

Recipes... **DAIKON**



NOTES & TIPS: Daikons are white with a milder flavor than the small red radish, and can grow up to 3 feet long and weigh up to 100 pounds, although they are usually harvested at 1 to 5 pounds. Daikons can be eaten raw in salad, pickled, or in stir fries, soups and stews. They have a pleasant, sweet and zesty flavor with a mild bite.

VEGETABLE CREAM CHEESE

8 ounces light cream cheese
1/4 cup chopped scallions
1/4 cup finely chopped carrots
1/4 cup finely chopped daikon radish
2 tablespoons chopped fresh dill
1/4 teaspoon freshly ground pepper

Blend all ingredients in a small bowl

BEEF TATAKI

1 cup peeled daikon radish
1 cup matchstick-cut carrots
1/2 cup thinly sliced onion
1/4 cup reduced-sodium soy sauce
2 tablespoons plus 2 teaspoons lemon juice
2 tablespoons finely chopped scallions
2 teaspoons finely grated fresh ginger
1 pound boneless sirloin steak, 3/4-1 inch thick, trimmed
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
2 teaspoons canola oil

Place daikon, carrot and onion in a medium bowl. Cover with cold water and let soak for 5 minutes. Drain. Combine soy sauce, lemon juice, scallions and ginger in a small bowl. Add 2 tablespoons of the mixture to the drained vegetables and toss. Set aside the remaining sauce.

Season steak on both sides with salt and pepper. Heat oil in a large nonstick skillet over medium-high heat. Cook the steak 3 to 4 minutes per side for medium-rare. Let rest on a cutting board for 5 minutes, then thinly slice and serve with the vegetables, drizzled with the reserved sauce.

OVERNIGHT CHINESE DAIKON RADISH PICKLES

1 1/2 cups chopped daikon
3/4 teaspoon salt
1 tablespoon rice vinegar
1/4 teaspoon ground black pepper
1/4 teaspoon sesame oil (optional)

In a mixing bowl, toss daikon with salt. Cover, and refrigerate until 1 to 2 tablespoons of water is released, about 30 minutes. Drain and rinse daikon, removing as much salt as possible. Pat dry with a paper towel, and return to bowl. Stir in rice vinegar, black pepper and, if desired, sesame oil. Cover, and refrigerate at least 8 hours.

PAN FRIED DAIKON SLICES

Slice the daikon into 1/2 inch medallions. Heat a large frying pan to medium and add a little bit of sesame oil, just enough to cover the surface. Just before the oil starts to smoke, arrange the daikon slices in a single layer on the



surface of the pan. Fry until they start to smoke slightly. The cooked surface should have dark brown marks, but not black. Flip'em. Wait for them to smoke slightly again. Remove from pan, and arrange on a paper towel to soak up a little oil (shouldn't be much). Arrange on a plate and sprinkle with a little salt.

CABBAGE & DAIKON SOUP WITH SAUSAGE

1 sm cabbage (1 1/4 to 1 1/2 lbs) quartered, cored and shredded
4 tbl unsalted butter
1/2 lb pork sausages your choice (though spicy Italian or chorizo are great)
6 cup chicken or beef stock (or water)
Salt to taste
Freshly-ground black pepper to taste
1 lb daikon radish peeled, and cut into 1/2" dice
1 cup sour cream

Bring a large pot of water to the boil. Add the cabbage. When the water returns to a boil, cook the cabbage for 1 minute and drain. Return the cabbage to the pot along with the butter, stock or water and sausages. Bring to a boil then reduce the heat to a low simmer. Cover and cook for 1 hour. Add the daikon and cook for 30 minutes longer.

Remove the sausages and cut into bite-sized pieces. Return to the soup, which by this point will be very thick. Pass the sour cream separately.

DAIKON & CELERY SALAD

1/4 cup mayonnaise
1 tbl Dijon mustard
2 tbl chopped fresh parsley leaves
1/2 lb Daikon radish peeled
2 celery stalks thinly sliced
2 tsp lemon juice
Salt to taste
Freshly-ground black pepper to taste

In a large bowl, mix mayonnaise, mustard, and parsley. Grate daikon coarsely and add to bowl. Add celery; mix until ingredients are thoroughly combined. Stir in lemon juice. Season to taste with salt and pepper.

DAIKON PUREE WITH BROWNEB BALSAMIC BUTTER

2 1/2 lb daikon radish peeled, and cut into 1" cubes
6 tbl unsalted butter
4 tbl cream cheese
Salt to taste
Freshly-ground black pepper to taste
2 tbl balsamic vinegar

Place the daikon in a pot and cover with cold water. Cook at a moderate boil until the daikon is tender, 45 minutes to 1 hour. Drain well. Puree the daikon in a food processor in until smooth, or mash by hand. Return to the pot and stir in half the butter and the sour cream and salt and pepper to taster. Stir over low heat until hot. Transfer the puree to a large gratin or baking dish. You can make the puree up to 2 days ahead, cover and refrigerate. Bring to room temperature and reheat, covered, in a 400 degree oven for 20 to 30 minutes. To finish the puree, melt the remaining butter over medium heat until it turns a rich brown. Add the balsamic vinegar. Stand back as the mixture will splutter. Drizzle over the puree and serve immediately.