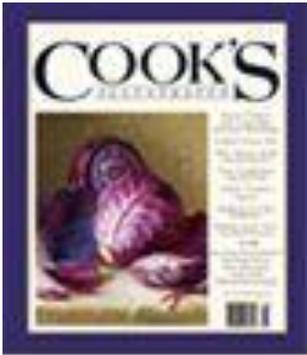


Daddy's Famous Oatmeal



As seen in
"Cooks Illustrated"
March/April 2003
Salt Lake Tribune Article

When I was 20 or so, I was looking for a better way to cook Oatmeal. I like oatmeal because I am an avid bike rider and at the time, road bikes over long distances and oatmeal is a good breakfast food for cycling. Don't ask me why I thought of this, but maybe due to the fact I steamed veggies with dinner.

'Daddy's Famous Oatmeal' because my daughter loves it and famous because I was recognized for my preparation method in one of the premier cooking magazines "Cooks Illustrated" March/April 2003 issue and the local Salt City Tribune, where I was living at the time wrote an article about my achievement.

So I decided to steam my oatmeal one morning and what do you know, It worked! Though I have changed the process by adding a one (1) minute blanch, the main change to the regular way people make sticking, gooey oatmeal is steaming.

The basic concept is that you boil water in a steamer pot that allows water to rise above the bottom of your steamer to cover the oats so that you can blanch or soak the oats in boiled water for around a minute. Then you drain off the water and steam the oats for 15-20 minutes and you will have the best fluffiest oatmeal you have ever eaten.

What's better is that you can make extra and place it in the fridge in a covered bowl and nuke it in the morning with milk for a quick yummy breakfast.

Layton Man Given Award for Oatmeal

Recipe makes great meal, magazine agrees

BY KATHY STEPHENSON

THE SALT LAKE TRIBUNE

Michael Gough has been blanching and steaming his Quaker Old Fashioned oats for 20 years, claiming this cooking method makes "the best, most fluffy oatmeal you have ever tried."

The Layton resident was so confident he recently challenged the editors at Cook's Illustrated magazine to give it a try.

Magazine cooks in the national test kitchen whole-heartedly agreed, sharing Gough's letter and cooking method with readers in its April 2003 issue.

"As promised your recipe delivered fluffy oatmeal," the editors wrote. "What we were not prepared for was such tasty oatmeal."

Gough's method keeps the oats from sticking and gives them a gentle bite, similar to fluffy rice.

"No doubt the steam cooks the oats gently without causing them to clump as they often do when cooked entirely in water," according to the magazine.

Gough, whose letter was selected from hundreds for publication, will receive a complimentary one-year subscription to the magazine.

While there is nothing like a classic bowl of oats for breakfast on a winter morning, there also is nothing wrong with adding a twist or two.

For a good start: Oatmeal

can be prepared with milk or fruit juice instead of water, then offered with interesting toppings like honey, brown sugar, raisins, chopped dried figs, apricots or dates.

Candied citrus peel or ginger, chopped canned fruit, chocolate shavings or cocoa powder and cinnamon, or any kind of nuts can also live up the morning grain.

Go a step further and turn your oatmeal into crême brûlée or flapjacks dressed up with banana.

Of course, for the traditionalist, here are the adapted instructions for Gough's oatmeal recipe as published in Cook's Illustrated:

Place a vegetable steamer — nonstick works best — in a medium saucepan. Add enough water to come about half way up the steamer so the oats will be submerged when added.

Bring water to a boil. Add desired amount of oats (Quaker Old Fashioned suggested) and salt if desired.

Blanch for 2 minutes. Lift steamer from pan and pour off all but a small amount of water needed to steam oats.

Return the steamer with the oats to the pan then bring water back to a boil. Cover the pan and turn off heat.

Let the oats steam 5 to 10 minutes, depending on desired firmness. Serve.

The Associated Press contributed to this report.

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Daddy's Famous Oatmeal

Step 1:

Fill you steamer pot with enough water to soak the oats

Step 2:

Bring you water to boil

Step 3:

Remove the pot form the stove to the sink

Step 4:

Add your oats to the boiled sitting water in the steamer pot

Step 5:

Blanch or soak your oats in the water for 1-2 minutes. Any more and you will end up with the same old goo that oatmeal is famous for, so do not over soak the oats. This step is just to rinse and warm up the oats and start the cooking process.

Step 6:

Drain all but one (1) inch of water from your steamer pot

Step 7:

Move the oats from the center of the steamer so there is a clear area for steam to rise

Step 8:

Cover and place back over low heat and go take a shower. When you come out, your steamed oatmeal is ready!

For added flavor, add raisins or any other dried fruit like cranberries, etc. to your steaming and they will saturate during the cooking. You can also add fresh fruit, yogurt, honey, granola, real maple syrup, brown sugar or your sugar-free sweetener of choice.

You can also add fresh fruit into your finished oatmeal and refrigerate it for a few days and then just warm it up in the microwave with milk. Nuke it for around 2:30 for a warm bowl of non-mushy Oatmeal goodness.

Daddy's Famous Oatmeal

Typical pot used to steam vegetables and Oatmeal



Pot showing water level to blanch oats



Daddy's Famous Oatmeal

Blanch the Old Fashioned Rolled Oats for 1-2 minutes – Off the flame



Drain all but 1" of water, cover and steam for 15-20 or as desired. COVER the pot!!!



Serve and ENJOY !!!