

Sweet Bean Paste: A Culinary Exploration of the International Delight



Sweet Bean Paste: The International Bestseller

by Durian Sukegawa

★★★★☆ 4.4 out of 5

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Sweet bean paste, also known as anko or red bean paste, is a popular ingredient in many Asian cuisines. Made from sweetened azuki beans, it has a rich, smooth texture and a slightly sweet flavor. Sweet bean paste is used in a variety of dishes, from sweet to savory, and is a staple ingredient in many traditional Asian desserts.

Origins and History

The origins of sweet bean paste can be traced back to ancient China, where it was first used as a filling for pastries and dumplings. Over time, it spread to other parts of Asia, including Japan, Korea, Vietnam, and Thailand, where it became a popular ingredient in local cuisines.

Types of Sweet Bean Paste

There are several different types of sweet bean paste, each with its own unique flavor and texture. The most common type is coarse sweet bean paste, which is made from whole azuki beans that have been cooked, mashed, and sweetened. Fine sweet bean paste is made from the same ingredients, but the beans are ground into a smooth paste. White sweet bean paste is made from white azuki beans, and has a lighter color and flavor than red sweet bean paste.

Culinary Uses

Sweet bean paste is used in a wide variety of dishes, both sweet and savory. In China, it is a common filling for pastries, buns, and dumplings. In Japan, it is used as a filling for mochi (glutinous rice cakes) and dorayaki (pancakes). In Korea, it is used to make patbingsu (shaved ice with sweet bean paste) and tteokbokki (spicy rice cakes). In Vietnam, it is used as a filling for banh chung (sticky rice cakes) and banh xeo (savory pancakes). In Thailand, it is used as a filling for roti sai mai (stuffed roti) and khanom chan (sweet sticky rice dumplings).

Nutritional Value

Sweet bean paste is a good source of dietary fiber, protein, and iron. It is also a good source of antioxidants, which can help protect against cell damage.

Availability

Sweet bean paste is available in most Asian grocery stores. It can also be found in some Western grocery stores, usually in the international aisle.

Sweet bean paste is a versatile and delicious ingredient that can be used in a variety of dishes. Whether you are looking for a sweet dessert or a savory

snack, sweet bean paste is sure to please.



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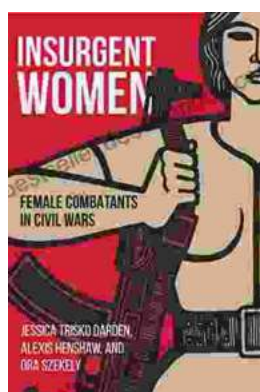
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