

ADZUKI BEAN INFORMATION AND SOUP RECIPE.

ADZUKI; Phaseolus angularis

The adzuki bean, also known as aduki, is a rather superior bean. It has a high protein content (25%) contains few of the oligosaccharides which cause flatulence, does not have the pronounced bean flavour of the haricots and does not contain any anti-nutritional factors. Iron 7.6mg; dietary fibre 5.7g calcium 25.3mg, .Sprouted adzuki increase protein, esp. lysine and carbohydrate content decreases.

The adzuki bean grows on a bushy annual plant, it has bright yellow flowers and the pods are long and straw coloured when mature. Each pod contains from 4-10 seeds. The seeds vary in colour but the most common and most popular adzuki bean is a reddish brown or maroon colour with a distinctive white fleck where it was attached to the pod. There are many cultivars but in Japan, where the adzuki bean is more popular than anywhere else in the world, the large seeded Dainagon and the common Shagara-wase are the two main cultivars.

The Japanese use adzuki boiled with rice, in soups, cooked with sugar as a sweet dish, as a filling for the steamed buns called manju, finely ground as flour and in bean pastes. Adzuki are also popped like American popcorn. Adzuki broth has been used as a treatment for kidney complaints in Japan for centuries.

“Neutral thermal nature; sweet-and-sour flavour, influences heart and small intestine; tonifies the kidney-adrenal function’ detoxifies the body; removes heat conditions, disperses stagnant blood; reduces swelling; diuretic and drying. Used for damp and watery conditions, leucorrhoea, jaundice, diarrhea, edema, boil and to promote weight loss. Adzuki paste can be made for external application in mumps and boils; grind raw adzuki beans to a powder and mix with warm water and enough honey to form a paste. Apply directly to the affected skin areas and secure with cotton cloth and adhesive tape. The paste is effective for five hours and can be applied as often as desired. Beans in the diet are also helpful for these disorders.

Legumes are not only high in protein, but also in fat and carbohydrates. They are rich sources of potassium, calcium, iron and several B vitamins,. Sprouted legumes are excellent sources of vitamin C and enzymes.”

Excerpt from: Healing with Whole Foods, Paul Pitchford.

ADZUKI BEAN SOUP

200 g adzuki beans	8 green peppercorns or 4 black
1 medium potato, cubed	2 tablespoons extra virgin olive oil
2 medium onions, minced	2 large stalks celery, minced
2 small carrots, dices	1 large clove garlic, minced
2 zucchini, sliced thinly or substitute	1 green pepper, diced
1 tablespoon miso	2 teaspoons organic tamari (soy) sauce

1. Soak beans overnight in water to cover by 6 cm. Drain and rinse thoroughly, put into saucepan with 1 ¼ litre fresh water + peppercorns and simmer, covered until tender (1 ¼ hrs)
2. When beans almost tender, add cubed potato
3. Sauté onions in oil, add celery, carrots and garlic. Cook together over low heat for 10min, Add a little water if necessary and cook, covered. Add zucchini and cook 5 mins more.
4. Mix the miso with 2 tablespoons of the soup mixture, and then add to soup. Add soy sauce (Tamari) for seasoning to your taste

Enjoy and enjoy good health.