

Traditional Sausage and Gravy (Au Jus)

Phillip Jones

Ingredients

1 pound roll Sausage (Regular, Sage, Hot) any brand — sliced in patties, one to three per person*
Salt (to taste for Gravy)
Pepper (to Taste for Gravy)
Appropriate size Iron Skillet
Approximately cup to cup and ½ water

Directions:

Slice Sausage into desired size patties.

Place Skillet on Stove eye and set to medium heat (Electric Stove number 5).

Pour in some oil of some type and take a paper towel and run to coat bottom of pan (do this just after you turn on stove eye), or pour oil in and swirl around making to coat ⅛" – ¼" up sides (then pour remainder out).

Allow sausage to fry on one side until dark brown (not burnt), turn over and repeat on other side. Pour off all grease except maybe ¼ teaspoon. Pour in water, Cover allow liquid to boil, remove lid, and turn over sausage, Cover allow liquid to boil some more.

Pour sausage and Gravy (Au jus) into serving bowl.

Serve with: Fried or scrambled eggs, biscuit or toast, (½ for gravy ½ butter & Jam or Jelly).

Traditional Sausage and Thickened Gravy

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Ingredients to make Thickened Gravy:

Substitute for water:

1 small to large can of Evaporated Milk Carnation® or any store brand (depends upon how many people served)

1-3 tablespoons of Flour (self-rising okay or if you want to salt to taste use plain flour)

Directions:

Open can of cream with a punch type can opener (has triangular tip), open across from each other two holes in the can of Cream, so that you can pour the milk out of the can.

Cook Sausage according to steps above in card one.

When you get to point of you have fried sausage on both sides, remove sausage to bowl.

Next pour off some of the dripping's: but, leave more than instructions above.

Next add the Flour, and stir thoroughly, until browned slightly (fancy cook shows on TV call this a roué) next pour the milk stirring until gravy is thick as you desire. (If you add too much flour gravy will be thick like wallpaper paste, you only want enough flour to make decent gravy. You can always add Flour – but can't take it away. If too thick you can thin with water.) As soon as Gravy is consistency you want, take up either in same bowl as sausage, or in a separate gravy bowl.

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Serve:

Serve with: Eggs, Biscuits, Toast, or plain loaf bread. Plus for dessert, serve biscuit, or toast (buttered), with jam, jelly, or marmalade.

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Notes:

* You can substitute for either of these recipes, pre-made Sausage patties either in store fresh made, or from major brands in Freezer section (such as Tennessee Pride®).

The number of sausage patties and size needed and amount of gravy depends upon number people eating. You may need to use a larger skillet, to fry sausage in, or to make either type gravies in. So the amount of ingredients will vary accordingly.

Types of Sausage:

Plain – has some but very little seasoning other than some salt and pepper and just a very small hint of sage.

Hot – same ingredients in Plain, plus red (hot) pepper flakes. (It's my favorite type of sausage.)

Sage – similar to plain, except has it has additional Sage. (My mother's favorite type of sausage.)

To get the idea what sage taste like, if you happen to have a bottle of sage, open it up and smell it. Sage is Primarily used in Pork dishes.