

Taste Test: Daikon



Daikon is a mildly flavored white radish shaped like a giant carrot. This variation of radish originated in Asia and means “large root” in Japanese, but it is also called white radish, Japanese radish, Oriental radish, Chinese radish, or mooli. Daikon is harvested commercially in Texas and California and can be found in grocery stores year-round.

Food Fact

Both the root and the leaves are edible. Daikon is a source of vitamin C, potassium, magnesium, copper, calcium, and vitamin B₆.

How to Choose:

- Look for daikon that is free of growth cracks and bruises and has firm, crisp roots.

How to Prepare:

- Scrub and peel skin as you would a carrot and cut according to recipe.
- Save the leaves for a salad or to add to soup.

How to Store:

- Store in the refrigerator in a perforated plastic bag to maintain humidity.
- Keep a wet paper towel in the bag to maintain humidity.

Note:

Canada's food guide recommendations:

- Include vegetables and fruit in all meals and snacks.
- Aim for half your plate to be vegetables and fruit.

I Tried It!

My rating (circle one):



Would you like to try daikon again?

YES NO

Ideas for Serving Daikon:

- Daikon can be eaten raw in salads or added to stir-fries or soups.
- Daikon can be pickled or used in a dip.
- The leaves can be used as a garnish for salads.

Spicy Roasted Daikon Radish French Fries

Makes 4 servings

Ingredients:

- 5 cups daikon radish, peeled and sliced
- 3 ½ Tbsp canola oil
- 1 ½ tsp chili paste
- 1 tsp soy sauce
- ½ tsp ginger pulp, freshly grated
- ½ tsp granulated sugar
- ½ tsp sea salt



Directions:

1. Preheat the oven to 475°F, and adjust a rack to the center.
2. Cut the Daikon into sections approximately 3-inches long, then cut them vertically into sticks about ¼-inch thick. Add all of the Daikon slices to a baking sheet and set aside.
3. In a small bowl, combine the oil, chili paste, soy sauce, ginger, sugar and salt.
4. Drizzle this over the Daikon slices and then use your hands to toss them until they're all evenly coated and in a single layer.
5. Place the baking sheet in the preheated 475°F oven and roast until they are golden brown on all sides, about 30 minutes, toss/flip them about halfway through the cooking time.
6. Add a double layer of paper towels to another baking sheet, and when the fries are done, add them on top of the towels to drain and cool. Serve!

Recipe adapted from

<https://cookingontheweekends.com/spicy-roasted-daikon-french-fry-recipe/#recipe>

Getting children involved in cooking at home makes them more likely to eat fruit and vegetables, and select healthy foods. For more information please contact APPLE Schools at info@appleschool.ca.

