

MULTI-GRAIN BREAKFAST PORRIDGE

Susan Denzer, Chef and Culinary Consultant
Love + Craft Kitchen, LLC
www.loveandcraftkitchen.com



Cooked whole grains have long been a breakfast tradition for many cultures, and expanding beyond oats is increasingly gaining popularity in American kitchens. Whole grains are great sources of fiber and protein, as well as vitamins and minerals such as magnesium, zinc, B vitamins, iron, calcium, and folate, which **support heart and brain health.**

For this “comfort in a bowl” breakfast, canned coconut milk provides a non-dairy creaminess and inviting flavor dimension. Dark fruits such as fresh blueberries and blackberries or dried cranberries, along with a drizzle of a high-quality fruit balsamic, are the perfect finishing touch or go tropical with fresh or dried sweet mango and toasted coconut flakes.

This is a great make-ahead dish – either in an Instant Pot or on the stovetop. Cool cooked porridge and refrigerate in a tightly sealed container for up to one week. When ready to serve, add a small amount of milk (dairy or non-dairy) to cold porridge and heat thoroughly on the stovetop or in the microwave.

Yield: Approximately 4 - 5 servings

INGREDIENTS:

1/3 cup uncooked steel-cut oats	2 cups water
1/3 cup uncooked farro or buckwheat groats	1 teaspoon vanilla extract
1/3 cup uncooked wild rice	1/8 teaspoon ground nutmeg
1 - 13.5 ounce can coconut milk	1/8 teaspoon Kosher salt

Toppings:

- fresh blueberries, blackberries and/or dried cherries, cranberries or mango
- drizzle of high-quality fruit balsamic such as blueberry, raspberry, blackberry-ginger, mango or fig
- chopped nuts and/or toasted coconut

DIRECTIONS:

In an Instant Pot (brand) Multi-Cooker –

1. Place the oats, farro or buckwheat groats, wild rice, coconut milk, water, vanilla, nutmeg and salt into the Instant Pot. Stir to combine.
2. Close the lid and choose the “Porridge” or “Custom” setting and set timer to 40 minutes. NOTE: Time may vary slightly by Instant Pot models; adjust accordingly.
3. Once cycle is complete, allow pressure to come down naturally for 10 minutes, then release. Open lid, stir to combine. NOTE: Porridge will thicken as it cools.

4. Divide into serving bowls. Top with desired fruit, a good quality fruit balsamic vinegar, chopped nuts, coconut, and/or a pinch of brown sugar (if needed).

In a Zavor (brand) Multi-Cooker –

1. Place the oats, farro or buckwheat groats, wild rice, coconut milk, water, vanilla, nutmeg and salt into the Instant Pot. Stir to combine.
2. Close the lid and choose “Pressure Cook”, then “Grains”, then “Brown Rice”. Set the pressure to “High” and the time to 23 minutes.
3. Once cycle is complete, carefully do a “quick release” of the pressure but do not open the top. Allow the porridge to rest in the closed pot for 10 minutes. Then, open lid, stir to combine.

NOTE: Porridge will thicken as it cools.

4. Divide into serving bowls. Top with desired fruit, a good quality fruit balsamic vinegar, chopped nuts, coconut, and/or a pinch of brown sugar (if needed).

On the Stove Top –

1. Place the oats, farro or buckwheat groats, wild rice, coconut milk, water, vanilla, nutmeg and salt into a medium-sized sauce pan. Stir to combine.
2. Cover pot, bring just to a boil, then reduce heat to low simmer. Cook for 40 - 50 minutes, stirring occasionally. Remove from heat and allow to rest, covered, for 5 – 8 minutes.
NOTE: Porridge will thicken as it cools.
3. Uncover, stir to combine well, and divide into serving bowls. Top with desired fruit, a good quality fruit balsamic vinegar, chopped nuts, coconut, and/or a pinch of brown sugar (if needed).