

Simmered Kidney Beans Recipe

Ingredients:

300 g kidney beans
300 g sugar
1 tablespoon light soy sauce

Method:

Wash the beans in a bowl under running water, rubbing with hands. Discard imperfect ones and leave in 8 cups of water to soak overnight. Reserve the soaking water. The following day bring the beans and the reserved soaking water to a boil over high heat, skimming off any scum that forms. Pour ½ cup cold water. When it returns to a boil, add another ½ cup water. Repeat this twice. Turn the heat to medium high and cover with an aluminum drop-lid. Cook beans for 40-60 minutes, adding water if necessary to cover. Cook beans over medium low heat. High heat cracks skins and low heat the beans and also take care so that beans are always covered with boiling water. Test the doneness by crushing one bean with fingers. Add the sugar all at one time. When dissolved, cover with an aluminum drop-lid and cook for 4-5 minutes. Add the light soy sauce. Bring to a boil and turn off the heat. Let it stand overnight to give it thicker consistency and richer taste.

Note: Use fresh beans harvested in autumn. Cooked beans give a homey atmosphere to the table.

[asian_free_recipes_download][/[asian_free_recipes_download](#)]