Peach and Cardamom Semolina Bowls

2 small semolina bowls, each with half the porridge and 60 g (about 2.1 oz) peaches | Active 10 min | Cook 10 min | Total 22 min

Ingredients

- 50 g (about 1.8 oz) fine wheat semolina, not couscous or coarse cornmeal
- 350 ml (about 1 1/2 US cups) milk
- 100 ml (about 6 US tbsp plus 2 US tsp) water
- 120 g (about 4.2 oz) ready-to-eat canned peach slices in juice, drained and cut into bite-size pieces
- 10 g (about 0.35 oz) granulated sugar
- 0.3 g ground cardamom, about 1/8 tsp
- 0.5 g fine salt, a small pinch

Set out

1000 W microwave with turntable, Microwave-safe bowl, 2 L (about 2.1 US qt) measured capacity, about 19 cm (about 7 1/2 in) inside diameter, Small whisk, Spoon, Kitchen scale and measuring jug, Oven mitts, Two serving bowls

Allergens

Milk, Wheat. Check labels and substitutions.

Make it

1. Whisk the semolina, milk, water, sugar, cardamom and salt in the 2 L (about 2.1 US qt) bowl while the liquids are cold. Scrape around the base to disperse all the grain.

2. Microwave uncovered at 1000 W full power for 3 minutes, stopping at 90 seconds to whisk thoroughly. If the milk rises before a stop, pause at once and stir.

3. Reduce to 50% power. Cook for 4-6 minutes, whisking every minute, until gently bubbling, thick and smooth, with the fine grain fully softened. If it remains gritty, continue in 30-second bursts at 50% power with thorough whisking.

4. Fold in all 120 g (about 4.2 oz) drained peaches. Microwave at 50% power for 1 minute more to warm the fruit, then stand for 3 minutes. Stir once and divide the complete mixture equally between two bowls.

A visible surface helps

This recipe cooks uncovered so you can see the milk rise. Keep the oven attended and pause to whisk if the surface climbs.

Breakfast rather than a set pudding

Serve the bowls warm and spoonable. Chilling changes the texture, and this formula is not a molded dessert.

Ingredient labels

Semolina is wheat; it is not a gluten-free grain.

A useful detail

The 22-minute planning total includes measuring, up to 10 minutes of sequential heating and whisking, a 3-minute stand and serving. Fine semolina thickens during the stand; coarse grain is not a direct substitute. Times are starting ranges for a 1000 W microwave. Use the stated power setting, stir and turn as directed, and use the food endpoint rather than the clock alone. A different wattage or bowl shape may need additional short bursts.

Another way

Use 120 g (about 4.2 oz) drained ready-to-eat canned apricot pieces instead of peaches; keep the packing liquid out.

Replace cardamom with 0.8 g ground cinnamon, about 1/4 tsp. Keep the same sugar and cooking liquid.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below. Use within 3 days. For each portion, stir in 15 ml (about 1 US tbsp) water, cover loosely and reheat in short bursts, stirring, until 165°F/74°C throughout; stand 2 minutes. It will be thicker than when first made.