

Daikon Radish

Daikon radish looks like a white, plump carrot; it is a crunchy root vegetable that can be eaten in many ways. It has a lot of vitamin C, with smaller amounts of fiber, folate, calcium, and magnesium.

SIMILAR TO

Daikon radishes are very similar to white turnips, jicama, and parsnips. They are also like red radishes, but have a milder flavor. The Daikon radish and carrot can be cooked the same way.

HOW TO USE

Daikon radishes can be used in just about every way! When raw, the radish can be used to make coleslaw, added to salads/sandwiches, or eaten as a snack when dipped in peanut butter! They can also be pickled, pan-fried with oil or butter, baked, steamed, or boiled.

RECIPES TO TRY:

Boiled Daikon Radish

from thewoksoflife.com

Takes 30 minutes. Serves 4.

INGREDIENTS

1 lb daikon radish
11 slice ginger
1 cup water
1 tablespoon oyster sauce
Salt (to taste)
1/4 teaspoon sugar
1/4 teaspoon ground white pepper
1 chopped scallion



Image Credit: Gardener's Path



Image Credit: The Woks of Life

1. Cut Daikon into half-inch, bite-sized pieces.
2. In a pot, add water, salt, oyster sauce, sugar, ginger, and stir to combine. Add radish.
3. Cover, bring everything to a boil, and reduce heat to medium. Cook for 20 minutes or until the daikon is fork tender.
4. Before serving, add chopped scallions.

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Raw Daikon Radish Snack

Takes 10 minutes. Serves 4.

INGREDIENTS

1 lb daikon radish

Peanut butter / Hummus

1. Cut greens off of the radish.
2. (Optional) Peel the radish to remove the skin.
3. Cut Daikon into half-inch, bite-sized pieces.
4. Dip in peanut butter, hummus, or any dip of your choosing!

Daikon Fritters

Takes 20 minutes. Serves 3.

INGREDIENTS

1 shredded Daikon

1 clove garlic shredded (optional)

1/2 tsp ginger (optional)

1 tsp cooking oil

1 egg

2 tablespoons flour

Salt

Pepper

1. Mix shredded daikon, garlic, ginger, egg, flour, salt and pepper together.
2. Heat the oil in a pan, spoon mixture onto pan and flatten.
3. Cook until crispy.



Image Credit: Gardener's Path



Image credit: <https://www.lowcarbsosimple.com/keto-rosti-with-daikon/>