

Narragansett Succatash Recipe

By Lorén Spears

Ingredients:

8-10 ears of corn

1-2 wild onions

1 tbs bear fat/whale fat

1 & 1/2c Shelled beans

Steam 8-10 ears of corn in the husks on stones next to open fire. Let cool. In a cooking pot over the fire, add diced onions with bear fat. Add corn (kernels and pulp) that has been scrapped off cob using a knife or scrapper. It should equal about 4 cups corn. Add 1 & 1/2 cups shelled beans that have already been soaked and cooked from dried beans. Cook until flavors well blended. Enjoy.

Four Servings

Variations:

- Add diced summer squash and turn it into the Three Sister's.
- Add ½ pound of chunk venison, rabbit, or turkey to turn it into a main dish.
- In a hurry use 2 cans kernel corn & 2 cans creamed corn instead of preparing corn on the cob, purchase Stewart's Shelled Beans, pink or kidney beans, use corn or other oil of choice, sauté onions or use dried onions and season with pepper to taste... easy but not as fun!