

Japanese Recipe - 16

Anko & Kinako Mochi

Enjoy Mochi with Japanese traditional sweets such as sweetened red bean paste (Anko) and Kinako.

Ingredients

- | | |
|-----------------------------------|-------------------------------------|
| [Anko] (Serves 500g Anko) | [Kinako] (Serves 2 Servings) |
| 200g Azuki beans | 3 teaspoon Kinako |
| 200g sugar | 2 teaspoon Sugar |
| Water | Pinch of salt |
| Pinch of salt | Mochi (2 pieces) |
| Mochi | |

Anko is Japanese favorite sweets and you can eat it as Taiyaki (red bean fish shape dessert) and Dorayaki (red bean pancake) enjoyable with shaved ice and syrup for cool drink. Kinako is the most common use for Mochi and ice cream. As it has a simple taste which is easy to change concept and invent so many different things.



Method

[Anko]

1. Put Azuki beans in a deep pot and pour enough water to cover them. And, soak Azuki for a half day or overnight.
2. Put the pot on high heat and bring to a boil.
3. Turn down the heat to medium and simmer Azuki. And then drain it in a colander.
4. Put the Azuki beans back in the pot and add enough water. After that bring to a boil on high heat.
5. Turn down the heat to low and simmer Azuki beans for about one hour, or until softened.
6. Carefully drain the liquid from the pot.
7. Turn down the heat to low again and add sugar and salt to your taste and stir Azuki.
8. Further, simmer Azuki until it becomes your desired thickness.
9. Enjoy Anko with Mochi.

[Kinako]

1. Combine Kinako and sugar in a bowl, and mix thoroughly; set aside.
2. Dip grilled Mochi in hot water, roll in kinako mixture, and serve immediately.

This Sake is suited to 'Anko & Kinako Mochi'

Ippin Yoshikubo Usagi Doburoku (Nigori) Ume

A refreshing Nigori Sake with perfect balance of sweetness goes perfectly with Anko & Kinako Mochi. The texture of the Mochi is chewy and Azuki is sweet rich taste. It is the best combinations of Japanese desserts with the sake.



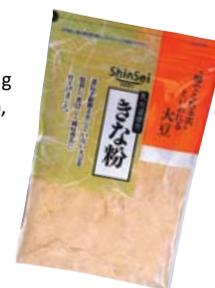
Anko

Anko is sweet red bean paste and is an essential ingredient for Japanese traditional confectioneries. It is a paste made with Azuki (red beans) and sugar. In Japan, it is used in many different forms of dessert.



Kinako

Kinako is produced by finely grinding roasted soybeans into powder. Kinako, being composed of soybeans, is a healthy topping and flavouring which contains Vitamin B and protein. Kinako is widely used in Japanese cooking but it is often used in Japanese sweets such as Mochi (Rice Cakes).



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