



Parker's Cream of Wheat

Serves 8-10

Ingredients

4 cups whole milk
2 cups half and half
2 cups of water
3 Tbsp. light brown sugar
2 Tbsp. pure maple syrup
2 tsp. kosher salt
1 ½ cups cream of wheat cereal (not instant)
1 tsp. pure vanilla syrup
Butter, maple syrup, and milk for serving

Instructions

1. Combine the milk, half and half, water, brown sugar, maple syrup, and salt in a very large saucepan and bring to a boil.
2. Lower the heat and very slowly sprinkle on the cream of wheat, whisking constantly, until it's all incorporated.
3. Simmer for 3 minutes, stirring constantly with a wooden spoon, until it's thickened.
4. Stir in the vanilla and serve hot in bowls with a pat of butter, a drizzle of maple syrup, and cold milk.