

Daikon Radish Fries

- 1 daikon radish, peeled and sliced into French fries
- 1/4 cup of coconut oil, melted
- 1 generous pinch of sea salt
- spices of your choice

Preheat oven to 475 degrees F.

Peel the daikon radish and slice into French fry shapes Run under cold water a few times to remove any excess starch and pat dry.

In a large mixing bowl, combine melted coconut oil, salt, pepper and spices of your choice. Cover fries with mixture evenly and spread out onto a baking sheet in a single layer.

Place into the oven for about 15 minutes.

After 15 minutes, flip them and bake for roughly another 15 minutes. After all of the fries are golden brown and crispy, remove from the oven let them cool.

Daikon and Carrot Pickle

- 1 large carrot, peeled and cut into thick matchsticks
- 1 pound daikon, peeled and cut into thick matchsticks
- 1 teaspoon salt
- 2 teaspoons plus 1/2 cup sugar
- 1 1/4 cups distilled white vinegar
- 1 cup lukewarm water

Place the carrot and daikon in a bowl and sprinkle with the salt and 2 teaspoons of the sugar. Use your hands to knead the vegetables for about 3 minutes. They will soften and liquid will pool at the bottom of the bowl. The vegetables should have lost about one-fourth of their volume. Drain in a colander and rinse under cold running water, then press gently to expel extra water. Transfer them to a 1-quart jar.

2. To make the brine, in a bowl, combine the 1/2 cup sugar, the vinegar. Pour over the vegetables. Let the vegetables marinate in the brine for at least 1 hour before eating. They will keep in the refrigerator for up to 4 weeks

Daikon, Carrot, and Kale Slaw

- 1 Daikon
- Carrots
- Half a head of Massaged Raw Kale
- 1 Small Container of Plain Greek Yogurt
- Lemons Juiced
- Apple Cider Vinegar
- 1 T Spicy Mustard
- Salt & Pepper

Slice up your Daikon and Carrots thin, however you can (veggie peeler, grater, mandolin, spiralizer). Place in a large bowl, add massaged kale and mix.

Add in Greek Yogurt, Lemon Juice and Spicy Mustard and about 2 T Apple Cider Vinegar. Mix well, taste your mixture and add more vinegar if you like a nice tang (I definitely added more).

Add a dash or so of salt and add a generous helping of cracked pepper.

Chill for 30 minute (if you can wait!), then enjoy!

Sweet Pickled Daikon

- 1 pound daikon radish
- 1 1/2 cups rice wine vinegar
- 1/2 cup water
- 1/2 cup sugar
- 1 tablespoon pickling salt
- 1/2 teaspoon black pepper corns

Prepare a small canning pot and 2 pint jars. Place 2 new lids in simmering water.

Slice daikon into thin rounds 1/4 inch thick so that they retain some crunch.

Combine rice wine vinegar, water, sugar and salt in a medium saucepan and bring to a boil. Divide peppercorns between your two jars. Pack daikon slices into jars. One pound should fit perfectly into two pint jars. Top with boiling brine, leaving 1/2 inch headspace.

Tap jars gently to remove any trapped air bubbles. If necessary, add more brine to return the headspace to 1/2 inch. Wipe rims, apply lids and rings and process jars in a boiling water bath canner for 10 minutes (start your timer when the water returns to a boil, not when the jars first go in).

When time is up, remove jars from canner and let cool on a folded kitchen towel. When jars are cool, remove rings and test seals by grasping edges of lids and carefully lifting jars. If lids hold fast, seals are good. Store jars in a cool, dark place. They are ready to eat within 48 hours, but can be kept up to one year.

Marinated Daikon Radish Salad

- 1 daikon radish, peeled and cut into thin slices
- 1 small bunch green onions, white & green part chopped
- 1 small carrot, julienned
- Small handful sesame seeds
- 1 – 2 tablespoons coconut amino (nama shoyu or tamari)
- 1 hot pepper, seeded and chopped
- Drizzle sesame oil to finish

Soak the sliced daikon in a bowl with coconut amino flavored water (water to cover plus additional 1 tablespoon amino) for 2 hours. The radish can be used as is or dehydrated at 115 F until dry and crunchy, if desired.

In a bowl, add the daikon, the green onions, carrot, sesame seeds, amino, hot peppers, and toss. Plate, drizzle with sesame oil. Serve and enjoy.

Peanut and Daikon Noodle Salad

- 1 lb. daikon radish
- 2 tbsp. lime juice
- 1 1/2 C frozen and shelled edamame, thawed
- 1 1/2 C diced red pepper
- 1 15 oz. can baby corn, drained and chopped
- 2 tsp peanut oil
- 1/3 C green onion, finely diced
- 1/3 C cilantro, chopped
- 1/3 C chopped peanuts

- 1/3 C creamy peanut butter
- 2 tbsp. rice vinegar
- 2 tbsp. low sodium soy sauce or liquid amino
- 3 tbsp. honey or agave nectar if vegan

Using a spiralizer, spiralize the daikon on a medium setting and toss in a mixing bowl with 2 tbsp. lime juice. Refrigerate until you're ready to use. In a small bowl mix together all of the dressing ingredients until creamy and thick, and then set aside.

Prep green onions, cilantro, and peanuts for topping and set aside. Prep your edamame, red pepper, and baby corn. Preheat a pan with 2 tsp peanut oil over medium high heat for 1 minute. Add your vegetables to the pan and cook for 3 minutes. Your vegetables should be lightly blackened, but not completely cooked through.

While your vegetables are cooking, toss the peanut dressing in with the daikon radish noodles until they are evenly coated and then divide among 4 plates.

Top each plate of daikon noodles with the hot, stir-fried veggies. Garnish with fresh green onions and cilantro and serve warm.