



RECIPE

Anmitsu

*Japanese parafait
with Mochi balls*

SWEETS



INGREDIENTS

Makes about twelve 1/2-inch balls / Serves 4

- 3-4 **mochi balls** (see the next page)
- 1 **fresh clementine**, separated into segments
or 1 can mandarin oranges (15 ounces), drained
or 1 15-ounce can fruit cocktail, in light syrup
- 1 **kiwi**, peeled and cut in half and then into half moons
- 4 **strawberries**, cut in half
- 1/2 firm **banana**, sliced on a diagonal
- 1/2 cup **sweet azuki beans**
- 2 tablespoons **maple syrup**
or molasses, or brown sugar syrup (see the next page)
- 1/2 pint **green tea or vanilla ice cream** *Optional



Anmitsu is a healthy and colorful Japanese dessert made with lots of fruit (vitamins) and azuki beans (protein). Various combinations can be enjoyed depending on the toppings, and "cream anmitsu" with ice cream is especially popular. Use your favorite seasonal fruits!

Create your bowl

Ice cream

Place a scoop of ice cream on one side.

Azuki beans

Add a spoonful of azuki beans to the center of the bowls.

Mochi balls

Add 3 mochi balls to each bowl.



Syrup

Drizzle the syrup over the fruit, ice cream and mochi balls.

Fruit

Arrange the fruit, in groups, around the edge of each bowl.

FOR THE TOPPINGS

These are suggested fruits. If you don't have fresh fruit, use frozen or canned. Canned fruit cocktail is a good option.



RECIPE

Mochi balls & Brown Sugar syrup

SWEETS



INGREDIENTS

Mochi Balls

Makes about twelve 1/2-inch balls / Serves 4

- 1/2 cup **sweet rice flour** (Mochiko)
- 1/4 cup **soft tofu**
- 1 teaspoon **sugar**

Sweet rice flower (mochiko) and canned sweet azuki beans are available at online stores or Asian/Japanese stores (or International sections at regular stores).

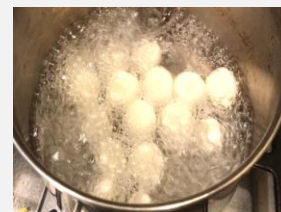


Brown Sugar Syrup

- 1/2 cup brown sugar
- 1/2 cup water



METHOD / Mochi



1. Make Dough

Combine rice flour and sugar in a bowl. Add the tofu and mix with your hands until you form a soft dough that feels like play dough.

2. Form Balls

Make small balls out of the dough. With your thumb press the center of the ball.

3. Boil

Bring a pot of water to a boil and add the balls. Wait until they float to the top. Swirl them around. Lower heat and cook for 1 more min.

4. Cool down

Fill a bowl with cold water and ice cubes as optional. Remove the balls from pot with a slotted spoon and place in a bowl of ice water.

METHOD / Syrup

**It becomes very hot when cooking and should be made by an adult.*

- 1) In a small saucepan mix the brown sugar and water. On medium heat bring to a boil.
- 2) Reduce the heat and simmer for 3-5 minutes until the syrup thickens.
- 3) Remove from the heat and let cool to room temperature.