



Sausage Gravy

Prep time: 5 min | Cook time: 20 - 30 min | Serves: About 4 - 6

Cut the sausage into 1" slices and begin cooking over medium heat in a stainless steel skillet. A NON STICK SKILLET WILL NOT WORK FOR THIS RECIPE! You want the meat to stick to the bottom of the pan so just let it sit.

In the meantime, pour the milk into a large mixing bowl and add the flour. Mix with a whisk until well blended.

Continue cooking over medium high heat without stirring until a thin layer sticks to the bottom of the pan. You will then begin to break up and brown the sausage, leaving a thin layer stuck to the bottom of the pan.

As the rest of the sausage is cooking, move it to one side of the pan, letting exposed grease simmer and brown onto the surface of the skillet. Move the sausage again and repeat until most of the skillet surface is covered with browned grease. This is where you get your flavor and the grease will not simmer down while under the sausage, it needs to be exposed in the pan.

Once the sausage is fully cooked, add the milk and flour mixture along with salt and pepper to taste. Cooking over medium heat, begin to scrape the burnt sausage and grease off the bottom of the pan as it softens up. Continue cooking and stirring until gravy thickens to your liking.

INGREDIENTS

1 lb pork sausage
(we use the kind that comes in a tube)

3 cups of milk

heaping 1/2 cup of flour

salt and pepper to taste