

And this week...

Who knew that November would be my busiest month for guests since coming to live on the Cape? I certainly expected a steady flow of guests over the summer, but with November comes Thanksgiving, when my son will come for a week, and every weekend has been/is booked solid with friends. This means fun, and outings, and more organized menu planning, which typically means items that will end up in the freezer for future guests as well. I hope you enjoy this month's "vat cooking" offerings as well as my usual menu of meals for one.

Having made my point about how easy my food actually is to make and how little time it truly takes by posting exact cooking times at the bottom of each post, I have decided to retire that particular addition to each recipe. Instead, I will round things up and for example say "can be made in under ten minutes" rather than itemizing minutes and seconds. I don't mind looking at the clock when I stop and when I start, but the timer made me feel like I had to rush and that truly is not the point of cooking, even if I do like to get my meals for one on the table in short shrift.

Fall is late this year on the Cape and the leaves are apparently three weeks behind schedule. The nights are getting cooler, all of the peepers have gone silent, and the air is crisp during the day, but it is still lovely enough weather to be outside in only a light jacket. I have been taking lots of walks because I love the combination of bright blue autumn sky and fluorescent yellow fall leaves, and also want to take advantage of the great outdoors before winter hits, and a really cold one is predicted which means that I may turn into Punxsutawney Hil...

Sorry that this is such a mixed bag of thoughts. I am participating in [Nanowrimo](#) yet again this year and spend so much time in the lands of my imagination that it is hard for me to

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come back up for air and reality sometimes, and some evenings I am simply out of words. Still, I have a few good recipes for you, so here is the weekly recap:

[Gardener's Pie](#)

[Beet Marinated Salmon with Warm Cannellini Bean Salad](#)

[Lasagna](#)

[Leeks Vinaigrette](#)

[Avocado Toast](#)

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