

# FOOD FACTS



## Daikon Radish

### NUTRITION

- One serving of 1 medium size (3/4" to 1") has 1 calorie.
- Radishes are rich in antioxidants and minerals like calcium and potassium. Together, these nutrients help lower high blood pressure and reduce your risks for heart disease. The radish is also a good source of natural nitrates that improve blood flow.

### DYK

- Daikon or mooli, also know as white radish, Japanese radish, Chinese radish, is a mild-flavored winter radish usually characterized by fast-growing leaves and a long, white, napiform root.
- Radishes are popular in Asian cooking, mild-flavored winter radish usually characterized by fast-growing leaves and a long, white, napiform root.

### PREPARATION & STORAGE

- If your daikon has the leaves still attached, remove them and store separately. The unwashed root will keep for one or two weeks wrapped in a plastic bag in the refrigerator.
- If you cut radishes in advance you can put them into a container of cold water and store them in the fridge. Cut, raw daikon keeps well but may impart a strong odor that can be absorbed by other ingredients inside your refrigerator.
- Radishes can be eaten raw or cook, tried a roasted recipe in a cold day.
- Daikon can be thinly sliced for a garnish or pickling, diced for cooking, or grated for pickling or used in baked goods and savory dishes.

### Chinese Beef Stew

#### Ingredients:

2 1/5 pounds (1 kilogram) beef flank, or shin and any beef cuts suitable for a slow cooking, cut into big dice, 2 tablespoons oil, 1 pound (480 grams) fresh tomatoes on the vine, roughly chopped, 1 medium (120 grams) onion, roughly chopped, 1 thin slice ginger, 1 large (200 grams) carrot, peeled and sliced 3/4-inch (2 centimeters) thick, 1 1/4 pounds (600 grams) daikon radish, peeled, sliced 3/4-inch (2 centimeters) thick and cut into quarters, 3 cups (700 milliliters) water. For the Seasonings: 3/4 cup (200 milliliters) light soy sauce, 1 teaspoon dark soy sauce, 1/3 cup (70 milliliters) rice wine, 2 whole star anise, 1/4 stick cinnamon, Dried orange peel , for extra flavor, optional

Boil a big pot of water and add the beef. Boil for 5 minutes to clean any dirt off the beef. After 5 minutes, use cold water to wash away any dirt on the surface of the meat and drain the water. Leave the beef aside for later.

