

How to Cook Steel Cut Oats on the Stove



TIPS:

1. **What are steel cut oats?** Steel cut oats are whole oat grains (also called “groats”) that have been cut without being processed or cooked first into 2-3 pieces by sharp metal blades. Rolled oats, on the other hand, are cooked before being rolled flat, which both shortens cooking time at home but also slightly decreases their nutritional value. Here’s a picture showing the difference between rolled oats (left) and steel cuts oats (right).



2. **Why do we in the Center for Applied Nutrition prefer steel cut oats over rolled oats?** It all comes down to processing. Rolled oats, as mentioned above, are hulled (outer skin removed), cooked (either or both steamed and/or toasted) and then rolled flat, which makes them easier to cook but at the expense of some nutrients and other factors. Steel cut oats are not preprocessed and that makes them a stronger *prebiotic*. Prebiotics help beneficial “good guy” bacteria in your gut and keep you healthy by reducing inflammation throughout the body. In addition, because of their higher soluble fiber content, steel cut oats keep you full longer and help to lower triglycerides and LDL cholesterol.

3. **Steel cut versatility and ease.** Steel cut oats can be enjoyed both in sweet and savory dishes. In order to save time, I recommend cooking a good quantity of steel cuts oats (as shown here), refrigerating them, and then adding them easily to recipes of your choice to add protein, fiber, and nutty flavor.

Cooking Time: about 25 minutes (**NOTE: For those in phase I of the IBD-AID**, cook the oats up to an hour with more water as noted in step for softer, more easy to absorb oats.)

Needed
(for 4 cups of steel cut oats)

1 Cup (8 ounces) Steel Cut Oats

4 Cups (32 ounces) Water

Dash of Salt

Medium-Sized (3 - 4 quart) Pot

Large Spoon

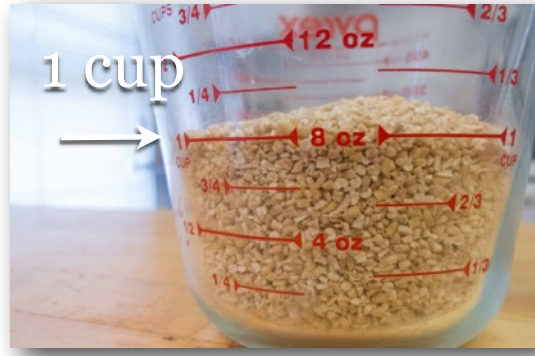
Measuring Cup

Bowl

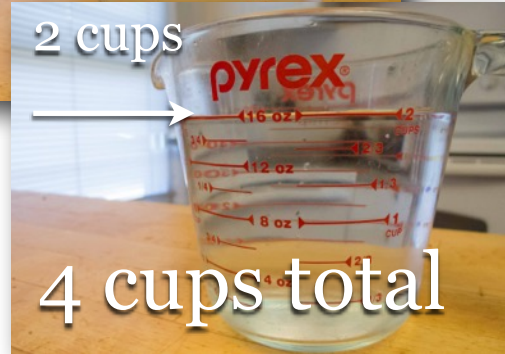
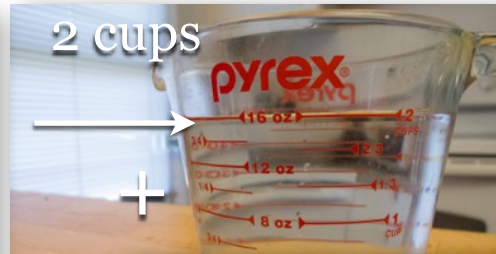
Timer



1. Measure **1 cup (8 ounces) of steel cut oats**, and pour the **oats** into a bowl.



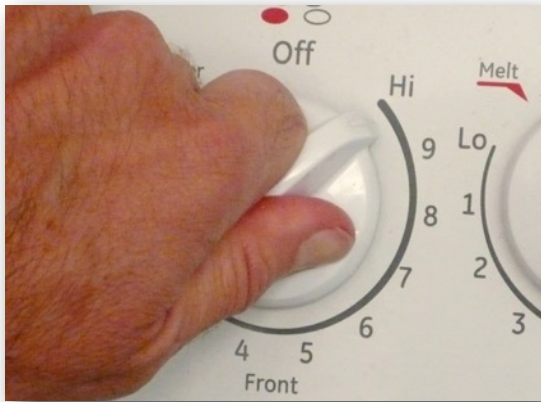
2. Measure **4 cups (32 ounces) of cold water** (**NOTE: For those in phase 1 of the IBD-AID, measure 6 cups (48 ounces) of cold water**) and...



...add the **water** to a medium-sized pot.



3. Put the pot on the stove, turn on the burner heat to **HIGH** and add an optional **dash of teaspoon salt** (about as much as shown).



4. Cook until the **water** comes to a rapid, big bubble boil as shown in the picture to the left below (not as shown in the picture to right below).



When the **water** comes to a rapid, big bubble boil, add the **steel cut oats** to the pot, turn the burner heat down to **LOW** or **SIMMER**, and set a timer for 20 minutes. (**NOTE: For those in phase I of the IBD-AID, set the timer for 1 hour (60 minutes).**)



5. When the timer sounds, check the **cooked steel cut oats** for doneness by stirring the **oats** with a big spoon and...



...checking for desired **oat** consistency by seeing how they slide off a big spoon as shown below. (I like my oats a bit on the thick side as shown in the picture below, especially if I'm going to store them in the refrigerator for use later.)



If your **cooked oats** are not as thick as you would like them, keep cooking them at 5 minute intervals until they are cooked to desired thickness. (I cooked **my steel cut oats** for 25 minutes to get them to look as shown above.)

6. When the **steel cut oats** are cooked, either use them as is or...



...let them sit in the pot on a cool burner for at least 20 minutes until they are safely warm to the touch. Then spoon the **cooked steel cut oats** into a container and store them in the refrigerator for up to a week for use in recipes of your choice.





Center for Applied Nutrition

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Gotta' Eat, Can't Cook

"Show Me How" Video & Picture Book Cooking