

Ten-Minute Steel-Cut Oatmeal

From America's Test Kitchen episode: *Breakfast Standbys*.

Serves 4

The oatmeal will continue to thicken as it cools. If you prefer a looser consistency, thin the oatmeal with boiling water. Customize your oatmeal with toppings such as brown sugar, toasted nuts, maple syrup, or dried fruit.

INGREDIENTS

- 4** cups water
- 1** cup steel-cut oats
- 1/4** teaspoon salt

INSTRUCTIONS

- 1.** Bring 3 cups water to boil in large saucepan over high heat. Remove pan from heat; stir in oats and salt. Cover pan and let stand overnight.
- 2.** Stir remaining 1 cup water into oats and bring to boil over medium-high heat. Reduce heat to medium and cook, stirring occasionally, until oats are softened but still retain some chew and mixture thickens and resembles warm pudding, 4 to 6 minutes. Remove pan from heat and let stand for 5 minutes. Stir and serve, passing desired toppings separately.

TECHNIQUE

KNOW YOUR OATS

The cereal aisle stocks a variety of oat products—but not all of them make for a good bowl of oatmeal.

GROATS: Whole oats that have been hulled and cleaned. They are the least processed oat product, but we find them too coarse for oatmeal.



STEEL-CUT OATS: Groats cut crosswise into coarse bits. We strongly prefer them in oatmeal; they cook up creamy yet chewy with rich, nutty flavor.



ROLLED OATS: Groats steamed and pressed into flat flakes. They cook faster than steel-cut but make for a gummy, lackluster bowl of oatmeal.



America's Test Kitchen is a 2,500-square-foot kitchen located just outside of Boston. It is the home of *Cook's Country* and *Cook's Illustrated* magazines and is the workday destination for more than three dozen test cooks, editors, and cookware specialists. Our mission is to test recipes until we understand how and why they work and arrive at the best version. We also test kitchen equipment and supermarket ingredients in search of brands that offer the best value and performance. You can watch us work by tuning in to *America's Test Kitchen* (www.americastestkitchen.com) on public television.