

DAIKON

Daikon means “great root” in Japanese, and a staple in Japanese cuisine. It is also known as Japanese horseradish or mooli. It’s flavor has a similar mild quality to a carrot, with a slight spice.

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BEST COOKING METHODS

- STIR FRY
- STEAMED
- RAW

RECIPE IDEAS

- SALADS AND COLESLAW
- RAW SNACKS
- QUICK PICKLES
- STEWS & SOUPS

STORAGE

- Remove leaves and stem (they can be cooked too!) and store root in an airtight container for up to 1 week.
- For longest life, do not wash or cut until ready to use, can be stored in a cool, dark place for months.

NUTRITION

- Daikon is very high in Vitamin C, as well as a good source of Fiber and Potassium.
- Low in calories and fat-free.

TIPS

- Daikon is a winter crop, making it a great seasonal substitute for spring radishes.
- It can be cooked in stews and roasted with other root vegetables.
- Use the greens to add new flavor to a simple salad.



DAIKON CARROT SALAD

- **1 1/2 lbs** daikon, peeled
- **1 lb** carrot
- **1 tbsp** grated fresh ginger
- **3 tbsp** rice vinegar
- **2 tsp** lime or lemon juice
- **1/4 c** vegetable oil
- **1 tsp** sesame oil
- **3 1/2 tsp** sesame seeds (black, white, or both)
- **Salt**, to taste

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SHAVE THE DAIKON INTO RIBBONS WITH A VEGETABLE PEELER. TOSS WITH 1/4 TEASPOON SALT IN A COLANDER; LET DRAIN IN THE SINK, TOSSING OCCASSIONALLY, ABOUT 15 MINUTES. MEANWHILE, SHAVE THE CARROTS INTO RIBBONS WITH THE PEELER.

MAKE THE DRESSING: WHISK THE GINGER, VINEGAR, LIME JUICE AND 1/2 TSP SALT IN A LARGE BOWL. SLOWLY WHISK IN THE VEGETABLE OIL AND SESAME OIL UNTIL BLENDED.

TOAST THE SESAME SEEDS IN A SKILLET OVER MEDIUM HEAT, TOSSING OCCASIONALLY, UNTIL THE WHITE SEEDS ARE GOLDEN, ABOUT 5 MINUTES. ADD 1 TBS SP SEEDS TO THE DRESSING. TOSS THE DAIKON AND CARROTS WITH THE DRESSING AND SEASON WITH SALT. TOP WITH THE REMAINING SESAME SEEDS.

(ADAPTED FROM: WWW.FOODNETWORK.COM)

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