



Biscuits With Deer Maple Gravy

READY IN



55 min.

SERVINGS



6

CALORIES



280 kcal

Ingredients

- 2 tablespoons butter
- 0.5 cup chicken broth
- 0.3 cup flour all-purpose
- 6 servings salt and ground pepper black to taste
- 1 tablespoon maple syrup
- 1 cup milk
- 1 cup self-rising flour
- 1 pound venison steaks boneless cubed
- 0.5 tablespoon sugar white

Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- wooden spoon

Directions

- Preheat oven to 450 degrees F (230 degrees C). Grease a baking sheet.
- To make biscuits, mix the self-rising flour and sugar together in a bowl, and stir in the melted butter and 3/4 cup of milk. Knead the dough very lightly for 5 to 7 times, until it barely hangs together, and roll out to 1/2 inch thick on a floured surface.
- Cut biscuits with a biscuit cutter or the rim of a glass dipped in flour.
- Bake in the preheated oven for 12 to 14 minutes, until the biscuits are golden brown.
- Melt 2 tablespoons of butter in a large skillet over medium heat, and place the deer meat into the hot butter.
- Sprinkle the meat with salt and pepper, and pan-fry until golden brown, about 5 minutes.
- Remove the meat to a platter.
- Pour the chicken broth into the skillet, and bring to a boil while scraping the browned bits off of the bottom of the skillet with a wooden spoon. Stir in 1 cup of milk and the maple syrup, and whisk in all-purpose flour until smooth. Bring the gravy back to a simmer, add salt and pepper to taste, and allow to thicken, whisking to avoid lumps. Return the deer meat to the gravy, and simmer until the gravy is thick, 5-10 minutes.
- Serve over biscuits.

Nutrition Facts

 PROTEIN 40.11%  FAT 24.17%  CARBS 35.72%

Properties

Glycemic Index:61.43, Glycemic Load:14.92, Inflammation Score:-3, Nutrition Score:14.59608695818%

Nutrients (% of daily need)

Calories: 279.7kcal (13.99%), Fat: 7.33g (11.28%), Saturated Fat: 3.88g (24.26%), Carbohydrates: 24.38g (8.13%), Net Carbohydrates: 23.71g (8.62%), Sugar: 5.12g (5.69%), Cholesterol: 75.03mg (25.01%), Sodium: 162.06mg (7.05%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 27.37g (54.75%), Vitamin B3: 8.74mg (43.7%), Vitamin B2: 0.54mg (31.65%), Vitamin B6: 0.61mg (30.34%), Selenium: 21µg (30%), Phosphorus: 278.38mg (27.84%), Vitamin B12: 1.61µg (26.92%), Zinc: 3.17mg (21.11%), Vitamin B1: 0.3mg (19.91%), Iron: 3.55mg (19.72%), Manganese: 0.32mg (16.13%), Potassium: 401.78mg (11.48%), Copper: 0.22mg (11.09%), Vitamin B5: 0.93mg (9.3%), Magnesium: 35.07mg (8.77%), Calcium: 64.45mg (6.45%), Folate: 23.37µg (5.84%), Vitamin E: 0.69mg (4.62%), Vitamin A: 183.86IU (3.68%), Vitamin D: 0.45µg (2.98%), Fiber: 0.67g (2.66%), Vitamin K: 1.6µg (1.52%)