

The Christiane Chronicles: Atlanta restaurants, filter your water

Plus, where to find the best porridge in town

Rave

Porridge, Please

Porridge—that nutritious mush of boiled grains, seeds, and starchy plants—is an improbably hot dish these days. Jarrett Stieber of [Eat Me Speak Me](#) makes a vegan version out of Anson Mills' Carolina Gold rice, black and purple radishes, piquillo pepper sauce, and benne seeds. At [Staplehouse](#), Ryan Smith serves a whole rutabaga, baked in ash, atop a supple porridge of ground sunflower seeds, Carolina Gold rice, and farro verde. Todd Richards of [White Oak Kitchen](#) cooks a milky rice porridge with cheese and roasted vegetables. And Brian Dulisse of [Lion Tamer](#) bakes wonderful loaves of oat porridge bread. Know that other cultures have long embraced porridge; consider soft Italian polenta ([La Tavola](#)), South African pap ([10 Degrees South](#)), Cantonese congee garnished with 100-year-old eggs ([Bo Bo Garden](#)), and Pakistani haleem ([Luqma](#)). There's also Korean juk, a rich rice porridge cooked in chicken broth and garnished with kabocha squash, pine nuts, or even abalone, which you can try at Bonjuk near Pleasant Hill Road.



Porridge at Eat Me Speak Me

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