

Daikon



Daikon is an Asian radish that grows in long, white roots, similar to the shape of a carrot. While most varieties are similar in size to large carrots, others are much bigger, with a record Daikon weighing 50 lbs! Daikon is mild and crisp, sometimes with a little horseradish-like spice. Daikon is low in calories and very high in vitamin C, as well as a good source of fiber and potassium.

Cooking

Great raw, daikon can be added to green salads, slaws, or pasta and potato salads for a crisp and spicy kick. Or, simply slice and eat with dip! You can also stir-fry, sauté, roast, add to soups and stews, or pickle. Wash well before using and there's no need to peel. The tops are also edible and can be cooked like kale or other greens.



Storage

Remove the leaves and stems to store separately, keep root in a loose plastic bag in the fridge up to 2 weeks. For the longest life, do not wash or cut until ready to use. Green tops should be used within 1 week. Daikon does not freeze well unless part of a prepared dish.



Sweet and Sour Daikon Salad

Serves: 4

Time: 20 minutes

Ingredients:

- 3 daikon radish, cut into matchsticks (or grated)
- 3 large carrots, cut into matchsticks
- 1 green apple, cut into matchsticks
- 1 tbsp fresh ginger, minced (or 1 tsp dried powdered ginger)
- 1 tbsp rice vinegar (or white vinegar)
- 1 tbsp oil (olive or vegetable)
- 2 tbsp honey (or other sweetener)
- 3-4 green onions, chopped
- 2 tbsp sesame or sunflower seeds
- 2 tbsp sliced almonds (optional)
- 1 can (8 oz) mandarin oranges, in juice (not syrup)

Directions:

1. In a large bowl, toss together daikon, carrot, and apple.
2. In a small bowl, whisk together ginger, vinegar, oil, honey, green onions, and juice from mandarin oranges. Whisk until sweetener is fully dissolved, then pour over daikon.
3. Toss salad until evenly coated. Taste and season with salt and pepper as needed.
4. Top with sesame seeds, almonds, and mandarin oranges. Serve.
5. Keep leftovers refrigerated in an airtight container up to 5 days.

lovin'
spoonfuls
a food rescue



Quick Tips:

- Add jicama, pear, or thinly sliced cabbage to use what you have on hand.
- Add 1-2 tsp of Sriracha or other hot sauce for a hint of spice.
- Top with grilled chicken, tofu, or white fish to make this salad into a full meal!

