

Biscuits & Gravy

For best results chill your butter for the biscuits in the freezer for 10-20 min before beginning this recipe!

Oven: 220C (425F)

Ingredients:

Ingredients for 12 Biscuits:

4 Cups plain Flour
2 Tbsp Baking Powder
2 Tbsp White Sugar
2 Tsp Salt
 $\frac{3}{4}$ Cup (170gr) Butter (needs to be very cold)
1 $\frac{1}{2}$ Cups Milk

Gravy Ingredients: (enough gravy for 12 Biscuits)

2 tsp Dried Sage
2 tsp Salt
1 tsp Black Pepper
1 Tbsp Brown Sugar
 $\frac{1}{8}$ tsp crushed red pepper flakes
1 pinch ground cloves (optional)
500gr Pork mince
 $\frac{1}{4}$ cup Plain Flour
2.5 cups Milk
 $\frac{1}{8}$ tsp crushed red pepper (optional in the milk)

Method:

Biscuits:

1. Chill the butter in the freezer for 10-20min. Cold butter gives you light, flaky biscuits.
2. Preheat oven to 425F / 220C and line a baking tray with baking paper.
3. Combine flour, baking powder, sugar and salt in a large bowl and mix well. Set aside.
4. Remove the butter from freezer and either cut it into the flour mixture with a pastry cutter or use a cheese grater to shred the butter into the flour mixture (I use the cheese shredder and it works great).
5. Stir the mixture until it resembles coarse crumbs.
6. Add milk, use a wooden spoon or spatula to stir until combined (don't over-work the dough).
7. Transfer your biscuit dough to a well-floured surface (I lay out baking paper to work on, then flour it) and use your hands to gently work the dough together. If the dough is too sticky, add flour until it is manageable.
8. Once the dough is cohesive, fold in half over itself and use your hands to gently flatten layers together. Rotate the dough 90 degrees and fold in half again, repeating this step 5-6 times but taking care not to over work the dough.
9. Use your hands (do NOT use a rolling pin) to flatten the dough to 1 inch (2.5cm) thick and lightly dust a 2 $\frac{3}{4}$ inch / 7cm round biscuit cutter with flour (I don't have biscuit cutter, so I use a cup with roughly the same diameter).
10. Making close cuts, press the biscuit cutter straight down into the dough and drop the biscuit onto prepared baking tray.
11. Repeat until you have gotten as many biscuits as possible and place less than $\frac{1}{2}$ inch apart in baking tray. If needed, gently rework the dough to get a few more biscuits until you have at least 12 biscuits.

12. Bake at 425F / 220C for 12 minutes or until tops are beginning to just turn lightly golden brown.

Gravy Method:

1. While the biscuits are baking, mix the sage, salt, black pepper, brown sugar and red pepper flakes in a medium bowl. Mix well.
2. Add the pork and mix well with your hands.
3. Place in a large saucepan and turn the heat to Medium-High. Cook, crumbling the mixture as it cooks, until no pink remains. Do NOT drain the fat!!!
4. Sprinkle the $\frac{1}{4}$ cup flour evenly over the sausage crumbles and cook a minute longer until the flour is absorbed.
5. Slowly pour the milk into your skillet, stirring as you pour. Add crushed red pepper, if using.
6. Cook, stirring until mixture is thickened. The gravy is usually thick enough just a minute or two after the biscuits come out of the oven.
7. Slice the biscuits in half, pour gravy over biscuits, and serve!!