

Daikon Radish



4598 – PLU

Description/Taste

Daikon radish is most often grown for its root, though the green tops are just as edible and versatile. The root of the Daikon radish is cylindrical with a white skin similar to that of a carrot or turnip. The pale tuber can grow up to twenty inches in length with a diameter of 4 inches. The flavor of the Daikon root is like a less-fiery radish; mild and tangy with a crisp and juicy texture.

Current Facts

Daikon radish, botanically known as *Brassicaceae raphanus sativus*, is a white-fleshed tuber also known as Japanese horseradish or mooli. The word 'Daikon' is Japanese for "great root". There are over 100 varieties of Daikon radish, most of which are near extinction due to the lack of commercial value. Currently the aokubi daikon, an F1 hybrid, is the number one cultivated Daikon radish. Japan both produces and consumes 90% of the worlds Daikon radish crop annually.

Nutritional Value

Daikon radish is high in enzymes that aid in the digestion of fat and starch. It contains high amounts of vitamin C, potassium and phosphorus. Daikon radish has been shown to help aid in the relief of migraines by opening up constricted blood vessels.

Applications

A staple in Japanese cuisine, Daikon radish is a versatile vegetable and has numerous applications both raw and cooked. Shredded Daikon radish can add crunch to a green salad or a bit of spice to a slaw. Julienned Daikon radish is commonly pickled with other vegetables such as carrots. Slice Daikon radish into rounds and bake at a very low temperature to make Daikon chips. The Japanese root vegetable can be substituted for Turnips in any recipe, and can be cubed and added to pot roasts or other meat dishes. Daikon radish can be kept up to four months in a cool environment.

Daikon Radish Chips

These have a hint of spicy radish which is flavor is certainly enjoyable.

Prep Time: 5 mins
Cook Time: 15 mins
Total Time: 20 mins

Course: Side Dish/Snack

Servings: 4

Author: Dawn Hutchins



Ingredients

- 1 Daikon radish, sliced thinly (a mandolin will yield the best results)
- Olive oil spray
- Coarse sea salt to taste
- fresh ground pepper to taste
- garlic powder to taste

Instructions

1. Preheat broiler
2. Spray a baking sheet with olive oil and lay the radish slices down.
3. Spray the tops with olive oil.
4. Broil for 5-8 minutes until just beginning to brown. Flip and broil second side 5-8 minutes.
5. Season with salt, pepper and garlic powder.

****Note: Watch the radish closely under the broiler to ensure they do not over brown. Cooking times will vary with thickness of radish slices and proximity to heating elements.*