



SPICY CORN SALAD BACKGROUND

Recipe background: Corn is so popular because it is sweet and so easy to eat. But sliced off the cob, and heated gently with other seasonal veggies as in this recipe, is very appealing too. This is a new take on Native American Succotash: a traditional dish of beans, corn, and often squashes, peppers and tomatoes. By adding the optional chili and smoked fish elements, the dish becomes not only more sophisticated and a full meal, the balance of sweet and salt, spicy and smoky, is utterly irresistible! All ages will enjoy.

Nutrition: The dish is rich in carbohydrates from the sweet and starchy corn. It offers lots of healthy oils and protein from the fish. Essential vitamins, minerals and fiber come from the additional vegetables.

Native American Food: (from Wikipedia) The essential staple foods of the [Eastern Woodlands](#) Aboriginal Americans were [maize](#) (aka 'corn'), [beans](#), and [squash](#). These were called "[The Three Sisters](#)" because they were planted interdependently - with the beans growing up the tall stalks of the maize, while the squash spread out at the base of the three plants and provided protection and support for the root system. A number of other domesticated crops were also popular during some time periods in the Eastern Woodlands, including a local version of [quinoa](#), a variety of [amaranth](#), [sumpweed](#)/marsh elder, [little barley](#), maygrass, and [sunflower](#).

In the Northwestern part of what is now the United States Native Americans used salmon and other fish, seafood, mushrooms, and berries, among other foods, including meats such as deer, duck, and rabbit. Rum was popular after its introduction by Christopher Columbus.^[4] In contrast to the Easterners, the Northwestern aboriginal peoples were principally hunter/gatherers.

The generally mild climate meant they did not need to develop an economy based upon agriculture but they could rely year-round upon the abundant food supplies of their region. In what is now California, acorns were ground into flour, and was the principal foodstuff for about seventy-five percent of the population,^[5] and dried meats were prepared during the season when drying was possible.^[6]





SPICY CORN SALAD RECIPE

Prep Time: 20 minutes **Cook Time:** 10 minutes **Makes:** 10 tasting servings

Recipe by Lynn Fredericks

Cultural Background:

Where In the World? Native North America

Staple Foods: corn, wild game

Did You Know? This dish is a take on North Eastern Native American Succotash!

Nutrition: This Dish Is Rich In...

Carbs: corn

Protein: fish

Fat: fish and olive oil

Vitamins and Minerals: all!

Vegetables and fruits have fiber too!

Ingredients:

2 Leeks, or 1 Onion
2 cloves Garlic
2 tablespoons Extra Virgin Olive Oil
3 ears Sweet Corn
1 Jalapeno or ½ Scotch Bonnet/Habanera Pepper
1 Red, orange or yellow Bell Pepper
1 Yellow Squash
1 Tomato, large
Kosher Salt to taste
1/4 teaspoon Pepper, freshly ground
1/2 cup Cilantro
1 can Smoked Trout or 4 ounces Smoked Salmon

Directions:

1. **CLEAN** and **SLICE** the leeks thinly (or **CHOP** onion).
2. **HEAT** the skillet and **ADD** the olive oil.
3. **ADD** the leeks and **COOK** slowly over medium to low heat.
4. Meanwhile, **SMASH** the garlic and **CHOP** finely.
5. **SLICE** the kernels off the ears of corn; **ADD** to pan. **SAUTÉ** until softened.
6. **SLICE** the chili pepper, **ADD** to the pan. Don't use seeds of Habanera/Scotch Bonnet



TEEN BATTLE CHEF

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7. **CHOP** the bell pepper, squash and tomato. **ADD** to pan and **SAUTÉ** 3 minutes.
 8. Pluck **CILANTRO** leaves from stems. **CHOP** the leaves and **ADD** to the pan.
 9. **FLAKE** the smoked fish or **CHOP** the salmon and **ADD** to the pot.
 10. **TURN OFF** heat and **SEASON** with salt and pepper as necessary.
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Variations by Season

Season	Substitutes
Fall/Winter	<ul style="list-style-type: none">• leeks• cubed root vegetables (turnips, carrots, parsnips)• blanched and sliced winter squash• potatoes• blanched and sliced Brussels sprouts• herbs
Spring	<ul style="list-style-type: none">• Blanched or sautéed peas, snap peas, cranberry beans or fava beans• pea shoots• arugula• sliced ramps instead of onion• herbs
Summer	<ul style="list-style-type: none">• yellow wax beans• tomatoes• corn• eggplant• herbs





SPICY CORN SALAD INGREDIENT & EQUIPMENT CHECKLIST

PERISHABLE INGREDIENTS

- 2 Leeks or 1 Onion
- 2 cloves Garlic
- 3 ear Sweet Corn
- 1 Jalapeño Pepper or ½ Scotch Bonnet/Habañera Pepper
- 1 Bell Pepper (red, yellow or orange)
- 1 Yellow Squash
- 1 large Tomato
- 1 bunch Cilantro

NON-PERISHABLE INGREDIENTS

- 1 can Smoked Trout or 4 ounces Smoked Salmon
- 1 ounce Olive Oil
- Kosher Salt to taste

COMMON EQUIPMENT

- Chef's Knife
- Cutting Boards
- Wooden Spoon
- Measuring Cups & Spoons
- Colander
- Oven Mitts
- 10 *Mise en Place* Bowls

SPECIAL EQUIPMENT

- Can Opener
- Large Sauté Pan

DISPOSABLE SUPPLIES

- Tasting Spoons
- Paper Towel Roll
- Napkins for all

SUPPLIES

- Stove
- Plates/Bowls for all
- Forks/Spoons for all

