

Idiot's Kitchen Recipe – Sausage Roll Ups with Gravy

Recipe from www.idiotskitchen.com



Ingredients:

1 pound breakfast sausage – Jimmy Dean Sage Sausage recommended
2 cups flour
3 teaspoons baking powder
1 teaspoon salt
¼ cup Crisco shortening
¾ cup milk

For the gravy:

2 Tablespoons flour
1 cup milk
Pepper

Cook the sausage in a large pan over medium heat until thoroughly browned and slightly crispy. Break the sausage into small pieces as it cooks.

Preheat the oven to 450 degrees. For the biscuits, whisk together 2 cups flour, 3 teaspoons baking powder, and 1 teaspoon salt in a large bowl. Using a pastry cutter or two knives, cut in ¼ cup of Crisco shortening until it incorporates into the flour and breaks down into pea sized pieces or smaller. Add ¾ cup milk and stir until the flour is incorporated and the dough stiffens up. Turn the dough out onto a floured work surface and knead 10-12 times to pull the dough together. Roll out into a rectangle shape 1/8 – 1/4 inch thick (about the same thickness as you would roll sugar cookie dough).

Reserve ½ cup of the cooked sausage save the pan with the drippings. Sprinkle the remaining sausage over the rolled biscuit dough. Starting at the narrow end, roll the biscuit and sausage together into a tight pinwheel pressing gently as you go. Cut the sausage roll into 2 inch segments and place them seam side down on a greased baking sheet. Bake at 450 degrees for 12-15 minutes until puffed and golden brown.

While the biscuits cook, make the gravy. Add about 2 Tablespoons of flour to the drippings in the pan and stir over medium heat to make a roux. Add milk ½ cup at a time (about 1 cup total) and stir to remove any lumps. Bring the gravy to a simmer to thicken and determine if you need to add more milk to thin or more flour to thicken. If you need to thicken, do not add flour directly to the pan. Instead, scoop out a little of the hot gravy into a small dish and add flour to make a paste. Whisk the paste back into the gravy to thicken. Season with pepper and add the reserved sausage pieces.

Serve Sausage Roll Ups warm from the oven covered in gravy.