

Rustic Coarse-Style Oatmeal

Time: 10 minutes

The profusion of steel-cut and stone-cut Irish and Scottish-style oats all wish they had the remarkable flavor and texture of these.

Equipment Mise en Place

For this recipe you will need a medium-sized, heavy-bottomed saucepan with a tight-fitting lid and a wooden spoon.

Ingredients

- 1 cup (6 ounces) Anson Mills Toasted Stone Cut Oats
- 1 1/2 cups spring or filtered water
- 1/2 teaspoon fine sea salt

Directions

1. Place the oats in a heavy, medium saucepan and cover with cold tap water. Swirl lightly. Let settle, then tilt the pan and pour the hulls and water off the oats. Repeat this process two more times to eliminate any remaining hulls. Drain the oats completely after the last rinse (there will be close to a tablespoon of water left in the bottom of the pan) and add 1 1/2 cups spring or filtered water.
2. Place the saucepan on the stove and stir in the salt. Bring the oats to a simmer over medium-high heat, stirring frequently, about 5 minutes. Simmer 45 seconds, stirring once or twice. Remove the pan from the stove, cover, and let rest 5 minutes. Serve hot with butter, brown sugar, and cream (or any combination thereof).

Serves 3 to 4

Cooking Remarks

We used to stir the oats into boiling water, a traditional cooking method. But since Anson Mills oats must be rinsed before cooking, we realized it made more sense to rinse them, add fresh water, and bring them to a simmer in the same vessel. Our concern that a cold-water method might produce overcooked oats proved baseless: If anything, the oatmeal is better now, lush and creamy but pleasantly dimpled with texture. Be aware of cooking and steeping times—the time is short, and therefore critical.

One last thing: It may seem odd to wash the oats in tap water and cook them in filtered. But that's what we've been doing. You make the call.