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Sausage Gravy

Introduction

Sausage gravy is a beloved Southern classic that brings comfort and flavor to any breakfast table. This hearty dish features crumbled sausage cooked to perfection, mixed with a creamy, peppery gravy that is best served over fluffy biscuits. It's the epitome of down-home cooking and is sure to satisfy your hunger while warming your heart.

Detailed Ingredients with measures

- Breakfast sausage: 1 pound
- All-purpose flour: 1/3 cup
- Whole milk: 3 cups
- Salt: 1 teaspoon (adjust to taste)
- Black pepper: 1 teaspoon (or more to taste)
- Red pepper flakes: 1/4 teaspoon (optional for added heat)
- Biscuits: for serving, prepared or homemade

Prep Time

Prep time for sausage gravy is approximately 10 minutes. This includes gathering all ingredients and any necessary preparations for the biscuits.

Cook Time, Total Time, Yield

- Cook Time: 15 minutes
- Total Time: 25 minutes
- Yield: Serves 4-6 people

Enjoy this easy-to-make sausage gravy with freshly baked biscuits for a fulfilling breakfast that brings joy to your morning routine.



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Detailed Directions and Instructions

Step 1: Cook the Sausage

In a large skillet, crumble and cook 1 pound of sausage over medium heat until it's browned and fully cooked, breaking it apart with a spatula as it cooks.

Step 2: Create the Roux

Once the sausage is cooked, sprinkle 1/4 cup of all-purpose flour over the sausage. Stir well to combine and cook for about 1 to 2 minutes, until the flour is slightly golden and has absorbed the fat from the sausage.

Step 3: Add the Milk

Gradually whisk in 2 cups of milk, ensuring there are no lumps. Continue to cook and stir until the mixture thickens and bubbles, about 5 to 7 minutes.

Step 4: Season the Gravy

Season the sausage gravy with salt and pepper to taste. You can also add a dash of hot sauce if you prefer some heat.

Step 5: Serve

Serve the sausage gravy hot over freshly baked biscuits or toast. Enjoy your dish immediately while it's warm.

Notes

Note 1: Sausage Options

You can use your favorite breakfast sausage, whether it's spicy or mild.

Note 2: Consistency Adjustment

If the gravy is too thick, add more milk to reach your desired consistency. If it's too thin, continue cooking for a few more minutes.

Note 3: Biscuit Pairing

For an authentic experience, serve with homemade or store-bought biscuits for the best flavor combination.

Note 4: Storage

Leftover sausage gravy can be stored in an airtight container in the refrigerator for up to 3 days. Reheat on the stovetop, adding a splash of milk if necessary.



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Cook techniques

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