



Country Sausage Gravy

Oscar · 28/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

4

Description

This is a family favorite that my dad taught me long ago. It's very filling and if company arrives unexpectedly for breakfast, just add more flour and milk. This recipe works best with a cast iron skillet as it holds heat so well. And besides, it makes the meal more authentic. Serve over buttermilk biscuits.

Ingredients

- 1 pound pork sausage - 1 onion
- finely chopped - 1 green bell pepper
- finely chopped - 1 teaspoon crushed red pepper flakes - 2 tablespoons garlic
- minced - 4 tablespoons unsalted butter - salt and pepper to taste - 4 tablespoons all-purpose flour - 1 teaspoon minced fresh sage - 1 teaspoon minced fresh thyme - 2 cups milk
- divided - 2 cubes chicken bouillon - $\frac{1}{4}$ cup minced fresh parsley

Instructions

1. In a skillet on medium heat cook pork
2. onion
3. green pepper
4. red pepper flakes
5. and garlic until pork is crumbly. Drain off excess fat
6. but leave a small amount. Combine butter
7. salt
8. and pepper with the meat mixture and stir until butter melts. Slowly sift flour over the top. Mix gently and allow mixture to cook for 5 minutes. It will burn
9. so do not let it sit unguarded. Don't forget to scrape the bottom of the pan. Add the sage and thyme. Slowly stir in milk
10. about a half a cup at a time
11. and incorporate it well. When the mixture thickens
12. add more milk. Do not let it boil vigorously
13. or it will burn. Add chicken bullion and let cook for five minutes. Again
14. if it thickens too much
15. add more milk. Adjust taste with more salt and pepper if needed. Just before serving
16. add the parsley
17. and about a 1/4 cup more milk; the gravy will thicken quickly as it cools. Cook's Note Avoid using dried herbs if you can. Fresh herbs add much more flavor.