Porridge

Ingredients

3 cups milk
1 1/2 cups traditional rolled oats
Pinch of salt
1 1/2 tablespoons brown sugar

Method

Step 1

Bring milk to a simmer in a large saucepan over medium-high heat. Stir in oats and salt. Bring to the boil. Reduce heat to medium. Cook, stirring with a wooden spoon, for 5 minutes or until porridge thickens (porridge will coat the spoon when ready).

Step 2

Remove from heat. Cover and stand for 5 minutes (porridge will cool and thicken slightly on standing). Stir in sugar.

You could use 3 cups cold water instead of milk.

Microwave note: Place oats, salt and 3 cups cold water in a large microwave-safe bowl. Microwave, uncovered, on HIGH (100%) for 6 minutes or until cooked through.