

## Azuki Bean Gelato



Level: Easy

Cooking Time: 40 minutes

Serves: 10

Refrigerator & Freezing Time: 9 hours

2 cups whole milk

1 cup heavy whipping cream

5 large egg yolks

$\frac{1}{4}$  cup white granulated sugar (see Notes below)

$\frac{1}{8}$  tsp. Coarse Kosher Salt

1 (18 oz.) can tsubushian (see Notes below)



In a medium saucepan, heat the whole milk and heavy whipping cream on medium heat until bubbles form along the edges of the pan. Do not boil. Remove from heat and cool for 5 minutes. Meanwhile, in a large heatproof mixing bowl, beat the eggs yolks, sugar, and salt with a handheld mixer until thick and pale yellow in color (should be the consistency of mayonnaise). With the handheld mixer on low, slowly add the hot milk to the egg yolk mixture to temper the eggs. Mix until combined. Place the mixture back into the saucepan. On medium heat, stir the mixture constantly with a wooden spoon, until the mixture thickens like a custard sauce (when it reaches 180°F on a candy thermometer). Strain the custard through a fine mesh sieve into a medium heatproof bowl. Place  $\frac{3}{4}$  cup tsubushian in a food processor/blender. Add  $\frac{1}{4}$  of the strained custard into the food processor/blender. Puree until smooth, then pour back into the bowl with the rest of the custard. Add the remaining tsubushian from the can to the custard. Stir gently until all are combined, but do not try to mash any whole azuki beans (we want to see some of the beans in the gelato). Cover with plastic wrap so that the plastic wrap sits directly on top of the custard (this prevents a skin from forming). Refrigerate overnight.

Turn your ice cream maker on and pour the azuki bean gelato mixture into the freezer bowl (which has been placed in the freezer for at least 24 hours). Let mix until thickened, for about 20 to 25 minutes. Serve immediately or for a harder consistency, transfer the ice cream to an airtight container and freeze for 4 hours. Remove from the freezer about 10 minutes before serving.

### Notes:

- I used MUM'S® brand tsubushian, which is a chunky sweetened red bean paste. The tsubushian in the can is already mixed with sugar and salt, and is normally very sweet. If you prefer your gelato to taste less sweet, reduce the  $\frac{1}{4}$  cup sugar to  $\frac{1}{8}$  cup or omit the sugar completely.