

Porridge

Maggie, my laddie needs a guid breakfast every day or he gets awfy crabbit. He'll be wantin' sabbidges every day if he can get awa' with it. But he'll appreciate the sabbidges mair when he gets them if you make' him porridge mair regularly. When your family comes along, oats will go further than butcher meat and they're filling. This recipe is enough for twa folk.

1 cup of pinhead oatmeal (or coarse rolled oats)

3 cups of cold water

Salt

Milk

Soak the oatmeal overnight in water (if yer using rolled oats then there is nae need tae dae this). The following day, add a guid pinch of salt and bring the oatmeal slowly tae the boil. Stir continuously with a spittle and serve when thick and creamy. Serve with full-cream milk and a further sprinkling of salt. Yer man likes jam on his, the wee sowl!