand

dunes. It is one of the most spectacular coastlines in the country.

We will spend some time in the ultra-fun and fabulous Portland, the City of Roses, filled with eclectic boutiques selling Portland designed clothing and housewares. The shopping is fabulous, from fashion to foods, and with the added perk of no sales tax, you'll have an incredible time. Portland's many galleries and markets are filled with the bounties of this region and the city also boasts the world's largest bookstore, Powell's Books. It covers an entire city block!



A beautiful, walkable city, downtown Portland's blocks are half the length of standard city blocks. It generally takes one minute to walk one block. So, if you are five blocks away from



Powell's, it will take you about five minutes to get there. The founders of Portland were pretty cagey — they figured that shorter blocks would create more corners, which would, in turn, attract more businesses. Today, their scheme has made Portland one of the most pedestrian-friendly cities in the world. Portland is committed to keeping its downtown uncongested and has a free rail system for over 300 blocks in the downtown area.

Join me on the trip of a life time as we explore all Oregon has to offer with cooking classes, wine tasting, sightseeing and shopping in the spectacular Northwest. Please contact me with your phone and email information if you are interested in this trip.

## AUTUMN & WINTER COOKING CLASSES

Cooking classes are more than just a learning experience, they create a willingness to try new foods and recipes. With no time to think or try something new, we cook the same old thing over and over. Join me in one of my classes and be inspired to cook and add some new recipes to your repertoire.

You will be inspired to go into your kitchen, knowing you can do it and have fun too. My classes are more than just a cooking lesson. I offer many tips on shopping and storing, plenty of do-ahead ideas and short cuts, and, of course, laughter. So join me in a cooking class. Bring a friend and you will go home with a smile, a full tummy and inspiration to live in the moment.

Gift certificates are available for any amount. A perfect gift for someone who loves to cook.

Check out the web site for dates, times & sign up today!

[www.pvtaffairs.com/cookingclasses.html](http://www.pvtaffairs.com/cookingclasses.html)

## KISS THE COOK

One of the most important things you can do is to appreciate the one who cooks you a meal. There is nothing like a “thank you, it’s delicious” to make that person a very happy one and to secure a future meal! We all cook for appreciation, even the smallest compliment will make the cook feel wonderful and blessed.

No matter how easy the recipe, cooking is work. Deciding what to make, getting the ingredients, preparing the meal, and cleaning up afterwards. It is a job and a small sign of appreciation will put a smile in the heart of almost any cook! So next time someone makes you food, take it as a sign of love and kiss the cook!!!!

## GIFT CERTIFICATES

I offer gift certificates for any amount. Use them for cooking classes or Susan’s Suppers. Make your holiday shopping easy and give a gift that keeps on giving !

## BLOGGING

Looking for some inspiration? Need a lift? Join me on my journey through cancer. Check out my blog <http://www.blogger.com/home>

**This past summer I had the honor of being featured in an article by Lauren Annucci in an online newspaper called SpringfieldPatch.**

**Here is the link**

<http://springfield-pa.patch.com/articles/cancer-survivor-cooks-with-a-dash-of-inspiration>

## PUMPKIN CORNER

### PUMPKIN DIP WITH CINNAMON CHIPS

1 (8 ounce) package cream cheese, softened  
 2 cups confectioners' sugar  
 1 (15 ounce) can solid pack pumpkin  
 1 tablespoon ground cinnamon  
 1 tablespoon pumpkin pie spice

Blend cream cheese and confectioners' sugar until smooth. Gradually mix in the pumpkin. Stir in the cinnamon, pumpkin pie spice. Chill and serve with cinnamon chips

### CINNAMON CHIPS

6 tortillas  
 2 tablespoons soft butter  
 4 tablespoons sugar  
 2 teaspoons cinnamon

Combine the cinnamon and sugar. Spread the soft butter on the tortilla chips and sprinkle with sugar, cut into wedges, put in a 350 oven for 5 to 7 minutes until crisp.

### AUTUMN PUMPKIN AND PEAR SOUP

2 tablespoons butter melted  
 2 tablespoons flour  
 2 tablespoons pear syrup (from canned pears)  
 1 (15 ounce) can of pears drained and chopped (reserve 2 tablespoons syrup)  
 8 cups chicken broth  
 2 (29 ounce) cans pumpkin (not pumpkin pie mix)  
 2 tablespoons honey  
 salt and pepper  
 1 cup light cream

Make a roux by combining melted butter and flour over low heat until smooth and silky, 5 to 10 minutes. Add syrup and honey, pour in chicken broth and whisk until smooth add remaining ingredients. Simmer 20 to 25 minutes, stirring occasionally.

## SECRETS OF ENTERTAINING

- Use marble, granite or tile pieces as hot pads to set an elegant table
- For a buffet use old books stacked up to create height for hot dishes on your table
- Mirrored place mats set with glittering votive candles make an elegant and romantic center piece
- Having a casual party? Use new inexpensive dishtowels for napkins
- Remember~everything looks better in candlelight
- Different size antique bottles can be used as flower vases
- Make a beautiful seasonal centerpiece from branches and twigs just outside your door

## EAT YOUR VEGETABLES

### TOP FALL VEGETABLES, TIPS & RECIPES

#### **ZUCCHINI**

A healthy addition to fall dishes, this versatile vegetable is best known for vitamin C & A. It is good for your eyes and promotes blood health.

#### **Sauteed Zucchini & Yellow Squash**

2 pounds zucchini cut into 1 inch cubes  
 2 pounds yellow squash cut into 1 inch cubes  
 3 tablespoons olive oil  
 1 teaspoon chopped garlic  
 1 cup marinara sauce  
 2 tablespoons shredded basil

Saute garlic in oil, add zucchini and squash. Cook 10 minutes, add marinara and basil, cook additional 10 minutes.

#### **SPINACH**

A good source of magnesium and iron, it acts as an anti-inflammatory. Look for crisp, dark leaves and add it to soups and salads.

#### **Spinach & Potatoes**

6 cups fresh spinach, rinsed  
 1 pound potatoes, peeled, quartered, par boiled  
 1/4 cup olive oil  
 1 teaspoon chopped garlic  
 Salt and pepper  
 1/2 cup chicken broth or water

In saute pan saute garlic and spinach in oil, season with salt and pepper and add potatoes and broth, cook until spinach is wilted and potatoes are tender

#### **ONIONS**

At peak season in the fall and winter months, onions add flavor to sauces, soups and stews. They reduce blood pressure and are great for arthritis and asthma. Store at room temp in a cool, dry, well ventilated location.

#### **Onion and Pepper Saute**

4 red peppers sliced thin  
 2 large sweet onions sliced thin  
 4 tablespoons olive oil  
 1/2 cup chicken broth  
 Dash hot sauce  
 Dash brown sugar

Cook onions and peppers in oil until soft. Add remaining ingredients and cook 10 minutes.

#### **CAULIFLOWER**

A member of the cabbage family, this is an anticancer food. Store in the fridge for up to 4 days. The stem and leaves are edible too.

#### **Italian Cauliflower**

1 large head cauliflower, trimmed and cooked until tender  
 2 tablespoons olive oil  
 2 cloves garlic chopped  
 1 small onion chopped  
 1 anchovy smashed(optional)  
 1/2 tsp hot pepper flakes  
 1 cup grape tomatoes cut in half  
 Salt and pepper

Combine all ingredients, except cauliflower, in saute pan. Cook 10 minutes, add cauliflower and cook additional 10 minutes.

## EAT YOUR VEGETABLES CONTINUED

### TOP FALL VEGETABLES, TIPS & RECIPES

#### **BRUSSELS SPROUTS**

These tiny cabbage like globes are revered for their cancer fighting properties and abundance of fiber. When buying, look for firm tight heads and do not wash until ready to use.

#### **Maple glazed Brussels Sprouts**

2 tablespoons melted butter  
2 tablespoons Maple syrup  
1 teaspoon Dijon mustard  
Salt and pepper  
1 pound Brussels sprouts cooked until tender

Whisk together butter, syrup, Dijon, salt and pepper in saute pan. Toss with sprouts. Cook 10 minutes

#### **BROCCOLI**

An excellent source of vitamin C, broccoli can be eaten raw or cooked and is a great source of folic acid. Store fresh broccoli in a perforated plastic bag in the fridge for 3 to 5 days.

#### **Broccoli Romano**

1 bunch broccoli, trimmed and cooked until tender  
2 tablespoons olive oil  
Salt and pepper  
1/2 cup locatelli romano cheese

In oil saute broccoli, season with salt and pepper and toss with grated locatelli cheese

## SIMPLIFY YOUR LIFE

We live in a world of consumption. Each time you watch television, read a magazine, look at a billboard, we see how to be bigger, better, thinner, more glamorous, more beautiful, more more. Truthfully, at this time in my life I want less. I want a simpler life, filled with less things, less bills, less worries. I am looking for space, in my house, in my mind and in my heart.

Here are a few tips to simplify your life now.

- Get enough sleep. Being exhausted is not a good way to start the day and we don't make good decision on too little sleep.
- Organize your living space. Do this one little bit a a time. One drawer, one corner of the room, one tabletop. You will feel lighter, free from clutter and you will have a place for everything.
- Don't try to be everything to everyone. Just do what is right, don't be afraid to say no, to leave some time in your day just for you. You will be amazed at how good this will make you feel.
- Smile often, laugh freely. Humor is so important in our lives, it lightens our mood and relaxes us, raises those good endorphins and is truly healthy for us.
- Be yourself, you are a gift. Treat yourself good, put your self first, make you a priority, you deserve it!