Mushroom and Miso Savory Oats

2 savory oat bowls, each with half the mushrooms and all other measured components | Active 12 min | Cook 16 min | Total 30 min

Ingredients

• 200 g (about 7.1 oz) cultivated white button or cremini mushrooms (Agaricus bisporus), cleaned and cut into 3 mm (about 1/8 in) slices; do not substitute wild or specialty mushrooms in this timed method

• 150 ml (about 1/2 US cup plus 2 US tbsp) low-sodium vegetable stock, divided: 30 ml (about 2 US tbsp) and 120 ml (about 1/2 US cup)

• 350 ml (about 1 1/2 US cups) water

• 90 g (about 3.2 oz) old-fashioned rolled oats, not steel-cut

• 20 g (about 0.71 oz) white miso paste

• 5 ml (about 1 US tsp) toasted sesame oil

• 20 g (about 0.71 oz) spring onion, finely sliced

• 10 g (about 0.35 oz) sesame seeds

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, Microwave-safe vented cover, Knife and board, Spoon, Small cup for loosening miso, Kitchen scale and measuring jug, Oven mitts, Two serving bowls

Allergens

Soy, Sesame. Check labels and substitutions.

Make it

1. Combine the mushrooms, 30 ml (about 2 US tbsp) stock and sesame oil in the 2 L (about 2.1 US qt) bowl. Cover with the vented cover. Microwave at 1000 W full power for 3 minutes, stir thoroughly, then cook 1-2 minutes more until the slices are soft. Retain every spoonful of the mushroom liquid.

2. Stir in the remaining 120 ml (about 1/2 US cup) stock, 350 ml (about 1 1/2 US cups) water and all the oats. Microwave uncovered at full power for 3 minutes, stirring halfway through. Reduce to 50% power and cook 6-8 minutes, stirring every 2 minutes, until the oats are soft and the mixture has thickened. If necessary, continue in 30-second bursts at 50% power until the grain is tender.

3. Stand for 2 minutes. Put the miso in the small cup, add 2 tablespoons of the cooked porridge from the bowl and stir to loosen. Return all of it to the bowl and mix thoroughly; nothing is discarded.

4. Divide the full batch between two bowls. Finish each with 10 g (about 0.35 oz) spring onion and 5 g sesame seeds. Serve warm.

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Keep the stock allocation clear

The mushrooms use 30 ml (about 2 US tbsp) of the 150 ml (about 1/2 US cup plus 2 US tbsp) stock; the oats receive the other 120 ml (about 1/2 US cup) plus 350 ml (about 1 1/2 US cups) water. The liquid released by the mushrooms remains in the bowl.

A creamy bowl, not fried oats

Expect tender grains and soft mushrooms. There is no crispy skillet layer or browned topping in this microwave method.

Ingredient labels

Miso may contain barley or other gluten grains; stock may contain wheat, celery or additional allergens. Use certified gluten-free oats and suitable labels if needed.

A useful detail

The 30-minute total allows about 9 minutes preparation, up to 16 minutes of sequential heating, the 2-minute stand and finishing. Stirring is included within the heating stages. 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 20 g (about 0.71 oz) red miso instead of white miso for a stronger flavor. Its saltiness varies, so do not add extra salt automatically.

Replace the sesame oil with 5 ml (about 1 US tsp) olive oil and the seeds with 10 g (about 0.35 oz) chopped walnuts. Walnuts become an allergen; check miso and stock labels for any remaining sesame.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 3 days. Store the dry seeds separately. Reheat covered in short bursts, stirring, until 165°F/74°C throughout, then stand 2 minutes.