Peanut Oat Porridge with Warm Apple

2 porridge bowls, each with half the peanut oats and warm apple · Active 15 min · Total 25 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

- 1 cup ordinary rolled oats (80 g)
- 1 2/3 cups 2% milk (400 ml/about 412 g)
- 3/4 cup drinking water (180 ml), use 120 ml for oats and 60 ml for apple
- 1 medium apple, washed, cored and diced (200 g prepared, skin on)
- 2 tablespoons smooth unsalted peanut butter (32 g)
- 1 tablespoon granulated sugar (12 g)
- 1/2 teaspoon ground cinnamon (1.3 g)

Set out

Stovetop with 2 burners, Heavy saucepan of at least 1.5 qt/1.4 L, Small saucepan with lid, Wooden spoon, Knife and board, 2 bowls

Allergens

Milk, Peanuts, Oats; check the oats for wheat cross-contact. Check labels and substitutions.

Make it

1. Put apple, 60 ml water and sugar in the small saucepan. Cover and simmer gently for 6–8 minutes, stirring once, then uncover and cook 2 minutes or until apple is tender. Keep the heat gentle and cover again if the pan looks dry before the apple softens.

2. Meanwhile, put oats, milk, the remaining 120 ml water and cinnamon in the heavy saucepan. Bring slowly to a gentle simmer, stirring across the base. Cook 8–10 minutes or for the full rolled-oat packet time, stirring often, until the oats are soft and the porridge is spoonable.

3. Take porridge off the heat and stir in the peanut butter until evenly blended. Rest 2 minutes. Divide all the porridge between 2 bowls and top each with half the warm apple and any small amount of apple syrup.

A beginner skill to practice

Watch the bubbling and the spoon’s path across the base. Turning down heat early is easier than removing a scorched flavor later.

A useful detail

The 25-minute total uses two pans at once. The milk-and-oat mixture should simmer gently rather than boil hard. A longer oat-label cooking instruction extends the time.

Keep it well

Cool leftovers in shallow containers and refrigerate within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below. Use within 2 days. Reheat the portion required to 165°F/74°C, stirring and adding a measured spoonful of water if necessary. Do not leave milk porridge warm on the stove for later.