

# How to cook hot cereal:

## Basic Rolled Oats Recipe

1 cup rolled oats  
2 cups water, milk or a combination of both

- Combine oats and water in a pot over medium-low heat.
- Bring to a simmer, stirring frequently.
- Once the oats begin to soften and the liquid thickens, you can add any flavorings you are using (salt, butter, honey, etc.).
- Simmer and stir until the oats reach your desired texture and consistency. Top with goodies and serve.

## Basic Steel-Cut Oats Recipe

1 cup steel-cut oats  
3 cups water

- Bring water to a boil in a saucepan, and stir in your oats.
- Reduce heat to a simmer and cook oats until soft, 20 to 30 minutes, stirring occasionally.
- If all the liquid has reduced before your oats are tender, stir in a bit more water or milk and continue to cook.

## Basic Cracked Wheat Cereal

1/3 cup cracked wheat  
¼ tsp salt  
1 cup water

### Instructions

Bring 1 cup water and ¼ tsp salt to a boil. Add 1/3 cup cracked wheat and turn heat down. Cover and cook for about 15 - 20 minutes, stirring occasionally. Serve with milk and honey. Makes enough for one person.

## Basic Cream of Wheat or Farina

1 cup water  
Pinch of salt  
¼ cup creamy wheat farina cereal

Bring water and salt to boil. Remove from heat. Add creamy wheat cereal slowly, stirring constantly. Return to burner and bring to a boil, then lower heat and cook 3 minutes or until thickened, stirring constantly.

## Cream of Wheat – Dominican Style

2 cups water  
3 cups milk  
1 ½ cups farina (cream of wheat)  
½ tsp salt  
½ tsp vanilla  
3 sticks cinnamon  
Pinch of clove powder  
¼ cup sugar  
2 TB butter  
Pinch freshly grated nutmeg

In a medium saucepan mix water, milk, cream of wheat, salt, vanilla, cinnamon, clove powder and sugar. Let rest for 5 minutes.

Heat over medium heat stirring constantly to prevent sticking to the pot. When it breaks the boil, add butter and lower heat to very low. Simmer, stirring until it reaches the desired consistency, taking into consideration it will get much thicker when it cools down. Suggested to be thick but still liquid.

Serve warm and sprinkle with nutmeg.