



Cream of Wheat



2 servings



10 minutes with a 30 minute autolyse time

INGREDIENTS

1/2 c whole wheat berries

1c water

1c milk

pinch of salt

I have a Mockmill 200 which is a stone mill. I adjust the lever all the way back, unscrew the lever and pull it towards me, then tighten it back and go up one more notch. Play around with your settings to find the coarseness you prefer.

****Some mills only have the capability to mill flour. Check your manual to make sure you can mill coarsely.**

DIRECTIONS

1. Mill the wheat berries on a coarse setting. If you find the finished cream of wheat is too "gluey" your wheat was ground to fine and you need to go up some.
2. In a medium saucepan, combine the coarsely ground wheat, water, milk and salt. Rest for 30 minutes.
3. Over medium heat and whisking constantly, cook until the cream of wheat has thickened and is the consistency of oatmeal or porridge.
4. Top with cinnamon, brown sugar or syrup and fruit or eat plain. Enjoy!