

BAKED OATMEAL

Culinary Intro:	This comforting oatmeal will fill up your house with the sweet aroma of cinnamon.
Nutrition Intro:	Breakfast is the most important meal of the day, it is the fuel to start the morning energized.

<p>Prep Time: 1 hour</p> <p>Ingredients for 8 servings:</p> <p>Each serving = ½ cup</p> <p>Cost per serving=\$0.68</p> <ul style="list-style-type: none"> • 2 ½ cups rolled oats • 1 teaspoon baking powder • ¼ teaspoon salt • 1 teaspoon ground cinnamon • ¼ teaspoon ground cardamom (optional) • 2 ¼ cup low-fat milk or milk alternative, unsweetened • 1 large egg • zest of 1 orange (optional) • 1 teaspoon vanilla extract • scant, 1/3 cup real maple syrup or honey • 1 Tablespoon melted butter or canola oil • 1 ½ cup mixed berries, cherries, or other seasonal fruit • ¼ cup toasted pecans, chopped <p>Steps:</p> <ol style="list-style-type: none"> 1. Preheat oven to 350°F. Grease a square baking dish (8 or 9”). 2. In a large bowl, whisk together the dry ingredients: rolled oats, baking powder, salt, ground cinnamon and ground cardamom, if using. 3. In a separate bowl, combine the milk, egg, zest of 1 orange, if using, vanilla, maple syrup or honey, and melted butter or canola oil. Whisk well, and then pour into dry ingredients. Fold in fruit. 4. Scrape the mixture into the baking dish and lightly tap against the counter to release any air bubbles. 5. Bake for 25 minutes, and then sprinkle pecans. Bake for an additional 10 minutes. Remove the dish from the oven and let cool for about 10 minutes before serving. 	Culinary/ Nutrition Notes for Demo:	
	1	<p>Culinary:</p> <ul style="list-style-type: none"> • always make sure to preheat oven when baking or roasting
	2	<p>Culinary:</p> <ul style="list-style-type: none"> • oats have been important to the Scottish people, where it became a staple crop and used in many preparations including breads, gruel and thickeners • oats absorb lots of liquid during the cooking process, but also stay moist • oats have a slightly sweet flavor • cinnamon and cardamom complement each other nicely and pair well with orange zest <p>Nutrition:</p> <ul style="list-style-type: none"> • Oats are naturally gluten-free • Oats contain beta-glucan fiber which may help lower cholesterol and strengthen the immune system. • Apart from being used as a breakfast meal, oats can be added to meat patties and burgers for binding; or they can also be added to baked goods for fiber and added nutrients.
	3	<p>Culinary:</p> <ul style="list-style-type: none"> • wet ingredients will be absorbed by the oats • fruit can be fresh or frozen; frozen fruit will bleed into the baked oatmeal • a nice combination are cherries and blueberries <p>Nutrition:</p> <ul style="list-style-type: none"> • Most berries are rich in antioxidants that provide protective properties to the brain, one example is blueberries.
4	<p>Culinary:</p> <ul style="list-style-type: none"> • to toast pecans, spread onto a baking sheet in an even layer; place in oven while oatmeal bakes for about 5 minutes • remove the pecans from the oven, let cool for about 2 minutes, and then proceed with recipe • use other nuts like almonds or walnuts <p>Nutrition</p> <ul style="list-style-type: none"> • Pecans are a rich source of monounsaturated fatty acids or heart-healthy fats. • One serving size of pecans is about a small handful 	

Materials	Shopping List	Qty.
<ol style="list-style-type: none"> 1. 1 cutting board 2. 1 knife 3. 1 bowl for trash 4. 1 mixing bowl 5. 1 zester or microplane 6. mise en place bowls 7. silicone spatula 8. 1 small baking sheet 9. electric skillet 10. measuring cups 11. measuring spoons 12. paper plates/ cups/ soufflé cups 13. paper towels 14. tablecloth 15. kitchen towel 16. gloves 17. copies of recipe <p style="color: green; margin-top: 20px;">Note: Ingredients will need to be doubled to be able to prepare prior to demo.</p>	<p>Produce</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 orange <input type="checkbox"/> 1 ½ cup fruit of choice such as blueberries, strawberries, cherries, or peaches (if using frozen, see below) 	
	<p>Dry Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 ½ cups rolled oats <input type="checkbox"/> baking powder <input type="checkbox"/> ¼ cup pecans 	
	<p>Dairy</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 egg <input type="checkbox"/> 2 ½ cups low-fat milk or unsweetened milk alternative <input type="checkbox"/> butter 	
	<p>Perishables</p> <ul style="list-style-type: none"> <input type="checkbox"/> real maple syrup 	
	<p>Condiments</p> <ul style="list-style-type: none"> <input type="checkbox"/> vanilla extract <input type="checkbox"/> ground cinnamon <input type="checkbox"/> ground cardamom <input type="checkbox"/> salt 	
	<p>Frozen</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 ½ cup frozen fruit such as berries, cherries, or peaches 	
	<p>Paper Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> bowls, spoons, napkins 	

Prepping for demo:

- Shop for ingredients/ Ensure all ingredients are available
- Rinse & dry produce
- Prep & store for demo as requested in recipe; prepare a batch of baked oatmeal, cook and store for demo
- Label all mise en place items
- Make sure to leave a portion of the produce intact for demo purposes
- If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time
- Ensure all equipment is in place and set up table with a tablecloth
- Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe

Estimated time for preparation: ½ hour

