Porridge with pears

מתכון מאת V-ZUG Ltd.

Preparation	10 Mins
Cooking time	15 Mins
מנות	4
התקן	CombiSteamer V4000 45 from 2021

Steamed porridge with pears, roasted chopped hazelnuts and a hint of cinnamon – a hot, nutritious and vegan start to the day that is so easy to make.

Porridge

150 g rolled oats

500 ml oat drink or milk

300 ml water

3 tbsp pear juice concentrate
or runny honey

½ tsp cinnamon

½ tsp salt

Pears

400 g pears, peeled and cut into wedges

1 tbsp pear juice concentrate
or runny honey

150 g plant-based alternative
to yogurt or Greek yogurt

80 g hazelnuts, coarsely chopped, roasted

Porridge

Preheat the cooking space to 100 °C using the steam mode. Put the rolled oats into an ovenproof dish, stir together the oat drink, water, pear juice concentrate and salt, then pour over the rolled oats and mix well. Place the dish on a wire shelf.

(Pre-)heat cooking space to 100 °C with Steaming

Pears

Put the pear into a small ovenproof dish, drizzle over the pear juice concentrate, place in the preheated cooking space on the wire shelf next to the rolled oats, then steam for about 15 minutes. Take out and stir the yogurt into the porridge. Serve the porridge with the pear and sprinkle with chopped hazelnuts.

Put the food in

Steaming 100 °C for 15 Mins

אביזרים

2 x 1-litre ovenproof dishes

Wire shelf

מידע נוסף

הופק ביום	04.08.2025