

Cooking Instruction for Steel Cut Irish Oatmeal



Quick Soak Method

One of the quickest and easiest ways to prepare oats is to soak the oats overnight. Before going to bed, boil 4 cups of water in a pot. Then add 170 grams of oats and simmer for 1 minute. Cover the pot, cool, and store overnight in the refrigerator. The next morning reheat over low heat, stirring occasionally.



Microwave

Add 43 g of oats to 180 ml of water in a deep 1.9 liter bowl (the size of the bowl is important as it must be large enough to allow the oats to bubble without spilling over). **Cook on high for 5 minutes**, stir, return to microwave and cook on **high for an additional 3 minutes**.



Make ahead

Make 5 days of oatmeal in advance by adding 170 g of oats to 480 ml of water and cooking as per the Quick Soak Method above. Allow the oatmeal to cool and store individual servings in plastic bags, covered plastic storage containers or glass bowls covered with plastic film. These can be stored in a refrigerator for up to 5 days. Alternatively, the oatmeal can be frozen in individual plastic food storage bags for up to 3 months.



To Cook

From frozen:

Thaw the oatmeal in the refrigerator the night before.

From fridge:

Transfer the oatmeal to a deep, microwaveable bowl. **Microwave on 1000W for 2 minutes** and stir. Depending on the consistency desired, microwave for up to an additional minute.

Nutrition Facts	
Serving size:	1/4 cup (40g)
Amount per serving	
Calories	150
Calories from Fat	25
% Daily Value	
Total Fat 2.5g	4%
Saturated Fat 0.5g	2%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Soluble Fiber 2g	
Insoluble Fiber 2g	
Sugars <1g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 8%