Mascarpone Porridge with Blueberries & Honey



Serves: 4
Prep Time: 5 mins
Cook Time: 10 mins

Ingredients

- 160 g traditional rolled oats
- 500 ml full-cream milk
- 250 ml water
- Pinch fine sea salt
- 100 g Montefiore Mascarpone, plus 60–80 g extra for finishing
- 200 g fresh blueberries
- 2 tbsp honey, plus extra to finish if required
- ½ tsp finely grated lemon zest

Method

STEP 1

Place oats, milk, water and salt in a medium heavy-based saucepan. Bring just to a simmer over medium heat, stirring regularly so the milk does not catch.

STEP 2

Reduce heat to medium-low and cook for 6–8 minutes, stirring often, until the oats are tender and the porridge is creamy but still loose. If it becomes too thick before the oats are tender, add a splash of milk.

STEP 3

Remove the saucepan from the heat. Stir through 100 g mascarpone until just melted and evenly incorporated. Do not boil the mascarpone.

STEP 4

Fold through approximately half the blueberries and 1 tbsp honey. Leave the remaining berries whole for the top.

STEP 5

Spoon immediately into four shallow bowls. Add small spoonfuls of the remaining mascarpone, fresh blueberries, the remaining honey and a very light grating of lemon zest.