

Quick Biscuits

Ingredients:

2 cups flour*
3 tsp baking powder
2T cane sugar
1 tsp salt
1/3 cup canola oil
2/3 cup milk**



* Use King Arthur Gluten-free Measure for Measure flour if intolerant to wheat and/or during elimination phase of FODMAP

** Use lactose-free milk if intolerant to lactose and/or during elimination phase of FODMAP

1. Mix dry ingredients. Put oil in measuring cup and add milk. Do NOT stir.
2. Add milk oil mixture to dry ingredients.
3. Mix to moisten ingredients, then knead 1-2 times to form a ball.
4. Roll out between two sheets of plastic wrap to about 1/2 inch thick and cut into 2 inch biscuits -OR- divide the dough in to 12 equal parts and drop the dough onto the cookie sheet
5. Bake on ungreased pan at 475°F for 10-12 minutes.

Sausage Gravy



Ingredients:

- 1 pound sausage[^]
- 1/3 cup All-purpose flour^{*}
- 4 cups whole milk^{**}
- 1/2 tsp seasoned salt with black pepper^{^^}
- 1/2 tsp black pepper

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[^]Use sausage recipe on this website if intolerant to onion and/or garlic and/or during elimination phase of FODMAP

^{^^} Use seasoned salt recipe on this website if intolerant to onion and/or garlic and/or during elimination phase of FODMAP

1. Brown the sausage over medium-high heat until no longer pink. Reduce the heat to medium-low.
2. Sprinkle on half the flour and stir so the sausage soaks it all up, then add a little more until just before the sausage looks too dry.
3. Stir it around and coat for another minute, then pour in the milk, stirring constantly.
4. Cook the gravy stirring constantly, until it thickens (10-12 minutes).
5. Sprinkle in the seasoned salt and pepper and continue cooking until very thick. If it gets too thick too soon just put in 1/2 cup of milk or more if needed. Taste and adjust seasoning.

Sausage

Ingredients:



- 1 pound ground pork
- 1 tsp dried sage
- 1 tsp salt
- 1/2 tsp ground black pepper
- 1/8 tsp dried marjoram
- 1/2 T brown sugar
- 1/16 tsp crushed red pepper flakes
- 1 pinch ground cloves

Mix ground pork and seasoning together. Cook until no longer pink.

Seasoned Salt

Ingredients:

1/4 cup salt

4 tsp black pepper

1 tsp paprika

1/2 tsp ground red pepper



Mix all ingredients together. Store in an air tight container.