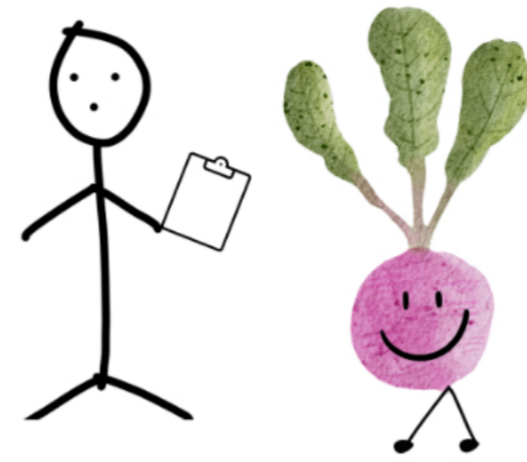


clover food lab

Ask a radish



Radishes are everywhere in the winter! You may be seeing these bright orbs on the grocery store shelves, at a Winter Farmers Market, or maybe in your Winter Moon Roots CSA at Clover. Today Veggie Monster is all about radishes.

Q. What does a radish taste like?

A. If you've never tried a radish, get a few different types and have a taste test! The flavor profile will depend on the varietal and how the season played out on the farm. At Clover we use green meat radishes, watermelon radishes, French breakfast radishes, daikon...the list goes on. Some are milder, while others are spicier. When you try them raw, you generally get a juicy crispness with an undertone of something more complex - maybe a bit peppery, maybe a bit onion-y, with some umami notes.

Q. Do you have to peel radishes?

A. For thin-skinned varietals, like the French breakfast radishes you see in the grocery store, no. Just scrub and eat. If it's something with skin that's unpleasant/tough to bite into, and/or if you want to decrease spiciness, peeling it is your best bet.

Q. What can you do with radishes?

A. So many things! A lot of people don't know what to do with radishes when they get them home, and they end up getting crinkly in the crisper drawer. Here are a few ways we like to eat them:

1. French-style, with butter and salt. Cut radishes into large bite-sized chunks, and serve with mounds of softened butter and flaky sea salt. You can dip the radishes in the butter, then sprinkle salt over the top, or add butter, radishes, and salt to a nice hearty slice of bread. This is Chef Phil's preferred way to eat radishes, and I love it too. Nice for a fancy appetizer. Works well with French breakfast radishes, or watermelon radishes.

2. Cooked?! Gently simmer chunks of radishes in your favorite broth until tender (maybe use Chris's no-waste broth from a few emails back?) - then eat them warm or cold. Cooking brings out such delicious, deep, funky notes. Eat them on a salad, cut up as a taco filling, or crisp them in a pan with some oil or butter for a side dish. You could even make make pasta with the radish greens and warm radishes.

3. Quesadilla! I'll never forget farmer Michael Docter making us open-faced quesadillas when we visited his farm a few years ago. He set tortillas on a cast iron skillet, added fresh Oaxacan cheese, and a very thin slice of his famous watermelon radishes. Such a pretty topping, and the spiciness/juiciness played great against the richness of the cheese.

4. Pickled in soy sauce, then kept in your fridge. This is a recipe Ayr told me about and I use to this day, with any type of radish I get. Just slice your radishes into thin half-moons, place them into a jar, and cover everything with soy sauce. Keep refrigerated. After a few hours (and definitely a few days) they are ready to eat. Delicious on salads, sandwiches, rice bowls, and noodles. Yum. Also the soy sauce gets enhanced by the delicious radish flavor to it, so it isn't wasted.

Warning: pickled radishes do sometimes have a ~smell~ right when you remove the lid, but it dissipates fast.

