

Cranberry Bean Ice Cream



Ingredients

2/3 c dried cranberry beans
Washed- sorted.

Soak in water overnight. Next day add fresh water, bring to boil and then simmer about 2 hours until soft.

1/2 c sugar

1/4 c vegetable oil

1/2 c sugar

3 egg yolks

1 c milk

1 1/2 c bean paste- see above

1 1/2 c heavy cream

Directions

Drain cooked beans, process in food processor, add sugar. Put oil in pan over low heat, heat beans pressing down on them until very dry. Cool.

Bring milk to a boil in sauce pan, turn off heat. In mixer beat sugar and yolks until pale yellow. Whisk a small amount of hot milk into eggs, then whisk eggs back into milk mixture. Strain and cool. Stir in heavy cream, refrigerate. When very cold pour mixture into an ice cream maker. When ice cream is ready scoop into small even sized balls, freeze.

Serve as Mochi- recipe provided.

Nutritional Information

Calories per serving 279

Total Fat 15g

Saturated Fat 6g

Cholesterol 66mg

Sodium 19mg

Total Carbohydrates 32g

Dietary Fiber 3.6g

Protein 5g

Servings 9