

Betty's Exquisite Country White Gravy -- Go UK & U of L!



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In this video, Betty demonstrates how to make Country White Gravy. This gravy goes well with the Southern Raised Biscuits uploaded in bettyskitchen previously.

Ingredients:

5 tablespoons butter
4 tablespoons all-purpose flour
2 cups milk
salt, as needed
freshly ground pepper, as needed

In a medium skillet, melt 5 tablespoons butter. Add 4 tablespoons flour, $\frac{1}{4}$ teaspoon salt, and 8 to 10 grinds of fresh black peppercorns. Whisk immediately. Add 1 cup milk and keep whisking. Bring gravy to a simmer, whisking continually. Continue to cook and whisk gravy and add the remainder of the milk, if needed, about $\frac{1}{4}$ cup at a time. The gravy should thicken nicely. If it is not thickening as much as desired, cut back on the amount of milk added. Taste gravy for salt and pepper and add more, if needed. This is a traditional breakfast gravy served over biscuits in Central Kentucky. I hope you enjoy it! --Betty :)