

VEGAN BISCUITS & GRAVY

Details

Time to cook: 30 minutes. Serves Two; eat it fresh!

Based on <https://www.thetasteofkosher.com/dairy-free-biscuits/>

Ingredients

For Biscuits

- 2 cups flour (250 g)
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 stick cold Imperial Vegetable Oil spread (meant as a substitute for $\frac{1}{3}$ cup oil)
- $\frac{2}{3}$ cup oatmilk, unsweetened

For Gravy

Eyeball the proportions in your cast iron pan. Use less flour than you think, because it puffs up when the milk is added.

- Flour
- Oatmilk
- Vegetable Oil
- Garlic Powder
- Celery Salt
- Onion Powder
- White Pepper
- Fennel Seeds
- Vegan ground beef substitute (optional)

Preparation

Finish preparing the biscuits first, then make the gravy while they bake. Preheat oven to 425°F (218°C).

Biscuits

1. Whisk flour, baking powder, and salt together in a medium bowl.
2. Add veggie oil spread and mix it until crumbly.
3. Add oatmilk, mix until it's combined into a wet dough.
4. Flour a surface and flatten dough on it. Knead the dough through itself five times. At the end, flatten it to half-inch thick slab.
5. Cut biscuits using a cup. Fold remainders into a pile and repeat.
6. Place biscuits on parchment paper in oven. Bake for 12-15 minutes. Brush melted veggie spread on the surface if you want.

Gravy

1. Heat vegetable oil in cast iron.
2. Add flour. Stir constantly to make a blonde roux.
3. Add seasonings to the roux.
4. When the seasonings become fragrant, add oat-milk. Stir constantly.
5. Microwave the vegan meat and add to gravy, if desired.
6. Serve the gravy over biscuits fresh out the oven.