

7 Grain Breakfast Porridge with Granola, Salted Prune Butterscotch Sauce & Crème Fraîche



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Chef tip: make granola first to allow it to cook & cool. Can be stored in an airtight container & used when needed.

SERVES: 4-6 | LEVEL OF DIFFICULTY: ●○○

Granola

INGREDIENTS

- 40g oats
- 40g sunflower seeds
- 25g linseeds
- 25g chopped almonds with skins on
- 1 tbsp poppyseeds
- 2 tbsp honey
- 2 tbsp canola oil

METHOD

1. Preheat oven to 180°C.
2. In a large bowl, mix all ingredients through thoroughly.
3. Line a flat oven tray with baking paper and spread out mixture evenly.
4. Bake on bottom shelf of oven for 1- 15 mins until golden. The mixture will keep cooking so make sure not to take it too dark in oven before allowing to cool.

Salted Prune Butterscotch Sauce

INGREDIENTS

- 150g white sugar
- 50ml water
- 100g **Australian pitted prunes**
(soak in 250mls water)
- 150g diced butter
- 80ml cream
- sea salt to taste

METHOD

1. In a medium saucepan, mix sugar and water together and cook on medium heat.
2. Strain prunes keeping water. Set aside.
3. Cook sugar in a saucepan until it starts to become golden brown around edges. Carefully swirl pan and add in diced butter then cream. Whisk carefully until boiled and smooth.
4. Add prune liquid and then prunes and bring to boil.
5. Remove from heat and allow to cool for 5 mins before blending until smooth, adding salt to taste.

7 Grain Porridge

INGREDIENTS

- 20g polenta
- 20g buckwheat
- 20g black quinoa
- 20g white quinoa
- 20g amaranth
- 20g millet
- 30g oats
- 500mls milk + 500 ml water
- pinch of salt

METHOD

1. Mix all ingredients in bowl, and pour into large saucepan.
2. Stir in water, salt and milk.
3. Cook on low heat, stirring constantly until the mixture becomes thick and creamy. This should take approximately 10 mins.
4. Add more milk if a creamier texture is preferred.
5. Serve into bowls, and top with granola, then a generous spoon full of crème fraîche, and drizzle with butterscotch sauce as desired.



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