

# NYBG

## SENSATIONAL SEEDS CHEF RECIPES

### CREAMY CORN & OKRA SUCCOTASH

Prepared by Kristen Loudermilk of Da Bronx Vegan  
Sensational Seeds Event  
Serves 4

#### Ingredients

##### Corn Cream Base

- 2 tablespoons vegan butter
- 3 cloves of Garlic, minced
- 1 ½ cups sweet corn, shucked
- ¾ cup Coconut milk
- A splash of dry white wine
- 1 sprig thyme
- Salt & pepper to taste

##### Vegetable Succotash

- 2 tablespoons olive oil
- ½ yellow onion, diced
- 3 ears sweet corn, shucked
- 1 cup black eyed peas, cooked
- 1 cup Okra, cut into wheels  
(with a splash of white wine and salt)
- 1 cup Cherry tomatoes, cut in half
- 1 sprig thyme

##### Garnish

- Vegan butter
- Smoked paprika
- Cayenne pepper
- Salt to taste



#### Instructions

Melt butter in a pot over medium heat. Add garlic cook until translucent and fragrant. Stir to prevent sticking, burning or browning. Add white wine to deglaze then add coconut milk, thyme sprig and sweet corn. Bring to a boil then simmer for 10 to 15 minutes to let the flavors come together and until the corn kernels have softened. Let cool. Blend all ingredients and strain. Set aside base of the succotash.

Add one tablespoon of olive oil to a skillet over high heat. Add cut okra face down and let crisp. Flip over after first side has browned, 2 minutes. Add splash of white wine and salt. Cook until lining of okra is brown. Remove from skillet.

Add one tablespoon of olive oil to skillet over medium heat. (Clean the skillet or use another). Add onion and garlic and sauté until softened and translucent. Add corn and black-eyed peas to sauté. Sauté until slightly softened. Add tomatoes, sauté until softened. Salt to taste.

Remove from heat. Pour base into a bowl and top with sautéed vegetables. Serve immediately. (Optional: reheat creamed corn base, if it has cooled too much)

Garnish with small dollop of vegan butter, garnish with smoked paprika and cayenne pepper.