

Fruits and Red Beans Shaved Ice Recipe

(Asian Desserts Recipes)

Ingredients: Makes 4-6 servings

2½ cups (10 oz/315 g) ice cubes
¼ cup (1½ oz/45 g) diced ripe mangoes or papaya (¼-inch/6-mm dice)
¼ cup (1 oz/30 g) diced rinsed canned litchi (¼-inch/6-mm dice)
¼ cup (1½ oz/45 g) diced pineapple (¼-inch/6-mm dice)
¼ cup (1 oz/30 g) diced kiwifruit (¼-inch/6-mm dice)
¼ cup (1½ oz/45 g) canned sweetened azuki beans, rinsed
1 tablespoon fresh calamansi juice

Method:

In a food processor or sturdy blender, crush half of the ice cubes until snowlike in texture. Transfer to a large bowl. Repeat with the remaining ice cubes, add to the bowl, and place in the freezer until ready to use. To make the sugar syrup, in a small saucepan over medium heat, combine the sugar and ½ cup (4 fl oz/125 ml) water and bring to a simmer, stirring to dissolve the sugar. Continue to simmer until a clear, thick syrup forms, 5-7 minutes. Remove from the heat, let cool, pour into a small pitcher, and refrigerate until ready to serve. To make the coconut cream, open the can of coconut milk without first shaking it. The milk in the can should be topped with a thick layer of cream. Scoop off about ½ cup (4 fl oz/125 ml) cream and place in a small bowl. Reserve the remaining coconut milk for another use. Add the condensed milk and whisk together with the coconut cream until smooth. Cover and refrigerate until ready to serve. In a bowl, combine the mangoes, litchi, pineapple, kiwifruit and azuki beans. Add the calamansi juice and toss to coat. Using an ice-cream scoop, mound a scoop of the crushed ice in each individual serving bowl. Spoon the fruit mixture over the ice, dividing it evenly. Drizzle the sugar syrup over the fruits, then spoon the coconut cream over the fruits, dividing both syrup and sauce evenly among the desserts. Serve at once.

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