



**A Gift  
for  
You!**

# Sip & Savor

*A Culinary Journey Awaits*

**GONZAGA**  
UNIVERSITY

Center for  
Lifelong Learning



**GONZAGA**  
UNIVERSITY  
WINE INSTITUTE

# Unwrap the Joy of Culinary Delight!

Dear [Recipient Name],

Greetings! [Your Name Here] has gifted you the Sip & Savor Experience from Gonzaga University. Get ready to embark on a delectable adventure with this curated cooking video collection, thoughtfully paired with exquisite wines. Featuring Spokane-based Chef Joe Morris and seasoned sommelier Justine Recor, this gift is a celebration of flavor, a journey through the art of cooking and the magic of wine pairings. Get ready to savor every moment and create lasting memories. Cheers to a delightful culinary journey!

Sincerely,  
Gonzaga University

## To Access the Sip & Savor Experience:



**Scan & Explore:** Scan the provided QR codes for instant access to three unique cooking videos and their accompanying recipes. Dive into step-by-step instructions and video guides for each dish.



**Cook at Your Pace:** Enjoy the flexibility to cook whenever it suits you. Host a cooking party with friends! Revisit the recipes as often as you like.



**Wine Pairing Perfection:** Discover suggested wine pairings for an enhanced dining experience.



**PDF for Reference:** Find written recipes inside this PDF for quick reference. Keep it handy while you cook or save it for future use.



**Share & Connect:** Share your culinary creations with friends and family. Connect with fellow enthusiasts and spread the joy.



**Enjoy Every Bite:** Sit back, relax, and savor your delicious creations.

Email [CLL@gonzaga.edu](mailto:CLL@gonzaga.edu) with any questions



# View Instructional Videos



**Sautéed Brussels  
Sprouts with  
Apples, and  
Pancetta**

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QR Code



**Seared Duck with  
Wilted Spinach,  
Roasted Potatoes  
and a Red Wine  
Apple Purée**

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**Braised Lamb with  
Mushrooms, Roasted  
Carrots, Gnocchi,  
Lambjus, Grated  
Parm, and Parsley**

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# Sautéed Brussels Sprouts

SERVINGS: 3-4

PREP TIME: 10 MIN

COOKING TIME: 15 MIN

## Ingredients

1.5 Cups Brussels Sprouts

¼ Pound (about 6 strips) Bacon

1 Granny Smith Apple

1 Shallot

2 Tablespoons Butter

¼ Cup Cream of Sherry



Pair with  
Sauvignon Blanc



Scan for  
Instructional Video

## Directions

1. Slice the Brussels sprouts: Starting at the top of each Brussels sprout, slice thinly down to the stem, discarding the bottom quarter. This will give you a "shaved" look. Continue until all Brussels sprouts are shaved.
2. Dice the apple: Cut the first part of the apple to create an even surface, then slice it into approximately 1/2 inch cubes, avoiding the core.
3. Prepare the shallots: Slice the shallot in a way similar to the Brussels sprouts, creating thin slices.
4. Dice the bacon: Cut the bacon into small cubes.
5. Cook the bacon and shallots: In a pan over medium heat, add a small amount of oil and render the bacon for a few minutes. Then add the sliced shallots and mix them in. Continue to cook until they start to become translucent.
6. Add apples and Brussels sprouts: Mix in the diced apples and sauté for a few minutes. Now, add the shaved Brussels sprouts and continue to sauté until they turn a vibrant green. Increase the heat slightly with each ingredient you add.
7. Season and finish: Season the dish with salt and pepper to taste. Pour in the ¼ cup of cream of sherry and stir it in. Finally, add the two tablespoons of butter and mix until everything is well combined.
8. Serve: This dish pairs well with a glass of Sauvignon Blanc.

# Seared Duck with Roasted Potatoes

SERVINGS: 3-4

PREP TIME: 20 MIN

COOKING TIME: 40 MIN

## Ingredients

- 2 duck breasts (scored)
- 2 cups spinach
- 1/3 cup white wine
- 2 tablespoons butter
- 1 shallot
- 2-3 cups Yukon Gold and red potatoes



Pair with  
Grenache

## Directions

1. Preheat the Oven: Begin by preheating your oven to 400 degrees Fahrenheit.
2. Prepare the Potatoes: Quarter the Yukon Gold and red potatoes and slice the shallot. In a mixing bowl toss the potatoes with a drizzle of olive oil, salt, and pepper to your liking. Place them in the oven and roast for about 25 minutes until they are cooked through.
3. Season the Duck Breasts: While the potatoes are roasting, season the duck breasts with salt and pepper.
4. Sear the Duck: Heat a pan over medium-low heat with a touch of oil. Once the pan is hot, add the duck breasts skin-side down. After a few minutes, turn the heat up slightly to get nice color on the skin. When the skin is crispy, transfer the duck breasts to the oven with the roasted potatoes. For medium-cooked duck breasts, remove them from the oven when the internal temperature reaches 128-130 degrees Fahrenheit. Cook out of the oven, sear the other side of the duck in the pan. Leave the breasts to rest.
5. Prepare the Spinach and Potatoes: In the same pan you cooked the duck, add the roasted potatoes to the pan, coating them in the rendered duck fat. Season with more salt and pepper to your liking. Cook for 2-3 minutes. Add the spinach and keep everything moving to wilt the spinach. Add the shallot, a bit more salt, and pour in the white wine. Add the butter and cook for several minutes until the sauce slightly thickens.
6. Serve: Pair this delicious dish with a glass of Grenache and enjoy your seared duck breast with herb roasted potatoes, wilted spinach, and shallots.



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Instructional Video





# Braised Lamb

SERVINGS: 3-4

PREP TIME: 40 MIN

COOKING TIME: 5.5 HR

## Ingredients

1 Leg of lamb, cut down to smaller pieces

1 cup of carrots

1 cup of celery

1 cup of white onion

1.5 cup of red wine

64oz of Beef stock

2-3 cups Yukon Gold and red potatoes cut

1 cup sliced mushrooms



Pair with  
Red Blend

## Directions

1. **Preheat Oven:** Preheat the oven to 400 degrees.
2. **Prepare Lamb:** Season the lamb pieces thoroughly with salt and pepper. Heat olive oil in a large pan over medium heat. Sear each lamb piece until browned on all sides. Transfer the browned lamb to a deep sheet pan.
3. **Sauté Vegetables:** In the same pan, add carrots, onions, and celery. Sauté the vegetables for several minutes, pour in half of the red wine and stir. Add thyme and rosemary. After a few more minutes, add the remaining wine, followed by beef stock. Let it come to a boil, then carefully pour it over the lamb in the deep sheet pan.
4. **Bake:** Cover the sheet pan with foil and bake in the preheated oven for 3.5 hours.
5. **Roast Potatoes:** When the lamb is almost done, chop the potatoes into thick quarters. Drizzle with olive oil, salt, and pepper. Roast in the oven at 400 degrees for 25 minutes.
6. **Prepare Vegetable Medley:** Heat a medium pan with oil. Once hot, add mushrooms, season with salt and pepper, and cook for a few minutes. Add sliced carrots and roasted potatoes. After several more minutes, add rosemary, thyme, and a bit of beef stock. Finish by adding butter, allowing it to melt and coat the vegetables.
7. **Optimal Lamb Portion:** In a smaller pan, heat and place a portion of the braised lamb. Season with salt and pepper, add more beef stock, and cook for several minutes. Plate the lamb with the prepared vegetables.



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