



Sekihan

Level: Easy

Serves: about 12

Soak Time: 12 hours or overnight

Cooking Time: 2.5 hours



$\frac{3}{4}$ cup dry azuki beans

4 rice cooker cups mochi sweet rice (see Notes below)

1 rice cooker cup regular white rice

$\frac{3}{4}$ tsp. table salt

Water (to soak and cook the beans)

Kurogama (toasted black sesame seeds), to garnish (optional)

Gomashio (toasted sesame salt), to garnish (optional)

Rinse the dry azuki beans with water. Place in a small bowl and cover with water. Soak overnight, about 12 hours.

After soaking the beans overnight, drain the water from the beans. Place the beans in a small saucepan and add 2 cups of water. Bring to a boil, then lower the heat and simmer with the lid on, about 20 to 25 minutes, until the azuki beans are soft (you can mash it with your fingers) but are not broken or split. Strain the cooked azuki beans over a large bowl to reserve the liquid separately from the beans. Do not discard the liquid.

While the beans are cooking, place both types of rice together in a Japanese rice washing bowl (or something similar). Rinse like regular rice and drain for 30 minutes.

Add the drained rice to the rice cooker bowl. Evenly place cooked azuki beans on top of the rice. Stir the reserved bean liquid and pour over the azuki beans and rice. Add water to reach the 5-cup marker in the rice cooker bowl. Add salt and let it sit for 20 minutes, then cook in the rice cooker. When rice is done cooking, leave the lid on for another 15 minutes to steam. Stir the rice gently with a rice paddle. Garnish with kurogoma and gomashio, if desired.

Notes:

- One rice cooker cup equals approximately $\frac{3}{4}$ of a U.S. standard cup.
- To make your own gomashio, toast $1\frac{1}{2}$ Tbsp. fine sea salt in a cast-iron skillet until gray in color. Remove from pan. Toast 1 cup sesame seeds in the same pan over low heat, stirring frequently until crisp and browned. Place both in a food processor or spice grinder, and pulse until fine. Store in an airtight glass jar (I used a recycled furikake container).