

Red Bean Soup with Sweet Rice Balls

Lot like lot of things that I do, this recipe is a bit of a mishmash. Traditionally, there are two types of red bean soup (called Pot-Jook in Korean), the savory kind with rice, and the silky sweet kind with sweet rice balls which you can add to either types.

I like the texture of the savory type and my children like the taste of the sweet version, so I combined the recipe and topped it off with sweet rice balls . By doing this, I end up with a hybrid, a sweet red bean soup/porridge that has the texture of rice pudding. And you can go either way , savory or more sweet, depending on whether you add or omit the sugar.

Red Bean Soup

1 cup adzuki beans
1/4 cup rice (soak in water for about 30 minutes)
1/4 tsp salt
3 tbsp sugar or to taste (brown sugar adds a nice flavor)
water

1. Soak the adzuki beans in water overnight or for 5 hours (If you don't have time or just forgot, it's okay. Just skip to the next part and boil for 15 min. longer.)
2. In a large pot, boil the beans in 4 cups of water. After 5-10 minutes, strain the beans and discard the water.



3. Return the strained beans back into the pot and add 4 cups of fresh water. Cover and bring to boil. Lower the heat to medium-low and simmer for about 1 hour, or until the beans become soft enough to mash. Turn off the heat and let cool.

4. Working in two batches, puree the beans with their cooking liquid in a blender/food processor until smooth.



5. Return the pureed beans back into the pot and add soaked rice, salt, and sugar. Simmer on low heat, stirring frequently for about 20 min. or until the rice is cooked. The soup will thicken as it cooks down. (You can adjust the thickness of the soup by adding water to thin it out.)



6. Ladle into small bowls and drop in cooked sweet rice balls.



Sweet Rice Balls

1 cup sweet rice flour
2 tbsp sugar
pinch of salt
1/2 cup of boiling water

1. Mix sweet rice flour, sugar and salt in a bowl. Stir in boiling hot water. Once it cools enough to handle, knead for about a minute and the dough is smooth. Wrap in plastic and set aside for about 1/2 hour.



2. Roll the dough into a long log and divide them evenly into 1 1/2 inch pieces. Shape them into little balls by rolling them between your palms.



3. If you are not using all of the balls, you can set some aside and freeze them for later use. It's best to add them fresh to your soup if you're having it the next day instead of letting them sit in the soup overnight.

4. Bring a pot of water to boil. Add rice balls. When they float to the top they should be done, but I always test them to make sure. When ready, take them out and put into a bowl of cold water to cool. Drain. They are now ready to be added to the soup.

