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# Radishes 101

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Rapunzel's namesake gets a make-over.



# Four Types of Radishes



Basic Round



Daikon



Red Japanese



French Breakfast

## *How to store:*

Remove radish leaves if they are still attached. Store the unwashed greens in a loosely wrapped plastic bag in the crisper bin of your refrigerator and use ASAP. Store radish roots dry and unwashed in a plastic bag in the refrigerator for 1 week. The root should be firm and crisp. Watch out for woody interior flesh.

## *Radish Prep:*

Trim the rootlet and peel if you like.

## *Best Uses:*

### **Salads**

**Raw on Toast w/ butter & salt**

**Compound Butter**

**Veggie Tray**

**Tea sandwiches**

**Sautéed in butter**

**Roasted**

**Braised & Glazed**

**Stir fries**

**Slaw**

**Pickled Radishes**

**Grilled with Steak**

**Scrambled eggs (greens)**

**Risotto**

**Vegetable Stew**

**Tacos**

**Pesto (greens)**

## Fermented (Kimchi)

# RADISH

Brassicaceae

### Nutritional Snapshot

- Rich in antioxidants and minerals like calcium and potassium
- 1 cup of radish contains nearly 2 grams of fiber, 4 grams of protein and 30% of immune supporting vitamin C, B vitamins, potassium, calcium, iron and magnesium

### Medicinal Uses

- Helps to lower high blood pressure and reduce risk of heart disease
- Good source of natural nitrates that improve blood flow
- Member of the superfood cruciferous veggie family shown to reduce inflammation and protect against cancer-causing agents
- Seem to reduce glucose absorption in the intestine and promote glucose uptake, which lowers blood sugar level

## *Substitutes:*

Jicama or water chestnuts (if raw); turnips (if cooked)

## *How to Freeze Radishes:*

To freeze radishes, you'll need to blanch them first.

Wash radishes in cold water and trim the tops and bottoms. Do not peel, but dice into smaller pieces.

Blanch in boiling water for 2-3 minutes. Quickly remove the radishes and dunk them into a bowl of ice water for 2 minutes. Drain well and place in a freezer bag to freeze.



## Roasting Radishes

1. Wash and trim radishes. Cut larger ones in half. Drizzle with olive oil and toss to coat. Spread on a lined baking sheet and sprinkle with kosher salt.
2. Roast in 425 degree oven for 15 minutes or until tender or caramelization occurs.



## 5 Ways to Eat Radishes

*While they're usually eaten raw — dipped in good butter and flaky salt, or sliced thin onto salads — they can also be cooked like most other root vegetables.*

*What happens when radishes get cooked?*

Radishes can be pickled and fermented but still retain a refreshing crunch. Just swap radishes into your favorite cucumber or carrot pickle recipe, or add them to your next homemade batch of kimchi.

### 2. Braised

Daikon radishes are often braised in Chinese

*Their spicy bite mellows out, plus they turn nice and juicy.*

### 1. Pickled or fermented

Radishes are great on herbed goat cheese toasts.



cooking, but all radishes are great for braising. They absorb the flavorful braising liquid, mellow out, and get all sweet and juicy. Try radishes in your next meaty braise or add them to your next vegetable stew.

### *3. Roasted*

Like all root vegetables, radishes are fantastic roasted. They'll roast up in 10 minutes, but they can be even more delicious if you wait for them to caramelize.

### *4. Grilled*

Toss whole or halved radishes with some oil or butter, then throw onto the grill until some nice grill marks appear. Fun!

### *5. Cooked like other greens*

Don't forget that radish tops are edible! While you can eat them raw like lettuces, you can also stir-fry or sauté the tops, or blanch the greens and blend them with some garlic, nuts, and cheese to make a lightly spicy pesto. Radish tops can also be wilted into pasta dishes, risotto, or even soups.

## Suggested Recipes:

### Pickled Red Radishes

*Adapted from [www.thekitchn.com](http://www.thekitchn.com)*

#### **Ingredients:**

3/4 cup hot water (can be from the tap)

1/2 cup rice wine vinegar

6 tablespoons sugar

1 tablespoon salt

2 bunches red radishes, rinsed and drained

#### **Directions:**

Combine water, vinegar, sugar and salt in a large jar, cover with a lid and shake it up until the sugar and salt are dissolved. Alternatively, you can stir them in a non-reactive (glass, ceramic, stainless) bowl. Set aside.

Remove the greens from the radishes and reserve for another use. Quarter the radishes.

Smaller radishes can be halved and larger ones may need to be cut into sixths. You'll want them to be roughly the same size.

Pack radishes into your container of choice, cover with the brine and then the lid, and place in the refrigerator. Let sit at least 3 days before enjoying (although they can be eaten sooner.) They should last for a month in the refrigerator.

Pickled radishes are a great condiment, accompanying all sorts of asian dishes. They can be served as a first course to whet the appetite, on a relish tray, or as a side with a sandwich.

## Radishes Braised with Shallots and Vinegar

The radish's small size and peppery flavor makes it ideal for a quick evening braise. You will become a lover of this dish.

Serves 2 to 4 as a side dish

### **Ingredients:**

1 tablespoon butter

2 slices bacon, diced

2 large shallots, finely sliced

1 pound radishes, about 2 bunches, tops trimmed and radishes sliced in half

2 tablespoons balsamic vinegar

1/2 cup water

2/3 cup finely chopped Italian parsley

Salt and freshly ground black pepper

### **Directions:**

Heat the butter and bacon over medium-high heat in a wide, heavy skillet — preferably cast iron. Cook for about 5 minutes. When the bacon is cooked through and getting crispy, place the radishes cut-side down in the pan and cook undisturbed for 2 to 3 minutes or until the bottoms begin to brown. Add the shallots and cook, stirring, for another minute.

Add the balsamic vinegar and the water — the water should just come up around the sides of the radishes. Cover, lower the heat, and simmer for 8 to 10 minutes, or until the radishes are tender.

Remove the lid and continue to simmer for 3 to 4 minutes, or until the liquid has reduced into a syrupy sauce. Add the the parsley and stir to wilt.

Season with salt and pepper and serve.

# Roasted Potatoes, Fennel & Radishes with Lemon Brown Butter Sauce

*Serves 4*

## **Ingredients:**

1 pound fingerling or very small yellow potatoes  
Olive oil  
Flaky salt and freshly ground black pepper  
1 pound radishes, tops removed  
1 fennel bulb without stalks, about 1 pound  
1/4 cup unsalted butter  
1/2 lemon, juiced, about 1 1/2 tablespoons  
1/2 teaspoon Dijon mustard  
1/2 teaspoon maple syrup  
Fresh mint leaves or dill fronds, to garnish

## **Directions:**

Heat the oven to 450°F. Cut the potatoes in quarters lengthwise and toss with 1/2 tablespoon olive oil in a large bowl, as well as a generous pinch of salt and pepper. Spread the potatoes on a large baking sheet and bake for 10 minutes or until barely tender.

Meanwhile, trim the tops and bottoms of the radishes, and quarter them lengthwise. Trim off the top and bottom of the fennel bulb and slice in half lengthwise, then quarter each half and cut the quarters into pieces about 1-inch-wide. Toss the fennel pieces and radishes in the bowl with another 1/2 tablespoon of olive oil and salt and pepper.

When the potatoes are just beginning to get tender, spread the radishes and fennel on the baking sheet and toss to combine. Return the vegetables to the oven and roast for an additional 10 to 15 minutes or until the fennel and radishes are tender and juicy but not yet soft.

While they are roasting, heat the butter in a small saucepan over medium heat for 4 to 6 minutes or until it melts and then browns. Remove from the heat and carefully whisk in the lemon juice, mustard, and maple syrup. When the vegetables are done, toss with the sauce and spread on a platter or in a bowl and garnish with mint or dill leaves. Serve immediately.

## Radish Green Pesto

*Adapted from [www.ChocolateandZucchini.com](http://www.ChocolateandZucchini.com)*

One great idea for how to use your radish greens.

**Ingredients:**

2 large handfuls of good-looking radish leaves, stems removed  
1 ounce hard cheese, such as pecorino or parmesan, grated or shaved using a vegetable peeler  
1 ounce nuts, such as pistachios, almonds, or pine nuts (avoid walnuts) 1 clove garlic, cut in four  
short ribbon of lemon zest (optional)  
2 tablespoons olive oil, plus more  
salt  
pepper  
ground chili pepper

**Directions:**

Put all the ingredients in a food processor or blender or mini-chopper, and process in short pulses until smooth. You will likely have to scrape down the sides of the bowl once or twice. This produces a thick pesto; add more oil and pulse again to get the consistency you prefer. Taste, adjust the seasoning, and pack into an airtight container. Use within a week, or freeze for long term storage.

## Cucumber Radish Salad

*Adapted from [NatashasKitchen.com](http://NatashasKitchen.com)*

Serving: 6 (as a side); Prep Time: 10 minutes

**Ingredients:**

1 cucumber, thinly sliced  
2 bunches radishes, thinly sliced  
1 bunch scallions, chopped  
¾ cup sour cream  
¾ tsp to 1 tsp Salt, or to taste

**Directions:**

In a medium salad bowl, combine sliced cucumbers, sliced radishes and chopped green onion.

In a small bowl, mix together ¾ cup sour cream and ¾ tsp salt or add salt to taste.

Stir the sour cream dressing into the salad just before serving. The longer it sits, the more liquid the dressing becomes as the salt causes the cucumber to release some juice.

## Radish Butter Recipe

*Adapted from Flavored Butters*

This is irresistible when spread on a fresh baguette. Serves 8.

### **Ingredients:**

8 tablespoons (1 stick) unsalted butter, preferably cultured, softened

2 ounces radishes, preferably French breakfast radishes, finely diced

1/4 teaspoon fleur de sel or other finishing sea salt, or to taste

baguette

### **Directions:**

1. Blend together the butter, radishes and salt in a medium-size bowl.
2. Form into a log and refrigerate until firm before slicing and serving, or use another shaping method. Don't freeze this butter.

### **Variation:**

Radish-Herb Butter: Blend in 2 tablespoons minced fresh tender herbs such as chives, flat leaf parsley, chervil, dill, basil and/or mint.