

Carrboro
FARMERS' MARKET
locally grown  nationally known

Recipe of the Week
March 8, 2008

Country Sausage Gravy
(Best served ovetop buttermilk biscuits)

Recipe provided by Local Chef: Sheri Castle
Did you like what you ate last week at our Market cooking demo?? Try it at home! Chef Sheri Castle shares her yummy country sausage gravy recipe for you to try ovetop your favorite hot biscuits!

1 pound bulk country sausage (mild or hot)
4 tablespoons instant (such as Pillsbury Shake and Blend) or all-purpose flour
2 or 3 cups whole milk
Freshly ground black pepper

1. Cook the sausage in a large, cast-iron skillet over medium heat until well browned, breaking up the meat with the side of the spoon. Transfer with a slotted spoon to a bowl and set aside.
2. Pour off all but 4 tablespoons of the drippings, but don't disturb the good brown bits on the bottom of the skillet.
3. Return the skillet to medium heat. Sprinkle the flour over the drippings and whisk until the flour is smooth. Cook, whisking constantly, for two minutes or until the flour starts to brown.
4. Gradually whisk in 2 cups of milk. Cook, stirring constantly, until the sauce thickens enough to coat the back of the spoon.
5. Stir in the cooked sausage. If the gravy is too thick, add some or all of the remaining cup of milk.
6. Season generously with black pepper and serve hot.

Last week Sheri served these ovetop some of her piping hot biscuits. They were AMAZING!!

**Available at Market*

