SUBMITTED BY
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ON
2013.03.12

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Keine Stimmen

Porridge (Scottish porridge)



Thick Scottish oatmeal is a warm, easy-to-make, nutritious, and filling breakfast.

This recipe serves one person.

Ingredients

- 1/2 cup rolled oats (preferably instant)
- 1/2 cup milk
- 1/2 cup water
- a pinch of salt

Recipe

Put the ingredients in a pot.

Bring to a boil, stirring occasionally to prevent the porridge from burning.

Boil until the desired consistency is reached (the longer the porridge cooks, the thicker it will become; remember: it will continue to thicken for a while after being removed from the heat).

Serving

Oatmeal tastes best when served with milk—it cools and thins the consistency.

How you serve oatmeal depends on your imagination and personal preferences. You can serve it savory or sweet with fruit, vegetables, spices, meat, or honey, or eat it plain.

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