

Recipes:

Classic Porridge

Per portion:

45g porridge or rolled oats (for taste and creaminess)

30g jumbo oats (larger grains for texture and fibre)

300ml liquid:

100ml water; 200ml of any milk; cow's, goat's, soya, oat-milk, (I have tried almond milk but did not like it).

OR 300ml of just milk.

Or Apple juice (for chilled porridge).

A small pinch of salt (optional - but it brings out the flavour of the oats)

Served cold:

Mix all the ingredients into a glass bowl and just soak in milk or apple juice for 30 minutes or overnight in the fridge. Serve with chopped fresh pears or apples or summer berries, jam or a drizzle or honey or maple syrup.

Served hot:

Mix all the ingredients and the milk in any combination in a saucepan, bring to just under a boil. Simmer for 5 minutes always stirring. OR Put the Porridge into a glass bowl, microwave full power for 2 minutes, stir with a wooden spoon and return to the microwave for 2 more minutes. Serve with milk or a spoon of clotted cream and a drizzle of honey or maple syrup.

To make the porridge more interesting each morning (because you should have porridge oats each morning), add, before you bring to the boil; a tablespoon each of sultanas and flaked almonds; chopped dried apple and dried blueberries, pumpkin seeds (very good for us boys!) and cranberries; nibbed roasted hazelnuts and chopped dried figs; a teaspoon of vanilla extract, chopped un-sulphated apricots (the dark - not the bright orange) and peeled pistachio nuts or nibbed roasted hazelnuts.

Porridge Brûlée:

For 8 people.

6 egg yolks (use the whites for Egg White Omelette - very fashionable - or for biscuits, to make them crisp).

50g (2oz.) caster vanilla sugar - sugar that has had a vanilla pod resting in it for ages - or:

A teaspoon vanilla essence - if you don't have vanilla sugar.

100ml. (4fl.oz) hot full fat milk.

400ml. (14fl.oz.) double cream or (whipping cream if you prefer a light Brûlée).

75g (3oz.) Hugo's Blueberry and Apple Porridge (or just plain porridge oats - if you want to be less exotic).

To decorate:

An (red Braeburn - for colour) apple chopped in small 5mm (1/4 inch) cubes mixed with juice of half a lemon.

Small punnet of fresh blueberries.

About 100g (4 oz.) golden caster sugar or Demerara sugar.

Method:

Put the egg yolks, caster sugar (and vanilla essence, if required) into a large glass mixing bowl. With an electric whisk (or a balloon whisk, if you have the muscles) whisk the eggs and sugar until they turn pale and full of air. Gradually add the hot milk, constantly whisking. Pour in the cream and the porridge oats, whisk gently for another 30 seconds and then cover and place in the fridge for at least 6 hours or over-night.

Pre-heat the oven 150°C. 300°F Gas Mark 2.

Place 8 ramekins or Brûlée bowls onto a deep baking tray. Whisk up the Brûlée mixture, to separate the porridge, and equally pour into the ramekins or Brûlée bowls. Place the baking tray ramekins or Brûlée bowls into the oven and fill half way up the ramekin with boiling water (it is safer to do this just before you slide the baking tray into the oven). Bake for 45 minutes or until the surface of the Brûlée is just firm, with a tiny wobble in the middle. Remove from the oven and allow the Brûlée to cool on the side, out of the water-bath.

To serve; lay a single layer of apple cubes and blueberries neatly covering the top of the Brûlée. Sprinkle some Golden caster sugar over the top of the fruit, so it covers all the fruit. With a blowtorch, melt the sugar on top of the fruit - some of the fruit will char on the edges. Then serve once the bowl has cooled after you have used the blowtorch. The thin, crispy layer of sugar over the fruit just needs a little tap to break into that creamy, porridgey wonderfulness ... I am getting carried away.

You don't need to cover the top with fruit - you can, you could just sprinkle with sugar and melt with the blowtorch, for a more traditional Brûlée look!



Continued:

Asian Rice Porridge

For 2 to 4 people:

75g. (4oz.) pudding rice or Arborio rice – note the simmering times on the packet might be different.

500ml coconut milk – NOT coconut water - or a can of coconut milk, if you like it rich, make up to 500ml with water or cows milk.

1 to 2 tablespoons runny honey or sugar, depending how sweet you like it.

3g – quarter of an inch knob of fresh ginger, peeled and finely grated.

A ripe mango.

50g. (2oz.) shelled pistachios, bake for a couple pf minutes in a hot oven to get crunchy.

Pomegranate seeds from a whole pomegranate.

A drizzle of honey.

Put the rice and coconut milk into a pan and bring slowly to a simmer, stirring all the time. Simmer for about 25 minutes. If it thickens too much and the rice is still hard, reduce the heat, add a little water or coconut milk and continue stirring until it becomes a thick-ish and porridge-like.

Meanwhile, peel off the skin of a mango, cut in half, running the knife down the flat, round stone in the middle. Cut the flesh into little cubes. (You can do this without peeling but I find it impossible to describe! They do it a lot on television cooking shows, so, watch out for it.) Toast the pistachios for about 3 minutes in a hot oven.

Add the honey and the ginger to the porridge stir a few times, taste to see if it is sweet enough for you then remove from the heat, pour into a shallow bowl and allow to cool. Serve warm or cold – cold in the summer.

Spoon out two or three tablespoons of porridge into a little bowl to serve, add a spoon of mango chunks, pistachios and pomegranate seeds. Drizzle some more honey over the top. For different topping; try fresh blueberries, roasted crushed pecan nuts and maple syrup (very American).

Sundae Birchermüesli Porridge

For two Sundae glasses:

100g Hugo's Birchermüesli or any fruit muesli.

150ml full fat or skimmed milk or apple juice.

An eating apple, as sweet as you can get; red skinned apples are good for colour and Cox's Orange Pippins for taste,

2 tablespoons apple juice

2 teaspoons lemon juice

2 teaspoons caster sugar

75g chopped pecan nuts.

2 tablespoons thick plain yoghurt – full-fat or fat free.

A Kiwi fruit, chopped in small cubes to decorate.

Pomegranate seed or goji berries.

Tablespoon runny-honey (optional).

Start the night before if possible.

Put the muesli into a bowl and cover in apple juice, or you can use any milk, be it cows, goats, soya or a nut milk or even oat-milk. Leave in the fridge over-night or for at least an hour. In the morning, core and chop the apple into small cubes and put into a small bowl, add the apple and lemon juice with the cater sugar. Mix the apple into the juices and leave to 'steep' in the juices for a few minutes. Meanwhile, chop the pecans (leave a couple for decoration).

Assemble the Sundae:

Place a quarter of the diced apple at the bottom of each sundae glass. Don't spoon in the juice as it will make the sundae very soggy. Then spread over a tablespoon of the soaked muesli and cover with a layer of yoghurt. Sprinkle over the yoghurt, half the chopped pecans in each sundae glass and then the rest of the apple cubes. Then a final tablespoon layer of soaked muesli and then mound the kiwi fruit cubes, the goji berries or pomegranate seeds over the top. Put a pecan nut on top for decoration. Drizzle some runny honey over the top for a slight sweetness.

Refrigerate for a bit before serving – if you can bare to wait. This will keep for quite a long time in the fridge, even overnight; the colour may dull, however.

Chocolate and Nut Oat Smoothie

This is an indulgent breakfast smoothie for both grown-ups and children. It may be packed with chocolate but it is quite healthy – believe it or not!

For two smoothies:

1 large banana, sliced, (you could freeze the slices if you want really cold smoothies).

200ml (half a big pot of plain yoghurt) full-fat or no fat.

1 heaped tablespoon drinking chocolate powder.

1 good tablespoon chocolate and hazelnut spread – like Nutella.

1 good tablespoon smooth peanut butter (or two of the chocolate spread if you have a peanut problems).

50g oat flour or porridge oats whizzed up in a food-processor to make it more like flour.

1 or 2 tablespoons maple syrup or honey (optional).

200ml milk (if it is too thick) or do not want to include:-

A raw egg.

In the summer, you may want to add a few cubes of ice - four or five.

Teaspoon cocoa powder for dusting.

Put the banana slices into a blender. Add the rest of the ingredients and blend to a lovely smooth Smoothie. Dust some cocoa powder over the top and serve with a fat straw, immediately.

You can get more breakfast ideas recipes by

Hugo Woolley: from Hugo's book;

B&B The Book of Breakfast & Brunch, or from the e-book website; www.breakfastbook.co.uk

and click on **Christmas Bacon & Eggs**. Or click on **Recipes** on the Hugo's Breakfast website;

www.hugosbreakfast.co.uk

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