Radish

Pairings

avocado, butter, celery, cheese, chives, cream, crab, lemon, parsley, pepper, scallions, thyme, vinegar

Selection Info

Choose firm, smooth, brightly colored radishes. If the tops are attached, they should be green and fresh.

Preparation

Bunched radishes can be eaten raw. They can be eaten whole with the leaves removed, or sliced or shredded. Daikon radishes are usually peeled and can be eaten raw (shredded, sliced or in sticks) or added to quick-cooking Asian dishes, like stir fries. Winter storage radishes must be peeled and can be eaten raw or cooked.

This video demonstrates helpful tips for cutting radishes.

Braise: Heat 1-2 tablespoons of butter or oil in a pan with radishes and pour in any type of stock (enough to cover about half the height of the radishes). Season with sugar, salt, pepper, or vinegar to taste. Simmer the mixture; turn heat to low, cover, and cook until radishes are tender (about 5 minutes). Reduce the liquid by removing the lid and cooking over medium-high heat until the liquid becomes thick and coats the radishes.

Sauté: Cut radishes to desired size and sauté in warm skillet with 1-2 tablespoons of olive oil and salt and pepper to taste. Heat until golden, stirring frequently.

Roast: Heat oven to 425°F. Cut radishes and toss them in 1-2 tablespoons of olive oil. Add salt, pepper, or your favorite seasoning mix to taste and place radishes on a rimmed baking sheet. Roast radishes for about 30 to 45 minutes, turning halfway through cooking time.

Steam: Place whole radishes in a steamer basket above 1 or 2 inches of boiling water. Cover the pan and cook 5 to 15 minutes.

Boil: Boil whole radishes 10 to 30 minutes ,or until tender. Radishes can be eaten warm or cold.

Storage

Short-Term Storage

Radishes store longer if you remove the greens. When you bring radishes home from the market, cut the greens off the top of each radish and store them in a container in the refrigerator.

Long-Term Storage

Radishes do not freeze well. Daikon radishes have long been pickled in Asian cultures. Kimchee can be made with radishes along with other fermented products.

FoodLink℠ Recipes

Daikon Radish Roast
Radish and Cucumber Salad
Spring Vegetable Sautè
Oven-roasted Radishes with Peas
Shaved Vegetable Salad with Microgreens and Plum Vinaigrette