**Biscuits and Gravy**

**Gravy:**

1# breakfast sausage

½ onion, small dice

¼ cup flour

3 cups milk

1 Tbsp. dried sage

1 tsp. black pepper

Salt to taste

1 tsp. red pepper flakes (optional)

**Biscuits:**

2 cups AP flour

1 Tbsp. baking powder

1 tsp. salt

1 Tbsp. white sugar

1/3 cup shortening

¾ cup milk

¼ cup water

Extra flour for rolling dough

**INSTRUCTIONS**

**Gravy:**

1. In a large skillet, brown the sausage over medium high heat. DO NOT DRAIN THE FAT!!
2. After the sausage is cooked, add the onions to the pan and cook until soft, about 7-8 minutes.
3. Add the flour and stir until it is all mixed together and almost makes a paste.
4. Add milk and stir the mixture until all the flour is incorporated and smooth.
5. Bring to a simmer and add seasonings.
6. Turn the heat does to low and let it cook for 10-15 minutes, stirring frequently.
7. Adjust seasonings to taste.

**Biscuits:**

1. Preheat oven to 425ºF. If you are in groups 2 or 3, preheat to 450ºF.
2. In a medium mixing bowl, cut together flour, salt, baking powder, sugar, and shortening until it resembles coarse meal.
3. Stir in milk until a dough forms.
4. Turn the dough onto a floured surface and knead 15-20 times.
5. Roll the dough out until it is about 1-1 ½ inches thick, then cut into desired shapes. You should get at least 10 biscuits from one recipe.
6. Bake for 11-13 minutes, or until golden brown.