

# Daikon Matchsticks

## "The Big Root"

Daikon is a versatile vegetable with many names, most commonly "Daikon" being from it's Japanese roots or "mooli" in Hindi, and "winter radish" in the States. Known by it's long, white root & fast-growing leaves, it picks up the nickname, "The Big Root."

## Key Nutrients!

The Daikon is very low in food energy, at only 18 calories but providing 27% of the daily recommendation of vitamin C. This means this veggie is a great source to add to stir fry, salads, or as a quick snack to pack a punch without weighing you down!

## Where and When Do I Grow?

Find me in Japan, China, and India in several varieties. I can tolerate high temperatures and the more moisture the better!

## Diversify Your Tastebuds

With their roots growing in the East, try some oriental cuisines to really capture the local flavor!

### *Sweet Pickled Daikon*

- 1 cup rice vinegar
  - 1 cup water
  - 1 cup sugar
  - 1/4 teaspoon turmeric
  - 1 pound daikon radish
  - 1/4 cup kosher salt
- Directions



In a small saucepan over medium heat add the vinegar, water, sugar, and turmeric. Bring to a boil, stirring to dissolve the sugar. Remove from heat and allow it to cool.

Meanwhile, peel the daikon radish and slice into 1/4-inch thick rounds. (If your daikon is very large, slice the rounds into semicircles.) Place in a colander with salt and mix well. Place the colander over a bowl and let drain for 1 hour. Rinse the salt off with a couple of changes of water and dry the daikon well. Put into a sterilized glass jar. Pour the cooled brine through a coffee filter (or a cheesecloth lined strainer) into the jar to cover the radish slices. Refrigerate at least 4 hours, preferably overnight. Will keep for about 2 weeks.