

Vispipuuro: Finnish Lingonberry Porridge - Pink Food!

Ingredients:

Difficulty: Easy

(serves 4)

(adapted from Myllyn Paras)

7 dl. / 3 cups minus 1 tbsp and 1 tsp water in room temperature

4 dl. / 1 1/2 cups + 2 tbsp + 2 tsp frozen or fresh lingonberries (or other small berries, like blueberries or currants etc.)

1/4 tsp salt

1/2 dl / 3 tbsp + 1 tsp granulated white sugar

1 1/4 dl / 1/2 cup + 1 tsp semolina

Topping:

Coconut yogurt (for vegans)

Milk (non-vegans)

Lingonberries (or other berries you've used in the porridge)

Instructions:

1. In a medium pan, put water and lingonberries.
2. Put the pan on medium high heat and boil it for 10-15 minutes, until berries get really really soft, while whisking slowly every now and then.
3. Add salt and sugar and continue whisking a little.
4. Add semolina and again while whisking every now and then, cook the porridge for about 5 to 10 minutes, until it gets thick.
5. When the porridge is thick enough, transfer it to another bowl and let it cool for about 10 minutes.
6. Whisk the porridge in medium high speed with a hand mixer for about 5 minutes, until the porridge is smooth.
7. Divide the porridge between serving bowls or glasses and let it cool. You can eat it cooled like that or you can put it in the fridge for a few hours. I prefer the after fridge version because it gives the porridge an even thicker consistency and it also feels more refreshing to eat. While serving, put coconut yogurt or milk and some more berries. Enjoy!