

Oatmeal around the world



Adapted from: https://m.wikidaily.org/wiki/Oatmeal_porridge

Scotland

A common method of cooking oatmeal in Scotland is to soak it overnight in salted water and cook on a low heat in the morning for a few minutes until the mixture thickens.

United States

In the United States oatmeal is often served as a porridge with milk or cream and a sweetener, such as brown sugar or honey. It may include additional ingredients such as peanut butter, cinnamon, or various types of fruits.

Russia

Oatmeal porridge made from rolled oats and water or milk is a traditional breakfast. It is normally made either savoury or sweet by adding salt or sugar, and it is often eaten with added nuts, raisins or dried fruits as well as spices, most commonly cinnamon.

Vocabulary:

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| 1. soak | a. a paste made from ground roasted peanuts, used as a spread or in cookery. |
| 2. overnight | b. any type of aromatic substances of vegetable origin, as pepper, cinnamon, or cloves, used as seasoning |
| 3. thicken | c. to place or keep in liquid in order to saturate thoroughly |
| 4. oats | d. the aromatic inner bark of any of several East Indian trees belonging to the genus <i>Cinnamomum</i> , used as a spice |
| 5. savoury | e. for or during the night |
| 6. sweet | f. to make or become thick or thicker |
| 7. raisins | g. a food made from oatmeal boiled in water or milk |
| 8. spices | h. the category of being salty or spicy rather than sweet |
| 9. cinnamon | i. a cereal grass, <i>Avena sativa</i> , cultivated for its edible seed |
| 10. porridge | j. the fatty part of milk which rises to the surface |
| 11. cream | k. having the taste of flavor characteristic of sugar, honey, etc |
| 12. peanut butter | l. a grape of any of various sweet varieties dried in the sun |

KEY

1. C 2. E 3. F 4. I 5. H 6. K 7. L 8. B 9. D 10. G 11. J 12. A