

Whole Grain Oatmeal

You can buy oats in many different forms, all in various stages of processing. There are whole oat berries or kernels, sometimes called “groats.” There are “steel cut” oats that have been cut into three smaller pieces. There are rolled oats; whole and processed, par-cooked and not. And there are instant oats which are highly processed, almost always with the bran and germ removed, cooked then dehydrated. Obviously the closer you can get to the unprocessed grain the more nutrients and fiber are present. This recipe starts with the whole oat kernel or “berry.”



Whole Oat Berries	1 pound
Water	6+/- cups
Steel Cut Oats	½ cup
Instant Oats	as needed

Toppings:

Dried berries, Walnuts, Whole Flax Seed, Banana, Soy Milk

The most common statement about making whole grain oatmeal every morning is “I don’t have the time.” With this recipe we make a batch once a week and then every morning it takes less time - and about the same amount of energy - to heat as it does to make instant oats or even wait in line for an Egg McMuffin breakfast gut bomb!

We’re going to employ the same “reserved liquid” technique we use when making a whole grain pilaf except the cooked grain remains in the pot with the liquid and the cooking process continues from there right in the same pot.

Start with whole oat berries. You can purchase them in a few locations here in Columbus; Whole Foods Market will have it almost all the time in their bulk section. Failing that, Amazon and many other sites on the web have them. Right now I buy 28 ounce packages. That’s too large of a batch for one week so I use ½ a package or 14 ounces which works out to be just less than 2 cups...1 pound works fine. Toss that into a 3.5 liter pressure cooker with 6 cups or so of water and pressure cook on medium for 40 minutes. In this case we want the grain to open up fully and start to actually thicken the cooking liquid some, so you could actually leave it longer if you wanted. I like the texture of the oatmeal when the groats still have a little fight left in them so I stop at 40 minutes. To stop the pressure cooker fast, ***carefully*** submerge the entire pot under cold running water until you hear the valve release the pressure, you’ll know it when you hear it, remove the cooker from the running water right away or water will start to get inside and dilute your oats. You need to be careful here; although the water is cold when it hits the lid, by the time it gets just to the edge of the pot where you hand ***shouldn’t be*** it’s hot enough to burn instantly! Next, remove the lid slowly and place the cooker back on the fire. Add the steel cut oats and simmer slowly until cooked - about 40 minutes - you’re done! If and only if it’s still a bit soupy for you, toss in a tablespoon of instant oats just to soak up that liquid. I add rye flakes and cracked wheat sometimes instead of the steel cut oats. This is what the English call “porridge” or a grain mush, so any grain will work, you can even substitute whole barley for oats at the start. Cool it right away, back in the sink in an ice bath, and store it in the fridge. I add dried berries and soy milk before microwaving then throw in chopped banana and walnuts and top with flax seed. Think of this like you would an oatmeal concentrate that you add liquid to reconstitute.