

Steel Cut Oats.

Time: 35-40 Minutes Yield: 5 servings 7/29/18

1 tablespoon butter (or tasteless oil, as canola)
1 -1/4 cups steel-cut oats
3/4 cup raisins
1/4 teaspoon salt
1 Tablespoon cinnamon
4 1/2 cups water, heated

Plug in. Press SAUTE. Wait for “on.” Wait for “hot” about 3-4 minutes
Meanwhile, measure out oats, heat water

1. Using the SAUTE function, heat the oil or butter in the pressure cooker.
Then stir in the oats and salt; stir until the oats are toasted and fragrant, about 3 minutes.

Press CANCEL

2. Stir in 4 1/2 cups hot water, cover and seal, and close valve on top.

Press PRESSURE COOK

Set time using the – and + for 10 minutes. “ON” will show, then the time will count down. This may take 5 minutes to get started. Button by steam valve pops up in a little while.

After the 10 minutes, it quits. Let the pressure release naturally for 10 minutes;
WARM may show. OK on or off.

This takes about a minute to start counting up. Stop it at 10.

Then release the remaining pressure manually. Button will drop
Press CANCEL and then unplug the cord. Remove lid.
Carefully remove pot from cooker to cool.

3. Stir. Let sit until room temperature, about 1 - 1/2 hours. Stir in raisins, cinnamon. Divide into 5 serving bowls.
Breakfast for the following 5 days: Refrigerate 3, freeze 2. Seal frozen ones well.

Dinner in an Instant Melissa Clark [with changes]