

Green-soybean cream bouchee

Ingredients(for 10-12 servings)



< Sponge cake >

- | | |
|---------------|-----------------------------------|
| 120 g | Egg |
| 50 g | Granulated sugar |
| 50 g | Weak flour |
| 10 g | Soybean flour of the blue soybean |
| 20 g | Butter |
| 2 teaspoons | Soybean milk |
| Appropriately | Vanilla essence |
- <Green-soybean cream>*1
- | | |
|--------------|------------------|
| 100 g | Green soybean |
| 40 g | Soybean milk |
| 50 g | Fresh cream |
| 1/2 teaspoon | Granulated sugar |
- < Decoration>*2
- | | |
|--------------|---------------|
| 30-36 pieces | Green soybean |
|--------------|---------------|

*1

Put green soybeans in 3-fold volume of water and keep them at room temperature overnight. Drain the water, add a plenty of water, and boil them for 1 hour until they are easily smashed by fingers. Sometimes remove harsh taste with keeping water level enough for boiling by occasionally addition of water.

*2

Put 20 g of *1, 5 ml of water, 10 g of sugar, and 0.1 g of salt in a pan, and condense until water disappears.

<Preparation>

- 1) Preheat oven at 180°C.
- 2) Put a mixture of flour and green soybean powder into a sieve.
- 3) Melt butter.
- 4) Put a sheet on a tray in the oven.

《Baking of sponge dough》

1

Separate an egg into yolk and egg white, and put the egg white in a large bowl.

2

Add the granulated sugar two to three times into the 1, and whip.

3

After whipped the 2 into a froth, add the egg yolk one by one, mix them with vanilla essence.

4

Put the sieved mixture of flour and green soybean at one time into the 3. Mix lightly by using spatula, further add the melted butter and soy milk.

5

Put the dough 4 in a piping bag with a round-hole top, and squeeze the dough in about 4 to 5 cm diameter down to the tray covered with oven sheets.

6

Bake them at 180°C in the oven for 8 to 10 minutes.