

## Mochi

Ingredients		
Water	2 cups	1#
Mochiko rice flour or sweet rice flour	2 ½ cups	1#
Granulated white sugar	1 – 1 ½ cups	About 11 ounces
Vanilla Extract	1 teaspoon	To Taste
An Paste (below) or paste- like filling of your choice	1 ½ cups	
Potato Starch	As needed	As needed
Shortening	As needed	As needed

1. In a large bowl put a sieve and pour in the mochiko flour to get out any large bits that could have been missed during processing. Discard any remnants. Repeat with the sugar.
2. Add the water+vanilla and mix well until the flour and sugars are completely moistened and the mixture resembles cake batter.
3. Ready a large steamer. Ready containers to pour the batter into. You can use anything from ramekins to custard cups to cupcake liners (silicone are best). Whatever you choose, make sure you grease them very well with shortening or non stick cooking spray. The mochi will be incredibly sticky when finished.
4. Steam the mochi for about 20-30 minutes. Cooking time can vary greatly, but the desired look is that the batter becomes firm, the tops will still look a bit moist, and the mochi will give slightly when touched on the top. Remove from the steamer and prepare to move quickly.
5. Put on some gloves and/or grease up your hands with some shortening. Choose the size of your mochi, the most popular is about the size of a flattened ping pong ball. Whatever the size you decide, roll into a ball and flatten in the palm of your hand. Make a small dent in the center and place a spoonful of your desired filling. Fold up the sides around the filling pocket to create a closed sphere. The mochi should stick to itself. Lightly dust with some potato starch. Mochi is ready to eat immediately.

Mochi can stay good for up to week in a sealed container in the fridge.

### An Paste

Ingredients		
Azuki (adzuki) beans	1 ½ cups	About 12 ounces
Granulated Sugar	1 cup + 2 cups	8 ounces + 1#
Water	Enough to soak beans + 4 cups	Enough to soak beans + 2#
Salt	1 tsp	To Taste

1. In a large bowl or large measuring cup place beans, 1 c sugar, and submerge with water. Let sit for 12 hours or overnight in the fridge to hydrate the beans.
2. After they have sat, remove and discard any beans that have floated to the top (this is a telltale sign that these are not ones you want to ingest). Rinse beans well and then place in a pot with about 4 cups of water.
3. Cook on high until the water boils. Keep at a boil for 10 minutes, then reduce heat to low and simmer, covered for about an hour. After an hour check the beans for tenderness, if still hard continue simmering.
4. Once beans are softened, drain the water. Return to pot and stir in the sugar and salt with a wooden spoon. The heat and moisture should incorporate the sugar well and also help to break down the beans. You can choose the texture of your paste from being very smooth by working the paste until all the beans are crushed, or you can leave some in for a chunkier paste (think crunchy vs. creamy peanut butter). It is a total preference really. You can also add additional sugar if you like a sweeter paste.

Optional: You can also use this recipe with other beans. Using a white navy bean creates a versatile paste that can be dyed with colors or even flavored+colored with something like matcha powder or strawberry jam. Azuki beans are the best though as they have a higher starch content so lend themselves to being a paste much easier than other beans.

Have fun and experiment!