

RADISHES

SMASHED RADISHES

A tangy, appetizing way to enjoy a bumper crop of spring radishes.

*1 bunch radishes (about 12 to 14)
1 tablespoon rice vinegar
1 tablespoon soy sauce
1 tablespoon sake or dry sherry
1 teaspoon sugar
½ teaspoon sesame oil*

GARNISH:

*1 teaspoon toasted sesame seeds
3 to 4 sprigs watercress*

✦ Trim off root and stem end of radishes. Lay radishes on their sides and smash with a mallet or the flat side of a large knife. This will create assorted irregular shapes. Place in a bowl and mix with vinegar, soy sauce, sake or sherry, sugar, and sesame oil. Spear radishes with toothpicks and serve in a bowl, garnished with sesame seeds and watercress.

Serves 4 as an appetizer



RADISHES IN CREAM

This appetizing salad is crunchy and creamy all at once.

DRESSING:

*¼ cup thinly sliced scallions
¼ cup low fat sour cream
¼ cup fresh plain yogurt
pinch of salt
¼ teaspoon freshly ground pepper
½ teaspoon prepared horseradish
1 tablespoon chopped parsley*

*1 bunch radishes, thinly sliced
(about 10 to 12 radishes)*

GARNISH:

1 tablespoon minced chives

✦ Thoroughly combine dressing ingredients, add radishes, and mix together well. Serve on lettuce leaves, garnished with chives.

Serves 4

LEMON HONEY RADISH SALAD

2 big bunches red radishes (about 20 to 24 radishes)

5 scallions

1 teaspoon salt

DRESSING:

*¼ cup rice vinegar
1 teaspoon grated lemon zest
1 tablespoon lemon juice
2 tablespoons honey
1 tablespoon grated fresh ginger
1 tablespoon soy sauce*

4 large lettuce leaves

GARNISH:

*one green apple, thinly sliced
2 tablespoons chopped roasted peanuts*

✦ Thinly slice radishes and scallions and combine with salt. Set aside. Combine dressing ingredients in a small saucepan. Bring to a boil, stirring until just combined. Remove from heat and cool slightly. Combine sliced radishes and scallions with dressing. Mound mixture on 4 lettuce-lined plates. Garnish with an overlapping ring of apple slices and top each plate with a sprinkle of chopped peanuts.

Serves 4

GARDEN BULGUR SALAD

A new twist on a traditional Middle Eastern favorite, this minted bulgur salad features the cool crunch of radishes and cucumbers and the bright color and flavor of tomatoes and broccoli.

3 cups broccoli florets, cut into very small (under 1-inch) pieces

1½ cups chicken stock

2 cloves garlic, minced

1 cup bulgur

3 tablespoons white wine vinegar

1 teaspoon Dijon mustard

3 tablespoons olive oil

1 cup diced radishes

1 cup diced and seeded cucumbers

½ cup sliced scallions

2 tomatoes, seeded and diced

½ cup chopped parsley

*2 tablespoons finely chopped fresh mint
salt and freshly ground pepper to taste*

✦ Bring a large pot of lightly salted water to a boil. Add broccoli and cook 1 to 2 minutes, until just tender-crisp. Drain in a colander and plunge immediately into ice water to stop cooking. Drain again and pat with paper towel to dry.

In a medium saucepan combine chicken stock and garlic. Bring to a boil, stir in bulgur, cover pan, and remove from heat. Let stand for about 15 minutes, until liquid is absorbed. Using a fork, stir and fluff bulgur. Add vinegar, mustard, and oil. Stir in radishes, cucumbers, scallions, tomatoes, broccoli, parsley, and mint. Add salt and pepper to taste and serve chilled, or at room temperature.

Serves 4 to 6