

Carrboro Farmers' Market

Locally Grown ☞ Nationally Known

August 28, 2004

Recipe of the Week featuring **Lima Beans & Okra**

from **Sheri Castle** of **Creative Cooking with Sheri Castle**

Fresh Succotash Sauté

It's sad when a good dish gets a bad reputation from people's experiences with poor versions. I think that's what happened to succotash. Too many people think it is little more than canned limas and canned corn heated up together.

This fresh succotash showcases the best of the late summer market, combining corn, butter beans, okra, tomatoes and basil. For a wonderful Southern summer supper, spoon this over crusty cornbread or hot biscuits.

The bacon adds tremendous flavor and a good crunchy texture on top. If you're going to eat bacon, make sure it is excellent bacon. I highly recommend thick cut, applewood smoked artisanal bacon such as Niman Ranch or Neuske's.

4 ounces bacon
2 cups fresh butter beans or baby limas
1 small onion, diced (about 1 cup)
2 small garlic cloves, minced
2 cups fresh or frozen corn kernels
1 jalapeno or other chile pepper, seeded and minced
8 ounces fresh okra, trimmed and cut into 1/2-inch thick slices
1 pint cherry tomatoes or 2 medium tomatoes, diced
Salt and pepper
1/2 cup cream or half-and-half
1/4 cup chopped fresh basil

1. Cook the bacon in a large skillet over medium-high heat until very crisp. Remove the bacon to paper towels to drain, leaving the drippings in the skillet.
2. While the bacon is cooking, parboil the butter beans in a saucepan of water over medium-high heat just until they start to become tender, about 5 minutes. Drain well and set aside.
3. Add the onion to the skillet and cook, stirring often, until softened, about 5 minutes.
4. Add the garlic and cook one more minute.
5. Stir in the corn, jalapeno, butter beans, okra and tomatoes and cook, stirring often, until the vegetables are tender, about 7 minutes.
6. Season with salt and a generous amount of pepper.
7. Stir in the cream and basil.
8. Just before serving, crumble the bacon on top.

Makes 4 entrée or 8 side dish servings.

www.shericastle.com

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Chapel Hill~Carrboro Farmers' Markets

Carrboro Farmers' Market ☞ Saturdays ☞ March 20 – December 19

Carrboro Farmers' Market ☞ Wednesdays ☞ April 14 – October 20

Southern Village Farmers' Market ☞ Thursdays ☞ May 6 – Late September

Don't be afraid to experiment!
Create your own recipe using this helpful list ~

From *Culinary Artistry* by Andrew Dornenburg & Karen Page

Lima Beans are complemented by

bacon	dill	onions
brown sugar	garlic	parsley
butter	lemon	pepper, black
cheese, especially	molasses	salt pork
cheddar	mushrooms	sour cream
chives	nutmeg	tomatoes
cream	olive oil	

Okra is complemented by

basil	lemon	peppers,
butter	onions	especially green
garlic	parsley	tomatoes
hollandaise sauce	pepper, black	vinaigrette

Upcoming Events

Southern Village Farmers' Market – Thursday, September 2 – 3:30-6:30
Cooking Demonstration with Sheri Castle

Carrboro Farmers' Market – Saturday, September 4 – 8:30-11:30
Tribute to Julia Child
Cooking Demonstration featuring Recipes from
Mastering the Art of French Cooking

Carrboro Farmers' Market – Saturday, September 11 – 9:00-11:00
Annual Tasting Event
"Chefs' Choice"
Featuring Chefs from Six Local Restaurants!

www.carrborofarmersmarket.com
www.southernvillagefarmersmarket.com