



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: **Red Beans**

Korean Red Bean Ice Cream

Ingredients:

4 cups sweet red bean paste(canned or homemade)
14 oz condensed milk
2 cups heavy cream
¼ cup sugar

Directions:

Pour the whipping cream into the bowl of an electric mixer and whip at medium speed until it forms soft ribbons.

In the meantime, combine the sweet red bean paste, condensed milk, and sugar in a mixing bowl. Stir until the sugar has dissolved. Set aside.

Once the heavy cream begins to form ribbons, pour in the red bean mixture and continue to whisk until just combined. Pour into an airtight freezer ready container and freeze at least four hours to overnight.

- If you are using canned sweet red bean paste, it will most likely contain more sugar than the home-made version so you'll need to adjust the amount of sugar according to your taste. If you are using my recipe for sweet red bean paste then you don't have to make any adjustments.
- On that note, if you are using homemade version of the paste, and your paste happens to have a lot of whole beans left in it, they will settle to the bottom while the ice cream is in the freezing process. All you have to do is let the ice cream freeze for two hours then go in and mix the somewhat frozen ice cream with a spoon then continue freezing. This way you have an even distribution of the beans.