

# Recipes and Tips



## **Succotash**

Succotash is a North American vegetable dish with native American origins. It consists primarily of sweet corn with broad beans. The name succotash is derived from the Narragansett word sahquittahash, which means "broken corn kernels".

You can keep it quite plain – just heating up the corn and broad beans in a little butter and then sprinkling with salt, pepper and paprika. Or other ingredients may be added, such as onions, bell peppers, potatoes, tomatoes and if you want to break all the rules even some sausages.