



Wisconsin Historical Society
P R E S S

GOOD SEEDS RECIPE

Succotash

INGREDIENTS:

1 pt. fresh green beans

4 to 5 ears fresh corn (or two
8 oz. packages frozen corn)

¾ cup whole milk or light cream

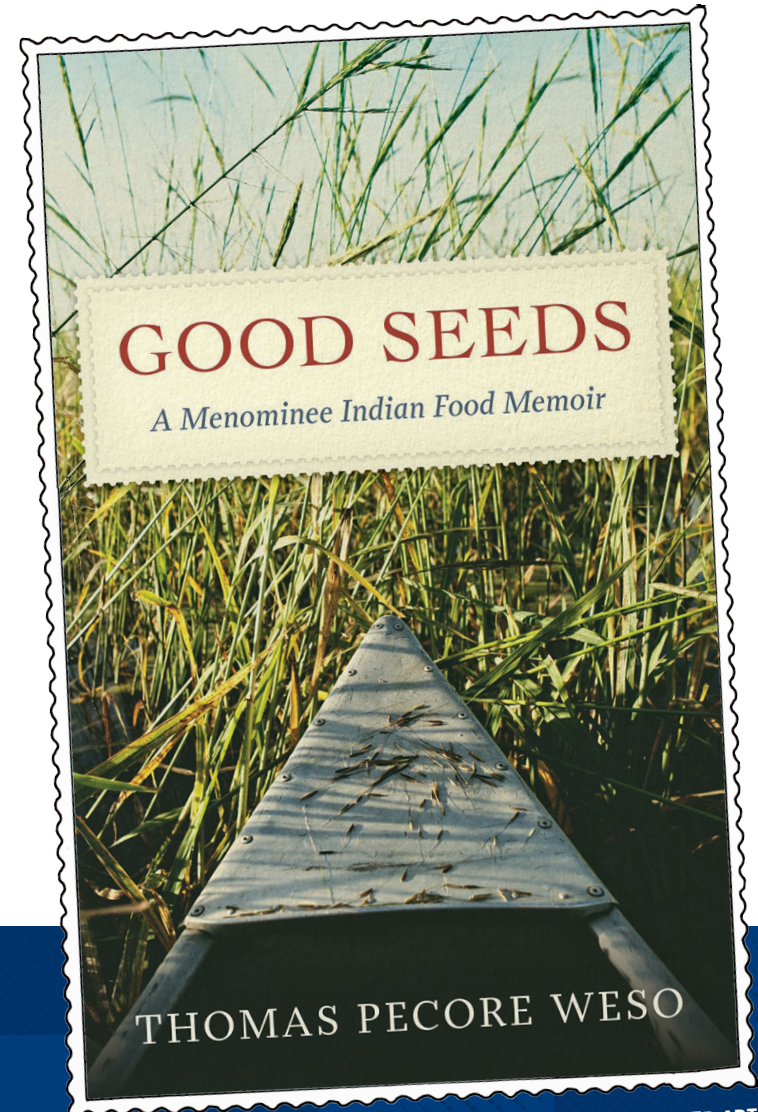
80 Good Seeds

1 tbsp. butter or oil

Salt and pepper to taste

DIRECTIONS:

- 1 Wash and shell the green beans. This should result in about 8 ounces of tender green beans.
- 2 Put beans in a saucepan.
- 3 Discard the pods or save for vegetable broth.
- 4 Cut corn from the ears using a sharp paring knife. To do this, brace the smaller end of the ear on a cutting board and shave the kernels off, saving the milk with the kernels. This should result in about 16 ounces of corn.
- 5 Add these to the saucepan. Squeeze milk from the ears into the pan.
- 6 Add milk, butter, salt, and pepper to the pan. Simmer slowly, stirring occasionally, until heated through, about 15 minutes. Do not overheat, or the milk will curdle.



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