

# Homemade Biscuits and Maple Sausage Gravy

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## Servings: 8

*2 cups all-purpose flour*  
*3 teaspoons baking powder*  
*1 tablespoon sugar*  
*1 teaspoon salt*  
*1/4 teaspoon pepper*  
*(optional)*  
*3 tablespoons cold butter,*  
*cubed*  
*1 tablespoon shortening*  
*3/4 cup 2% milk*  
**SAUSAGE GRAVY**  
*1 pound bulk maple pork*  
*sausage*  
*1/4 cup all-purpose flour*  
*3 cups 2% milk*  
*2 tablespoons maple syrup*  
*1/2 teaspoon salt*  
*1/4 teaspoon ground sage*  
*1/4 teaspoon coarsely*  
*ground pepper*

Preheat the oven to 400 degrees.

In a bowl, whisk the flour, baking powder, sugar, salt and, if desired, pepper. Cut in the butter and shortening until the mixture resembles coarse crumbs. Add the milk, stir just until moistened. Turn onto a lightly floured surface. Knead 8 to 10 times.

Pat or roll the dough to a one-inch thickness. Cut with a floured two-inch biscuit cutter. Place one inch apart on an ungreased baking sheet.

Bake until golden brown, 15 to 17 minutes.

Meanwhile, in a large skillet, cook the sausage over medium heat until no longer pink, 6 to 8 minutes, breaking into crumbles. Stir in the flour until blended. Gradually stir in the milk. Bring to a boil, stirring constantly. Cook and stir until the gravy is thickened, 4 to 6 minutes. Stir in the maple syrup, salt, sage and pepper.

Serve the gravy with biscuits.

Per Serving (excluding unknown items): 257 Calories; 8g Fat (calories from fat); 7g Protein; Carbohydrate; 1g Dietary Fiber; 20mg Cholesterol; 685mg Sodium; Exchanges: 2 Grain(Starch); Non-Fat Milk; 1 1/2 Fat; 1/2 Carbohydrates.