KitchenBooQ

Amanatto (Candied Sweet Beans)

Serves: 6 | Cooking Time 55 minutes | Level: Easy



INGREDIENTS

1 lb (450 g) shelled edamame (green soybeans), fresh or frozen
1 tsp (5 ml) baking soda
4 cups (950 ml) water for blanching
3/4 cup (150 g) granulated sugar
1 cup (240 ml) water for syrup
1 piece (2-inch / 5 cm strip) kombu (dried kelp), wiped clean
¼ tsp (1 g) fine sea salt

Notes
Store covered in the refrigerator for up to 1 week, or freeze in an airtight container for up to 3 months. Thaw overnight in the fridge before serving. For a deeper flavor profile, substitute half the granulated sugar with light brown sugar. The kombu can be removed after simmering, but leaving it in during storage adds extra umami and helps maintain glossiness. Always cool cooked legumes within 2 hours and refrigerate promptly to ensure food safety.

PREPARATION

1. Blanch the edamame: In a large pot, bring the blanching water and baking soda to a rolling boil. Add the shelled edamame and cook for exactly 3 minutes until the outer skins soften slightly but the beans remain firm.

2. Rinse thoroughly: Drain the edamame and immediately rinse under cold running water until completely cool and all traces of baking soda are washed away. Gently rub the beans between your palms to remove any loose skins, then drain well in a colander.

3. Prepare the syrup: In a medium saucepan, combine the sugar, syrup water, kombu strip, and sea salt. Bring to a gentle simmer over medium heat, stirring occasionally until the sugar dissolves completely. Reduce heat to maintain a low simmer; do not boil vigorously.

4. Simmer the beans: Add the blanched edamame to the syrup. Partially cover the saucepan and simmer gently for 30–35 minutes, shaking the pan every few minutes to prevent sticking, until the liquid reduces to a light glaze and the beans are tender and glossy.

5. Cool and store: Turn off the heat and let the beans cool completely in the syrup. Transfer everything to an airtight container. Refrigerate for at least 4 hours or overnight to allow full flavor absorption. Serve chilled or at room temperature. The beans will continue to absorb syrup as they chill, so stir in a splash of water if the mixture becomes too thick before serving.