

Poppy seed and cinnamon porridge with caramelised pears and membrillo

PREP TIME
10 mins

COOK TIME
15 mins

SERVES
2 - 4

Ingredients

200g / 7.1 oz rolled oats
250ml / 8.8 fl oz whole or oat milk
125ml water
1 tbsp poppy seeds
1/2 tsp ground cinnamon
30g / 1.1 oz butter
1 pear
1 tsp maple syrup
4 tsp membrillo

Dried apple slices and bee pollen to serve

We are always on the hunt for a new variation on porridge, which is our go-to staple on frosty mornings throughout the colder seasons. This one is rich and uplifting, not least because of the introduction of quince paste which melts magically through the milky oats. Replace the butter and milk with olive oil and oat milk for a dairy-free option.

1. Mix the oats with the milk, water, poppy seeds and cinnamon in a saucepan and leave them to soak while you prepare the pears.
2. Core and slice the pears thinly. Do this just before you fry them so that they don't discolour. Place the butter in a frying pan over a medium heat and allow to bubble until frothy and brown; the aroma should be nutty. Add the pears and maple and fry for 2 minutes on each side. Set aside.
3. Bring the oats to a boil briefly then immediately turn to a gentle simmer. Cook for 6 minutes, stirring with a wooden spoon, until the porridge is thickened and creamy. If you like a looser porridge consistency, stir in a touch more milk or water.
4. Serve in bowls with the pears and their buttery juices and a teaspoon each of membrillo. Sprinkle with bee pollen and dried apple slices.