

Country Gravy (white) / Sausage Gravy

2 Cups of Milk (whole 2% or 1% will work)

2 ½ Tbsp of Flour (all-purpose)

2 Pats of Butter

1 ½ tsp of Black Pepper

½ tsp of Salt

Dash of crushed Red (Cayenne) Pepper

2 thick patties of Hot Country Sausage (Jimmy Dean, Owens, etc. If you are using sausage links about 4 or 5 links)

In a saucepan melt the Butter over low heat and add the Salt, the Black Pepper and the Cayenne Pepper. Once the Butter is melted stir in the Flour. Stir thoroughly to ensure the Flour is no longer powdery. The mixture should appear to be a very thick liquid. If the Flour begins to clump up add a dash of Milk and stir to break up the clumps.

Add the Milk and bring the gravy to a boil. Reduce heat to medium-high and simmer, stirring occasionally for about 25 to 30 minutes or until desired thickness.

For Sausage Gravy: In a skillet, thoroughly cook the sausage patties (or links) over medium-to-medium high heat. This should take about 7 to 10 minutes so its best to start these as soon as you have set the gravy to simmering. Once the patties are cooked remove them and dice them up into small chunks.

Add the diced sausage to the cooking gravy and stir for about 30 seconds. With the sausage added, continue to cook the gravy over medium-high heat, sitting occasionally for about 10 to 15 more minutes until desired thickness is achieved. For extra flavor, spoon in a small amount of the sausage grease into the gravy when you add the diced sausage.

This gravy is excellent for use with Biscuits and Gravy, Chicken Fried Steak, Chicken Fired Chicken, Chipped Beef over bread, a.k.a. “Shit on a shingle”, or for use with Sheppard’s Pie.