

# Porridge



for

# Parkinson's

## The Best Bowl of Oatmeal (Serves 3 to 4)

- 3 cups water
- 1 cup whole milk
- 1 tablespoon unsalted butter
- 1 cup steel cut oats
- 1/4 teaspoon salt

1. Bring water and milk to simmer in large saucepan over medium heat, meanwhile, heat butter in medium skillet over medium heat until just beginning to foam; add oats and toast, stirring constantly with wooden spoon, until golden and fragrant with butterscotch like aroma, 1 1/2 to 2 minutes.

2. Stir toasted oats into the simmering liquid, reduce heat to medium low; Simmer gently, until mixture thickens and resembles gravy, about 20 minutes. Add salt and stir lightly with spoon handle. Continue simmering, stirring occasionally with wooden spoon handle, until oats absorb almost all liquid and oatmeal is thick and creamy, with a pudding-like consistency, about 7 to 10 minutes. Off heat, let oatmeal stand uncovered 5 minutes. Serve immediately.

We like to use steel cut oats from the bulk section of a natural food store--they are fresher and less expensive.