



Lara Smith takes the coveted “Specialty Category” title in the 12th annual World Porridge Making Championships, which took place in the Carrbridge, Scotland. Competition for this year’s title was fierce, with competitors originating from Scotland, England, Sweden, Spain and Israel. Entries were judged by a panel of three. This year’s competition was particularly interesting because of the international flavour of the competitors, and as a result, the porridge’s were very different.

Lara Smith’s speciality winning recipe... Bucc’ N Dulge

(Bucc from the Buccleuch Arms Hotel - Dulge .. from the word indulgence)

Soak the porridge oats overnight:

- 1½ cups porridge
- 1½ cups water
- 1 vanilla pod (*opened*)

Next day cook:

- 3 cups of soaked porridge
- 2 cups of water
- 3 pinches of salt
- 2 table spoons of Caramelised Condensed Milk (*Achieved by pre-boiling for four hours*)
- 1 tot Butterscotch Liqueur
- 2 pieces of Vanilla Tablet crumbled

Pour into bowls:

Fold in generous sprinkling of marshmallows. Serve immediately (*steaming hot*) with double cream and Barlean’s Forti-Flax, (*Omega-3 fortified flax seeds*).

This recipe works well with any porridge oats so the soaking may not apply to every brand.

Lara says this speciality porridge is pure indulgence but adding the Barlean’s Forti-Flax gives it a healthy touch!

