

Red Bean Paste (Hóngdòu shā 红豆沙)



Red bean soup (红豆汤 Hóngdòu tāng) is the Chinese classic, Anko (餡子, あんこ) is the sweet filling used in Japanese deserts and Red bean porridge in Korea (팥죽 patjug) has both a savoury and a sweet version. Here we have taken adzuki beans, pearl barley and red dates, soaked them overnight, pitted the dates then cooked everything to a paste with organic mandarin peel and apple latterly adding coconut nectar as a sweetener.

Credits: Ceri, Zenxin master chef

Key facts

- Preparation: Overnight + 10 mins
- Cooking time: 40 mins
- Total: Overnight + 10 mins + 40mins
- Serves: 6 - 8

Ingredient

- 1 cup 'Simply Natural' organic adzuki beans
- ¼ cup 'Simply Natural' organic pearl barley
- 10 pitted organic red dates
- 1 large organic jumbo fuji apple
- 1 piece of dried organic mandarin peel
- 5 cups filtered water
- 3 tbsps 'Simply Natural' organic coconut nectar sugar, added towards the end

Method:

1. Place adzuki beans in a bowl and cover with at least 2" filtered water to soak overnight.
2. Rinse barley & red dates and put to soak overnight, again well covered with water.
3. Drain and rise both the beans and the grains and put together in the chosen pot.
4. Add in the soaked, pitted red dates and mandarin peel.
5. Wash, core and peel the Jumbo apple and cut into the pot in small pieces.
6. Add the water and bring to the boil, then turn down to simmer for 40 mins

(For Thermomix 40 mins, 100°C Reverse, lowest speed)

7. When beans and barley are soft, add in the coconut sugar.
8. Blend to required consistency using a hand blender.

(or for Thermomix 30 secs speed 5 or to desired consistency)