



## THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

### **Steel-Cut Oatmeal** (from Cooks Illustrated)

Serves 4

3 cups water  
1 cup whole milk  
1 tablespoon unsalted butter  
1 cup steel-cut oats  
¼ teaspoon table salt

1. Bring the water and milk to a simmer in a large saucepan over medium heat. Meanwhile, heat the butter in a medium skillet over medium heat until just beginning to foam; add the oats and toast, stirring constantly with a wooden spoon, until golden and fragrant with a butterscotch-like aroma, 1½ to 2 minutes.
2. Stir the toasted oats into the simmering liquid, reduce the heat to medium-low; simmer gently, until the mixture thickens and resembles gravy, about 20 minutes. Add the salt and stir lightly with the spoon handle. Continue simmering, stirring occasionally with a wooden spoon handle, until the oats absorb almost all of the liquid and the oatmeal is thick and creamy, with a pudding-like consistency, about 7 to 10 minutes. Off the heat, let the oatmeal stand uncovered for 5 minutes. Serve immediately with maple sautéed apples.

### **Maple Sautéed Apples** (slightly adapted from Bon Appétit via epicurious)

2 tablespoons (¼ stick) unsalted butter  
3 large firm apples (about 1½ pounds), peeled, cored, cut into ½-inch-thick slices  
1 tablespoon plus ½ cup pure maple syrup  
½ teaspoon ground cinnamon

Melt the butter in a large nonstick skillet over medium-high heat. Add the apples and 1 tablespoon maple syrup; sauté until the apples are tender, about 5 minutes. Mix in the remaining ½ cup maple syrup and cinnamon; simmer until slightly reduced, about 1 minute.