Cocoa-Orange Toasted Oat Sipping Milk

1200 ml finished sipping milk; 6 portions of 200 ml | Active 25 min | Cook 30 min | Total 40 min

Ingredients

- 40 g plain rolled oats
- 1000 ml milk made with pasteurized milk
- 300 ml water
- 30 g unsweetened cocoa powder
- 65 g fine sugar
- 6 g finely grated zest from a washed orange
- 1 g fine salt
- Up to 200 ml additional milk for the final 1200 ml volume

Set out

3 L heavy saucepan, Digital scales, Fine grater, Whisk and spoon, Fine sieve, 2 L heatproof measuring jug, Food thermometer, Heat-rated airpot of at least 1.3 L, Six 250 ml heatproof cups, Shallow covered container and ice-packed cooler for optional cold route

Allergens

Milk. Check labels and substitutions.

Make it

1. Toast the oats in the dry saucepan over medium-low heat for 3-5 minutes, stirring, until fragrant and lightly golden. Do not scorch them. Whisk the cocoa, sugar and salt with 100 ml of the measured milk until smooth.

2. Add the remaining 900 ml milk, 300 ml water, the cocoa mixture and all the orange zest to the oats. Bring gently to a simmer, stirring the base. Simmer uncovered for 10-15 minutes, or the full oat-package cooking time if longer, until the oats are completely soft.

3. Strain into the heatproof jug, pressing gently with a clean spoon; discard the cooked oats and zest. If the strained liquid is above 1200 ml, return it to the pan and simmer gently until it reduces to 1200 ml. If below, add only enough of the reserve milk to reach 1200 ml.

4. Return all the measured drink to the saucepan and heat to at least 165°F (74°C), stirring. Fill the properly prepared hot-rated airpot and check it maintains 140°F (60°C) or hotter. Serve six 200 ml portions in heatproof cups.

5. For a chilled alternative, cool the finished drink in a shallow covered container in an ice-water bath for 15 minutes, then refrigerate at least 2 hours to 40°F (4°C) or colder. This adds at least 135 minutes. Carry cold and reheat only the amount required to 165°F before serving hot.

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Bring it

Use the airpot only for verified hot holding; check before travel and on arrival. If hot holding cannot be maintained, use the fully chilled alternative in an ice-packed cooler and agree reheating before leaving home. Keep hot food at 140°F (60°C) or hotter; use 40°F (4°C) or colder for the stated chilled alternative. Count uncontrolled packing, transport and display together: no more than 2 hours, or 1 hour above 90°F (32°C).

Finish at the gathering

Hot route:ready to pour into six cups. Cold route:the host needs a 3 L saucepan, hob and about 10 minutes to reheat to 165°F, then 140°F hot holding if waiting. No cream or garnish is needed.

Make it yours

Offer the small cups at a winter craft evening or an all-year late supper. The same cocoa-orange flavor can be served cold in warm weather, with the full cold-chain plan and no ice dilution.

Ingredient labels

Check oats for wheat or other gluten-containing grain cross-contact, and cocoa for added ingredients. The base is not certified gluten free; the soy variation changes the allergen declaration.

A useful detail

The 40-minute hot plan allows 10 minutes to measure and prepare, 5 to toast, 15 to simmer and 10 to strain, adjust volume and heat. Longer oat-package cooking or extra reduction extends it. The cold route takes at least 175 minutes overall. Do not skip full oat cooking because the drink is later strained.

Another way

Replace every milk measure, including any reserve, with the same volume of plain unsweetened soy drink. Soy then becomes a declared allergen; check the whole product label.

Use 4 g orange zest instead of 6 g for a gentler citrus note; keep the cocoa, sugar and finished liquid volume unchanged.

Keep it well

Refrigerate promptly cooled drink at 40°F (4°C) or below for up to 2 days. Stir before reheating the amount needed to 165°F (74°C). Do not leave leftover milk in a warm serving airpot for storage.