

Yaki Manju

“An”: 2 lbs. dry lima beans soaked overnight. Peel, then cook over medium heat covered with water until bubbly soft. Cool until warm. Squeeze all water out in fukin (a clean woven cloth). Mix with 3 cups sugar. Cook until shamoji cuts clean, stirring constantly. Make sure it doesn't burn. Refrigerate, then roll into “walnut sized balls.” You can color it light pink with food coloring. It's easier for kids to make if the dough and “an” are not the same color.

Dough: Cream 1 cube butter and 3 cups sugar together. Then beat in 3 egg whites and 1 whole egg. Add to this alternately buttermilk (1/2 cup) and flour mixture (about 5 1/2 cups flour, 1 tsp. salt, 2 tsp. baking soda.)

Method: Work on a floured board. Make a ball of dough a little bigger than a walnut. Place dough outside with “an” in middle then wrap the dough completely around the “an” and pinch ends together to make an oval shape. Brush the tops with glaze: 3 egg whites and a drop of shoyu. (A beaten whole egg will work too.) Sprinkle a few sesame seeds on top.

Bake in oven set at 450 degrees on ungreased cookie sheet for about 10 minutes or until golden brown. Rotate sheets while baking. Makes about 60-70 yaki manju. Cool on a rack. They are good for 3 days.

Original recipe from: Jody Chikasuye
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