

Sausage Gravy

- 1 tsp sunflower oil
- 1 lb ground pork sausage
- 1/2 cup (115 g) water or pork/ham stock
- 1 1/2 Tbsp chicken bouillon base
- 2 Tbsp (30 g) flour
- 1 Tbsp (15 g) unsalted butter
- 2/3 cup (150 g) milk
- 1/4 cup (55 g) heavy cream
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/4 tsp cayenne or Cajun seasoning
- 1/4 tsp oregano
- 1/4 tsp sage

1. In a large skillet, heat the oil and cook the sausage over medium high heat. Season with salt, pepper, sage, oregano, and Cajun seasoning (to taste). Break up the meat really well.

2. Once the sausage is cooked, use a slotted spoon to remove the sausage and set aside.

3. Mix water and bouillon in a small pot and keep warm.

4. To the sausage pan with the drippings and remaining fat, melt the butter over medium heat and whisk in flour. Let the roux cook for 1-2 minutes to remove flour taste. Whisk into a smooth thick paste.

5. Slowly add in the stock a splash at a time, whisking between each addition to get to a smooth paste. Once you have added all the stock, add in all the milk, heavy cream and spices.

6. Let simmer over medium heat until thickened and add the sausage back in. Season to taste and serve with a straw or biscuits or EVERYTHING!

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You can use any type of sausage, but be careful to taste before adding salt!

To make gluten free: Pour off all but 1 Tbsp sausage fat. Omit flour. Add everything then thicken with a cornstarch slurry of 1.5 Tbsp cold water:1 Tbsp cornstarch. Heat over medium high heat until thickened.