

## Asylum Link Merseyside



**Porridge** is a simple dish made by boiling oats (normally crushed oats, occasionally oatmeal) or another cereal in water, milk, or both.

It is eaten in a flat bowl or a dish. If made from cornmeal to which boiling water is added this can be seen as a variant of porridge, though these are more often described by regional/national variant names such as polenta and grits and are prepared and served according to special regional traditions.

Oat and semolina porridge are the most popular varieties in many countries, other cereals used for porridge include rice, wheat, barley, and cornmeal. Legumes such as peasemeal can also be used to make porridge.



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## To Make Porridge

1. Buy Porridge Oats (at ASDA 1kg costs about 80p. It would make 20 bowls of porridge)

2. Put the ingredients in a saucepan

½ cup of porridge oats



1½ cups of water (or milk if you prefer)



A pinch of salt



3. Cook on a very low heat. Stir all the time!



Use a wooden or plastic spoon if possible

4. The porridge will be hot and thick in about 10 minutes.

5. You can eat the porridge with milk/sugar/dried fruit/grated fresh fruit

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