

# SUCCOTASH

## INGREDIENTS

- ¾ cups Great Northern beans
- 3 ½ cups water
- 1 medium yellow onion, cut into large chunks
- 2 garlic cloves – unpeeled
- 2 cups diced winter squash
- 1 tablespoon chives
- ¼ cup coarse cornmeal

## ALL ABOUT CORNMEAL



When dried corn is ground-up (smashed) into cornmeal, it can end up as either:

- ✓ **Coarse** – ground-up a little, so it still has larger, rougher pieces in it
- ✓ **Fine** – ground-up a lot, so all the bigger pieces are gone. This could also be called corn flour.

This recipe works best with **coarse** cornmeal. Look for the word coarse on the label.

*If you can't find either word on the label, it's probably fine-ground (not coarse).*

## INSTRUCTIONS

1. Rinse the beans in a colander, and as you add them to the pot, look at them to be sure there are no small stones or clumps of dirt hiding among them (it happens).
2. Add the water to the pot. If any beans float in the water, scoop them out and throw them away (this means they are not fully formed and won't be so good in your soup.)
3. Add the onion and garlic to the pot and stir to combine everything together. Put the lid on the pot and turn the heat to high. Keep an eye on your pot for the next 5 minutes or so – when you start to see steam escaping from underneath the lid, you know it is boiling. When this happens, turn the heat to medium-low, carefully give the beans a stir and put the lid on askew (this means crooked), so that there is a little space for steam to escape while it keeps cooking.

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## INSTRUCTIONS (continued)

4. Set the timer for an hour. As the beans cook, take a peek every once in awhile to be sure they are simmering – not boiling strong, and not just sitting there. They should always have a few little bubbles, but not too much.
5. When the beans have cooked for an hour, use a spoon to scoop a few beans out of the pot so you can test to see if they are done. When they are done, the skin will peel back as you blow on them. Also, when you eat them, they should be soft (a bit of a bite is ok, but not too much). Sometimes, if beans were old when you bought them (you can't tell in the store), they can take quite a bit longer to cook. Use your own good judgment to decide when the beans are done.
6. When you have decided the beans are done, find the two unpeeled garlic cloves and fish them out of the pot. Once they are cool enough to touch, squeeze the garlic out of their skins and into a small bowl. Add a large spoonful of cooking liquid from the beans and mash the garlic with a fork into a liquidy paste. Stir this paste back into the soup pot with the beans.
7. Add the squash and chives to the pot and simmer for 10 minutes. The squash should be cooked through but not falling apart.
8. Stir the cornmeal into the pot and simmer for about 5 minutes. ***Your Succotash is ready!***

## Modern Twist

Try adding a pinch of salt and/or a little pepper when you add the cornmeal.

HAVE FUN!