

Biscuits and Sausage Gravy

Biscuits

2 Cups Flour
4 Tsp. Baking Powder
1/4 Tsp. Baking Soda
1/2 Tsp. Salt
4 Tablespoons Cold Butter (I freeze my
butter for 30 minutes then grate it)
1 Cup Buttermilk, Chilled

Gravy

1 Lb. Bulk Breakfast Sausage
1/4 Cup Flour
2 Cups Milk
1 Tsp. Black Pepper
Pinch Cayenne Pepper (optional)

Preheat oven to 450 degrees.

Biscuits

In a large bowl, combine flour, baking powder, baking soda and salt. Cut in the butter using your fingers or a pastry cutter until mixture looks like crumbs. Add the buttermilk and gently mix until the mixture just begins to come together. The dough will be very sticky.

Turn dough onto floured surface, dust top with flour and gently knead 5 or 6 times. Press into a 1-inch thick round. Cut out biscuits with a 2-inch cutter (push straight down don't twist). Place biscuits on baking sheet so that they just touch. Reform scrap dough, working it as little as possible and continue cutting.

Bake until biscuits are tall and light gold on top, 15 to 20 minutes.
Brush tops with melted butter once they come out of the oven.

Gravy

Cook sausage in a cast iron skillet. When done, remove sausage from pan and pour off all but 4 tablespoons of drippings (add butter if not enough drippings). Whisk flour into the drippings and cook over low heat for 5 minutes stirring constantly. Whisk in milk and stir occasionally until the gravy thickens (if too thick, add a little more milk). Add the sausage and pepper to the gravy and simmer for five minutes.