



TRADITIONAL MOHEGAN SUCCOTASH RECIPE

The recipe below is the Traditional Mohegan Succotash Recipe passed down thru generations in the Fowler family. It is being provided for us by Anita Fowler who is the granddaughter of Chief Little Hatchet (Courtland Fowler). Courtland Fowler had learned how to make Succotash using this recipe from his Grandmother Nettie. This recipe was used by Nettie in the mid 1800's to the early 1900's. Courtland was born in 1905 and taught his granddaughter Anita to make it when she was a little girl. To this day Anita still has the recipe and it is in her grandfather's hand writing.

INGREDIENTS:

- 3lbs shelled beans
- 1 dozen ears of corn
- 1/4lb salt pork
- 1tbsp sugar
- 1/2 tsp pepper
- 6 cups of water

DIRECTIONS

1. Cut corn off cobs.
2. Boil cobs in 6 cups water for 15 minutes.
3. Remove cobs from water and place beans and pork in same broth.
4. Cook about 30 minutes or until done.
5. Add corn, and seasoning, cook about 2 minutes.

3 lbs. shelled Beans
1 doz. corn
1/4 lbs salt pork
Boil cobs 15 mins
use water for beans
and pork until soft. about 30 min
put cut corn in about
2 min. for corn
1 tablespoon sugar or more
if you want
1/2 teaspoon pepper
6 cups water

3 lbs shelled beans 1 Tbsp. sugar
1 doz. ears of corn 1/2 tsp pepper
1/4 lb salt pork (sliced)
Cut corn off cobs
Boil cobs in 6 cups water for 15 mins.
water and place beans & sliced pork in same broth.
Cook about 30 minutes or until done. Add corn
* Cook about 2 minutes.

