

Grilled Cream-of-Wheat Cakes

Show: Jan 16th

Ingredients: Serves 4-6

Oatmeal Crm-of-Wht

2 cups Milk or Water

1/4 tsp Salt

1/3 cup Cereal, instant

1/4 cup Currants, raisins

1/4 cup Walnuts, rough chopped

Optional: Banana cut into 3/4 inch chunks

1 tsp Sugar

pinch of cinnamon

pinch of nutmeg

1/2 tsp Vanilla

1 Tbl Butter

1 Tbl Oil

Procedure:

For Cream-of-wheat cakes:

Bring 2 cups milk or water to a boil with 1/4 tsp salt. Mix in 1 tsp sugar, 1/4 cup currants and raisins, 1/4 cup walnuts and 1/2 tsp vanilla. Slowly add, while stirring, 1/3 cup cream of wheat, return to a slow boil then reduce to simmer for 2 1/2 minutes. Gently fold in 3/4 inch chunks of banana.

Pour mixture into greased baking dish or individual ramekins lined with parchment paper to about 1 inch depth. Chill overnight.

For Oatmeal or other hot grain cereals, follow the box recipes and then follow below:

For the Cakes:

Heat skillet over medium heat and melt 1 Tbl butter and 1 Tbl oil. Remove cakes from ramekins or cut the one in the baking dish into desired shapes. Sear or grill on both side until hot throughout. If they brown too quickly, finish warming in preheated 325°F oven for 5-7 minutes.

Serve with maple syrup.

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