



Buttermilk Biscuits and Sausage Cream Gravy

READY IN



50 min.

SERVINGS



8

CALORIES



269 kcal

SAUCE

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon pepper black as needed freshly ground plus more
- ☐ 12 ounces diestel breakfast sausage uncooked
- ☐ 1 cup buttermilk cold
- ☐ 0.1 teaspoon ground pepper
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon salt as needed plus more fine
- ☐ 3 tablespoons butter unsalted

☐ 3.5 cups milk whole

Equipment

☐ bowl

☐ frying pan

☐ baking sheet

☐ baking paper

☐ oven

☐ whisk

☐ blender

☐ wooden spoon

Directions

☐ Heat the oven to 425°F and arrange a rack in the middle. Line a baking sheet with parchment paper; set aside.

☐ Whisk together the measured flour, baking powder, salt, and baking soda in a large bowl to aerate and combine.

☐ Add the butter pieces and toss to just coat them in the flour mixture.

☐ Place the bowl in the freezer for 10 minutes. Using a pastry blender or 2 knives, and working quickly so as not to soften the butter, cut the butter into the dry ingredients until it's in pea-size pieces.

☐ Drizzle in the buttermilk and stir just until a moist, shaggy dough comes together. Generously dust a work surface with flour. Scrape the dough out onto the surface and dust the top with more flour. Using floured hands, gently pat the dough into a 1-inch-thick circle. Using a 2-1/2-inch round cutter dipped in flour, cut out as many biscuits as possible (press straight down through the dough—do not twist the cutter, or the biscuits will not rise properly).

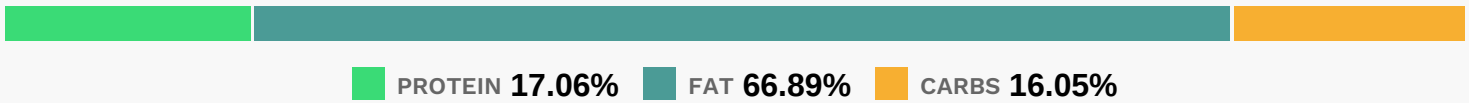
☐ Transfer the biscuits to the prepared baking sheet, spacing them at least 1 inch apart. Gather the scraps into a ball, pat it into a 1-inch-thick circle, and cut out more biscuits. Repeat as needed until you have 8 total. Discard any remaining dough.

☐ Bake until the biscuits have risen and are golden brown on top, about 15 to 16 minutes.

☐ Heat the butter in a large frying pan over medium-high heat until foaming.

- ☐
- Add the sausage and cook, breaking it up into smaller pieces with a wooden spoon, until the meat's no longer pink and is starting to brown, about 5 minutes.Reduce the heat to medium.
- ☐
- Sprinkle the sausage with the flour, measured salt, measured pepper, and cayenne. Cook, stirring frequently, until the raw taste of the flour has cooked off, about 1 minute.Gradually stir in the milk, scraping up any browned bits from the bottom of the pan. Bring to a simmer, stirring occasionally. Continue simmering, stirring often, until the mixture has thickened slightly, about 1 minute more (the gravy will continue to thicken as it sits). Taste and season with additional salt and pepper as needed. Keep warm.To serve, split the biscuits in half horizontally and top with the sausage gravy.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:5.49, Inflammation Score:-3, Nutrition Score:8.6095651647319%

Nutrients (% of daily need)

Calories: 269.47kcal (13.47%), Fat: 20.01g (30.78%), Saturated Fat: 9g (56.27%), Carbohydrates: 10.8g (3.6%), Net Carbohydrates: 10.62g (3.86%), Sugar: 6.62g (7.36%), Cholesterol: 58.01mg (19.34%), Sodium: 662.98mg (28.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.48g (22.96%), Calcium: 231.12mg (23.11%), Phosphorus: 219.81mg (21.98%), Vitamin B12: 1.08µg (18.08%), Vitamin B2: 0.28mg (16.4%), Vitamin B1: 0.23mg (15.48%), Vitamin D: 2.2µg (14.64%), Vitamin B3: 2.45mg (12.26%), Vitamin B6: 0.21mg (10.48%), Zinc: 1.52mg (10.12%), Potassium: 315.44mg (9.01%), Vitamin B5: 0.83mg (8.28%), Vitamin A: 399.21IU (7.98%), Selenium: 4.97µg (7.1%), Magnesium: 23.55mg (5.89%), Iron: 0.85mg (4.72%), Manganese: 0.06mg (3.02%), Folate: 11.67µg (2.92%), Copper: 0.05mg (2.35%), Vitamin E: 0.29mg (1.94%), Vitamin K: 1.19µg (1.14%)