

Daikon (Winter Radish)

HOW TO CHOOSE AND STORE

Choose firm undamaged roots, the leaves should be un-wilted and green. Winter radish store well. Remove the leaves and store separately as you would any green or salad. Store the root, unwashed in a plastic bag in the fridge.

HOW TO USE AND EAT

Daikon can be served raw or cooked. The root is often peeled, but the skin is edible, and peeling is optional. Daikon can be thinly sliced for a garnish or pickling, diced for cooking, or grated for pickling or used in baked goods and savoury dishes. The greens can also be eaten raw in salads or pesto, or they can be added to soups and other hot dishes.



Roasted Daikon, Radish and carrot

- 3 daikon, peeled and sliced into 1/4-inch rounds
- 4 carrots, peeled and cut into 1/4-inch rounds
- 1 red bell pepper, seeds removed, thinly sliced
- 1 shallot or small onion, thinly sliced
- 2 tbsp olive oil or oil of choice
- Salt and pepper, to taste
- 1/4 cup balsamic vinegar

(balsamic vinegar substitute: 4 TBSP apple cider vinegar or red wine vinegar plus 2 tsp sugar or sweetener of choice)

Heat the oven to 400 degrees. Combine vegetables and oil, toss well, and place on a baking pan, season with salt and pepper. Roast for 25-30 minutes until tender, stir a few times. Drizzle the veggies with vinegar and return to the oven for 5 minutes then serve.

Japanese Sweet Simmered Daikon

- 1 pound daikon radish roots peeled and cut into 1-inch thickness rounds
- 2 tbsp soy sauce
- 1 tbsp mirin (sub apple cider, balsamic or white vinegar plus 1/2 tsp sugar)
- 1 tbsp sugar
- 1 tsp salt

Place radish in a pot and cover with water. Bring to a boil then reduce heat and cook 15-20 minutes until slightly tender not mushy. Drain.

Mix the remaining ingredients into a pot and bring to a gentle simmer, add the cooked radish and simmer 25 to 30 minutes to allow flavor to mix.

Pickled Daikon

Some recipes add carrots, and others add chilli or other hot peppers. This recipe is not designed for canning.

- 1 pound daikon radish (or a mixture of radish and carrot making around 1 pound)
- 1/3 cup white vinegar
- 1/3 cup granulated sugar
- 1/3 cup water
- 1/2 tsp salt

1. Add sugar, water, vinegar, and salt to pot on medium heat until sugar dissolved. Take off heat and allow to fully cool
2. Peel daikon radishes and cut into cubes or small sticks.
3. Place radish into jar and pour pickling liquid over. Seal and place in refrigerator. Needs a few days for the flavors to develop