

Succotash Recipe

The word “succotash” comes from the Algonquin language of the Wampanoag “msickquatash,” meaning boiled corn. Traditional Wampanoag succotash mixed corn, beans, and sometimes meat, changing with what was available during the different seasons. This historic recipe uses the ingredients and cooking methods the Wampanoag had long ago.

Ingredients

- ¾ cups Great Northern beans
- 3 ½ cups water
- 2 cups diced winter squash
- 1 medium yellow onion, cut into large chunks
- 2 garlic cloves – unpeeled
- 1 tablespoon chives
- 1/4 cup coarse cornmeal

Instructions

1. **Rinse the Beans:** Put the beans in a colander and rinse them with water. Check them carefully to make sure there are no tiny stones or dirt hiding among the beans.
2. **Add Water:** Pour water into the pot with the beans. If any beans float to the top, scoop them out and throw them away since they’re not fully formed.
3. **Add Onion and Garlic:** Put the onion and garlic into the pot with the beans. Stir everything together, cover the pot with the lid, and turn the heat to high. Keep an eye on it—when you see steam escaping from the lid, it’s boiling! Turn the heat down to medium-low, stir, and place the lid back on slightly crooked so a little steam can escape.
4. **Cook for an Hour:** Set a timer for an hour. Check every once in a while to see that the beans are simmering, with just a few small bubbles.
5. **Test the Beans:** After an hour, scoop out a few beans and blow on them. If the skin starts peeling back, they’re close to being done. Taste one to make sure it’s soft; if it’s still hard, cook a bit longer.
6. **Add the Garlic Paste:** Once the beans are done, take out the two garlic cloves and let them cool a bit. Squeeze the garlic out of its skin into a small bowl, add a spoonful of the bean cooking liquid, and mash into a paste. Stir this paste back into the pot.
7. **Add Squash and Chives:** Add the squash and chives to the pot and let everything cook for 10 more minutes. The squash should be soft but not mushy.
8. **Add Cornmeal:** Stir in the cornmeal and cook for 5 more minutes. Enjoy!

Modern Addition: Season with salt, pepper

