

Sweet & Savory

MARRIAGE

with **Chef Jeff Pennypacker**
from *The Sweet & Savory Classroom*



VIRTUAL DATE *Night*
AT HOME



TABLE OF CONTENTS

On the Menu: Ingredients 2

Equipment 3

Recipes 4-6

Whatcha Got Cookin'? 7

When Making Crêpes 9

Who's Sweet & Who's Savory in Your Marriage? . . 11

Knee-to-Knee Questions 12

ON THE MENU

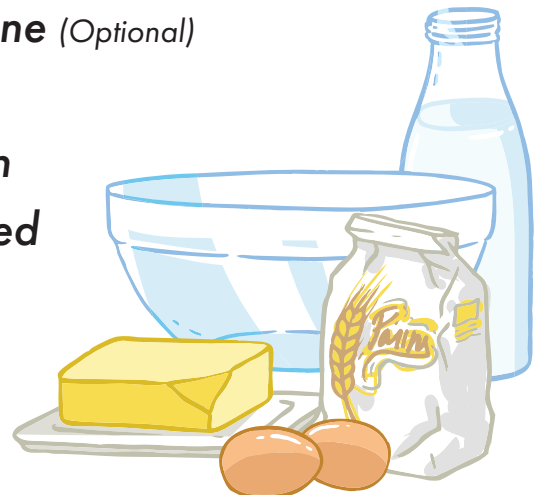
Crêpes

INGREDIENTS

- **1 cup + 1 ½ Tbsp All Purpose Flour**
(Gluten-free alternative: Buckwheat Flour)
- **1 cup Milk** (Alternative: Almond, Soy or Oat Milk)
- **3 each Large Eggs** (Alternative: Flax Seed Egg)
- **¼ tsp Salt**
- **1 pinch Sugar**
- **4 ½ Tbsp Butter, Melted**
(Alternative: Dairy-free, Plant-based Butter)
- **1 oz Oil, any kind**

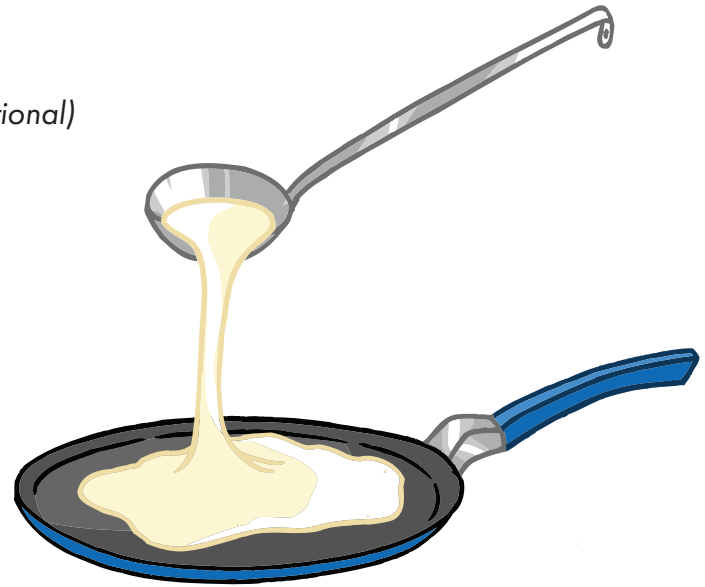
FILLING INGREDIENTS

- **2 ½ oz Heavy Cream** (Alternative: Coconut Cream)
- **1 each Egg Yolk, Large** (Alternative: Flax Seed Egg)
- **¼ cup Nutella, PNB, Jam or Fruit**
- **Powdered Sugar** (As needed)
- **1 ½ Tbsp Sherry, cooking wine** (Optional)
- **6 oz Chicken breast**
- **1 cup Chicken Stock or Broth**
- **1/8 cup Red Onion, chopped**
- **4 slices Bacon**



EQUIPMENT

- *Whisk*
- *3 Mixing Bowls*
- *Small non-stick pan or Crêpe pan or Carbon Steel pan*
- *Stand or handheld mixer (optional)*
- *Offset or rubber spatula*
- *Sauce pan*
- *Baking Sheet*
- *Cutting Board*
- *Knife*
- *Strainer Basket*



GETTING STARTED...

Crêpes are the “French Pancake,” loved by all who eat them and loathed by those who have tried (unsuccessfully) to cook them. Knowledge is power, and in this class Chef Jeff will arm you with the knowledge necessary to master French Crêpes and put the power back into your hands once more! From making the perfect batter to executing thin, lacy crêpes in a steel pan, you will learn it all. You will eat like champions, and cooking them together will make your marriage a winner too.

RECIPE

Master Crêpe Batter

INGREDIENTS

- **1 cup All Purpose Flour**
(Gluten-free alternative: Buckwheat Flour)
- **1 cup Milk**
(Alternative: Almond, Soy or Oat Milk)
- **3 each Large Eggs**
(Alternative: Flax Seed Egg)
- **¼ tsp Salt**
- **1 pinch Sugar**
- **3 Tbsp Butter, Melted**
(Alternative: Dairy-free, Plant-based Butter)
- **Oil for brushing pan** *(As needed)*

DIRECTIONS

1. Whisk eggs.
2. Add eggs and a small amount of milk to the flour, salt, and sugar.
3. Make a thick paste and be sure to work out the lumps.
4. Add remaining milk.
5. Whisk in butter. If batter seizes, warm it over a steam bath until it melts.
6. Strain the mixture and rest in the refrigerator. The crêpe batter keeps for a few days in the refrigerator. It may need to be adjusted with milk to achieve the proper consistency.
7. Have oil (to grease pan) and a sheet pan lined with parchment paper. It is useful to have additional milk as well to adjust the consistency of the batter.
8. Grease the pan with a small amount of oil and heat slightly.
9. Hold the pan at an angle and ladle in the crêpe batter and rotate pan to let batter spread evenly in pan.
10. When the crêpe has dried on top and is lightly browned on the bottom, turn it over. The crêpe only needs to cook for a few seconds once turned. Remove the crêpe from the pan and lay on a sheet pan.
11. Re-butter the pan after every few crêpes.
12. Crêpes freeze well and keep for a very long time. Layer the crêpes on a lined sheet pan, wrap well and freeze. The crêpes will need to come to room temperature before they can be used.

Chicken & Bacon Crêpes

INGREDIENTS

- 6 oz Chicken, cooked & pulled
- 1 ½ Tbsp Butter
(Alternative: Dairy-free, Plant-based Butter)
- 1 ½ Tbsp All Purpose Flour
(Gluten-free alternative: Buckwheat Flour)
- 1 cup Chicken Stock or Broth
- 1/8 cup Red Onion, chopped
- 4 Bacon slices
- 1 ½ Tbsp Cooking Wine
- 2 Tbsp Heavy Cream, whipped
(Alternative: Coconut Cream)
- 1 each Egg Yolk, Large
(Alternative: Flax Seed Egg)
- 4 Crêpes

DIRECTIONS

1. Remove the meat from the cooked chicken and reserve.
2. Cook bacon till almost crisp.
3. Heat the butter in a saucepan until melted.
4. Add the red onions and cook until soft, about 2 minutes.
5. Add the sherry and reduce.
6. Whisk in flour and cook roux, whisking, until pale golden, about 2 minutes.
7. Temper in the chicken broth until it begins to thicken.
8. Reduce heat and simmer gently, whisking frequently, until sauce is smooth and thick.
Reserve ½ cup sauce for topping.
9. Add the pulled chicken to the sauce and fold in.
10. Let cool.
11. Preheat oven to 350°F
12. Spread ¼ cup filling across center of 1 crêpe and roll into a cylinder. Transfer, seam side down, to buttered baking dish, then assemble more crêpes in same manner, fitting them snugly. Bake in middle of oven 15 minutes.
13. Stir together yolk, whipped cream, and reserved ½ cup sauce until smooth.
14. Spoon over the hot crêpes and return to the oven to the broiler to brown.
15. Serve hot.

RECIPE

Dessert Crêpes

INGREDIENTS

- $\frac{1}{4}$ cup Nutella, PNB, Jam or Fruit
- 2 Tbsp Whipped Cream
(Alternative: Coconut Cream)
- Powdered Sugar (As needed)
- 2 Crêpes

DIRECTIONS

1. Spread $\frac{1}{4}$ cup of filling across center of 1 crêpe and roll into a cylinder, or fold.
2. Spoon whipped cream and powdered sugar over hot crêpes as desired.
3. Enjoy!



COOKING IS AN ART. IT REQUIRES A PRECISE MIXTURE OF INGREDIENTS, SEASONED WITH SPICES, COOKED AT THE RIGHT TEMPERATURE WITH PATIENCE AND LOVE, **JUST LIKE MARRIAGE!**

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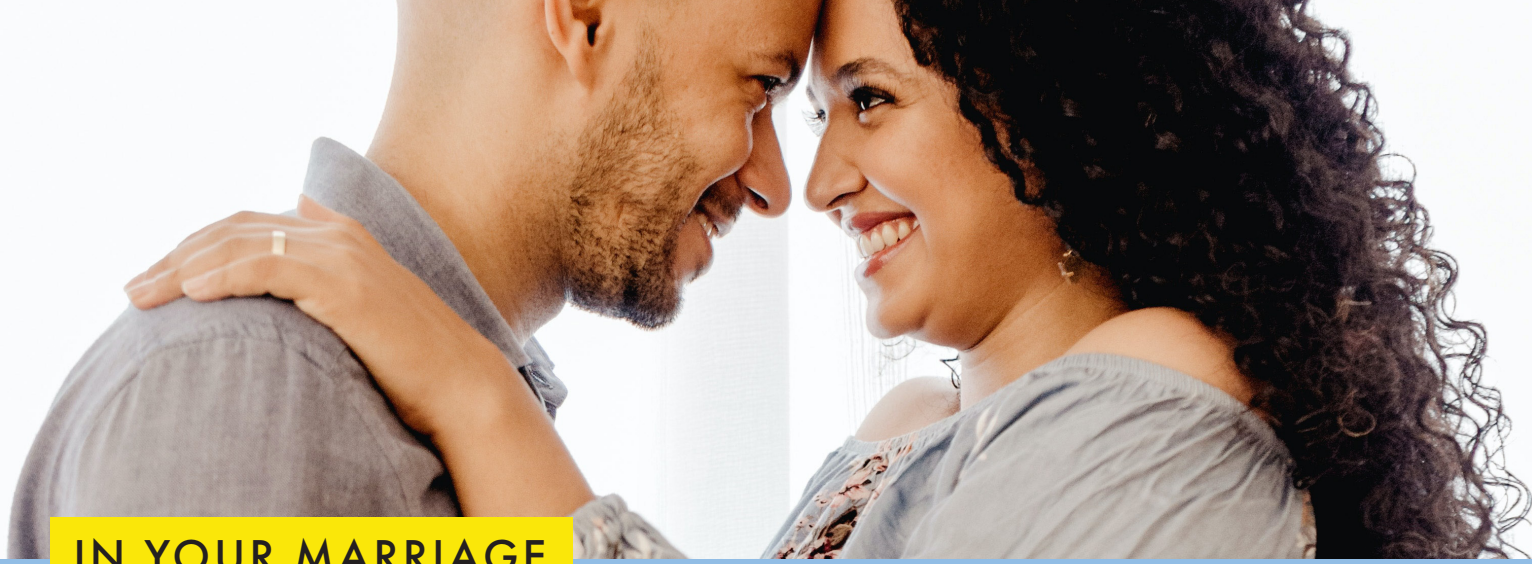
Whatcha Got Cookin'?

When it comes to growing and strengthening your marriage, there's a lot you can learn from what goes on behind the scenes in the kitchen.

IN THE KITCHEN

Cooking beautiful masterpieces takes time, creativity and careful attention. It's helpful to know how different ingredients work together, that perfection isn't necessary to be a good cook and that curiosity and experimenting with how different ingredients go together can actually make some of *the most amazing dishes*. Lots of ingredients are yummy by themselves, but put them together and let them simmer awhile and they become seriously **GOOD**.

Preparing one tasty meal doesn't make you a good cook. If you only know how to cook that one meal, things are going to get boring real fast. Practicing different techniques, exploring new recipes, and adding in your own twists and preferences takes cooking to a whole new level. Of course, this takes time and a willingness to be a little *adventurous*.



IN YOUR MARRIAGE

Creating a secure, intentional relationship with your spouse takes *time* and *careful attention*. It also takes a willingness to be curious, to make mistakes and to keep trying. Your relationship isn't considered "great" just because you say "I do."

Think about shrimp gumbo or a yummy pot roast with potatoes, carrots, celery and onions... When all of the ingredients for those dishes are allowed to simmer and cook for a period of time, they create an amazing dish to smell and devour, but if you rush it, what you put in your mouth will not be that tasty. You can love the person you marry with your whole heart the day you say "I do," but if you stop there and don't do anything else to add some spice, it's going to get old quickly. *What makes your marriage great over time is being intentional about crafting the relationship you want with your spouse.*

Keep in mind **the recipe of your marriage will change over time because the two of you will grow and change.**



Making Crêpes...

The first one is usually not so great, but the more you practice, the better each crepe becomes. In fact, when you head to the kitchen to make crepes, you'll always make multiple crepes at one time and stack them on top of each other. *The best crepe is usually the one on top of the stack because it's the last one you make.*

Similarly, building a rich marriage takes time. The longer you're married, the more fulfilling and satisfying your relationship should become. Just like every one of the crepes you make will not look the same, the years of your marriage should not look the same either. Hopefully, with time and attention, your marriage gets better and better.

Whether you're cooking crepes or strengthening your marriage, the more you practice, the better you get at it.



LET'S FOCUS ON SWEET & SAVORY

Each ingredient is so-so on its own, but when you put them all together and add a little bit of heat, they pop and create a beautiful, tasty experience.

As far as flavors go, sweet and savory are about as opposite as they come. But together, they complement each other and create a perfect balance.

Think about salt and sugar. They look almost identical, but they have very different tastes. In fact, if you accidentally use salt in a recipe that calls for sugar, or vice versa, the end result will be straight up GROSS.

When combined, salt and sugar perfectly balance each other out.

Here's a great example of salt and sugar working together in the kitchen: In the process of preserving meats, if you just use salt, the meat won't preserve correctly. Meats need both salt and sugar to maintain freshness and have a balanced flavor.

Who's Sweet & Who's Savory

IN YOUR MARRIAGE?

How are you and your spouse different? Perhaps one of you decided to fill your crepe with chicken and spices while the other preferred chocolate and peanut butter.

Regardless of how different you are, *remember different is not wrong*. When it comes to taste, we have different preferences, and being different can help keep things spicy in your relationship.

In the kitchen, one of you may be trying to follow the recipes to a tee, but the other keeps adding a pinch of something else here or there, or not using the measuring cup to its fullest capacity.

REMEMBER: *Perfection prevents connection
both in the kitchen and in your marriage*

This doesn't mean you should never follow rules or recipes, but there are different ways to reach the same desired result. Your marriage will never be perfect, but the end goal is to create a relationship that is satisfying, fun and safe for the both of you.

KNEE-TO-KNEE QUESTIONS

What differences in your marriage actually make you better together?

In what ways could we be more adventurous?

What's one sweet thing I do that you really enjoy?

Where does our marriage need more sweet and savory?

How has our marriage become more flavorful or robust over time?

Are there areas of our marriage that could be enhanced with a little more spice?

What do we need to add to our marriage recipe or take away from our marriage recipe so we both can enjoy it more?

READY TO COOK MORE TASTY MEALS TOGETHER?

See what's up next at *The Sweet & Savory Classroom!*

[SWEETANDSAVORYCLASSROOM.COM](https://www.sweetandsavoryclassroom.com)

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