

# Succotash: No suffering required

■ This Southern favorite is most commonly made with corn and lima beans, but there are other options

By Bill Daley  
Chicago Tribune

Succotash may be a Southern favorite and be named after the word “msickquatash” of the Narragansett in New England, but this dish, most famously made with corn and lima beans, has deep roots in the Midwest. You can taste that story at various restaurants around Chicago where chefs are adding seasonal, Midwest touches to their succotash.

“I grew up with it. I’m from Ohio,” said A.J. Walker, chef de cuisine at Publican Anker in Chicago’s Wicker Park neighborhood. “I think it’s the quintessential Midwest side dish. Yeah, you just have it at a lot of family get-togethers and stuff like that.”

“The Midwest is a melting pot of all the different parts of the country,” said Tom Carlin, chef de cuisine at Dove’s Luncheonette around the corner. “And being able to bring our ingredients and our history we’ve gotten from the South and the Northeast together is what makes it specifically a Midwestern dish.”

Today, you can find string beans in the succotash at Dove’s Luncheonette, but they’re fresh. It’s a reflection of the desire of a number of Chicago chefs to create succotash using seasonal ingredients according to personal taste and the restaurant’s overall theme. Carlin is a Kansas City native whose family put green beans in the succotash. That’s why you find them in his, which is used as a filling for vegetarian enchiladas topped with a sauce of pureed chiles and tomatoes.

“Succotash is more of a theory than it is an actual dish,” explained Jimmy Papadopoulos, chef/partner of Bellemore on the Near West Side. “It’s more an idea of using a variety of ingredients and showcasing what’s beautiful at that time of year.”

He’s currently making a succotash featuring okra, cubed zucchini, zucchini flowers, corn and fava beans. Look for his dish to change

with the seasons.

Corn is the inspiration for Nick Dostal, executive chef at Terrace 16 at the Trump International Hotel & Tower in the Near North neighborhood. He isn’t a fan of lima beans, having ate canned ones as a kid. So, he uses fresh jicama instead in his succotash, which also features sweet peas, espelette pepper, tarragon and a citrus vinaigrette.

“Customers love it,” he said. “Midwesterners look at succotash and see something familiar.”

## CRANBERRY BEAN SUCCOTASH

Prep: 3 hours  
Cook: 1 hour  
Makes: 8 servings

A recipe from Publican Anker. Dried or canned cranberry beans could be used in place of the fresh beans; prepare beans accordingly. A white wine vinegar can substitute for the muscatel and Champagne vinegars.

### Cranberry beans:

¼ cup olive oil  
1 fresh bay leaf or  
1/3 dried leaf  
3 teaspoons chopped  
thyme leaves  
½ of a white onion,  
finely diced  
3 cloves garlic, slivered  
3 cups fresh cranberry beans  
4 cups water  
Salt and pepper to taste  
3 tablespoons muscatel  
vinegar or white  
wine vinegar

### Salsa verde:

4 shallots, minced  
2 tablespoons capers  
5 anchovies, rinsed, chopped  
¼ cup each: Champagne  
vinegar, extra-virgin olive oil  
1 tablespoon honey  
½ of a jalapeno, seeds and  
ribs removed, minced  
1 tablespoon lemon juice  
1 teaspoon salt

### Succotash:

1 tablespoon vegetable oil  
3 cups corn kernels  
2 cups diced celery  
3 tablespoons each,  
finely chopped: chives,



Abel Uribe / ChicagoTribune-TNS

The succotash that fills the enchiladas is made up of corn, onions, garlic, green beans, mixed summer squash and tomatoes, and seasoned with pasilla chile flakes.



Abel Uribe / ChicagoTribune-TNS

The succotash recipe from Publican Anker is made with fresh cranberry beans, shelled and cooked until tender, and is dressed with a salsa verde.

cilantro, mint  
Salt  
Lemon juice

1. For the cranberry beans, heat the olive oil in a large saucepan over medium heat. Add the bay leaf, thyme, onion and garlic. Cook, stirring, until the onion is tender and translucent, 5 minutes. Add cranberry beans and water. Bring to a simmer; cook until beans are tender, 30-45 minutes, being careful not to let the pot boil. Remove from heat; drain. Season with salt, pepper and vinegar. Cool and set aside.

2. For the salsa verde, stir the shallots, capers, anchovies, vinegar, olive oil, honey, jalapeno, lemon juice and salt together in a bowl. Set aside. Makes about 1¼ cups. You will have salsa leftover for another use.

3. For the succotash, heat a large skillet over medium-high heat. Add the oil and let heat until it is almost smoking. Add the corn; cook, stirring, until

tender. Remove from heat and let cool to room temperature. In a large bowl, mix together the corn, raw celery, chives, cilantro, mint, reserved cranberry beans and 1 cup salsa verde. Season with salt and lemon juice.

Nutrition information per serving: 455 calories, 16 g fat, 2 g saturated fat, 2 mg cholesterol, 64 g carbohydrates, 3 g sugar, 20 g protein, 381 mg sodium, 21 g fiber

## SUCCOTASH ENCHILADAS

Prep: 40 minutes  
Cook: 45 minutes  
Makes: 10 enchiladas

A recipe from Dove’s Luncheonette.

### Enchilada sauce:

5 dried guajillo chiles  
5 dried New Mexico chiles  
1 dried ancho chile  
1 dried pasilla chile  
1 tablespoon olive oil

1 onion, sliced  
4 cloves garlic, sliced  
Pinch each: black pepper,  
cumin, coriander  
1 can (14.5 ounces)  
chopped tomato  
Sugar, salt

### Succotash:

2 tablespoons vegetable oil  
¼ cup diced white onion  
1 clove garlic, sliced  
1 cup corn kernels  
1 cup chopped blanched  
green beans  
1 cup diced mixed  
summer squash  
1 tablespoon pasilla chile  
flakes (grind your own  
from a pasilla chile)  
½ cup diced tomato  
2 tablespoons each, shredded:  
queso fresco, queso oaxaca  
Corn tortillas  
Chopped cilantro, chopped  
green onion, grated  
cheese, toasted pepitas

1. For the enchilada sauce, remove stems and seeds from the chiles; toast in a dry skillet over medium heat, until chiles

turn shiny and you see a wisp of smoke. Transfer chiles to a bowl. Return skillet to heat; add 1 tablespoon oil and the onion and garlic. Cook until softened, 5 minutes. Add the chiles, black pepper, cumin and coriander. Stir in the tomatoes with their juice, adding water if needed to almost cover the chiles. Cook until chiles are soft, about 15 minutes. Strain, reserving the liquid; puree the chile mixture in a food processor, adding the liquid back in as needed to get a sauce consistency. Adjust flavor with sugar and salt as needed. Set aside.

2. For the succotash, heat oil in a skillet over medium-high heat. Cook the garlic and onion until softened, 5 minutes. Add the corn, green beans and summer squash. Season with chile flakes and salt; add the tomato. Cook until vegetables are crisp-tender, 5-10 minutes. Remove from heat; fold in grated cheeses.

3. Spoon the mixture into tortillas. Roll the tortillas around the filling; place seam-side down in a baking dish that fits them snugly. Top tortillas with the enchilada sauce. Bake in a 375-degree oven until the sauce forms a little glaze on top, 10 to 15 minutes. Remove tortillas from the oven; serve with the cilantro, green onion, pepitas and more grated cheese.

Nutrition information per serving: 180 calories, 8 g fat, 1 g saturated fat, 2 mg cholesterol, 26 g carbohydrates, 2 g sugar, 4 g protein, 134 mg sodium, 6 g fiber

# Waning summer means it's time to plant garlic

By Liz Douville  
For WVeCom News Service

I can’t believe it is almost time to plant garlic. Where has the summer gone? Encouraging emails from suppliers are arriving daily with purchase-now messages.

Planting garlic bulbs in the fall seems to give Central and Eastern Oregon

gardeners the confirmation that you can add another valuable edible to your list.

Planting garlic was a ritual for my husband that started about this time every year. The ridiculous curve to the process was that neither of us liked garlic that much. One clove in the cooking every two months was enough. Nev-

ertheless, he was adamant that we plant the bulbs.

I don’t remember which varieties were chosen over the years. I remember lots of pages being turned be-

tween the Territorial Seed catalog and the Nichols Garden Nursery catalog. Then, of course, we had to check out the local sources. I have often wondered, why

such a production? I think it was perhaps the last vestige of summer and a closure of the summer to-do list.

See **Garlic**/Page 3B

## UNION COUNTY MUSEUM

**THIRD TUESDAY SERIES**  
7 p.m., Tuesday, September 18

Free admission!

Join us in the Little White Church, as the museum continues to bring history to life through the sharing of personal stories and collections.

175 years of Pioneering on the Oregon Trail  
Sharon Hohstadt, Museum Curator  
plus

UCM’s Traveling History Trunk  
Anne Rodriguez, Museum Education Outreach  
366 S. Main Street, Union  
www.ucmuseumoregon.com

**THE MAIN PLACE**  
CAFE, GRILL, LOUNGE, HOTEL

Open Tuesday-Saturday 7-10  
Closed Sunday & Monday

146 Main Street in Halfway  
(541) 742-6246

See our menu at:  
www.facebook.com/TheMainPlace

## NOW HIRING

**Natural Structures** is a family-owned, locally based manufacturer. Come join our Team!

- Steel Fabrication
- Welders (*will AWS certify*)
  - TIG
  - MIG
- Powder Coater
- General Labor

Benefits provided. Equal Opportunity Employer

2005 10th Street, P.O. Box 270, Baker City OR 97814  
(541) 523-0224  
www.naturalstructures.com • info@naturalstructures.com

## PICK'N PATCH

**We will be OPENING on October 5th!**

Where: Corner of Booth Lane and Lower Cove Road

When: Friday and Saturday: 9am-6pm  
Sunday: 10am-4pm  
Monday-Thursday: By appointment

What you will find:  
Small corn maze, several varieties of pumpkins and gourds, straw bales, corn stalks.

If you would like to schedule a school field trip or other event, please call the number listed below.

Like us on Facebook at  
www.facebook.com/  
PickNPatchFarm  
farkidsatregonwireless.net  
Please call  
541-786-2421