

The following recipes were shared at the 2026 Commission AGMs. To read the articles on the food demonstrations, go to: <https://poga.ca/communication-advocacy/oat-scoop-newsletter/> and choose the 2026 March issue (page 12).

RECIPE 1 OF 3

Chef Dale Mackay's Oat Risotto (as demonstrated at the 2026 SaskOats AGM in Saskatoon)

Serves: 4 (as a side)

Cook Time: 30 minutes

Ingredients

Oats

1 cup steel-cut oats

3 L water

Garnish

2 Tbsp canola oil

1 cup mushrooms

Finishing

½ cup oat water

¼ cup butter (room temperature)

¼ cup Parmesan cheese, grated

½ Tbsp fresh, chopped dill

½ tsp salt

Process

Simmer the steel-cut oats in the water for about 20 minutes. Strain the oats from the cooking water, reserving ½ cup of the oat water to finish the risotto. After straining, the oats can be used immediately or allowed to cool and used later.

Add 2 Tbsp of oil to a large frying pan over medium-high heat. Cut the mushrooms into quarters and add them to the pan. Roast them on all sides until lightly browned. Allow them to cool slightly, then place them on a cutting board and chop them finely.

Place ½ cup oat water, the chopped mushrooms, and the cooked steel-cut oats into a wide pot. Heat over medium until the mixture reaches a strong simmer. Turn off the heat and add the butter, Parmesan, dill, and salt.

Mix with a wooden spoon while gently shaking the pot at the same time, almost like whipping the butter and cheese into the oats. Taste and adjust with more cheese or salt if needed.

Serve immediately while warm.

POGA note: Chef Mackay strongly recommended turning the heat off after it reaches a strong simmer, even if it appears too 'wet', otherwise it could get 'mushy'. It will continue to absorb the liquid as you add the final ingredients.



RECIPE 2 OF 3

Brady Weiler's Oat Risotto (as demonstrated at the 2026 AOGC AGM in Edmonton)

Ingredients

1 Spanish onion, finely minced
1 red pepper, diced ¼”
2 cups steel-cut oats
About 3 cups chicken stock
3 tablespoons butter
2 tablespoons dried oregano
½ cup grated Parmigiano-Reggiano cheese
Kosher salt and freshly cracked black pepper (to taste)



Process

Over medium heat:

- Sautee onions with ½ of the butter
- Add oats and stir together into onion mixture for about 2-3 minutes
- Add 2 cups of the chicken broth and bring to a boil, adding more stock as needed to get a creamy consistency (the oats will continue to absorb liquid as long as heat is applied)

Lower heat to a simmer, and season with salt and pepper to taste.

When desired doneness is reached, turn off heat and stir in the rest of the butter.

Serve immediately.

Weiler's note: This recipe is like a blank canvas. Lots of folks add mushrooms, fresh herbs, and some add heavy cream and different cheeses.

RECIPE 3 OF 3

Getty Stewart's Instant Oatmeal (as demonstrated at the 2026 MOGA AGM in Winnipeg)

Getty's recipe can be found on her blogsite: <https://www.gettystewart.com/homemade-instant-oatmeal/>

