

Adzuki Beans with Cornbread

Adzuki beans are small, rich-tasting red beans of Japanese and Asian derivation. They're often used in making sweet bean paste in Asian cooking. Today you'll simply combine them with caramelized onion and smoky tempeh to create a simple, yet flavor-filled, stand-alone bean dish served with hot wedges of cornbread.

You'll add roasted cinnamon tomatoes and pickled cucumber and onions to complete the meal.

Preparation time: 1 hour and 20 minutes Servings: 2 (plus leftovers)

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients so they are easy to add when needed. There are 3 separate onion preps today: 2 C. sliced sweet onion for the Caramelized Onions, 2/3 C. thin-sliced sweet onion for the Pickled Cucumbers/Onions and 1/4 C. chopped green onions for the Roasted Cinnamon Tomatoes.

Adzuki Beans

- 1 C. dry Adzuki beans
- 6 C. water
- 1 cube. Not Chicken Bouillon
- 1 bay leaf
- 1 tsp. dry oregano leaves

Caramelized Onion

- 1 T. canola oil
- 2 C. sweet onion (thin-sliced/halved)
- 2 cloves garlic (smashed and chopped)
- 1/2 C. white wine
- 1/2 C. low-sodium veggie broth
- 2 T. rice wine vinegar

Roasted Cinnamon Tomatoes

- 2 tsp. olive oil
- 1 T. low-sodium vegetable broth
- 1/2 tsp. ground cinnamon
- pinch of salt
- 2 large tomatoes (sliced 1/2" thick)
- 1/4 C. green onions (chopped)

Smoky Tempeh

- 6 strips Smoky Tempeh

Pickled Cucumber and Onions

- 1 large cucumber (peeled and sliced)
- 2/3 C. sweet onion (thin-sliced)
- 2 T. white or rice wine vinegar
- 2 tsp. granulated sugar
- 2 T. low-sodium veggie broth

Cornbread

- 1 C. cornmeal
- 1 C. buttermilk
- 1/2 C. frozen corn
- 1 tsp. baking soda
- 1 egg (lightly whisked)
- 2 T. vegetable oil

Cook Beans
Early in the Day!

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Cook beans early in the day. Depending on the age of the beans, they'll need to cook 60-90 minutes. Once cooked, they'll hold until dinner time. Start final assembly and cooking about 1 hour before you wish to dine. The cornbread is cooked last and will require 30 minutes of baking. This includes extra time for cooling.

Adzuki Beans/Smoky Tempeh

Rinse and sort beans to be sure any pebbles or impurities are removed. Bring them to a boil in water, and add Bouillon cube, bay leaf and oregano leaves. Reduce heat to medium-low, cover, and set a time for 60 minutes. After the timer sounds test for tenderness. Beans should be tender but not mushy. Reset timer for 5 minutes and continue cooking as needed. Remove from heat when they reach desired tenderness.

Spread out tempeh strips on a cookie sheet and bake in a 375° oven for 4 minutes per side. Let cool. Chop tempeh strips and add to beans after beans have finished cooking. (Leave oven on.)

oven stays at 375°

Caramelized Onions

1. Heat oil in a large sauté pan until it begins to shimmer.
2. Add sliced onions and toss until onions begin to turn dark brown.
3. Add garlic, wine, broth and vinegar and toss until liquid cooks away. Remove from heat.

Pickled Cucumber and Onions

1. Layer prepped cucumber and onion in a medium-sized bowl. The layers make the salad easy to toss.
2. Mix vinegar, sugar and broth together in a separate bowl. Stir until sugar dissolves.
3. Toss cucumber and onion with vinegar mixture and set aside. Toss from time-to-time.

Roasted Cinnamon Tomatoes

Mix oil, broth, cinnamon and salt in a small bowl.

Oil a baking tray or cookie sheet with raised edges. Place tomatoes on the tray and pour above oil/broth/cinnamon mixture over them. Wait to roast them with the cornbread.

Cornbread (Place oiled 9" pie pan in oven while mixing cornbread.)

1. Mix all cornbread ingredients in a large bowl. Pour into hot 9" pie pan. Bake 20 minutes at 375°.
2. Also bake tomatoes in oven at the same time. Test cornbread with a clean dinner knife. When it comes out clean the cornbread is done. Remove cornbread and tomatoes from oven, sprinkle tomatoes with chopped green onions. * Let cornbread cool 5-10 minutes and cut into wedges.

Plate Meal

Reheat beans. Pour excess water off of beans and stir in caramelized onions. Spoon 1-1/2 C. beans with onions onto each dinner plate. Flank with 1/2 of the cinnamon tomatoes. Use a perforated spoon to lift 3/4 C. of the cucumber and onions per serving onto plates. Serve with cornbread.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com