

Homemade Biscuits & Gravy

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GRAVY INGREDIENTS (Makes 4)

2 oz Pork Sausage
1 tsp Baking Powder
1/4 tsp Garlic Powder
1/4 tsp Sage
1/8 tsp Crushed Black Pepper
1 tsp Butter
2 Tbsp Flour
1 cup Whole Milk

BISCUIT INGREDIENTS (Makes 4)

1-1/4 cups All-Purpose Flour plus extra for dusting
1/4 tsp Salt
1/2 tsp Baking Soda
1/2 tsp Sugar
5 Tbsp Cold unsalted butter
1/2 cup Cold Buttermilk or 70% Sour Cream 30% Water Mixture
1 Tbsp Melted butter

INSTRUCTIONS

1. Break up 2 ounces of breakfast pork sausage into a frying pan and add 1/4 cup of water. Heat the frying pan to 1/3 power on an electric stove. Stir the pork sausage for even cooking. Once the water has evaporated, then add the 1/4 tsp garlic powder, 1/4 tsp sage, and 1/8 tsp crushed black pepper. Add salt if necessary at the end after the gravy is cooked. Turn the heat down to 1/4 power after browning the meat.
2. Add 1 tsp butter and 2 Tbsp flour to the browned meat and stir and scrape the bottom of the pan to create a roux. Add 1 cup whole milk and stir the mixture to create a gravy. Regularly stir the gravy for 10 minutes to cook the flour. The gravy should be slightly thin. The gravy should not taste like flour or be gritty. The gravy shouldn't taste like milk either but something smooth in between. If need, add 1 Tbsp of water at a time and allow the gravy to simmer until the gravy tastes balanced.
3. I am making a 1/2 cup buttermilk substitute using sour cream. My ratio is 70% sour cream and 30% room temperature water. Stir the mixture and break up any large clumps of sour cream. Set the mixture to the side for 10 minutes so the sour cream and water can interact to create a cultured liquid. This is important for our biscuit rise.
4. In a bowl, mix the dry ingredients. Add 1 1/4 cup of sifted all-purpose flour, 1 tsp baking powder, 1/2 tsp baking soda, and 1/2 tsp sugar. Chop 5 Tbsp frozen unsalted butter into pea-size cubes. Fold the butter into the dry ingredients until mixed. The flour should feel like cold, moist sand with chunks of butter. Add the cold buttermilk to the flour and gently fold the mixture 20 times.
5. Dust your work surface with flour. Pour the dough onto your work surface without the loose flour or tiny crumbs of dough in the bowl. Roll the dough down to 1/2 inch thick in a rectangular shape. Fold the dough in half and roll it down to 1/2 inch. Repeat this 12-15 times. Add dusting flour as needed to prevent sticking. Roll the dough down to 1 inch on the last fold and cut out your biscuits. Make a 1/2 inch indentation in the center of the biscuit with your finger if you want a flat top biscuit. Butter the tops of the biscuits.
6. Place the biscuits on a lightly greased baking sheet. Bake the biscuits on the center rack in a preheated 450°F oven for 10-12 minutes or until golden brown. Butter the biscuits and place them in a serving bowl with a paper towel cover so the biscuits stay warm.

Plating: Split the biscuit in half and top with the warm pork gravy.

Thanks for stopping by. I hope you enjoy your own Homemade Biscuits & Gravy. Remember to share your recipes.

Until next time. Adios