



Full Belly Farm

Fresh, delicious veggies fruits and nuts

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P.O. Box 251 • Guinda CA 95637

belly@fullbellyfarm.com • www.fullbellyfarm.com

RED & WHITE DAIKON RECIPES

These recipes updated 3/12/2011

White Daikon

From Wikipedia: "Daikon are an important part of Japanese cuisine. Raw daikon may be served in salads, as a garnish for dishes such as sashimi, or marinated in vinegar. Grated, raw daikon, known as daikon oroshi, is popular as a garnish for dishes such as yakizakana (grilled fish), natto, or in the dipping sauce for tempura or soba. Cooked daikon is often served as an ingredient in miso soup or in stews such as oden." A 3 ounce serving of white daikon provides 34% of the RDA for vitamin C. Daikon also contains the active enzyme myrosinase that aids digestion, particularly of starchy foods.

Grated Red Daikon

From *Beet* 11/2007

Grate the daikon with the zesting side of the grater. Put the grated bits in a small sieve and gently bounce them to remove excess juice and form the gratings into a pretty, smooth mound. The red daikon makes a lovely rose-pink mound. Invert the daikon into a small dish. Sprinkle with a small number of toasted white or black sesame seeds (optional). Serve with a tiny dish of sauce, which is poured on right before eating.

Sauce:

1 Tbs. Tamari or Ponzu

1 tsp toasted sesame oil

(Notes: It helps to shift the daikon around so you're always grating an edge. I like to serve my daikon on top of a bed of parboiled watercress. This time I used steamed, chopped daikon greens and it was pretty good.)

I also made a beautiful Pink Miso Soup with thin slices of daikon (sooo pretty) and leeks, in a standard dashi with white miso. It came out pink, with a surprisingly hearty broth.

-- *Jinjer Markley*

Red Daikon Salad

From 1/2009

4-5 finely sliced red daikon

2 - 3 carrots, shaved into ribbons with a vegetable peeler

1-2 cups shredded Chinese cabbage

1 1/2 T lemon juice

1 1/2 T olive oil

1 1/2 T sesame oil

1 1/2 T sour cream

Salt and Pepper

Toss the sliced and shredded veggies together. Combine the remaining ingredients in a small bowl and whisk until smooth. Dress and toss the salad.

Daikon Tips

From *Beet* 11/2005

Daikon is one of those more difficult vegetables that a lot of our members would never buy themselves, but we have learned to love. It is a root vegetable used a lot in oriental dishes. In fact, more daikon is grown in Japan than any other vegetable! Take off the leaves and the daikon root will store well in the refrigerator. It can be eaten raw in salads or cut into strips or chips for relish trays (like a radish). Grated daikon is a distinctive Japanese topping, usually served with broiled fish, or you can use it as a condiment for hamburgers. It can be added to sandwiches. In a main dish it is good steamed or baked. At Full Belly, I think our favorite way to use daikon is as a roasted vegetable.

Roasted Winter Roots

From *Beet* 12/2007

Roasted vegetables are a favorite dish around Full Belly during the cool months of the year when the roots are abundant and delicious. Vegetables that you can use in this recipe are potatoes, daikon, rutabagas, onions, celery root, winter squash or turnips. If you have some fresh herbs, this dish is especially good.

Here's the recipe: Preheat the oven to 450 or 475 °. Cube the vegetables so that they are all more-or-less the same size – not too large – and combine them in a bowl. Season the vegetables with salt, pepper, diced thyme and rosemary. If the thyme and rosemary are fresh, it will be great! Coat the vegetables in olive oil.

I like to use leeks as a garnish with my roasted vegetables. I chop the leeks into 3-inch long pieces that will fall apart into separate leaves. I sprinkle these on the top and they caramelize!

Spread the vegetables evenly in a large roasting pan. Roast for 35 to 40 minutes until they are soft on the inside and crisp on the outside. You should stir them every 10 or 15 minutes.

Quick Pickled Daikon with Lemon

From Nicole & Michael Fitzhugh

From 2009

1 1/2 lbs daikon peeled and very thinly sliced (use a mandolin if you have one)
1/4 cup kosher salt
1 teaspoon sesame oil
1 T honey 1 T seasoned rice vinegar
1/3 cup fresh lemon juice
1 garlic clove, minced
3 two-inch pieces of lemon zest

Instructions: Toss the daikon with the salt and pour into a colander. Let it rest for 15 minutes over a bowl or in the sink.

Make a brine by whisking together sesame oil, honey, rice vinegar, lemon juice and garlic in a large bowl.

Rinse the daikon well under running water and then spread it out to dry on a clean dish towel, rolling it up gently so as to extract as much moisture as possible from

the radish. Add the daikon to the brine along with the lemon zest and coat well, letting it marinate for one hour. Eat immediately or refrigerate for up to 1 month. Makes 2 cups.

Daikon

From 2009

Many of our long-term members have grown to love daikon, a vegetable that is a staple in Asian cuisine. We do know however, that it will be one of those challenging items that newer members aren't really sure what to do with. If you were planning to make a soup for the cooler weather, this vegetable is a synch. The greens could be part of the stock -- we don't usually eat them straight. Slice up the roots and add them to the soup. Another favorite way to eat daikon around the farm is to roast it -- coated in olive oil, a bit of salt and rosemary and cooked at 375 or 400 degrees until soft, it is delicious.

Pickled Strawberry Daikon

From 2011

We had a good response to the daikon recipe that we published here a few weeks ago – it's still up on our web site, along with several others. The following pickle recipe is quick and easy enough that even those with a busy schedule might give it a try. Note that you can use the Tokyo Turnips from last week's box this way as well.

1 pound daikon radish, peeled and thinly sliced on a slight diagonal
1/4 red onion, cut into thin wedges
1 cup rice vinegar
2 T tamari or soy sauce
1 cup sugar
4 thin coins of fresh ginger

Place the daikon and onion in a large bowl. Combine the remaining ingredients in a small saucepan; bring to a boil and pour over the vegetables. Let cool, cover, and refrigerate for at least an hour before serving.

