

Aduki (Azuki) Beans and Squash

This dish is nourishing for the stomach, spleen and pancreas. It is often recommended to stabilize glucose production and assimilation.

1 cup of azuki beans
4 to 6 cups hard winter squash (kabocha, butternut, Hokkaido, or buttercup)
4 cups water
3-inch piece of kombu
½ level teaspoon sea salt
Soy sauce to taste

1. Place the aduki beans on a plate and sort for stones.
2. Wash the beans and place in a bowl with the water and the piece of kombu to soak overnight. Cover with a mat or towel, but not a solid lid.
3. Cut the squash into 1 ½ inch pieces.
4. Cut the soaked kombu into ½ inch squares and place in the bottom of a cooking pot.
5. Add the pieces of squash next, then the soaked azuki beans including the soaking water. The water level should be just to the top of the ingredients. If the soaking water is not enough, add additional water.
6. Warm up over low heat uncovered until the water begins to steam.
7. If any foam rises to the surface, remove with a skimmer and discard.
8. Continue cooking uncovered for 20 minutes. Add additional water to the top of the ingredients as liquid cooks away. Do not stir.
9. Place a lid slightly ajar on the pot and a heat deflector underneath the pot.
10. Continue gently simmering until the beans are about 80% tender.
11. Then add the salt, cover and continue cooking until the beans are soft.
12. Remove the lid and reduce the liquid to about ¼ to ½ inch left in the bottom of the pot.
13. If a little saltier taste is needed, season with soy sauce to taste a few minutes before serving.
14. Gently mix and place in a serving