

# Traditional Corn Bread with Squash Chutney

50 minutes

Recipe by Jocelyn Carter and Lauren Mapp



## FOR THE CORNBREAD

1 cup of kidney beans, drained  
2 cups (16 ounces) corn flour  
1/2 tsp sea salt  
2-4 cups of hot water

## FOR THE SQUASH CHUTNEY

1 onion  
2 cloves garlic  
1/4 tsp ground nutmeg  
1 tsp fresh sage  
1 cup pumpkin or squash purée  
Salt and pepper



## Instructions

1. Start boiling a large pot of water on the stove over high heat.
2. Mix flour and salt together in a bowl, then gently stir in kidney beans (1 cup only). Slowly add in hot water 1/4 cup at a time until dough can be formed into a firm ball, but is not tacky to the touch. Have cold water on hand to keep cakes from sticking to your hands while forming.
3. Using a large spoon or 3 tbsp-sized ice cream scoop, measure and form balls of dough then gently flatten against the table to make burger-like patties that are about 3 inches across.
4. Boil cornbread for 20-30 minutes until the patties rise to the top of the water and are cooked all the way through. Depending on size of pot you at have to do this in batches.
5. While corn bread is cooking prepare squash chutney: in a sauté pan or cast iron skillet, heat a glug of olive oil over medium heat. Add diced onions and cook for 3 minutes, stirring occasionally. Then add minced or grated garlic and cook for an additional minute. Season with salt, pepper, nutmeg, and chopped sage leaves.
6. Add squash purée to pan and combine. Simmer for 5 minutes while stirring then remove fro heat.
7. Place boiled dumplings onto a serving platter, then pour the squash chutney over top and serve. Enjoy!

NOTE: extra dumplings can be stored in the fridge for up to 5 days and can be re-heated on the stove-top in a pan if desired.

Check out the video at <https://tobermorymeetingplace.com/food-programs/good-to-go/>

Maize or hominy corn is traditionally grown alongside squash and beans. Together they are know as the Three Sisters and are staples in many Indigenous cultures of the Western Hemisphere. The prevalence of corn, beans and squash predates European contact and they are found in many oral origin stories.

THE CORN FLOUR IN THIS RECIPE WAS SOURCED IN PART FROM THE ONKWEHONWE TERRITORY OF SIX NATIONS OF THE GRAND RIVER AND HARVESTED BY THE INDIGENOUS (ONKWEHONWE AND ANISHINAABE) WOMAN-OWNED AND OPERATED MEDSIN CUP CREATIONS.