

Radishes

Roasted Radishes:

Serves 6-8

Wash thoroughly and cut into pieces of uniform size.

4-6 cups young and tender radishes.

Toss with

2-3 T. melted fat (bacon grease, tallow, lard or olive oil)

2 tsp. salt

1 tsp. pepper

Place in a single layer on a baking sheet and bake at 425° for 20 minutes, then stir and return to oven for another 15-20 minutes or until fork tender. I like to put mine under the broil for a few minutes to crisp up the outsides. Serve immediately.

Serving suggestion: Drizzle with melted butter and sprinkle with fine chopped fresh herbs of your choice and some finishing salt. Serve as a side to beef as a low carb replacement for potatoes.

Fermented Radishes

Makes 1 quarts

Clean and remove the tops and tails of

3-4 cups of young, tender, radishes

Optional add ins:

Garlic cloves

Bay leaf

INGREDIENTS

Roasted radishes:

4-6 cups radishes

2-3 T. fat

2 tsp. salt

1 tsp. pepper

Optional ingredients:

Fresh herbs

Butter

Finishing salt

Fermenting Radishes

3-4 cups radishes

1 T. salt

Optional ingredients:

Garlic cloves

Bay leaf

Fresh ginger root

Black peppercorns

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Black peppercorns

Cut them into similar sized pieces, size doesn't really matter, smaller pieces will ferment more quickly than big chunks but are more soggy and less crisp.

Stuff your radishes into a wide mouth quart jar.

Add 1 T. non iodized salt

Warm water until all radishes are covered.

Optional add ins:

Garlic cloves

Bay leaf

Fresh ginger root

Black peppercorns

Place a follower to hold the radishes down and, your vented lid and a ring. (or just hold the radishes down with a Ziplock bag full of water, use a regular plastic lid and remember to open every day to allow air to escape.

Day 2-3 you'll see the brine get cloudy. By day 4 I will taste them. If they still taste very salty, they are not ready. You want them to taste more sour than salty. Mine are usually ready in 5-7 days, depending on how warm my kitchen is.

After 5-7 days, and if they taste ready, I will move the jar of fermented radishes to the refrigerator where they will store for up to 6 months. Refrigeration slows down the fermentation process but doesn't stop it completely so they will continue to get slightly more sour as time passes.

Serving suggestion:

We mostly eat fermented radishes as a side to any meat and potatoes meal.

Or add to meat and cheese sandwiches, burgers or pulled pork sandwiches in place of pickles. Or add to a salad or rice bowl.