

Featured Grain: Cracked Oats



An annual tradition with Fresh Food Box is adding back to school apples and oats to shares in September. One week Food Box customers get Maine Grains rolled oats and the next week they're switched out for cracked oats. Though the longer cooking time for cracked oats normally gives people pause, once Food Box customers give them a try, they can't get enough! So, with the weather getting colder, we challenge you to take a crack at cracked oats! From sweet to savory, berries to baklava, the following recipe from the Good & Cheap cookbook has loads of ways to dress up this simple dish.

- 1 cup cracked oats
- 2.5 cups water
- 1/4 tsp salt (optional)

In a small pot, add the oats, water and salt. Place it on medium-high heat, just until the water comes to a boil. Immediately turn the heat to low and place a lid on the pot. Cook for 15 minutes, until the oats are soft and tender and most of the water has cooked off. You can add more water if you like your oatmeal smooth and thin, or use slightly less if you want a thick oatmeal.

This is just the basic recipe; several ideas for how to make it your own follow. Whether it's milky and sweet or savory and salty, I'm sure you can find a favorite way to enjoy a hot bowl of oats in the morning!

coconut and lime oatmeal: Add the coconut and sugar to the oatmeal, water, and salt. Cook as normal. Turn off the heat and squeeze the juice of half a lime over the top.

- ¼ cup coconut, shredded
- 2 tbsp sugar
- ½ lime, juiced





Berry oatmeal: Cook the oatmeal as usual, but 2 minutes before it's ready, add some fresh or frozen berries and the sugar, then stir to combine. There's nothing more to the recipe than that, but it's surprising how many variations you can come up with just by trying a new type of berry or combining several varieties.

- ½ cup berries, fresh or frozen
- 1 tbsp sugar

pumpkin oatmeal: Whisk the pumpkin, milk, and water in a pot. Add the oats, salt, sugar, and spices, but use just 1¼ cups water. Cook on medium-low until it bubbles. Turn to low for 5 more minutes. Add syrup or more sugar to taste.

- 1/2 cup canned pumpkin
- 3/4 cup milk (or almond / soy milk) 1¼ cups water

2 tbsp brown sugar 1 tsp cinnamon

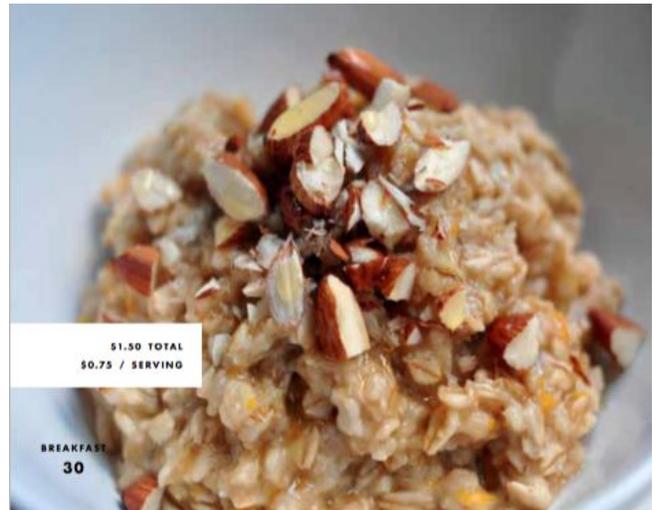
optional

- 1/4 tsp ginger powder
- 1/4 tsp clove powder
- maple syrup



baklava oatmeal: Before cooking the oatmeal as normal, add the cinnamon, orange zest and 2 tablespoons of honey. Once it's cooked, top each bowl with another tablespoon of honey and a tablespoon of nuts.

- 1 tsp cinnamon
- 1 tbsp orange zest, nely grated
- 4 tbsp honey
- 2 tbsp almonds or pistachios, chopped



apple cinnamon oatmeal: Cook the oats in juice and cinnamon instead of water. Top with the apple. If you want the apple to be soft and warm, cook it along with the oats.

- 2 cups apple juice or cider
- 1 tsp cinnamon
- 1 apple, cored and chopped

Savory oatmeal: Cook the oatmeal with scallions. Just before it's done, add cheese.

Melt the butter in a pan on medium heat. Crack in the eggs, then cover. Fry until the yolks are runny but the whites are cooked, then top each bowl of oats with one fried egg!

- scallions, finely chopped
- 1 cup sharp cheddar, grated
- 1 tsp butter
- eggs

