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From funnygirl28@yahoo.com

Vegan Southern Biscuits and Gravy

Ingredients:

1 package prepared, frozen soy sausage crumbles or patties (I use Morningstar Farms)
Up to 1/4 cup flour (preferably white but whole wheat works too)
Up to 4 cups plain soy milk (full fat or low fat works best but non fat may be used)
packaged biscuit mix (check label for milk ing. - use 1/2 cup vegetable shortening and water to make biscuits)
lots of pepper (and I mean LOTS)
lots of salt or salt seasoning (I use Lawry's or Johnny's seasoning salt)
1/2 medium onion, finely chopped
Up to 1/2 cup vegetable oil

Directions:

Prepare biscuits according to package directions - preheat oven to bake biscuits but let dough sit, covered (on counter or in refrigerator) while you prepare the gravy. Remember the secret to great biscuits is to use COLD margarine or shortening and to not overmix.

Turn stove on to medium high, and preheat a drizzle of vegetable oil in the pan. When pan is hot, add chopped onions and saute until almost cooked. Add frozen sausage crumbles and continue to saute until cooked. Set aside cooked onion/sausage mixture in a bowl.

In the same pan, reduce heat to medium, and prepare a roux by mixing about 2-3 tablespoons flour with enough vegetable oil to make a heavy paste (about 1-2 tablespoons of oil). Add oil and/or flour to get the correct consistency. Stir and cook the roux for a couple of minutes over the medium heat, then slowly add about a cup of soymilk to the mixture, stirring continuously. You must stir continuously to avoid lumps.

Continue to simmer the gravy over medium heat and add more soy milk as needed (this may require several cups of milk). If you accidentally add too much milk, just add a bit more flour (not more than a teaspoon at a time). Also, the longer you cook the gravy, the more it will reduce and thicken.

As the gravy is simmering and reducing, put the biscuits in the oven and bake according to package instructions.

Add the onion/sausage mixture to the gravy and continue to stir and simmer until the biscuits are done. Add salt and pepper to taste - you will probably find that you'll use more salt and pepper than you expected.

Halve the warm biscuits and pour gravy mixture over them and serve. Yum!

Serves: 3-4

Preparation time: 45 minutes

Votes: 1 5 = excellent 4 3 2 1 = poor Add Comments

Morningstar Farms sausage contain EGG WHITES! Use another type (like Gimme Lean) for this recipe to be vegan.

Tracy

This was really good!!!!

Sherri

These were awesome!

TarotGirlie

So how the hell do you make biscuits? I'm looking for a biscuits and gravy recipe, and all I can find are instructions like "mix the biscuits according to the instructions on the package". It's just confirming all my prejudices about americans. Isn't biscuits and gravy meant to be a folk recipe? It can't be that hard to make without having to buy some over-processed commercial product. I mean they didn't have Big Food in the

old west did they?
stib

stib - here's a recipe. i've never tried it but will be trying it tonight to use with this recipe. so i'll let you know how it goes!
<http://www.randomgirl.com/recipes.html#biscuits>
ohmessylife

BISCUITS 2 cups flour 1 TBS baking powder 1/2 tsp salt 5-6 TBS shortning or tub magarine 1 cup liquid (soy milk, water, whatever) sift dry ingrediants. cut or rub in shortning until crumbly. Mix in milk. Roll out to 1/2 inch thick. cut with biscuit cutter (or drinking glass with 2" or 2.5" diameter). Arrange on cookie sheet 1" apart. Bake at 400 in the middle of the oven for around 10 minutes (until golden brown). Bake one sheet at a time.
vgriffith

I'd reccommend the Biscuits Like Mom Never Made recipe found here on VegWeb. They're really, really good!
silverbean

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