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# Uncle Ellis`s Cornmeal Gravy

*The Essential Southern Living Cookbook*

Start to Finish Time: 20 minutes

**1/2 cup plain red or white cornmeal**

**1/2 teaspoon table salt**

**1/2 teaspoon black pepper**

**1 teaspoon bacon drippings**

**1 cup buttermilk**

**1 cup hot water**

Cook the cornmeal in a heavy skillet over medium-high heat for 4 to 5 minutes or until golden brown, stirring constantly. Stir in the salt, pepper and bacon drippings.

In a bowl, stir together the buttermilk and the hot water. Gradually whisk into the cornmeal mixture.

Bring the cornmeal mixture to a boil, whisking constantly. Reduce the heat. Cook, whisking constantly, until thickened.

Whisk in additional buttermilk for desired consistency.

Yield: 1 2/3 cups

## **Condiments, Sauces**

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*Per Serving (excluding unknown items): 141 Calories; 7g Fat (41.7% calories from fat); 8g Protein; 12g Carbohydrate; trace Dietary Fiber; 13mg Cholesterol; 1451mg Sodium. Exchanges: 0 Grain(Starch); 1 Non-Fat Milk; 1 Fat.*