Red Bean Ice Cream
Makes 1 quart
Adapted from a recipe from Essentials of Asian Cuisine: Fundamentals and Favorite Recipes by Corrine Trang featured on Chow.com

Adzuki beans are referred to as red beans in Asian cuisine and are identified as such in Asian markets. Do not substitute kidney beans (what I think of as red beans) for the adzuki beans. While it won’t be the same, you can use 1 1/2 cups of sweetened red bean paste and omit the whole red beans if you are pressed for time.

2 cups plus 2 tablespoons half and half
1 cup heavy cream
1/2 granulated sugar
4 large egg yolks
1 tablespoon cornstarch
1/2 cup canned sweetened red bean paste*
1 cup cooked whole red beans (aka adzuki beans)** or 1 cup canned red beans (adzuki beans), drained and rinsed

Special Equipment: Ice cream maker

Fill the bottom half of a double boiler with about 1 to 2 inches of water and bring to a boil. Meanwhile, pour the 2 cups of half and half and the 1 cup of heavy cream into the top of the double boiler and heat until steaming, but not boiling.

In a small bowl, whisk together the egg yolks and the sugar until the eggs are thick and light yellow in color. Add a ladleful of the hot cream into the eggs and whisk to temper. Pour the egg and cream mixture into the top of the double boiler and whisk to combine.

Mix together the remaining two tablespoons of half and half and the cornstarch and add the mixture to the cream. Continue whisking and heating the mixture until it thickens and coats the back of a spoon. Do not let the mixture boil.

Once thick, remove the custard from the heat and strain it into a bowl that has been placed in an ice bath. Stir in the red bean paste and the whole red beans and chill for at least 4 hours in the refrigerator.

Following the instructions for your ice cream maker, pour the chilled custard into the machine and process until thick and frozen.

* Canned sweetened red bean paste can be found at Asian markets and some grocery stores.
** If using dried adzuki beans, soak 3/4 cup of dried beans in water overnight in a refrigerator. After soaking, place beans in a medium saucepan and cover with 2-inches of water. Bring to a boil then reduce the heat and simmer for 2 hours or until the beans are soft. Drain and use as directed in the recipe.