

Creamed Succotash with Heirloom Beans, Hominy, and Cheddar-Cornmeal Topper

Thanksgiving: Back to Our Roots | November 2005



The bean-hominy mixture can be made up to three days ahead. When you take the turkey from the oven, bake this succotash alongside the stuffing casserole.

- 1½ CUPS MEDIUM-SIZE DRIED HEIRLOOM BEANS (SUCH AS JACOB'S CATTLE, BLACK CALYPSO, OR WREN'S EGG) OR ASSORTED DRIED BEANS
- 1½ CUPS DRIED IROQUOIS CORN (HOMINY) OR ASSORTED DRIED BEANS
- 2¾ TSP. SALT, DIVIDED
- 1 TBSP. COOKING OIL
- 1 MEDIUM ONION, CHOPPED
- 1 10-OZ. PKG. FROZEN BABY LIMA BEANS, THAWED
- 1 10-OZ. PKG. FROZEN WHOLE-KERNEL CORN, THAWED
- 1 CUP CHOPPED ROASTED RED SWEET PEPPER
- 3 CLOVES GARLIC, MINCED
- 2 TSP. GROUND CUMIN
- ¼ TSP. FRESHLY GROUND BLACK PEPPER
- 1¼ CUPS HALF-AND-HALF, LIGHT CREAM, OR MILK
- 1 TBSP. CORNSTARCH
- ¼ CUP DRY WHITE WINE
- 2 TBSP. UNSALTED BUTTER
- 2 TBSP. SNIPPED FRESH CILANTRO
- ¾ CUP ROASTED CORN FLOUR OR CORNMEAL
- ½ CUP ALL-PURPOSE FLOUR
- 2 OZ. AGED WHITE CHEDDAR CHEESE (½ CUP)
- ¾ TSP. BAKING POWDER
- ¾ CUP HALF-AND-HALF, LIGHT CREAM, OR MILK
- 1 SMALL JALAPEÑO PEPPER, SEEDED AND FINELY CHOPPED

Rinse and drain heirloom beans or assorted dried beans. Place in a Dutch oven with 8 cups water. Bring to boiling. Reduce heat and cook, covered, 10 minutes. Drain and rinse; drain again. Place the beans, dried Iroquois corn, 8 cups fresh water, and 1 teaspoon salt in a 4-quart slow cooker. Cover and cook on high-heat setting for 5 to 6 hours or until beans are tender. Drain and rinse. Drain again; set aside. (If desired, cover and refrigerate up to 3 days.)

In Dutch oven heat oil over medium heat. Add onion; cook until tender, about 4 minutes. Add lima beans, corn, red pepper, garlic, cumin, 1¼ teaspoons salt, and black pepper. Cook 2 minutes, until heated through. Combine 1¼ cups half-and-half and cornstarch; add to Dutch oven. Cook and stir until mixture comes to a boil. Add wine, butter, and heirloom bean mixture; cook and stir until heated through. Stir in cilantro. Transfer to 3-quart baking dish.

In a medium bowl whisk together corn flour, all-purpose flour, cheese, baking powder, and remaining ½ teaspoon salt. Stir in ¾ cup half-and-half and jalapeño until mixture just comes together. Drop by spoonfuls atop hot succotash. Bake, uncovered, in a 350° oven 20 minutes or until a toothpick inserted in the topper comes out clean. Makes 12 servings.