

Steel-Cut Oats with Apples and Raisins

Ingredients:

3 cups water
1 cup milk
1 tablespoon butter
1 cup steel-cut oats
¼ teaspoon salt
¼ teaspoon ground cinnamon (I like Saigon cinnamon for it's extra strong flavor)
1 apple, peeled, cored and grated
⅓ cup raisins (optional, but recommended if you like them)
¼ cup maple syrup

Directions:

Combine water and milk in a medium saucepan and bring to a simmer, stirring occasionally. Meanwhile, melt the butter in a 10-12 inch skillet over medium heat. Add the oats and toast, stirring occasionally, until golden -- about 2 minutes (you can skip this step but still add the butter to the milk mixture if you are in a hurry).

Stir the toasted (or un-toasted) oats into the simmering liquid. Reduce the heat to medium-low and gently simmer until the mixture is very thick, about 20 minutes. Stir in the salt, cinnamon, apple, raisins and maple syrup. Continue to simmer for just a minute or two more stirring occasionally, until all of the liquid has been absorbed and the oatmeal is creamy.

Serve with milk on top or just how it is. It's great either way!

Yield: 3-5 servings