



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

ENGLISH MUFFIN BREAKFAST PIZZAS

1 package English muffins
8 eggs
1 pound breakfast sausage
8 ounces mild cheddar cheese, thin sliced

Sawmill Gravy:

2 cups milk
¼ cup sausage drippings (add butter if you don't have enough drippings)
¼ cup flour
½ teaspoon salt + ¼ teaspoon pepper

1. Cook meat in a cast iron pan until well done. Remove sausage from pan and pour off all but ¼ cup of fat.
2. To the meat drippings in the skillet, add the flour. Cook and stir over medium heat 5 to 10 minutes or until mixture starts to turn golden. (This burns away the raw flour which must be done before liquid is introduced.)
3. Slowly add milk, stirring constantly.
4. Cook gravy until it boils and thickens.
5. Lightly toast English muffins in toaster while making gravy.
6. Scramble eggs in a non-stick skillet, add a small dash of milk, if desired.
7. Turn oven broiler on high and assemble pizzas on baking sheet. Add sawmill gravy to the open-faced English muffin then top with scrambled eggs, slice of cheese and sausage.
8. Toast under broiler until cheese is bubbly and melted.