



## Basic Maine Grains Oatmeal Porridge Recipe

For thick, creamy oatmeal~

Combine 1 part rolled or cracked oats to 2 parts water in a pot. Cook over medium-high heat until the liquid boils. (Stir occasionally to prevent sticking to the bottom of the pot.) Once it boils, turn heat down to low and cover for 15 minutes. Cracked oats, which cook much like steel cut oats, may take a few minutes longer.

For a thinner porridge, add more water.

For a softer texture, or quicker cook time, you can soak the oats overnight and cook in the morning.

For cooking in a microwave, use the same ratio of 1 part oats to 2 parts water, and cook in a microwave safe bowl on high for 1-2 minutes, to desired tenderness.

Serve with your favorite toppings like butter, maple syrup, a pinch of salt, nuts, fresh fruit, cream or milk~ however you desire. Our oats have a naturally creamy texture, and fresh sweet flavor cooked just in water, but substituting milk for water is also an option.

We know that chefs across Maine are serving our oats both sweet and savory (butter, salt and pepper)~ so ENJOY!