

**ITEM****Corn Relish****YIELDS:**

6 cups

Some first nations grew corn, beans and squash together, they believed corn stalks would help the bean grow more, the beans would help the strengthen the corn stalks and it grew both thicker and larger and the squash leaves would help to keep the ground moist.

**INGREDIENTS**

3 corn on the cob  
2 med green zucchini, diced skin on  
2 med yellow onions, diced  
1 red pepper, diced  
2 green pepper, diced  
2 tbsp sea salt  
19 oz can of black beans (canned drained and rinsed)  
1 ¼ cup granulated sugar  
1 ¼ cup white vinegar  
1 ¼ tsp turmeric  
1/2 tsp nutmeg  
½ jalapeno pepper diced  
2 tbsp horseradish, freshly grated or pickled

**METHOD:**

1. Roast the corn cob on a BBQ (with husks still on) for 15 minutes on med low heat, let cool. Remove husk and corn silk. Slice corn off cob with sharp knife.
2. In a stainless steel bowl, combine corn, zucchini (a member of the squash family), onions, peppers and salt, and mix well. Cover and let stand for 2 hours.
3. Strain mixture, rinse and let drain.
4. In a stainless steel pot, combine zucchini mixture with beans, sugar, vinegar, tumeric, nutmeg, jalapeno and horseradish. Bring to a simmer and let simmer for 40 – 50 minutes, stirring occasionally. Do not let all the liquid evaporate.
5. Remove and let cool. Serve chilled with Orange Laced Duck Breast or with your favorite burger mmmmm!.