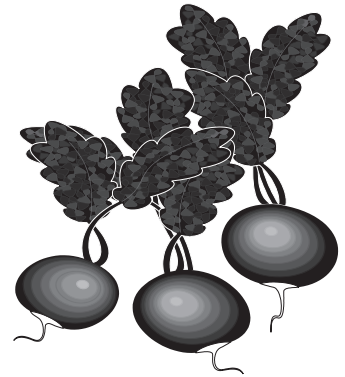


# Radishes

Raphanus sativus

*The radish, admittedly, is more feverish, but the fire of the radish is a cold fire, the fire of discontent, not of passion.*

Tom Robbins  
*A Cook's book of Quotations*



---

## Nutrition:

Radishes do not offer a great deal of nutritive value, aside from some protein, potassium, and a bit of vitamin C. However, they do provide a low calorie food source with a zesty taste. (1,5)

## Storage:

Remove the radish tops before storing, as the leaves will draw moisture away from the roots. Radishes may be stored in a perforated plastic bag in the refrigerator for up to two weeks, though they are best if used in 3 to 5 days. (1,5)

## Preparation:

Wash radishes under cool water, then remove the stem ends and tips. Radishes may be either peeled or not, though it is the skin that gives radishes their pungency. You may want to peel all or some of the radishes if they are too hot for your preference. Radishes may be sliced, chopped or served whole; they may be cooked or eaten raw. If you are processing a lot of radishes, a food processor may come in handy. (1,3,5)

## Cooking Methods:

The spiciness of a hot radish comes from the mustard oils, or isothiocyanates, found in the radish skin. The process of cooking radishes removes their heat and leaves a milder radish flavor.

**Boil:** After radishes have been washed, trimmed and peeled, if desired, slice the radishes and then boil them in a small amount of water. They should be tender in 5 to 10 minutes. Add extra water if needed during cooking. The tender slices can then be used as "dippers" or in a salad.

**Steam:** Prepare and steam whole radishes for 8 to 12 minutes. Serve them as a garnish or as a side dish. Radishes will keep their color better when steamed than when boiled.

**Stir-fry:** Add sliced radishes to stir-fry mixes, being careful not to overcook them. They make a good substitute for water chestnuts. When done, radishes should still be somewhat crisp. Cooking time: 3 to 5 minutes. (3,5,18)

# Tips and Suggestions:

- \* Try a **radish sandwich**: place sliced radishes on buttered bread that has been sprinkled with a bit of coarse salt.
- \* Season cooked radishes with a bit of **soy sauce**.
- \* For a **special salad** to serve with grilled fish or chicken: mix several cups of sliced radishes with some chopped oranges, a bit of olive oil and a dash or two of paprika.
- \* Make quick **pickled radishes** in a couple of hours: salt sliced radishes to draw out the bitter flavor, rinse and dry, marinate in a mixture of rice vinegar and sugar for 2 to 3 hours, then add a drop of sesame oil before serving as an appetizer.
- \* Try grating radishes into **pasta or bean salads** for extra color and flavor.
- \* Add diced white radishes to **vegetable soup**.
- \* A **variety of radishes** adds color, interest and flavor to vegetable trays.
- \* **Radish leaves** that are fresh and green can be cooked like other greens or added to soups.
- \* A little **lemon juice** added just before radishes are cooked will help to intensify the red color of the radishes.
- \* You can still use radishes that have developed a black spot or two. The spots indicate that the radishes are going bad, but you can still **trim off the bad spots** and use the rest.
- \* Steamed radishes are excellent when served with a **white or cheese sauce**.
- \* **Herbs** that go well with radishes include: dill, marjoram, mint, and parsley.
- \* Try a **stir-fry** with radishes, garlic, scallions and coriander, seasoned with tamari or soy sauce.
- \* Steam sliced radishes with **baby peas** for 2 to 4 minutes; serve with butter.

(3,5,18)

## Yields:

1 pound fresh =  
3 cups whole  
3½ cups sliced  
4 cups grated  
2 cups pureed

Joy of Gardening Cookbook