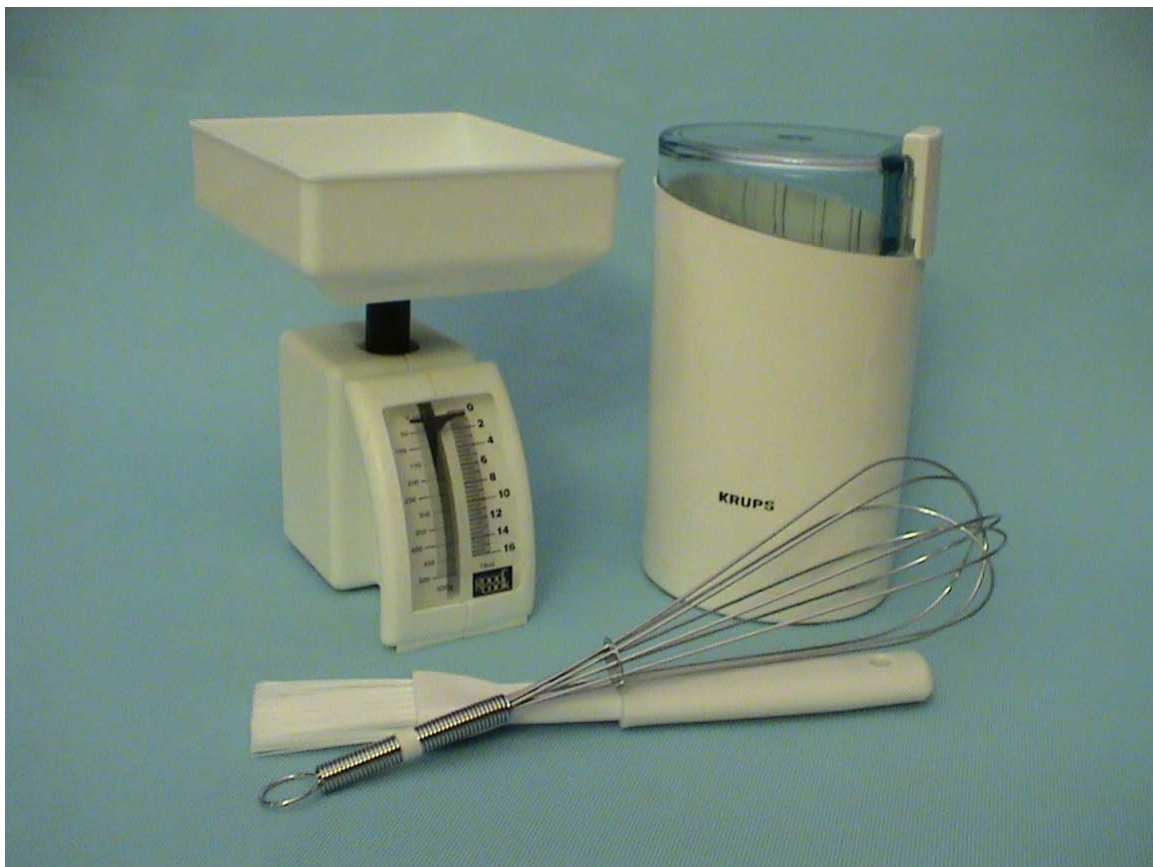




Porridge Recipe and Story Book



Wanless & Jerrie Southwick – Making Memories for Christmas 2004

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“Gluten-Free Fresh Rice Porridge Deluxe” (see page 8)

The Story of Goldilocks and the Three Bears



Once upon a time, there was a little girl named Goldilocks. She went for a walk in the forest. Pretty soon, she came upon a house. She knocked and, when no one answered, she walked right in.

At the table in the kitchen, there were three bowls of porridge. Goldilocks was hungry. She tasted the porridge from the first bowl.

"This porridge is too hot!" she exclaimed.

So, she tasted the porridge from the second bowl.

"This porridge is too cold," she said

So, she tasted the last bowl of porridge.

"Ahhh, this porridge is just right," she said happily and she ate it all up.

After she'd eaten the three bears' breakfasts she decided she was feeling a little tired. So, she walked into the living room where she saw three chairs. Goldilocks sat in the first chair to rest her feet.

"This chair is too big!" she exclaimed.

So she sat in the second chair.

"This chair is too big, too!" she whined.

So she tried the last and smallest chair.

"Ahhh, this chair is just right," she sighed. But just as she settled down into the chair to rest, it broke into pieces!

Goldilocks was very tired by this time, so she went upstairs to the bedroom. She lay down in the first bed, but it was too hard. Then she lay in the second bed, but it was too soft. Then she lay down in the third bed and it was just right. Goldilocks fell asleep.

As she was sleeping, the three bears came home.

"Someone's been eating my porridge," growled the Papa bear.

"Someone's been eating my porridge," said the Mama bear.

"Someone's been eating my porridge and they ate it all up!" cried the Baby bear.

"Someone's been sitting in my chair," growled the Papa bear.

"Someone's been sitting in my chair," said the Mama bear.

"Someone's been sitting in my chair and they've broken it all to pieces," cried the Baby bear.

They decided to look around some more and when they got upstairs to the bedroom, Papa bear growled, "Someone's been sleeping in my bed,"

"Someone's been sleeping in my bed, too" said the Mama bear

"Someone's been sleeping in my bed and she's still there!" exclaimed Baby bear.

Just then, Goldilocks woke up and saw the three bears. She screamed, "Help!" And she jumped up and ran out of the room. Goldilocks ran down the stairs, opened the door, and ran away into the forest. And she never returned to the home of the three bears.

THE END

Story from: http://www.dltk-kids.com/rhymes/goldilocks_story.htm

Photo from: <http://www.ongoing-tales.com/SERIALS/oldtime/FAIRYTALES/goldilocks.html>

Yummm..... Porridge!



“Grandchild’s Porridge Delight” with Chocolate Swirls and Ice Cream (see Page 6)

Grandchild's Porridge Delight

This nutritional farm-house breakfast is adapted to a city-kid's sweet-tooth.

2 Cups Boiling water

3 oz Whole Wheat

1 dash Salt

1 1/2 oz Chopped Nuts

2 oz Chocolate chips

1/2 Tbs Butter

3 scoops Vanilla Ice Cream

1. Crack the whole wheat berries in your coffee grinder. Put no more than 3 ounces of wheat in a Krups grinder. Grind for no more than 20 seconds. Finer grind makes smoother porridge.
2. Boil Water.
3. Add salt to water.
4. Add cracked wheat gradually to boiling water while stirring.
5. Stir briskly with a wire whip until mixed smooth with no lumps.
6. Stir in chopped nuts. Stir occasionally while ingredients cook to prevent sticking.
7. When porridge reaches desired thickness, stir in butter. Add chocolate chips and stir just enough to show chocolatey swirls. Cover with lid. Remove from heat.
8. Serve steaming hot in a bowl, with a scoop of vanilla ice cream pressed into the middle of the porridge.

Serves 3

Preparation time: 4 minutes

Cooking time: 6 minutes

Ready in: 10 minutes

Nutrition Facts

Nutrition (per serving): 377.3 calories; 45% calories from fat; 20.4g total fat; 19.7mg cholesterol; 139.7mg sodium; 356.2mg potassium; 47.4g carbohydrates; 1.9g fiber; 7.0g sugar; 7.8g protein.

Cooking Tips

Clean grain dust out of "Krups Coffee and Spice Grinder" with a soft dry brush. Do not immerse in water.

Recipe Source

Author: J. Wanless Southwick

Source: Personal Recipe

Fresh Cracked Wheat Porridge Deluxe

This makes a fresh, natural breakfast dish that keeps you from getting hungry before lunch.

2 Cups Boiling water
3 oz Whole Wheat
1 dash Salt
1 1/2 oz Chopped Nuts
1 1/2 oz Raisins
1/2 Tbs Butter
2 oz Apples diced

1. Crack the whole wheat berries in your coffee grinder. Put no more than 3 ounces of wheat in a Krups grinder. Grind for no more than 20 seconds. Finer grind makes smoother porridge.
2. Boil Water.
3. Add salt to water.
4. Add cracked wheat gradually to boiling water while stirring.
5. Stir briskly with a wire whip until mixed smooth with no lumps.
6. Stir in "goodies" (nuts, raisins, and apples). Stir occasionally while ingredients cook to prevent sticking.
7. When porridge reaches desired thickness, stir in butter. Cover with lid. Remove from heat.
8. Serve steaming hot!
9. Add milk and sugar to taste. (The sweet fruit may make additional sugar unnecessary)

Serves 2

Preparation time: 4 minutes

Cooking time: 6 minutes

Ready in: 10 minutes

Nutrition Facts

Nutrition (per serving): 391.6 calories; 34% calories from fat; 15.8g total fat; 3.1mg cholesterol; 161.0mg sodium; 505.6mg potassium; 60.3g carbohydrates; 2.8g fiber; 9.2g protein.

Cooking Tips

Adapt with your own choices of added "goodies."

Clean grain dust out of "Krups Coffee and Spice Grinder" with a soft dry brush. Do not immerse in water.

Recipe Source

Author: Jerrie W. Southwick

Source: Personal Recipe

Gluten-Free Fresh Rice Porridge Deluxe

This makes a fresh, natural breakfast dish that keeps you from getting hungry before lunch.

2 1/4 Cups Boiling water

3 oz Whole Grain Rice

1 dash Salt

1 1/2 oz Chopped Nuts

1 1/2 oz Raisins

1/2 Tbs Butter

2 oz Apples diced

1. Crack whole grain rice in your coffee grinder. Put no more than 3 ounces of rice in a Krups grinder. Grind for no more than 20 seconds. Finer grind makes smoother porridge.
2. Boil Water.
3. Add salt to water.
4. Add cracked rice gradually to boiling water while stirring.
5. Stir briskly with a wire whip until mixed smooth with no lumps.
6. Stir in "goodies" (nuts, raisins, and apples). Stir occasionally while ingredients cook to prevent sticking.
7. When porridge reaches desired thickness, stir in butter. Cover with lid. Remove from heat.
8. Serve steaming hot!
9. Add milk and sugar to taste. (The sweet fruit may make additional sugar unnecessary)

Serves 2

Preparation time: 4 minutes

Cooking time: 6 minutes

Ready in: 10 minutes

Nutrition Facts

Nutrition (per serving): 393.0 calories; 32% calories from fat; 15.3g total fat; 3.1mg cholesterol; 162.2mg sodium; 360.1mg potassium; 60.2g carbohydrates; 3.4g fiber; 7.1g protein.

Cooking Tips

Adapt with your own choices of added "goodies."

Clean grain dust out of "Krupps Coffee and Spice Grinder" with a soft dry brush. Do not immerse in water.

Recipe Source

Author: Jerrie W. Southwick

Source: Personal Recipe

Gluten-Free Fresh Popcorn Porridge Deluxe

This makes a fresh, natural breakfast dish that keeps you from getting hungry before lunch.

2 Cups Boiling water

3 oz Popcorn

1 dash Salt

1 1/2 oz Chopped Nuts

1 1/2 oz Raisins

1/2 Tbs Butter

2 oz Apples diced

1. Crack popcorn kernels in your coffee grinder. Put no more than 3 ounces of popcorn in a Krups grinder. Grind for no more than 20 seconds. Finer grind makes smoother porridge.
2. Boil Water.
3. Add salt to water.
4. Add cracked popcorn gradually to boiling water while stirring.
5. Stir briskly with a wire whip until mixed smooth with no lumps.
6. Stir in "goodies" (nuts, raisins, and apples). Stir occasionally while ingredients cook to prevent sticking.
7. When porridge reaches desired thickness, stir in butter. Cover with lid. Remove from heat.
8. Serve steaming hot!
9. Add milk and sugar to taste. (The sweet fruit may make additional sugar unnecessary)

Serves 2

Preparation time: 4 minutes

Cooking time: 6 minutes

Ready in: 10 minutes

Nutrition Facts

Nutrition (per serving): 400.2 calories; 35% calories from fat; 16.8g total fat; 3.1mg cholesterol; 161.8mg sodium; 439.2mg potassium; 59.3g carbohydrates; 9.3g fiber; 9.2g protein.

Cooking Tips

Adapt with your own choices of added "goodies."

Clean grain dust out of "Krupps Coffee and Spice Grinder" with a soft dry brush. Do not immerse in water.

Recipe Source

Author: Jerrie W. Southwick

Source: Personal Recipe

Cinnamon Apple Oatmeal Cereal

2 cups water

1 cup Quick Quaker Oats

1 dash salt

1 tablespoon brown sugar

1 tablespoon butter

1 tsp Cinnamon

2 oz Diced Apple

1/4 cup milk

1. Boil water and salt.
2. Stir in oats.
3. Cook about 1 minute over medium heat; stir occasionally.
4. After cereal begins to thicken, stir in diced apples, butter, brown sugar and cinnamon.
5. Cook until it reaches desired consistency. Cover with lid. Remove from heat.
6. Serve hot with milk.

Serves 2

Preparation time: 2 minutes

Cooking time: 1 minutes

Ready in: 5 minutes

Nutrition Facts

Nutrition (per serving): 268.0 calories; 31% calories from fat; 9.5g total fat; 17.8mg cholesterol; 347.5mg sodium; 270.1mg potassium; 41.5g carbohydrates; 5.2g fiber; 7.2g protein.

Recipe Source

Author: Jerrie W. Southwick

Family Sized Pot of Porridge

This makes 5 servings of a fresh, natural breakfast dish that keeps the whole family from getting hungry before lunch.

5 cup Boiling water

7 1/2 oz Whole Wheat

1 1/4 pinch Salt

3 3/4 oz Chopped Nuts

3 3/4 oz Raisins

1 1/4 Tbs Butter

5 oz Apples diced

1. Crack the whole wheat berries in your coffee grinder. Put no more than 3 ounces of wheat in a Krups grinder. Grind for no more than 20 seconds. Finer grind makes smoother porridge.
2. Boil Water.
3. Add salt to water.
4. Add cracked wheat gradually to boiling water while stirring.
5. Stir briskly with a wire whip until mixed smooth with no lumps.
6. Stir in "goodies" (nuts, raisins, and apples). Stir occasionally while ingredients cook to prevent sticking.
7. When porridge reaches desired thickness, stir in butter. Cover with lid. Remove from heat.
8. Serve steaming hot!
9. Add milk and sugar to taste. (The sweet fruit may make additional sugar unnecessary)

Serves 5

Preparation time: 4 minutes

Cooking time: 6 minutes

Ready in: 10 minutes

Nutrition Facts

Nutrition (per serving): 391.6 calories; 34% calories from fat; 15.8g total fat; 3.1mg cholesterol; 161.0mg sodium; 505.6mg potassium; 60.3g carbohydrates; 2.8g fiber; 9.2g protein.

Cooking Tips

Adapt with your own choices of added "goodies."

Clean grain dust out of "Krupps Coffee and Spice Grinder" with a soft dry brush. Do not immerse in water.

Recipe Source

Author: Jerrie W. Southwick

Source: Personal Recipe

THE NEW HOMEMAKER

A Beautiful Porridge

Gorgeous gruel, magnificent mush, stunning stirabout--it's all great winter food

by *Lynn Siprelle* TNH Editor

Just a couple of days ago as I was cleaning up after dinner, my 4-year-old daughter Josie kissed me goodnight and turned to run upstairs so her dad could put her to bed. "Oh, and Mom? Can we have that beautiful porridge again for breakfast tomorrow?" And off she went.



You may be saying to yourself, "Beautiful? Blech!" I would bet that the mush of your youth was some gluey mess that stuck to your spoon as well as your ribs. It doesn't have to be that way. Your family can love a good stirabout as much as mine does, though I can't say that your kids will eat three bowls at a go like Josie does when she's in the middle of a growth spurt.



Best Grains for Porridge

- Cracked wheat
- Steel-cut oats
- Coarse-ground corn (polenta or grits)
- Whole or cracked brown rice
- Millet
- Barley
- Amaranth
- Quinoa
- ...or really any grain you like!

The secret: Fresh grain, properly prepared

But first, some basic terminology. What do we mean by porridge? Porridge, which also goes by the names stirabout, mush, and the very unappetizing gruel, is any of a number of grains that have been cracked or rolled (steamed and flattened) and then cooked in water or milk until quite soft. The classic, of course, is oatmeal, about which more later.

Just about any grain makes a good porridge. The key is to cook them longer than you would were you to serve the same grain for dinner, and in more water. What makes the porridge my family eats taste better than what you probably remember from childhood is that we don't buy it in boxes and keep it on the shelf for years. We buy fresh grain, usually from the bulk bins, and stay away from rolled cereals, like what you probably think of as oatmeal.

And what about oats?

Rolled oats are great for cookies and granola, but when it comes to a proper porridge what you want are steel-cut oats. These also go by the names pinhead, Scottish, Irish, coarse-cut or porridge oats. Unlike rolled oats, which have been steamed and then rolled flat into a flake, steel-cut oats are the raw grain (a groat when you're talking oats), very coarsely ground--chopped or cracked, really. This makes for a much chewier, firmer textured porridge with a nutty, full-bodied flavor. One bowl of steel-cut oat porridge and you'll be a believer.

In the US probably the most famous brand of steel-cut oats is [McCann's Irish Oatmeal](#), which makes an extremely tasty porridge; it's also wildly expensive for what it is (over \$6 for 28 ounces at Trader Joe's last time I bought it a couple of months ago). [Bob's Red Mill](#) makes a good version, though I find it too finely ground for my own taste. The Bob's version cooks much faster than the McCann's, which takes a full half-hour.

Grinding your grain yourself

Best by far, and often cheaper in the long run if you factor in waste and nutrition since whole grain lasts much longer than milled grain, is to buy whole grains and grind them yourself. I have a small hand grinder. It was inexpensive--under \$50. You can get attachments for your mixer or invest in a fancy electric grinder, but I find that there's something satisfying about using a hand-powered grinder. [Lehmans.com](#) has a wide variety of them in many price ranges.

Once a week or so I toast some oat groats, wheat berries or brown rice in a dry frying pan on the stove just until they start to emit a nutty smell. Then, once they cool, I grind them on the coarsest setting on my hand grinder. Josie likes to help with this sometimes. (What you are going for is barely ground--cracked, really; if you end up with flour, you've gotten it too fine. Make some bread.) Then I store the ground grain in an airtight tin (a McCann's tin as it happens) until I need it. I try not to grind more than I can use in a week.

Having said all this, I need to emphasize that you do NOT have to go to all that trouble to make a good porridge. Just buy small batches of cracked grains from a reputable source--make sure it hasn't been sitting on a shelf since the Truman Administration, or even the Clinton Administration.

Cooking it up

It's variable, but a safe rule of thumb for porridge is one part grain to four parts water. You want it wetter than you would make the same grain for dinner. My favorite way to prepare it is in a very small crockpot I've had since I left home, a little one-person pot that makes exactly enough

porridge for the family's breakfast as long as we're not all incredibly starving. I put the grain and the water in the pot the night before, put the cover on, plug it in and forget about it. The next morning we have a beautiful porridge with zero effort. (I can't tell you how many times I started to put that little pot in the Goodwill box and how many times I've been happy I didn't since I discovered good porridge.)

If you don't have such a pot, try a wide mouth thermos: Put the grain and water in the thermos, cover with a tea cozy or thick kitchen towel and you should have nicely cooked porridge in the morning.

Failing either, you can use the old reliable stovetop method. Put your water and a pinch of salt on the stove to boil in a pot with a lid. When you've got a good rolling boil, pour your grain into the water in a thin stream, stirring as you go. This will prevent lumps. Turn the water down to simmer and cook for 20 minutes, stirring frequently. If you have a flame tamer or heat diffuser to put under the pot, so much the better; it will keep the porridge from scorching. Pop the lid on, take it off the heat and let it sit for another 5-10 minutes.

Serve it forth

Serve your porridge with--pick one--maple syrup, honey, brown sugar, molasses, jam, raisins, minced dried fruit, sliced fresh fruit--and milk, soy or rice milk, cream or even buttermilk as they do in Scotland (not as odd as it sounds on oats, though not my favorite). Add a pat of butter, or not. Add a sprinkling of cinnamon, or not.



My favorite toppings depend on what's in the porridge. If it's all or mostly corn, I put molasses or honey, butter and just enough milk to thin it. If it's brown rice (delicious for breakfast!) all I put on it are raisins and cinnamon. With oats, it's milk, brown sugar or real maple syrup, cinnamon and a little butter.

You will find that a breakfast of porridge will fuel you for your day like no other. We eat it year round; it's cheap, it's incredibly nutritious, and beautifully delicious.

<http://www.newhomemaker.com/cooking/porridge.html?print=yes>



Lothene Experimental Archeology

History of Cooking

Part 1: Porridge by Nicky Saunders

Porridge is a dish which has become associated with Scotland. It is made of oats stewed with either milk or water, and is served with salt or sugar and milk.

The first evidence for dishes resembling porridge is prehistoric. Neolithic farmers cultivated oats along with other crops. Various types of grains and grain meals could be stewed in water to form a thick porridge-like dish.

Anglo Saxon sources describe "briw" or "brewit" made from rye meal, barley meal or oats served plain or with vegetables in. There are also references to some types of porridges being fermented.

Eighteenth Century cookbooks such as Hannah Glasse's "The Art of Cookery made Plain and Easy", 1747, give recipes for "Water Gruel" made of oatmeal and water, and flavoured with butter and pepper. It might be served with wine sauce, sherry and dried fruits by rich people, whereas the poor ate the dish on its own. It could be served with any meal at any time of the day. Similar dishes included plumb porridge or barley gruel, made from barley and water, with dried fruit added. Burstin was made by roasting hulled barley grains and then grinding them, it could then be served with milk. Frumenty was hulled wheat cooked with milk, cream and eggs and flavoured with spices.

Porridges and gruels were an easy way to cook grains. The grain only had to be cracked, not completely ground into flour. It could be cooked very simply in a pot at the edge of a fire. Bread required an oven to cook in.

It formed a basis for many dishes, both sweet and savoury. It was served with meat, stock or fat, as well as with vegetables, fruits, honey or spices. It could be allowed to cool and set in a "porridge drawer", and could then be sliced to be eaten cold or even fried.

Sugar only became widely available in Britain in the Eighteenth Century, so it was probably not used on porridge before then.

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<http://www.lothene.demon.co.uk/crafts5.html>

Porridge was Important in Our History

Historical Pioneer Biographies

Mary Goble (Pay): Thirteen year old Mary and her family were with the 1856 Hunt Wagon Company which accompanied the Martin Handcart Company. She suffered severe frostbite and would have lost her feet were it not for a miracle.

“We could not get enough flour for bread as we got only a quarter of a pound per head a day, so we would make it like thin gruel. We called it ‘skilly.’”

<http://heritage.uen.org/pioneers/Wc4d2932a93f2e.htm>

Hasty Pudding*

The early American name for cornmeal mush. It was prepared by boiling cornmeal in the top of a double boiler and serving with molasses or milk, or sugar and butter with nutmeg. It was quickly prepared (giving it its name) and could be eaten as a vegetable, dessert or main dish for breakfast, lunch or supper. Other names for this all-around dish were “suppawn,” “spawn” and stir-about pudding.”

George A. Smith described such food on his first mission through the East in 1835. *“We walked 5 miles, called at a house and got rye **hasty pudding** and sour milk, being the best they had to give us, after which we walked 5 miles through the woods in the rain, calling at the first cabin where we were kindly received by the man of the house, who gave us some rye **hasty pudding** and molasses for supper.”*

Skilly*

A gruel made by boiling oat or corn meal in water.

Mary Goble Pay, a member of a handcart company in 1856 described their shortage of food on the Plains. *“We could not get enough flour for bread as we got only a quarter of a pound per head a day, so we would make it like thin gruel. We call it ‘**skilly.**’”*

*Givens, George W. 2003. *The Language of the Mormon Pioneers*. Bonneville Books, Springville, Utah. 284 p.

What did American colonists eat?

The Southern Colony had corn porridge for breakfast.

<http://www.baes.nvusd.k12.ca.us/Sutter/subjects/history/colony/lfo.htm>

The center of life for the American colonist was not the church or the parlor, but the kitchen, with its huge stone fireplace. In the other rooms the rafters were bare beams and the floors raw boards, but in the kitchen, there was room near the hearth for children to play and watch their mother cook in large iron pots. In these kettles were hasty-pudding and cornmeal porridge, while corn dumplings were baked on the side of the hearth.

http://homepage.mac.com/billwalker1/data11/ps03/ps03_129.htm

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Many Grains can be Ground for Porridge