



ANSON MILLS

Succotash with Farro Piccolo

Yield

4 side dish portions

Time

About 20 minutes, not including the farro cooking time

Cooking Remarks

Lima beans, those things we loved to hate back when we were little, seem to have gotten scraped off the plate pretty much for good, except in the South. Shelly beans, butter beans, black eyes, limas—all over South Carolina you'll find fresh beans in green markets shelled, bagged, and waiting in coolers to be taken home. If you're "not from around here," as folks from around here like to say, frozen baby limas may be your best option. Don't hold the freezer against them—the starch in limas persuades them to freeze beautifully. If you have the good fortune to be "from around here," or if you've gotten some fresh limas anyway, plunge ahead.

Equipment Mise en Place

For this recipe, you will need a chef's knife, a large skillet or sauteuse (a round pan with small handles and straight, low sides), and a wooden spoon.

Ingredients

1 ounce (2 tablespoons) unsalted butter
2 medium shallots, minced (2 tablespoons)
1 cup Rich Homemade Chicken Stock or low-sodium boxed chicken broth
¾ cup (3.5 ounces) fresh shelled lima beans or frozen baby lima beans (still frozen)
1 recipe Plain and Simple Farro Piccolo
2 medium ears sweet corn, shucked, silk removed, and kernels sliced from the cob (1 cup or 5 ounces)
3 tablespoons heavy cream
Fine sea salt and freshly ground black pepper
2 teaspoons minced fresh thyme

Directions

Melt the butter in a large skillet or sauteuse over low heat until it foams. Add the shallots and sauté, stirring frequently, until fragrant and softened, about 2 minutes. Add the chicken stock, increase the heat to medium, and bring to a simmer. Stir in the lima beans—fresh or frozen—and simmer, uncovered, for 2 to 3 minutes. Add the farro, corn, and cream and simmer, stirring occasionally, until the vegetables and farro are tender and the chicken stock and cream have reduced to a rich glaze, about 5 minutes. Stir in 1 teaspoon salt, ½ teaspoon pepper, and the thyme. Taste for seasoning and serve hot.