

Our State eats

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Orange & Ginger Oatmeal with Toasted Walnuts

Yield: 4 servings.

- 1 tablespoon unsalted butter
- 1 tablespoon brown sugar
- ¼ cup walnuts, chopped
- 1 cup milk (low-fat, whole, or almond milk)
- 2½ cups water, plus more as needed
- 1 cup steel-cut oats
- ½ teaspoon kosher salt
- 1 teaspoon fresh orange zest, plus more for garnish
- ½ teaspoon ground ginger
- ¼ teaspoon ground cinnamon

In a small saucepan, melt butter on medium heat. Add brown sugar and stir until dissolved. Add chopped walnuts and stir until evenly coated in sugar mixture. Reduce heat and continue stirring walnuts until they begin to smell toasted. Remove from heat and set aside.

In a large saucepan, combine milk and 2 ½ cups water. Bring to a boil over high heat. Stir the oats and salt into the boiling water. Return mixture to a steady boil, then reduce heat to low or simmer.

Gently simmer for 20 minutes, stirring occasionally and scraping the bottom of the pan to prevent sticking. For softer, creamier oats, continue cooking for 5 to 10 additional minutes, stirring every few minutes. If the oatmeal becomes too thick, add water or milk to thin it out to desired consistency.

Remove oatmeal from heat and let sit a few minutes to thicken. Stir in orange zest, ginger, and cinnamon. Serve oatmeal with additional orange zest and the toasted walnuts. Store leftovers in refrigerator for up to 5 days.



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