

Steel-Cut Oats w/ Fresh Fruit

Swick

Serves 2 to 3 | Active Time: 5 minutes | Total Time: 45 minutes

Step 1: Gathering Your Mise en Place

- 1/2 cup steel-cut oats*
- 2 cups water or Non-Dairy Milk**
- 1/8 tsp ground cinnamon (optional)

Gather and measure out the ingredients. The amount of liquid used will ultimately depend on the final consistency that you are looking for. If you like your oats a bit thicker, use less liquid; if you like them runnier, use more liquid.

*These are also referred to as, coarse-cut oats, pinhead oats, Irish or Scottish oats.

**Any Non-Dairy Milk can also be used.

Step 2: Cooking the Oats

- 1/4 cup raisins (optional)

To cook the oats, mix all of the ingredients together and bring to a boil over medium-high heat.

Once boiling, reduce the heat and let simmer uncovered for approximately 30 to 40 minutes, or until you reach your desired consistency and texture. Stir occasionally. You may need to add a touch of liquid if it starts to dry out before the oats are cooked.

Once the oats are tender and cooked through, cover and let rest for about 5 to 10 minutes before serving.

Alternate Cooking Method / Overnight Preparation:

Bring the oats and liquid to a boil and let cook for 1 minute. Let cool and then cover and refrigerate overnight. The next morning, uncover, bring to a simmer over low heat and let cook for approximately 5 to 10 minutes or until you reach the desired consistency. The overnight soak essentially “cooks” the grains by rehydrating and softening them.

Alternatively, the oats can simply be soaked overnight and eaten raw.

Step 3: Finishing the Oats

- 1 cup (approx) fresh fruit*
- brown sugar (to taste)

Wash and cut up the fruit. Strawberries, raspberries, blueberries, blackberries or even bananas go well with oats. Basically, whatever fresh fruit that you like and have on hand can be added.

If you like, you can pour a bit more milk (or non-dairy milk) over top and sprinkle with a bit of brown sugar. Serve hot and enjoy!

Note: Add nuts and/or hemp seeds for a more nutritious breakfast.

Chef's Notes

Though many think that oatmeal is a winter breakfast, it's a great way to start the day all year long. Steel-cut oats are especially good, as they have a dense and chewy texture that will fill you up for a good part of the morning.