

Bison Gravy and Biscuits

By Heather Ostern

Ingredients:

1 lb. ground bison
1 lb. ground breakfast sausage
4 tablespoons butter
4 cups milk
½ cup of flour

This recipe is a must for the cold winter days in Minnesota! I like serving this meal with orange slices for a bright pop of color and a counter balancing flavor.

Directions:

1. Brown ground bison and breakfast sausage in a large frying pan. Place browned meat in a bowl and set aside.
2. Keeping the *burner on low*, melt the butter in the original pan.
3. Carefully add the flour a little bit at a time, always stirring or pushing the flour around in the pan with a wooden spoon. The goal is to keep this mixture from burning. Continue until you've used up all the flour. This mixture forms the base of your roux.
4. Now add the milk a little at a time, making sure to break up any small clumps, as you stir continually. Don't add more than a half cup of milk at a time. When you've finished adding all the milk, incorporate the cooked meat back into the frying pan.
5. Taste the mixture and season with salt and pepper as needed. Allow the gravy to simmer a minute or two. Place gravy on top of halved homemade biscuits! Note: You can find wonderful biscuit recipes online or even buy pre-made biscuits in the store.