Savory Porridge Cakes with Tomato-Bean Sauce

8 small porridge cakes with tomato-bean sauce; 2 cakes and one-quarter of the sauce per serving · Active 30 min · Total 1 hr 20 min

Skills: Easy

Ingredients

• About 1 3/4 cups cold, thick plain oatmeal cooked in water (400 g), refrigerated promptly

• 1 large egg (50 g without shell)

• 1/2 cup all-purpose flour (60 g)

• 2 scallions (30 g), finely sliced

• 1/2 teaspoon fine salt (3 g), divided

• 1/4 teaspoon black pepper (0.5 g)

• 2 tablespoons neutral oil (30 ml), for the cakes

• 1 tablespoon neutral oil (15 ml), for the sauce

• 1 small onion (100 g), finely diced

• 2 garlic cloves (6 g), finely chopped

• 1 can chopped tomatoes, 14 oz/400 g, with their juice

• 1 can white beans, 15 oz/425 g, drained and rinsed (240 g drained)

• 1/2 teaspoon dried oregano (0.5 g)

Set out

Mixing bowl, Refrigerator, Large nonstick skillet, Medium saucepan, Spatula, Food thermometer

Allergens

Egg, Wheat. Check labels and substitutions.

Make it

1. Mix cold porridge, egg, flour, scallions, half the salt and pepper in the bowl. Cover and refrigerate for 30 minutes. The mixture will be thick and spoonable rather than a dough that can be rolled.

2. During the chilling time, heat the sauce oil in the saucepan over medium-low heat. Cook onion for 7–8 minutes. Add garlic for 30 seconds, then tomatoes, beans, oregano and remaining salt. Simmer gently for 15 minutes, stirring, until lightly thickened. Keep hot on low heat.

3. Heat 1 tablespoon/15 ml cake oil in the skillet over medium heat. Spoon in 4 equal mounds, using half the mixture. Flatten each to about 3 inches/8 cm wide and 1/2 inch/1 cm thick. Cook for 4–5 minutes without moving, then turn and cook for 4–5 minutes more, until browned and 165°F/74°C in the center.

4. Transfer to a warm plate. Repeat with the remaining mixture and 15 ml oil. Serve two cakes per portion with one-quarter of the hot tomato-bean sauce.

Save a plain portion before adding breakfast toppings

If you deliberately cook extra oatmeal, put the extra plain portion into a shallow container and refrigerate promptly before adding fruit, sugar or milk to the breakfast bowls. Label its original cooking date.

Ingredient labels

Oats can have wheat cross-contact; check the product if that matters to your household.

A useful detail

The 80-minute total includes the 30-minute mixture chill, with sauce cooking during that wait. It begins with already cooked, cold porridge. Only plain water-cooked porridge is specified; sweetened or flavored oatmeal changes the dish.

Keep it well

Use porridge that was cooled promptly, refrigerated at 40°F/4°C or below and made no more than 2 days earlier. This meal reheats it to 165°F/74°C; make the cakes needed and eat promptly. Any unused cold mixture must stay refrigerated and be cooked within the porridge's original 3-day window. Cooked cakes do not receive a fresh storage period. Freshly made tomato-bean sauce can be cooled promptly and refrigerated separately for up to 3 days.