

Porridge

There are many different recipes for porridge and anyone's favourite comes down to personal preference. Oatmeal or rolled oats? Water or milk? Salt or sugar? Providing just one recipe in this book would be impossible so instead here are some general guidelines and suggestions for anyone new to porridge. If you have more time you can even make barley porridge.

Oat porridge

Traditional porridge recipes tend to use oatmeal with approximately 200ml of water per 50g oats, and a pinch of salt. The mixture can be soaked overnight before cooking in a pan next morning, bringing to the boil and simmering (stirring regularly) for 5-10 minutes, or until the desired consistency is reached. The amount of liquid may be reduced to 150ml per 50g of oats, or doubled to 400ml. It depends if you like your porridge thick or thin.

Using rolled oats instead of oatmeal creates quicker porridge as the liquid is soaked up more easily. If stirring the mixture in a pan still takes too long, 2-3 minutes in a microwave, stirring half way through, is enough. Finally, if you have a slow cooker then prepare it the night before and slow cook over night to be ready for breakfast.

Newer recipes may replace half or all of the water with milk. Salt versus sugar definitely depends on personal preference but a teaspoon or so of sugar is enough to sweeten a 50g bowl of porridge. To cut down on the amount of salt and sugar prepare the porridge without either and add flavour using fruit (bananas, apples, blueberries and blackberries), spices (cinnamon or nutmeg) or add nuts and seeds for more crunch. Honey and maple syrup are delicious alternatives to sugar, but still provide the calories so don't add too much.

Barley porridge

Barley porridge takes a little longer to cook and needs slightly more liquid, roughly 250ml for 50g barley. You can use either pearl barley or barley flakes. The pearl barley takes around 40 minutes to cook but overnight soaking with water reduces the cooking time in the morning. If using milk, soak the barley in water first, drain, add milk and cook as normal.

Nutrition information for oat porridge

Per	Energy	Fat	Saturates	CHO	Sugars	Protein	Fibre	Salt
100g made with semi-skimmed milk*	487kJ 116kcal	3.0g	1.2g	16.3g	4.7g	5.3g	1.4g	0.14g
Per	Energy	Fat	Saturates	CHO	Sugars	Protein	Fibre	Salt
100g made with water*	296kJ 70kcal	1.4g	0.2g	11.6g	0.1g	2.1g	1.4g	0.0g

* Nutrition information is given for porridge made without salt or sugar

Oat/Barley content

30g uncooked oats or barley will make a fairly small bowl of porridge whilst 70-80g will provide a particularly large serving for one person.

