

Our Newlywed
KITCHEN

*The Art of Cooking, Gathering,
and Creating Traditions*



Laura Schupp



DEAR GIFT-GIVER,

An engagement, shower, or wedding calls for a special gift.

My Newlywed Kitchen is that and more as you create a keepsake by adding your personal touch. Encourage and inspire the new couple

by adding in the designated pages a prayer or offer of best wishes, wisdom learned from your own enduring marriage, trusted family recipes, and time-honored traditions. Let your handwritten messages continue to bless them for years to come.



WITH
Love

FROM

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DATE

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AUTHOR'S NOTE

My NewlyWed Kitchen is a mother's notes to her daughter. It's a conversation between an encouraging mentor and you, the beautiful bride. It's a guide, a planner, and a tutorial that will equip you to build a loving and nurturing home, all by bringing the basic elements of the kitchen together. Simply put:

I want to challenge you to change lives through the heart of the home—your kitchen.

Don't worry, this book will not return you to an era of outdated ideals. Rather, it illustrates how to cultivate the timeless value of gathering friends and family to your table while mixing in today's emphasis on healthy, simple food with contemporary solutions. The skills you'll uncover in this book have the power to bless generations to come.

Laura





Best Wishes!

THIS IS AN EXCITING TIME FOR BOTH OF YOU.



You have found your special someone and chosen to build a future together. Enjoy your new beginning to the fullest! As you already know, this is also a time for decisions. Along with all the immediate choices concerning your wedding day celebration—your dress, the venue, the honeymoon destination—you are also

deciding where you will live, with possible career changes and relocations to consider as well. You have a lot on your plate, but this book is not meant to overwhelm you. First, read my advice for selecting the perfect wedding registry, and then come back to the rest as you settle into your new home. You'll find concepts that will affect you for the rest of your life. After all, we need food—and love—every day. Why not learn how to connect these necessities? I'm happy to share with you what I've learned—from setting an inviting table and hosting a gathering, to creating a lifetime of togetherness in your marriage. ✨

Congrats to your lucky guy, too! Look for occasions to take "mental snapshots" during this special time. Trust me, these moments are fleeting, and you'll cherish these memories.

The Kitchen

you will create, learn in, & love

WALK INTO ANY STORE WITH A GIFT REGISTRY AND AT FIRST GLANCE YOU ARE BOUND TO BE WONDERFULLY OVERWHELMED.

Yet before you say “I do,” you may first find yourself asking:

- “Do I need both fine and casual dinnerware?”
- “Do I want eight, ten, or twelve place settings?”
- “Do I have space for multiple small appliances?”

The in-store registry lists will tell you what you supposedly need to fill your kitchen.

Retailers will make all of their products look irresistible—and let’s face it, that’s their job. But what if you don’t see the need for twelve place settings of fine dinnerware, crystal, and flatware? Or enough platters to serve a small army? You may ask yourself if these items are useful or necessary.

The next few pages will help you answer these questions. My hope is to shed light on why registering is still a good idea, while


offering guidelines for you and your fiancé as you prepare for the registry. You’ll also find the *My Newlywed Kitchen Essentials* checklist, which makes it easy to see what products will be useful for specific purposes in your kitchen. I’ve cut out the fluff, so you can have a clear vision of how items on your registry can work for you or be left off your list all together.

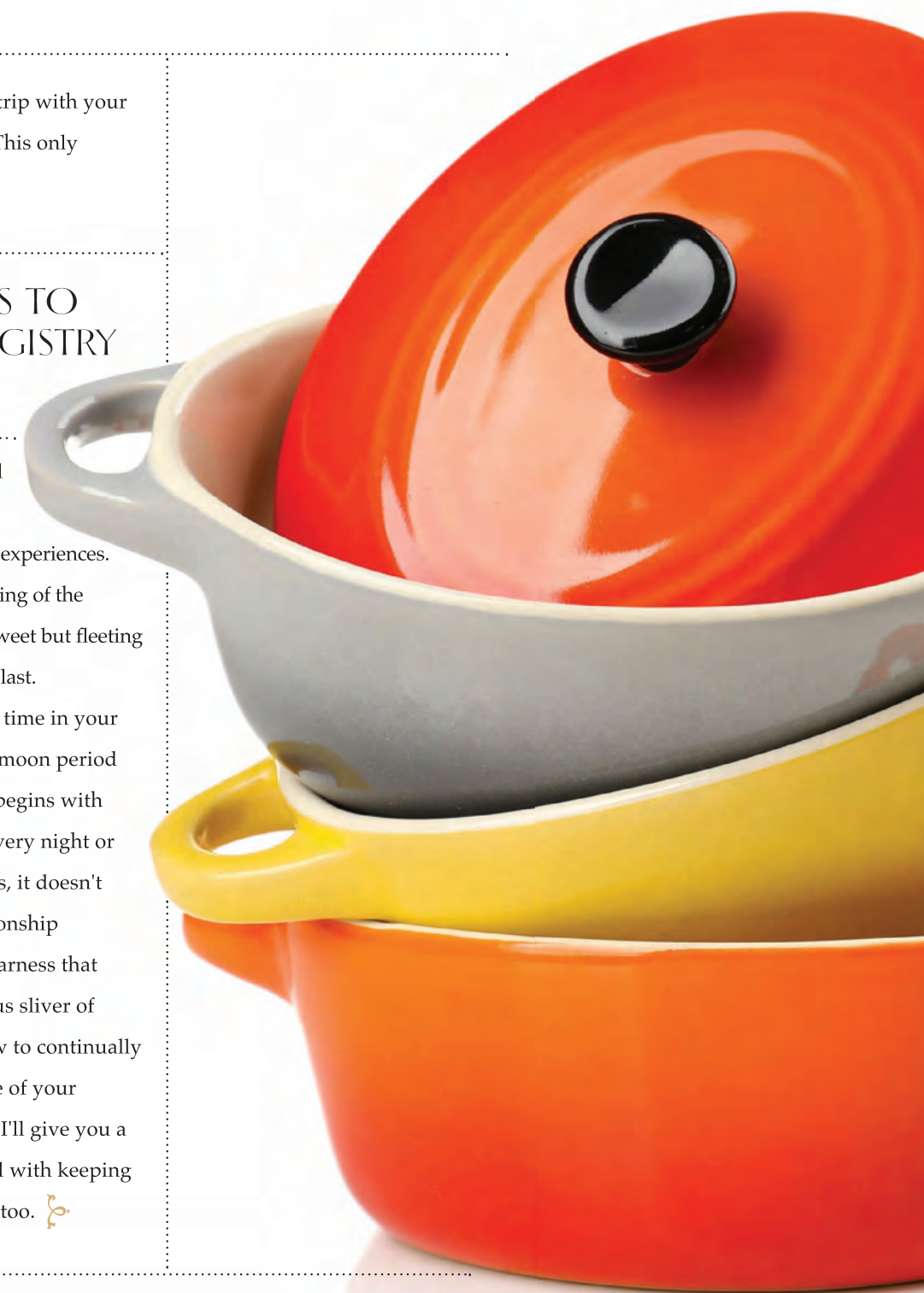
Please know that the list is only a template—a well-meaning set of recommendations. It’s a conversation that began with my daughter and now extends to you. You’ll find that sometimes we agree, and sometimes we agree to disagree. The point is to take time to think before you shop. That way, you’ll avoid costly missteps and make the most educated choice for your particular needs. Registering is a well-thought-out celebration and plan for your life together, which should be stewarded

wisely. But it’s also a fun field trip with your betrothed. Enjoy the journey! This only happens once.

HONEYMOON IS TO MARRIAGE AS REGISTRY IS TO KITCHEN.

The honeymoon, as you are well aware, is the initial period of enthusiasm a newlywed couple experiences. Named in reference to the “waning of the moon,” it is a reminder of this sweet but fleeting time in which this newness will last.

Just as there is a honeymoon time in your marriage, there is also a honeymoon period with your new kitchen, and it begins with your registry. While cooking every night or most nights may sound tedious, it doesn’t have to be. Create a love relationship with your new kitchen now. Harness that enthusiasm during this precious sliver of time. I will revisit ideas on how to continually revive the “honeymoon” phase of your kitchen in future chapters, but I’ll give you a little hint: it goes hand-in-hand with keeping your marriage fresh and alive, too. 



KITCHEN ESSENTIALS

Whether you're a foodie extraordinaire or a newbie in the kitchen, this list is ideal for basic food prep.

Cooking

Cutting Boards

Wood, bamboo, teak, plastic, or glass? There are so many choices on the market, and probably a few more that didn't make the list. Here's the breakdown:

Wood, bamboo, and teak are easy on your knives, as they allow the knife to stick a little when the blade hits the board. This feature allows for better knife control and better safety. Wood, bamboo and teak boards require more upkeep. They aren't dishwasher safe, which means you'll have to wash and sanitize them by hand or in the microwave. Over time, water separates wood, and

they can crack, splinter, and break, so keep them dry.

Wood contains a natural bacterial resistant property that plastic doesn't.

Glass boards are easy to clean, but I've found that they become slippery after washing, break easily, and the sound of a knife on glass is just plain unnerving. Glass cutting surfaces are not ideal for keeping knives sharp. Look for a board, at least 15x20 inches, so you'll have plenty of room to work.

Plastic boards are inexpensive, dishwasher safe, and less likely to dull your knives, but tend to stain and show wear more readily. New



studies are showing that plastic boards may contain toxic chemicals that leach during use. Look for a board that does not contain BPA or other harmful chemicals.

MyTip: *I prefer a board with anti-slip grips on the side. To avoid cross-contamination when cooking with meat, use more than one board. Dedicate a board for raw meat and another for everything else.*

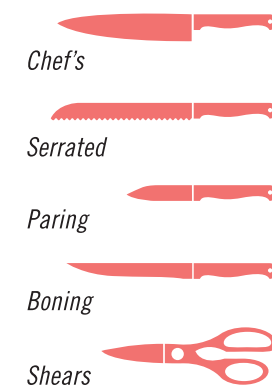
A drip-well around the rim is a nice feature as it catches excess liquid. If choosing a wood board, never place it in the dishwasher or soak it in water. For parties, a wood cutting board also can serve as a handsome charcuterie tray.

Use your registry as an opportunity to select lasting, quality essentials.

START WITH THE BASICS

Knives

Knife block or individual knives? A block provides lots of cutlery options, is conveniently accessible on your counter top, stores knives safely, and may include steak knives. If you forgo the block and select knives individually, a chef's knife (used 80 percent of the time), serrated knife, paring knife, and boning knife will get you started. Store loose knives in a safety sleeve or on a magnetic strip. This will protect both you and your knives. Never place knives in the dishwasher, as high heat will dull the blades. For longer life, wash and dry by hand.



Cookware

This selection is sure to be the greatest challenge on your registry because of cost, frequency of use, and expected longevity. The essentials you will likely need are: stock pot with lid, Dutch oven, small and medium sauce pans with lids, large sauté pan with lid, and small sauté pan.

Keep these three points in mind as you research your cookware selection: **1.** Know your cooktop: gas, electric coil, ceramic glass range. **2.** How's the pan's grip, feel, and weight? Is it comfortable? **3.** Do you prefer a glass lid for easy peeking?

Nonstick cookware has been around for many years and has gained a popularity because of the ease of cooking and cleanup. Downside: They usually are not dishwasher safe, and you will want to be aware of studies on perfluorooctanoic acid (PFOA),



Copper

Quality is key when selecting knives and cookware. Grow into them, not out of them.



Stainless Steel



Glass

YOUR Kitchen Essentials CHECKLIST



KITCHEN ESSENTIALS CHECKLIST

• Baking Items

- Baking dishes
- Cake pans
- Measuring cups
- Measuring spoons
- Muffin tins
- Oven mitts
- Pie plate
- Rolling pin
- Round cake pan
- Silicone spatulas

• Storage Containers

- Countertop
- Pantry
- Refrigerator/Freezer

• Cookware sets

- Cast iron skillet
- Ceramic Dutch oven
- Stock pot with Lid
- Small sauce pan with Lid
- Medium sauce pan with Lid
- Large sauté pan with Lid
- Small sauté pan

• Cutlery

- Boning
- Chef's
- Paring
- Serrated
- Shears

• Cutting boards

- Wood
- Plastic
- Other

• Mixing Bowls

- Nesting set of 3

• Tools | Utensils

- Box grater
- Can opener
- Colander
- Cooking thermometer
- Dish towels
- Ice cream scoop
- Kitchen tongs
- Ladle
- Potato masher
- Spoon
- Slotted spoon
- Slotted turner
- Vegetable peeler
- Whisk

Small Appliances

- Blender
- Coffee maker
- Slow cooker
- Griddle
- Mixer
- Tea kettle
- Toaster/Toaster oven

ADDITIONAL ITEMS

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PRINT A CHECKLIST AT
MYNEWLYWEDKITCHEN.COM



A PRAYER FOR
*Together*nness

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MARK 10: 8-9 ESV
"AND THE TWO SHALL BECOME ONE FLESH. SO THEY ARE
NO LONGER TWO BUT ONE FLESH. WHAT THEREFORE GOD
HAS JOINED TOGETHER, LET NOT MAN SEPARATE."





Favorite recipes can bind you to a special place and time.

Start your keepsake recipe collection right here. For more printable recipe pages go to MyNewlyWedKitchen.com

Recipe _____

Ingredients: _____

Serves: _____ Prep Time: _____

From: _____
A Favorite of: _____

Directions: _____

MyNewlyWedKitchen.com

Recipe _____

Ingredients: _____

Serves: _____ Prep Time: _____

From: _____
A Favorite of: _____

Directions: _____

MyNewlyWedKitchen.com



Lemon Salmon Mashed Potatoes & Asparagus



Serves: 4

Prep Time: 30 minutes

Salmon: 20 minutes.

Mashed potatoes: 30 minutes.

Asparagus: 15 minutes

Ingredients:

- 1 1/2 pounds skinless salmon filets
- 3 tablespoons butter
- 1 lemon
- 4 Yukon Gold potatoes
- 4 tablespoons milk
- 2 tablespoons butter
- 1 pound fresh asparagus
- Salt & pepper

Cooking Steps:

Preheat oven to 450°.

Potatoes steps 1- 3.

Salmon steps 1- 3.

Asparagus steps 1- 3.

Follow-up on all remaining steps.



Directions:

Salmon

1. Line a cookie sheet with aluminum foil, or prepare a small baking dish with butter, so the salmon won't stick. 2. Cut the salmon into four even pieces and salt and pepper to taste. 3. Place in the pre-heated oven. 4. Test with fork at about 12 minutes. When it flakes in the middle, it's done. Garnish with lemon and melted butter-optional.

Mashed Potatoes

1. Rinse and peel potatoes. 2. Quarter potatoes and place them in a large pot, covering them with cold water, add 1 teaspoon of salt. 3. Bring to a boil for 10-12 minutes. 4. Test for tenderness with a fork. You want fork to go in smoothly but not break potato apart. 5. Drain into colander, then place potatoes back in the pot (if using a potato masher or hand mixer), or into the bowl (if using a stand mixer). Add 2 tablespoons butter, approx. 4 tablespoons milk, and salt and pepper. Mash until smooth. Don't overcook potatoes or they become gluey.

Asparagus

1. Rinse. 2. Remove the bottom fibrous part of the stalk by snapping it off, leaving the tender stalk toward the spear for consumption. 3. Add asparagus and dash of salt to 1/2 inch of water in a skillet. 4. Cover on medium heat. Let steam for about 10 minutes.

***MyTip:** Cook potatoes right after you peel them or they will turn brown. They are still safe to eat and it won't change the taste, just the presentation. If you can't cook immediately, submerge them in water and place in the refrigerator, but no longer than overnight. Also, the smaller the cut the more moisture they take on, so it's better not to cut them until you're ready to cook.*

21-DINNER ROTATION

Step One: Your Calendar

Eating healthy, avoiding stress, and saving time and money are easy with my simple 21-Dinner Rotation plan. As I shaped this three-step system, I noticed we averaged 21 dinners at home per month—and that’s how it became the 21-Dinner Rotation. How often do you want to—and need to—eat at home? Base your system on what fits your lifestyle.

To get started, all you’ll need is a pencil, your monthly calendar, and the free downloadable *MNK 21-Dinner Rotation Monthly Menus Calendar* and the *MNK Grocery Grab List*. Go to: MyNewlyWedKitchen.com to print both.



Circle the nights you plan to cook dinner this week.

MyNewlyWed Kitchen April 21-Dinner Rotation

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14

This is where you take control. We’re starting out small with three nights of dinners at home this week.

To illustrate this point, I’ve circled three sample nights you’ll be dining at home for the week. The open dates are evenings you’ll be dining away from home—think: fun date night, outing with friends or the dreaded working late. You can quickly see that the evenings circled are the ones that will give you control over your health and budget.

Step Two: Your Menu

Fill the circles with meals you’ll cook on the three selected dates.

MyNewlyWed Kitchen April 21-Dinner Rotation

SUN	MON	TUE	WED	THU	FRI	SAT
1	Thai Chicken Jasmine Rice Sugar Snap Peas	Rigatoni Caprese Salad	4	Salmon Mashed Potatoes Asparagus	6	7
8	9	10	11	12	13	14

I’ve added the meals above from my test recipes collection. You can do the same using the collection you’ve started. Chances are, coming up with three meals wasn’t much of a challenge for you, but what will you do for weeks two, three, and four? Fill in the questions in the sidebar for some QuickStart ideas.

Once you find a winning recipe, place it in your 21-Dinner Rotation collection. The more favorites you gather, the easier it is to plan and the more variety you’ll have to choose from throughout the month.

MyTip: As you create your 21-Dinner Rotation, remember to start small. You’ll find success and build confidence with each new recipe.



Use these **QuickStart** questions as inspiration for home-cooked meal ideas.

List three recipes you know how to cook.

- 1.
- 2.
- 3.

What does he like to cook?

- 1.
- 2.
- 3.

What new recipes would you like to try?

- 1.
- 2.
- 3.

What are three of his favorite meals?

- 1.
- 2.
- 3.

Step Three: *Your Grocery List*

Build your grocery list based on the ingredients from your three Test Recipes.

As you read the recipe's ingredients list, note which items you already have in your pantry, spice rack, fridge, and freezer. Then write the items you'll need to buy in the assigned categories on the *Grocery Grab List*. As I did on the side column, you might want to jot down ideas for breakfast, lunch, desserts, and snacks so you'll remember to include those items on your grocery list. Don't forget to add household items you'll need to get through the week.



Thai Chicken

Jasmine Rice | Sugar Snap Peas
Serves 4

- 3 boneless/skinless chicken breasts
- 3 teaspoons sesame oil
- 1 15-ounce can coconut milk
- 6 tablespoons peanut butter
- 4 tablespoons soy sauce
- 4 teaspoons red curry paste
- 1 red bell pepper
- 3 scallions

1 cup Jasmine rice

8 ounces sugar snap peas



Rigatoni

Caprese Salad
Serves 4

- 16-ounce box Rigatoni pasta
- 4 ounces Swiss cheese shredded
- 4 ounces Mozzarella cheese shredded
- 1 pound ground beef
- 1 pound Italian sausage
- 2 15 ounce cans diced tomatoes
- 2 15 ounce cans tomato sauce
- 1 yellow onion
- 4 garlic cloves
- 1 tablespoon Italian seasoning
- 1 teaspoon sugar

- 1 tomato
- Fresh Mozzarella ball
- 8 basil leaves
- Balsamic glaze



Salmon

Mashed Potatoes | Asparagus
Serves 4

- 1 1/2 pounds skinless salmon filets
- 1 tablespoon butter
- 1 lemon
- salt & pepper

- 8 small potatoes
- 3 tablespoons milk
- 2 tablespoons butter
- salt & pepper

1 bunch fresh asparagus

All three dinner recipes and the Caprese salad recipe are located in the *Cooking Simple* chapter.

Be sure to think through the additional items you'll need for the week.

My New Wed Kitchen

Grocery Grab!

Be sure to think through the additional items you'll need for the week.

<p>Produce</p> <p>red bell pepper _____</p> <p>scallions _____</p> <p>sugar snap peas _____</p> <p>1 bag yellow onions _____</p> <p>garlic _____</p> <p>1 tomato _____</p> <p>asparagus _____</p> <p>1 lemon _____</p> <p>fresh basil _____</p> <p>1 bag small potatoes _____</p> <p>blueberries _____</p> <p>apples _____</p> <p>Meat/Seafood</p> <p>3 boneless chicken breasts _____</p> <p>1 pound ground beef _____</p> <p>1 pound Italian sausage _____</p> <p>1 1/2 pounds skinless salmon _____</p> <p>Dairy</p> <p>8 ounces shredded Swiss _____</p> <p>8 ounces shredded Mozzarella _____</p> <p>Mozzarella ball _____</p> <p>milk _____</p> <p>butter _____</p> <p>eggs _____</p>	<p>Dry Groceries</p> <p>Jasmine rice _____</p> <p>16-ounce box Rigatoni _____</p> <p>Italian blend seasoning _____</p> <p>salt & pepper _____</p> <p>cereal _____</p> <p>popcorn _____</p> <p>pita chips _____</p> <p>Canned & Jarred</p> <p>sesame oil _____</p> <p>coconut milk _____</p> <p>soy sauce _____</p> <p>crunchy peanut butter _____</p> <p>red chile paste _____</p> <p>olive oil _____</p> <p>2 cans diced tomato _____</p> <p>2 cans tomato sauce _____</p> <p>Balsamic glaze _____</p> <p>honey _____</p> <p>mustard _____</p>	<p>Bakery</p> <p>5-grain bread _____</p> <p>Deli</p> <p>sliced turkey _____</p> <p>Provolone cheese _____</p> <p>hummus _____</p> <p>Frozen</p> <p>frozen yogurt _____</p> <p>Beverages</p> <p>tea _____</p> <p>Personal</p> <p>_____</p> <p>Household</p> <p>_____</p> <p>Pets</p> <p>_____</p>	<p>Breakfast ideas</p> <p>cereal and milk _____</p> <p>eggs _____</p> <p>blueberries _____</p> <p>tea and honey _____</p> <p>Lunch ideas</p> <p>sandwiches _____</p> <p>apples _____</p> <p>Dessert ideas</p> <p>frozen yogurt _____</p> <p>Snacks ideas</p> <p>popcorn _____</p> <p>pita chips _____</p> <p>hummus _____</p>
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Grocery List Notables:

Many of the items listed on this sample grocery list will be used multiple times before you need to buy them again. To truly optimize the budget angle of this system, find other recipes that contain these items or simply repeat the recipes again during the month.

Spaghetti Dinner Comparison in cost and calories

Popular Restaurant vs Homemade

Restaurant dinner (serves 2) spaghetti with salad plus tax and tip = \$42.00/881 cal.

Homemade dinner (serves 8/with lunch leftovers) spaghetti with salad = \$22.27/502 cal.

Conclusion: \$2.78 per homemade serving and a total cost of \$5.56 for two versus \$42.00 for two restaurant servings = a savings of \$36.44 to eat at home with 379 fewer calories!

Traditions clothe us in familiarity, kinship and belonging. They bring back memories, remind us of loved ones passed and bathe us in security. They offer a connection between us and generations to come.

Traditions Well-kept

On a cold and foggy morning, the first day of January, we found ourselves barely stirring—having celebrated the coming new year in hearty fashion just a few hours prior. It was one of those lazy, hard-to-get-out-of-your-pajamas mornings, where the motivation to start the day was mostly non-existent.

Perched in front of a cup of coffee, my iPhone began to vibrate. I picked it up to hear,

I longed for a secret recipe of my own.

"We're having soup and cornbread. Come in your sweats." Happy to not be responsible for our crew's nourishment that day, I announced our plans to the family, put on my loosest pair of jeans, and headed for the door.

Once tucked inside the cozy Morris household, our melded families sprawled on large, overstuffed leather sofas to watch the predictable drone of college bowl games, with little thought or emotion towards the teams playing. While balancing bowls of bean soup on our bellies, some of us dozing, Marie, our host, brought out some pepper sauce presented in a mason jar. "Try it, it's sweet rather than peppery. Taylor's father used to make it, but now just his brother Carter, and he won't share the recipe". As I tasted the well-guarded concoction, I instantly felt a sense of family history, the deep south, stories of three rascally brothers and a connection to the past. I longed for a

secret recipe of my own, of goodness found in a mason jar, fussed over, then wrapped up and shared with a story, a familial name, maybe even a juicy tidbit. When out of nowhere a pang of homesickness hit me so deep I was transported to my Nana's green-tiled kitchen and the aroma of her traditional Southern New Year's Day meal of country ham, collard greens, black-eyed peas, rice and cornbread, with all my family sitting around her table.

For two decades I was force-fed that meal and hated it. Not my favorite food by far, but as the years took those dear ones, and new cherub faces appeared around our table, the desire to keep the tradition alive outweighed my intolerance for it. And, with the forewarning "Root in or risk a year of bad luck"—who wouldn't make peace with that menu? Even now, if I'm quiet for a moment I can still hear Nana chortling "Don't like collards? Don't like collards? Child, where did you come from?" As I ache for her, and all the loved ones from those days, I recall our traditional New Year's Day meal with, dare I say, fondness?

As we headed for the door after a rich, full day with our friends, (*our new family since our daughter's marriage to their son*), I offered to return the favor and host next New Year's lunch, vowing to myself to honor and share the menu traditions of my past. I can already hear the faint grumbles over the menu from our now grown cherubs, but I'm content in knowing that

someday, they too, won't be yearning to satisfy a taste bud, but a craving in their soul.

Yes, traditions connect us to loved ones past and present, and maybe even bind us to those we haven't met yet. Food has a funny way of connecting us too, like stories around a kitchen table and goodness found in a mason jar. ✂



Imagine giving the special couple you know a gorgeous keepsake book. One that includes timeless wisdom for the heart of their home—the kitchen—with space for you and perhaps others to insert recipes, prayers, and memories. This gift immediately becomes a keepsake that a new bride and groom will use and cherish for years.

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