

Laurentian/Algonquian Oatmeal/Porridge recipe by Jane Howard Allen Piehl

Hearty, full of flavor, fills your tummy for hours, scrapes your insides nice and clean.







In **Ireland** (and probably the **UK**), this is called **porridge**, and is made with **milk** instead of [water](#).

[Quantities below](#) are 1 serving for an older adult.

Active middle-age adults will want **1½ x** this. **Teenagers** probably want **2 x**.




This recipe **scales** — you can make a bunch of servings at once, and serve multiple hungry people, or save extra in single-serving microwavable glass dishes in the refrigerator for another day ([see below](#)).

1 Parts (per serving, see above)

-  **Steel-cut oatmeal:** $\frac{1}{3}$ cup. (If **rolled oats:** $\frac{1}{2}$ cup.)
 - Children will like **flavored oatmeal packets**. Eventually, you will outgrow the sugar and mushiness.
 - No one likes Quaker or generic "**Quick**" **Rolled Oats**. Too mushy.
 - Beginner adults find Quaker "**Old Fashioned**" **Rolled Oats** fine. But after a few years, tire of this.
 - Experienced adults will be invigorated when they come across exotic rolled oats, such as **Snoqualmie Falls Lodge Oatmeal** (an amazingly-good "Old Fashioned" rolled oats). Eventually, you will move to steel-cut.
 - For convenience, Eric usually sources **Bob's Red Mill** from Costco; other brands are excellent, or better!
-  **Water** in accordance with instructions from oatmeal manufacturer. Or **milk**, if that's the way you roll.
 - For steel-cut, usually **2–3–4 x** the amount of oatmeal (**3 x** for Bob's Red Mill); thus about $\frac{2}{3}$ –**1–1½ cup**.
 - For rolled oats, usually **2 x** the amount of oatmeal; thus about **1 cup**.
 - Can adjust to taste.
- **Salt** (optional).
 - Called for by most oatmeal recipes, but doc told me not to add salt to my food, so I don't. I don't miss it.
-  **Dried cherries** (optional) (no, not optional — you do want them). A small handful, maybe **6–12 cherries**.
 - If no  cherries, **blueberries** work well, too.
 - In Michigan, get them in your grocery store.
 - Outside of Michigan, [order more!](#)
- **Almonds** (optional). Eric uses these sometimes, roasted non-salted. A small handful, maybe **5–8 almonds**.
-  **Maple syrup:** $\frac{1}{24}$ cup. Can adjust to taste. For me, I use a little less.
 - [Best] Concentrated from the sap of  sugar maple *Acer saccharum*, or black maple *Acer nigrum* (often considered a variety of *Acer saccharum*), or sometimes red maple *Acer rubrum*.
 - [Good] If no maple syrup available, can instead use **brown sugar** (dark as possible), same quantity, packed. Almost as good.
 - [OK] Can instead use **molasses**, same quantity.
 - [OK] Can instead use **granulated sugar**, same quantity.
- **Protein supplement** (optional). I have used two different kinds; works well. Add after cooking.
- **Milk** (optional). If not lactose-intolerant, a healthy splash.
- **Saucepan** or **rice-cooker**.

2 Prepare


- If making in a **saucepan** (as used by Jane Piehl):
 - Add to the **saucepan** the:
 - [oatmeal](#),
 - [water](#),
 - [dried cherries](#), and
 - [almonds](#).
 - Heat saucepan on stove on **High**, stirring occasionally, until start a low boil — real bubbles, not just froth, but not very many bubbles.
 - On an electric stove, turn off power to that heating element — the stored thermal mass will finish cooking the oatmeal.
 - On a gas stove, turn down to **1**, and simmer for another 2 minutes.

- If making in a **rice-cooker** (as used by son Eric Piehl):
 - Scale up to make **3–6** servings: a cup or two of dry oatmeal. You can't cook just a little bit in the rice-cooker.
 - Add to the **rice-cooker** the:
 -  [oatmeal](#),
 -  [water](#),
 -  [dried cherries](#), and
 - [almonds](#).
 - Plug in your rice-cooker, and set buttons to mode **Cook**.
 - If your rice-cooker has a setting for **Oatmeal, Porridge, or Brown Rice**, use that. Cooks a bit slower? Don't know — my rice-cooker has no settings other than **Cook** and **Warm**.
 - Cover with the **plastic lid** with the holes in it — it will break up the froth if it gets high enough.
 - Do **not** cover with the solid metal lid — it will boil over.
 - For 17 minutes, do other tasks while your oatmeal cooks. E.g., unload the dishwasher, or straighten up the kitchen.
 - Try to **stir** it sometime during the cook. If you fail, that's OK, too.
 - When rice-cooker clicks out of mode **Cook** into **Warm**:
 - **unplug** rice-cooker.
- If oatmeal **looks a little watery**, that's OK:
 - **stir** well,
 - **wait** a couple minutes for any thick stuff on the bottom to soften, and
 - **stir** well again.
- Add to your oatmeal:
 -  [maple syrup](#) (or sugar),
 - [protein supplement](#) (optional), and
 - **stir** well again.
- If you made more than one serving, **save** excess in single-serving microwavable glass dishes in the refrigerator for another day.
- **Serve** your serving in a bowl, or not.
 - Jane eats her oatmeal from the small saucepan. Vertical sides means it doesn't tip! Nice handle!
 - Eric eats his oatmeal from the rice-cooker bowl. Using a hot pad!
- Add to your oatmeal:
 - [milk](#) (optional). Or wait to cool.
- Get a **spoon** and enjoy the flavors and textures, the happy tummy, and well-scrubbed insides.
 - Ready to **seize the day!**

3 Cleanup

- Put pot in **dishwasher**, lower-rack, facedown. Preferably on double-wash cycle.
- Or wash pot **by hand**, preferably before any residual dries completely.
 - But remember that your dishwasher uses **3 x** less water and energy than washing stuff by hand, so if you need that pot for tomorrow, just run your dishwasher!

4 Reheating

- Find an extra oatmeal serving in the fridge.
- **Heat** in the microwave. Takes a while:
 - Add some **water**, if you like.
 - I usually:
 - microwave it for **55 seconds**,
 - let it sit for a couple minutes for the heat to soak in, then
 - zap again for **44 seconds**.
- Add to your oatmeal:
 -  [maple syrup](#) (if you didn't add it when you made it), and
 - [milk](#) (optional).
- Get a **spoon** and enjoy the flavors and textures, the happy tummy, and well-scrubbed insides.
 - Ready to **seize the day!**

-End.- [send comments to the author](#)