



Menu du Jour

21 Feb 05

Cackalacky Biscuits & Gravy

(Serves Two)

Cackalacky Biscuits & Gravy

Sausage gravy ladled over hot biscuits straight from the oven makes for a great breakfast, lunch, or even dinner. Be sure the gravy has a nice, smooth consistency, not the lumpy wallpaper paste served along the Interstate! This gravy is also called Sawmill gravy.

1/2 pound ground spicy breakfast sausage
1 1/2 teaspoons Cackalacky® Chicken Charger™, divided
1 to 2 tablespoons unsalted butter
1/2 small yellow onion, diced (about 1/2 cup)
2 tablespoons all-purpose flour
2 cups cold milk
Kosher salt and freshly ground black pepper, to taste

In a medium skillet over medium heat, cook the sausage until browned. Remove the sausage with a slotted spoon and place in a small bowl. Dust with 1 teaspoon of Chicken Charger. Do not drain the grease from the skillet. (There should be about 2 tablespoons of rendered pork fat in the skillet. If not, add enough butter to make 2 tablespoons.) Add the onion and cook until the onion is wilted, about 5 minutes. Sprinkle remaining 1/2 teaspoon of Chicken Charger over the onions and stir. Add the flour a little at a time, whisking constantly. Cook for about 2 minutes. Start adding the cold milk a little at a time, whisking constantly. Slowly bring the gravy to a boil, stirring often.

Chop the sausage into small pieces and add to the gravy. Season to taste with salt and pepper.

Chef's note: To make smooth, lump-free gravy, constantly whisk the roux and the gravy throughout the process. Add cold milk to the hot roux and incorporate the milk a little at a time. Keep the heat at no more than medium.

For the biscuits:

2 cups all-purpose flour, sifted
2 teaspoons baking powder
1/4 teaspoon baking soda
1/2 teaspoon salt
4 tablespoons unsalted butter
1/2 cup plus 2 teaspoons buttermilk

Preheat oven to 375 degrees F. and grease a large cast iron skillet with bacon fat.



In a large bowl, combine dry ingredients and blend thoroughly. Using two table knives or a pastry blender cut in butter until mixture resembles coarse crumbs. Add buttermilk and quickly blend. Do not overwork the dough. (If buttermilk is not available, put two teaspoons of lemon juice in a 1-cup measuring cup. Fill cup with whole milk, stir, and allow it to stand for 10 minutes.)

Roll out the dough on a lightly floured surface to a 1/2-inch thickness. Use a 2 1/2-inch biscuit cutter or the rim of a glass and press out as many biscuits as possible. Place biscuits in the prepared skillet and bake until golden brown, about 15 to 20 minutes.

Yields about 12 biscuits

