

How to Make Fermented Oats

Method by Alison at www.ancestralkitchen.com

Recipe yield: 2 servings; Preparation time: 2 hours - 24 hours

Cook time: 10 minutes for rolled oats, longer for steel-cut

Ingredients:

- Oats: 120g (1+1/3 cup), rolled, steel-cut or Scottish oats
- 20g (c. large tablespoon) live starter (sourdough starter, apple cider vinegar, kefir, etc. - as long as it's unpasteurised)
- (optional, for optimal phytic acid reduction) 15g freshly-ground, phytase-rich flour (like rye or buckwheat)
- Unchlorinated water, ideally warm (no higher than 40C/104F)

Method:

- Measure oats into a bowl, mix in freshly-ground, phytase-rich flour, if using.
- Pour ample water over the oats.
- Add the live starter and mix well.
- Leave to ferment for a couple of hours to a couple of days, depending on your room temperature and how sour you like oats.

When you are ready to cook:

- Tip the entire contents of the fermenting oats into a saucepan and heat gently, stirring regularly. Add more liquid as needed.
- Enjoy your oats!

Here's the video that accompanies this PDF: <https://youtu.be/8hX42xbojbM>

Here's an Oats & Phytic Acid video: <https://youtu.be/7rbm7uUHfQ>

[Comprehensive article on fermenting oats \(with a big FAQ section\)](#)

Some other fermented oat recipes you might like:

[Fermented Oat Bake](#)

[Oatmeal Sourdough Bread](#)

[Sourdough Oatcakes](#)

[See how I freshly-grind flour at home for this recipe here](#)