

Sourdough Porridge

Sourdough porridge is tasty, nutritious and simple to make. These instructions accompany the video available to view on www.ancestralkitchen.com

What you need:

- 230g (2 1/2 cups) rolled/flaked oats (or any other rolled/flaked grain)
- Container (bowl, glass jar etc) and cover (plate, waxed cover, clingfilm etc)
- 15g (1 tsp) any live culture starter (sourdough discard, kefir (water/milk), yogurt, whey, sauerkraut juice, apple cider vinegar)

How to do it:

1. Put the rolled/flaked grains into a clean container.
2. Cover with ample water and mix in your starter, distributing well.
3. Cover loosely and leave on the side/counter to ferment. If you have a warm spot, the fermentation will be quicker and more vigorous.
4. In warm weather, your grains will be fermented in 24 hours or less. You can then either proceed to the cooking step below, or refrigerate until you are ready to cook (they'll be fine in the fridge for up to 5 days but will get slowly more sour). If you prefer your food more fermented, or if your weather is cool, you can leave them on the side/counter longer. If you chose to do this, stir them well every 24 hours to distribute the surface yeasts/bacteria. Don't be put off by unpleasant smells when stirring (sometimes the good bacteria produce these).
5. To cook, pour the contents of the container into a pan and heat, stirring often. Add extra water to get a consistency you like.

Serving suggestions:

Ancestrally, porridges have been eaten with fats. Butter, ghee, cream and sour cream are all delicious. Sweet toppings and nuts are ubiquitous, but don't forget about savoury porridges! I love to eat mine with ground linseed, miso and olive oil.

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