

Anko (Sweet Adzuki Bean Paste)

Swick

Makes 2 1/2 cups | Active Time: 30 minutes | Total Time: 1 hour 30 minutes

Chef's Notes

Gluten-free; Dairy Free; Vegan

Start with 4 tablespoons of sugar and add more sugar as you cook the adzuki bean puree.

The beans can also be pureed in a blender but you need more adzuki bean liquid to process it. Just cook them longer.

You can also puree the paste in the pot while heating/cooking by using a potato masher and mash the beans along with the oil and sugar until you've decide the right consistency.

The oil will add silkiness to the puree. You can reduce the amount of oil to two tablespoons. I use rice bran oil because they're neutral in flavor and they are high in monounsaturated fats. They also have a high smoking point.

Save the adzuki bean liquid. You can use them to make bean soups.

Anko can be kept in the fridge in a sealed tight container for a week.

Step 1: Cooking the Adzuki Beans

- 1 cup dried adzuki beans (soaked for 6-8 hours)
 - 3-inch piece kombu
 - 4 cups water
- Drain the adzuki beans and rinse. Place beans in pot along with the kombu and add 4 cups of water. Bring to a boil, and then lower heat. Skim off the foam. Cover the pot with lid but still slightly open. Simmer until the beans are tender about 45 minutes. Strain the beans saving the liquid. Discard kombu.

Makes about 2 1/2 – 3 cups cooked beans.

Step 2: Making the Anko

- 3 cups cooked adzuki beans
 - 6 tbsp rice bran oil
 - 1/2 cup cup light muscovado sugar
 - Adzuki bean liquid, if needed
- Place the cooked adzuki bean with a little bit of its liquid into a food processor and puree according to your desired consistency. It can be smooth or chunky.
- Transfer the pureed beans into a pot. Add the oil and the sugar and mix with a wooden spoon until combined. Then cook the mixture over low heat to remove the moisture for about 10 minutes or until the puree is almost dry. The mixture will harden as it cools down. When you think that the mixture has become too dry, add a little bit more water. The mashed beans should be moist but dry enough to hold it's shape.

Transfer to a bowl and allow to cool and they're ready to use.