



Patbingsu

Shaved Ice with Red Bean Topping | 팥빙수



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Korea's ultimate summer dessert! *Patbingsu* features a towering mountain of finely shaved ice crowned with sweet, tender red beans (*pat*), chewy rice cakes (*tteok*), fresh fruits, and a generous dusting of roasted grain powder (*misutgaru*). It provides an instant, icy escape from the scorching summer heat. Packed with Vitamin B1, potassium, and dietary fiber from the red beans, it not only cools you down but also helps relieve fatigue and reduce bloating. It's a beautifully layered, sweet, nutty, and highly refreshing treat that bursts with diverse textures in every bite.

 **Total: 15 mins** | **Prep: 15 mins** | **Cook: 0 mins** |  **Very Easy** | 
Sweet, Nutty & Icy |  **Ultimate Summer Dessert**

Ingredients (1-2 servings)

- **Main Ingredients:** 2–3 cups ice cubes (or frozen milk), 4–5 tbsp sweetened red beans (specifically for shaved ice, available in cans)
- **Garnish (Customize to taste):** A handful of bite-sized chewy rice cakes (*Injeolmi* or *Bingsu tteok*), 1–2 tbsp roasted grain powder (*Misutgaru* or soybean powder), fresh fruits of choice (watermelon, melon, berries)
- **Sweetener:** 2 tbsp sweetened condensed milk

Substitutes & Notes

- **Condensed milk** → Coconut condensed milk or agave syrup (for a dairy-free/vegan option).
- **Misutgaru / Injeolmi** → If unavailable at your local Asian market, almond flour or finely crushed graham crackers can mimic the savory nuttiness, and plain mochi pieces work perfectly for the chewy rice cakes.

Allergy Information

- **Contains:** Milk (if using dairy ice/condensed milk), Soy/Wheat (depending on the grain powder used) (*Fully Vegan & Vegetarian-friendly if using water/plant-based milk and coconut condensed milk*)

Equipment

- Ice shaver or high-speed blender, Large serving bowl

Cooking Instructions

1. **Shaving the Ice:** Using an ice shaver or a powerful blender, crush the ice cubes (or frozen milk) into a fine, snow-like texture. Pile it high in a large serving bowl.

2. **Adding the Red Beans:** Spoon a generous mound of the sweetened red beans directly onto the center of the shaved ice mountain.
3. **Garnishing:** Arrange the chewy rice cake pieces and fresh fruit beautifully around the red beans.
4. **Finishing Touches:** Generously dust the roasted grain powder over the top, then drizzle the sweetened condensed milk all over in a zigzag pattern. Grab a spoon, mix it up slightly, and enjoy it icy cold!

Cooking & Pairing Tips / Health Benefits

- **The Milky Snow Upgrade:** While traditional *bingsu* uses frozen water, freezing dairy milk (or oat milk) and shaving it creates a luxurious, fluffy snow texture that melts beautifully in your mouth without tasting watered down.
- **Nutty & Sweet Harmony:** Don't skip the roasted grain powder! It is the secret ingredient that balances the heavy sweetness of the red beans and condensed milk with a deep, savory nuttiness.
- **Beat the Bloat:** Red beans are naturally high in potassium and saponins, making them excellent for flushing out excess sodium and reducing summer bloating. It's a dessert that actively helps you feel refreshed and light on a hot, sluggish day.

Nutrition Facts (Estimated)

Total Content : Approx. 400g (1 serving)
Calories : 350 kcal – Sodium : 45mg
– Total Carbohydrate : 70.0g
– Sugar : 45.0g
– Total Fat : 4.0g
– Saturated Fat : 2.0g
– Cholesterol : 10.0mg
– Protein : 8.0g
– Calcium : 150.0mg

* Daily Values are based on a 2,000 calorie diet and standard Korean nutritional reference values

**Nutritional values are calculated based on the original ingredients, not substitutes

The Crystalline Snowscape of the Hearth: A Summer Lyricism of Sweet Adzuki and Glacial Solace

Patbingsu (Shaved Ice with Sweet Red Beans) represents the dazzling zenith of traditional Korean summer dessert gastronomy, where a snow-like expanse of finely shaved ice meets the dense, comforting sweetness of adzuki beans simmered to perfection through patient heat. The moment the sub-zero ice crystals shatter and melt across the palate, the velvety, whole-grain texture of the sweet red beans gently cushions the glacial chill, forging a captivating culinary dialectic where fire and ice seamlessly coexist.

When crowned with chewy rice cakes (*tteok*), fragrant roasted grain powder (*misutgaru*), and vibrant seasonal fruits, this unassuming bowl of shaved ice transcends mere refreshment to become a multi-dimensional sensory cosmos. The vitamin B1, saponins, and anthocyanins concentrated within the red beans immediately awaken metabolism dulled by oppressive humidity, while the harmonious wave of rich cereal umami and icy brightness effortlessly purifies a weary spirit.

True gastronomy does not rely on harsh, fleeting refrigeration; it flourishes in ancestral wisdom where the honest bounty of the earth and the pure phase transition of water converge to gently dispel inner heat. Taking a chilled spoonful of Patbingsu from a sweating bowl today is an invigorating, nostalgic ritual—effortlessly sweeping away sweltering summer fatigue and replenishing the soul with crisp, joyful vitality.

Editor's Review

1. A Dynamic Cadence of Melting Crystalline Snow, Velvety Simmered Adzuki, and Chewy Rice Cake Accents

The moment a loaded spoonful of shaved ice and sweetened red beans touches the tongue, the instant phase change of crystalline ice absorbs heat from the palate, offering immediate, electrifying relief from summer thirst. As the ice dissolves, the rich, buttery sweetness of the simmered red beans coats the mouth, perfectly complemented by the springy resilience of glutinous rice cakes and the nutty aroma of roasted grain powder to orchestrate an endlessly engaging, multi-layered sensory thrill.

2. Latent Heat Phase Transition Thermodynamics and Osmotic Adzuki Saccharification Kinetics

Patbingsu represents an exacting study in food physics and phase transitions, utilizing the latent heat of fusion (approximately 334 J/g) as solid ice turns to liquid to rapidly draw thermal energy away from the oral cavity. Controlled low-heat simmering induces osmotic sugar infiltration into the adzuki bean's cellular matrix, achieving an unctuous viscosity while protecting active cyanidin-based anthocyanins and saponins against thermal degradation. Furthermore, high concentrations of potassium actively balance cellular osmotic pressure by promoting sodium excretion, optimizing hydration and alleviating heat-induced swelling.

3. The Ancient Legacy of Royal Ice Storage and the Grounding Solace of the Summer Hearth

Tracing its roots back to the historic ice storage houses (*Seobinggo*) of the Joseon Dynasty and evolving into the nostalgic neighborhood cafes of modern Korea, sharing a large bowl of Patbingsu with friends is an enduring emotional haven. Facing the stifling humidity of midsummer, savoring this sweet, frosty delicacy washes away mental exhaustion, granting a timeless sanctuary of collective warmth, revitalizing coolness, and grounded contentment.

