

Indian Summer Succotash

By Bob Blumer

Ingredients

1 1/2 tablespoons olive oil
1 1/2 tablespoons butter (or skip butter and double olive oil)
2 carrots, peeled and sliced into 1/4-inch slices
2 medium potatoes, diced into 1/4-inch cubes
10 garlic cloves, peeled
2 large shallots, quartered
2 ears of corn, husked (or 3/4 cup frozen corn, thawed)
1 cup fresh or frozen fava beans (or lima beans)
2 tablespoons fresh tarragon (or rosemary), stemmed and minced
Salt and pepper to taste

Other Materials

Cast-iron skillet
Swiss army knife

Preparation

1. In a large cast-iron pan over a medium fire, add oil, butter, carrots, potatoes, garlic and shallots. Cover with a lid and cook for 15 minutes, stirring occasionally.
2. Remove the lid, and stand corn on its end in the pan. Using a sharp knife, cut downward between the kernels and cob so the kernels fall directly into the pan. Cook uncovered for 10 minutes, stirring occasionally.
3. Add beans and cook for about 10 additional minutes, or until veggies are caramelized on the outside.
4. Add herbs, salt and pepper during the last few minutes of cooking.

Yield: 2 servings

Suggested Wine Pairing

This vegetable side dish is based on a traditional Native American staple and is best enjoyed when sweet summer corn is in season. The medium-bodied Redwood Creek® 2006 Chardonnay offers flavorful notes of nectarine and dried pineapple intertwined with a touch of floral citrus and subtle spiciness.