

팥빙수 KOREAN SHAVED ICE WITH RED BEANS

(Pronounced 'paat bing-soo')



'Paat' (팥), or red beans, is a common and versatile ingredient in Korean cuisine. It is sought to make anything from rice porridge (paat jook) to jelly and filling for buns and rice cakes. Ask Koreans how paat jook should be served—sweet or savory—and the answer will probably be 50:50 (hot or cold is another one, for another time.) Paat is that versatile and blends well in any course.

The sweet earthy, smoky, and almost nutty flavor is what my parents used to grow up on as children. Well, now that ice cream and cheesecake are easily available, my dad doesn't give paat a second glance. But Mom, she still loves it, especially in a smooth, dense, jelly-like form. Long ago (okay, 40-50 years is fairly recent) paat-enthusiasts like my mom have introduced the traditional red bean flavor to common desserts, like red bean ice cream and shaved ice.

Picture source: <http://cfile24.uf.tistory.com/image/183B1D0F4A8E419C4B84BF>

Ingredients (single serving)

- 1 c Milk (frozen) or ice cubes
- ¼ c Sweet red beans – directions follow or use canned sweet red bean
- 2 T Sweetened condensed milk
- ¼~½ c total of fresh fruit, diced and chilled (kiwis and berries are often used, but peaches, bananas, or grapes will also do.)
- 2 T bite-size mochi – directions follow or use store-bought mochi.
- 1 scoop of ice cream (optional)
- 1 T granola or cereal

Assembly:

1. In a high-power blender, process milk/ice cubes until the consistency is like shaved ice, with no big chunks remaining. Work quickly as not to melt the slushy. Scoop a cup in each medium-sized bowl, and immediately store the remaining shaved ice in the freezer.
2. Spoon ¼ cup of red bean topping over the ice, and drizzle a tablespoon or two of condensed milk over it. Arrange diced fruit and mochi over the red bean and top with ice cream or granola (or both!)

Red Bean Topping:

1. Rinse beans 3 or 4 times in a colander.
2. Soak uncooked red beans in water overnight (at least 10 hours.) This step should not be skipped if beans are dried.
3. Drain. In a medium or large pot, boil beans covered with water for 10 minutes and drain. Discard water and rinse beans. Do not skip this step. During the first cooking period, beans release bitter flavor as well as gastrointestinal toxins, causing flatulence.
4. Add 3 parts water for 1 part beans and bring to a boil over high heat. Reduce to low heat and bring to a simmer. Cook covered until beans are very soft (about 1 hour).
5. Add a pinch of salt and 1 part brown sugar (can substitute granulated sugar or honey) for 2 parts beans. Adjust sweetness as desired. Bring to a boil, reduce any excess liquid down to bean-level, and remove from heat. Cover and let cool at room temperature. Store in an air-tight container. These will last about 10 days in the refrigerator and can be kept longer in the freezer.

Mochi (adapted from Maangchi.com):

1. Place 1 cup of sweet rice flour (Mochiko powder), $\frac{1}{4}$ tsp salt, 1 T sugar in a microwave-safe bowl.
2. Using a rubber spatula or wooden spoon, mix in $\frac{3}{4}$ c water to the flour mixture. Push dough to the center. Cover and microwave on high for 3 minutes.
3. Immediately remove from the microwave and knead (stir) with the spatula for 20 seconds. Cover and microwave again for 1 minute.
4. While still hot, vigorously knead the dough. (Original says to stir 100 times, so put some elbow grease into it!)
5. Sprinkle potato starch (substitute corn starch) over a clean work surface and flatten the dough to about $\frac{1}{2}$ " thickness. Lightly dust starch over the top. Cut into small, bite-size pieces. Cover with seran wrap. Store in the freezer.