

Biscuits and Gravy

for the biscuits:

2 cups flour
1 tablespoon sugar
1 tablespoon baking powder
1 teaspoon salt
1/2 cup cold butter
3/4 cup buttermilk

for the gravy:

1 pound pork sausage
1/4 cup flour
3 cups milk
1 teaspoon salt
1/2 teaspoon pepper

Preheat the oven to 450. Line a baking sheet with parchment or silicone and set aside. In a medium bowl, whisk together the flour, sugar, baking powder, and salt. Grate the cold butter into the flour mixture, and toss to coat. Pour in the buttermilk and mix just until the dough comes together. (Be careful not to over-mix!) Pat the dough out to an even layer, about one inch thick, on a lightly floured surface. Fold the dough into thirds, as though you are folding a letter. Pat the dough out again until it is about one inch thick. Cut into circles using a biscuit cutter or small cup. Bake 10-12 minutes, or until golden brown on top.

While the biscuits are cooking, make the gravy. Brown the sausage in a large skillet over medium heat. Add the flour and mix to combine. Cook 2-3 minutes. Slowly whisk in the milk, stirring to prevent lumps. Whisk in the salt and pepper, then cook until thickened. To serve, spoon the gravy over the warm biscuits and serve immediately.