

Radish

HOW TO CHOOSE AND STORE

Radish should be firm, if leaves are included, they should be fresh. At home remove any leaves and store separately. Wrap radishes in a damp paper towel, and store in the crisper drawer or place bundle in a plastic storage bag.

HOW TO USE AND EAT

Radishes can be eaten raw or cooked. Applying heat to radishes helps calm the spicy or peppery flavors in them. To cook radishes, you can bake or roast them in the oven, or sauté or pan-roast them on the stovetop. Radish greens are incredibly versatile—just like any other leafy green, most prefer the leaves cooked. You can eat them raw for a snack, use them to top off a sandwich, or add them into a salad.



Parmesan radish Salad

- 1 bunch radishes, sliced to 1/8"
- 1 lemon
- 1 tablespoon olive oil
- 1/4 cup fresh grated parmesan cheese, plus more for topping
- 2 tablespoons fresh dill, torn
- salt & pepper, to taste

-Add sliced radishes to a medium bowl and squeeze juice from half a lemon over the top plus a big pinch of kosher salt.

-Massage with your hands for 1-2 minutes until slightly softened.

-Add olive oil, cheese and dill tossing well to coat.

Scatter the radishes on a small plate and top with zest from the other half of the lemon, additional cheese, dill, salt and fresh ground black pepper.

Sauteed Radishes

- 1 tablespoon butter
- 20 radishes, ends trimmed and radishes cut in half
- salt and ground black pepper to taste

Heat butter in a skillet over low heat; arrange radishes, cut-side down, in the melted butter. Season with salt and black pepper. Cook, stirring occasionally, until radishes are browned and softened, about 10 minutes.

Serve well.

Creamy Spring Onion and Radish

3/4 cup sour cream

1/2 cup mayonnaise

1/8 tsp salt

1 1/2 cups radishes, very thinly sliced. *See Notes

1/2 cup green onion trimmed and thinly chopped.

Use the white and green parts.

black pepper, to taste

Instructions

- Combine all the ingredients in a bowl and mix well. Reserve a little of the sliced green onion for a garnish.
- Chill until ready to serve, sprinkle with extra green onion and black pepper. Serve with crackers, chips, bread, or vegetable crudité.

NOTES

To reduce the fat, substitute unflavored yogurt for some of the sour cream and/or mayo. A mandoline slicer works well to cut the radishes because it slices them evenly paper thin, but a sharp knife will work fine.