



THE DUDES COOKBOOK



Easy-to-follow recipes for beginners

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BREAKFAST

Biscuits & Country Sausage Gravy

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Biscuits & Country Sausage Gravy

This recipe is fairly easy to make and goes great with a big Sunday morning breakfast. At least that is how my family does it. Usually we have a large Sunday morning breakfast and spend the day relaxing and tending to our hobbies. Ever since I was a little kid, biscuits and gravy were a Sunday morning treat.

Shopping List:

- 1lb ground breakfast sausage
 - NOTE: Make sure to find regular breakfast sausage!
- 3 cups of whole milk
- 3/4 cups of flour
- 2 Tsp of salt
- 2 Tsp of pepper
- 1/2 Tsp of ground cinnamon (optional)
- 1/2 Tsp of brown sugar (optional)
- 2 tubes of buttered biscuits



Instructions:

1. Brown sausage in a large skillet or pan over medium-high heat. Using something like a potato masher, “mash” the sausage in the skillet until it is cut/broken up. As the meat cooks, continue to use the masher to break it up.
2. Once cooked, reduce the heat to medium-low and pour in the milk slowly so that it does not splash. You want to make sure that you thoroughly mix the milk and the fat of the meat. This is what creates the liquid base for the flour to build on.
3. Using a sifting screen, slowly lift the flour into the pan while stirring consistently. You want to sift and stir slowly and even to avoid having the flour clump up.
4. Pour in the salt, pepper, cinnamon, and brown sugar and continue to stir evenly. Turn the heat to medium and allow gravy to simmer to a finish.

NOTE: You may add flour to get the gravy to your desired thickness. Just be careful as too much flour muddies the mixture up and makes it impossible to reheat or thin out.

As for the biscuits, any store bought biscuits will do. I prefer the Pillsbury Buttered biscuits. This gravy also works really well on top of country fried steak. If you choose to use it for country fried steak, you can leave out the sausage, but use the fat from the country friend steak.