Old Fashioned Scottish Oatmeal

When McDonald's recently announced their new oatmeal breakfast, I thought it was time to pass along some information I've learned from the Weston A Price Foundation and have employed in my own home for years.

Real oatmeal; that is oatmeal that is made the traditional way in Scotland is made with old fashioned oats. They're cut, not rolled, however rolled oats will do.

Because of a substance called phytic acid that can interfere with digestion, all grains are best prepared by soaking them in water over night. The addition of an inoculant, such as a little bit of live yogurt, furthers the breakdown of the digestive inhibiting acid.

Here's the way it has been done for centuries in Scotland and the method we should follow in our own kitchens.

The night before, assemble the following:

- 2 cups of dried organic steal cut or rolled oats (never instant)
- Enough water to cover the oats by an inch or so
- A tablespoon of plain, live cultured yogurt
- 1-2 sticks of (preferably raw) butter
- Organic raisins
- 1 teaspoon organic vanilla
- 1 teaspoon Celtic salt
- 1 teaspoon cinnamon

Stir together the first three ingredients in a pot. Cover and put aside on the counter for 12-24 hours. 24 hours is best. In the morning, add another cup of water, raisins, salt and cinnamon and cook for a few minutes on medium heat. Stir once, reduce the flame to low and cover. Let it gently cook for another few minutes. Just before serving, add butter and vanilla.

This is authentic Scottish oatmeal yet after soaking overnight, it’s nearly as quick as instant.

Now thars a breakfast fit fur traditional lassies and ladies!