

Japanese Cold Adzuki Cake Recipe

Ingredients:

14 oz (400 g) adzuki bean paste
⅔ cup sugar
a pinch of salt
½ kanten (agar-agar or jelly) stick (⅛ oz or 4 g)
1½ cups water

Method:

Soak kanten in plenty of water overnight or until softened. Squeeze water out of kanten, then tear into pieces. Put the pieces in a saucepan with 1½ cups water. Simmer until kanten dissolves, stirring constantly. When kanten has dissolved and water comes to a boil, stir in sugar and salt. When mixture returns to the boil, add adzuki bean paste, stirring well. Wait until boiling, then pour into a bowl through a strainer or sieve. Cool over a bowl of iced water, stirring. Moisten the inside of a square mould (5"x5¾") with water. Pour the kanten mixture into the mould and chill for about 2 hours until set. Slide a knife around the edges to loosen, then remove from the mold and cut into cubes to serve.

Note: If kanten stick is not available, substitute kanten powder.

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