

Throw open the windows and give a listen. The air is alive with distinctive, summer sounds. Some are rarely heard and fill us with nostalgia. Others play day in and day out but are still much-loved symbols of the too-short season. There are sounds unique to early morning while others wait until after dark. Here are a few favorites:

- **Light sleepers know that *up with the birds*** is more than a cliché. Our feathered friends begin their chorus at first light.
- **From breakfast until dinnertime, the drone of lawnmowers** fills the neighborhood.
- **As the heat builds**, so does the hum of insects. So no, you're not crazy; there is a buzz in the air.
- **Just when you think you can't take another minute** of sweltering humidity, a New England thunderstorm explodes with pelting rain, earsplitting claps and deafening booms.
- **Can't wait for the inevitable storm?** Head for the multiplex and sit back in air-conditioned comfort while the thunderous crescendo of a summer blockbuster surrounds you.
- **If you decide to stay home**, you can enjoy the deafening hum of an ancient air conditioner. (Since we rarely use them, some of us New Englanders keep them forever.)
- **There is something timeless and inimitable** about the bang of an old screen door when it slams shut. Just as timeless is the shout, "Don't slam the door!" that inevitably follows.
- **Get ready for a symphony** as soon as the sun goes down. Crickets come out to chirp, owls hoot, peepers peep and frogs croak.
- **Speaking of symphonies**, at least half a dozen local bandstands fill the air with music every summer weekend. From John Philip Sousa to jazz, doo-wop, rock and country – it's all good.
- **Rarely heard these days** but fondly remembered, with a bit of luck, you might catch the jingling bells of an ice cream truck.
- **The crack of the bat** and the roar of the crowd are the telltale sounds of the nation's pastime.
- **The buzz of a motor boat** whipping through the waves and a water-skier's shouts of glee are sounds of victory.
- **Hide and seek, Red Rover and Capture the Flag** – we welcome the shouts and laughter of children playing outside.
- **At the end of every long, sunny day**, neighborhoods ring with the calls of moms yelling for their kids to come home for dinner.
- **Not just wonderful smells**, summer cooking is filled with delicious sounds. Consider a steak sizzling on the grill, a crackling campfire ready for marshmallows or the crunch of crispy veggies in a salad.



Enjoy the sounds of summer and bon appétit!

Susan

Asian Noodle Salad with Spicy Peanut Sauce

A great addition to your next picnic or cookout, this salad has a delicious crunch. Enjoy!

Serves 8

12-16 ounces rice noodles
 Spicy Peanut Sauce (recipe follows)
 3-4 scallions, thinly sliced
 3-4 radishes, chopped
 1 carrot, cut into curls (use a peeler)
 1/2 European cucumber, peeled, seeded and chopped
 1/2 red or yellow bell pepper, seeded and chopped
 1/4 cup chopped fresh cilantro
 1/4 cup chopped fresh mint
 About 1/3 cup chopped salted peanuts



Cook the noodles according to package directions. Drain, rinse under cold water and drain again, shaking off any excess water.

Put the well-drained noodles in a bowl, add enough Spicy Peanut Sauce to coat and toss to combine. Add the vegetables, sprinkle with the herbs and about 2/3 of the peanuts and toss to combine.

Transfer the noodles and veggies to a deep platter or individual plates, sprinkle with the remaining peanuts and serve.

Can be made in advance, covered and refrigerated.

Spicy Peanut Sauce

2-3 cloves garlic, chopped
 1-inch piece ginger, peeled and chopped
 Zest and juice of 1 lime
 2 tablespoons rice wine vinegar
 2 tablespoons or to taste soy sauce
 1 tablespoon fish sauce
 1 tablespoon brown sugar
 1 teaspoon or to taste sriracha
 1/4 cup peanut or canola oil
 2 tablespoons sesame oil
 1/2 cup roasted peanuts (if salted, quickly rinse and drain)

Put the garlic, ginger, lime zest and juice, vinegar, soy sauce, fish sauce, brown sugar and sriracha in a mini food processor or blender and process until combined. Add the peanut and sesame oils and process until smooth. Add the peanuts and process until finely chopped and smooth.



*Another recipe from Susan Nye:
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Let the sauce sit at room temperature for 30 minutes or in the refrigerator for several hours to combine the flavors. Bring to room temperature before tossing with the noodles.

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