

## White Milk Gravy

1/2 CUP SELF-RISING FLOUR (WHITE LILY) IN SIFTER

1/4 CUP SHORTENING

1 TSP. SALT

1/2 TSP. PEPPER

3 CUPS SKIM MILK OR 2% MILK

Use a 10” cast iron skillet or 12” standard skillet. Melt shortening in bottom of skillet on medium heat. Turn heat up to high after melted. Quickly sift flour into melted shortening. Use a wire whisk and blend shortening and flour well. Add salt and pepper. **Let flour mixture turn to a light brown.** Once brown, add milk. Stir constantly making sure to scrape bottom and sides of skillet. Whisking well prevents lumps. Once gravy gets hot enough to boil, it will thicken. Pour into serving dish.

*Tammy’s Tip: For a thinner gravy, just add milk and whisk.*

*Option: For a butter gravy, substitute shortening with real butter. This is my daughter’s favorite gravy, but I was raised on shortening gravy. Try them both!*

**Summer Supper:** *Serve over biscuits with sliced cantaloupe. “Family Favorite”*