

Date Night In

February 7 - 14 is National Marriage Week!
Celebrate World Marriage Day on February 12th and
Valentine's Day on February 14th with these Date
Night In ideas!

FEBRUARY 7-14, 2023

National Marriage Week

*Saint Raphael Parish
103 Walker Street
Manchester, NH 03102*



National Marriage Week & World Marriage Day

From: www.usccb.org

"The observances of National Marriage Week (February 7 - 14) and World Marriage Day are an opportunity to focus on building a culture of life and love that begins with supporting and promoting marriage and the family. The theme for 2023 is: *'Marriage ... one flesh, given and received.'*"

We've gathered some resources, including a recipes for Dinner and Dessert, Date Night activities, and some prayers and links to additional resources for couples.

Date Night In:

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DINNER AND DESSERT

Have a date night in and enjoy your favorite dinner and dessert!

DATE NIGHT ACTIVITIES

Enjoy each other's company and add some fun to your night!

PRAYER FOR COUPLES

End your day with a prayer for couples and for your family!

Dinner & Dessert:

Pan-Roasted Chicken with Mushrooms and Rosemary

Ingredients:

1 (6 ounce) boneless chicken breast with wing attached, w/skin
Kosher salt and freshly ground black pepper
2 tablespoons extra virgin olive oil
5 fresh white mushrooms, halved
2 shallots, halved
2 sprigs fresh rosemary
¼ cup water
½ lemon, juice

Directions:

1. Preheat oven to 350 degrees F.
2. Season the chicken on both sides with a generous amount of salt and pepper. Place a cast-iron or regular ovenproof skillet on the stove over medium heat. Drizzle the pan with oil and lay the chicken in the hot fat, skin-side down. Cook for about 5 minutes until the skin begins to set and crisp. Throw in mushrooms, shallots, and rosemary. Stick the whole thing in the oven and roast for about 15 minutes until the chicken is cooked, and the mushrooms and shallots are soft and roasted.
3. The last thing to make is a quick sauce using the flavors left in the bottom of the skillet. Take all the stuff out of the pan and arrange on a dinner plate to keep warm while preparing the pan sauce. Pour out all but 1 tablespoon of the rendered chicken fat and return the skillet to the stovetop. Stir in the water and lemon juice and cook over medium heat, scraping up the flavors with a wooden spoon. Cook the liquid down to a syrup, about 5 minutes. Drizzle the pan sauce over the dish, season with salt and pepper.

Mascarpone Tiramisu for Two

Ingredients:

2 ½ tablespoons heavy cream; ¼ cup mascarpone cheese, softened; 1 tablespoon sugar; ¼ teaspoon vanilla extract; 3 tablespoons amaretto or other almond liqueur; ¼ cup really strong coffee or espresso, cooled; 4 Italian lady fingers, each cut in half; 1 tablespoon unsweetened cocoa powder, plus more for garnish; amaretti cookies, broken into pieces for garnish

Directions:

1. Whip the heavy cream in a bowl with a handheld electric mixer until it holds stiff peaks. Set in fridge.
2. In a large bowl, cream together the mascarpone, sugar, vanilla and 1 ½ tablespoons amaretto, by hand, using a spatula or wooden spoon. Fold in the whipped cream and set aside.
3. Add the coffee and remaining 1 ½ tablespoons amaretto to a shallow bowl and set aside.
4. Dip 2 of the ladyfinger halves in the coffee mixture and lay them in the bottom of a 4-ounce glass. Spoon some of the cream mixture over them, sprinkle with cocoa powder and repeat with another layer. Repeat the same process in another glass, cover with some plastic wrap and leave in the fridge for a few hours. When ready to serve, sprinkle with broken amaretti and cocoa powder.



Recipes

Date Night Ideas for Couples

From: www.foryourmarriage.org/weekly-dating-ideas

1. During the dark of winter, build a fire in the fireplace (or light a whole bunch of candles), lay out a blanket and have an indoor picnic, some popcorn, watch a good movie or read a book together.
2. Plan a favorites night around your favorite food, clothes, games, sports, etc. Each spouse could choose a favorite activity which you then combine into one evening.
3. Recreate your favorite date night at home.
4. Remember and reminisce about your wedding day. Did you have a first dance? Find your wedding song and dance together!



Prayer for Married Couples

From: www.usccb.org



Almighty and eternal God,
You blessed the union of married couples so that they might reflect the union of Christ with his Church: look with kindness on them. Renew their marriage covenant, increase your love in them, and strengthen their bond of peace so that, with their children, they may always rejoice in the gift of your blessing. We ask this through Christ our Lord. Amen.



Additional resources:

For Your Marriage: A website with educational and spiritual resources for couples at all stages of life.

Food Network: Find your favorite date night recipe!

Retrouvaille: A program for couples experiencing marital problems and who want marriage help.

Catholic Mom: Ideas for budget-friendly date nights.