

Daikon Radish

Daikon radish is a member of the cabbage family with a mild radish flavor. Discard greens and use the whole white part. Use as you would carrots or turnips in soups, stir fries and stews. They go great in Miso soup. Daikon radishes are great for digestion, act as a diuretic and has many phytonutrients that support immunity and fight cancer.

Ginger Miso Soup w/ daikon, collards and carrots

2 cups water, divided

1/4 cup white miso

1 Tbls lemon juice

1 1/2 tsp grated fresh ginger

2 cups finely chopped collards

1 cup diced daikon

1 cup diced carrots

Put 1/2 cup of water and the miso in a medium pot. Mix the miso with the water until it is diluted to a thin paste. Stir in the remaining 1 1/2 cups water, lemon juice, and ginger. Place over medium-low heat and bring to a very light simmer, reducing heat as necessary. Add the collards; continue to simmer, stirring occasionally, until the collards are tender, about 10 minutes. Stir in the daikon and carrots and cook until the vegetables are just tender, 5 to 7 minutes more.

Serve immediately. *Farmer John's Cookbook

Spicy Fermented Daikon

1 1/2 lbs Daikon radish, peeled and cut into thin chips

1/2 medium onion

2-3 cloves of garlic

About 1 inch of ginger, grated,

1 Tbsp crushed red pepper flakes

1 Tbsp sweet variety of honey

1 Tbsp salt

2 cups filtered water

Put spices into a quart jar, then fill with daikon slices. Mix up your brine (the salt and water) and pour over the daikon. You want them submerged. Close jar and ferment 5-7 days. Move the fridge where you can enjoy right away or age longer! *[http://nourishingtime.com/spicyfermented- daikon-radish-recipe/](http://nourishingtime.com/spicyfermented-daikon-radish-recipe/)

Pickled Daikon & Carrot Salad

1/2 cup distilled white vinegar

1/4 cup white sugar

1 small carrot, peeled and cut into matchsticks

1 daikon radish, peeled and cut into matchsticks

2 T chopped fresh cilantro

1 chile pepper, seeded and chopped

Heat vinegar and sugar in a saucepan over low heat until sugar is dissolved. Remove from heat, and refrigerate to cool.

Place daikon and carrot in a glass jar with the cilantro and chile peppers. Pour the cooled vinegar mixture over, submerging the vegetables. Cover and refrigerate for at least 4 hours, or overnight.

Carrot and Daikon Salad

2 carrots

7" chunk of Daikon

1t. Salt

2t. Soy Sauce

1 ½ - t. Rice Wine Vinegar

½ t. minced jalapeno

2 t. Sesame Oil

1 T. Roasted Sesame seeds

Julienne Daikon and Carrot. Put veggies in bowl with salt, mix well. Set aside for 30 min. Drain and put in a clean bowl. Add the rest of the ingredients and toss well. Serve.

Stir-Fried Daikon

2 T. peanut or sesame oil

¼ C. sliced scallions

2 carrots thinly sliced

2 T. water

2T. Soy Sauce

1 t. Sugar

¼ t. minced jalapeno

Heat oil in wok or skillet over high heat. Add scallions and carrots stir fry for 30 sec. Add Daikon, cook for 1 min. Add water, cook until all water is evaporated. Add soy sauce, sugar and pepper. Stir constantly for 30. Serve hot.