

Adzuki Bean and Shiitake Mushroom Soup

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 40 minutes

Chef's Notes

Adzuki or azuki bean originated in China but is also very popular in Japan. They have a sweet, nutty flavor when cooked. Adzuki beans are known to detoxify the kidneys. They are used for kidney-adrenal function. Kombu cooked with beans renders them more digestible

Total time excludes cooking the beans. You can prepare the beans ahead of time. You can definitely buy cooked adzuki beans and just use all stock.

Just vary the amount of coriander, cumin, and ginger used in the recipe according to your personal taste.

Ginger is an anti-inflammatory that promotes blood circulation. It is also good for arthritis.

Step 1: Soaking & Cooking the beans

- 1 cup adzuki beans (soaked at least 8 hours or overnight, covered)
 - 3" piece kombu
 - 4 cups water
- Drain the adzuki beans and rinse. Place beans in pot along with the kombu and add 4 cups of water. Bring to a boil, and then lower heat. Skim off the foam. Cover the pot with lid but still slightly open. Simmer until the beans are tender about 45 minutes. Strain the beans saving the liquid. Discard kombu.

Makes about 2 1/2 to 3 cups cooked beans.

Step 2: Preparing the mise en place

- 1 small onion
- 1/2 stalk celery
- 1 small carrot
- 3/4" ginger
- 1 large clove of garlic

Rough chop all the vegetables. You may want to cut the ginger a little bit smaller.

Step 3: Cooking the soup

- 1 tbsp olive oil
- 1 tsp ground coriander
- 1 tsp ground cumin
- 150 g shiitake mushroom (stems already removed)
- 2 1/2 to 3 cups cooked adzuki beans
- Adzuki bean liquid plus vegetable stock to make 4 cups (or more)

Heat olive oil in a large pot. Add onion, celery, carrot, ginger and garlic along with the ground coriander and cumin and sweat the vegetables for 10 minutes.

While the vegetables are cooking, dice the shiitake mushrooms. Then add these along with the cooked adzuki beans and stock to the vegetables. Bring to a boil and then lower the heat. Simmer until all vegetables are tender about 15 to 20 minutes.

Step 4: Pureeing and serving the soup

- 2 tbsp fresh lemon juice
- sea salt (to taste)
- 1/2 cup plain non-dairy yogurt, or cashew sour cream
- 1/2 cup small diced cucumber
- 1/2 cup small diced red radish
- 1/2 to 1 cup cilantro leaves
- extra-virgin olive oil
- freshly ground black pepper

Cool the soup slightly. Working in batches, puree soup in blender until smooth and transfer each batch to a clean pot. You may need to add more stock if desired.

While soup is reheating over a low simmer, chop the cilantro and set aside.

Add lemon juice to soup and season with sea salt to taste.

Ladle soup into bowls and garnish with a dollop of non-dairy yogurt or Cashew Sour Cream, cucumber, radish, cilantro, a drizzle of extra virgin olive oil and some freshly cracked black pepper.