

Citrus radish confit

Description

This confit is a sweet, sharp and slightly peppery relish, with a glorious pink colour. Try it with fish, with meat (it's lovely with lamb) and even with bread and cheese.

Ingredients

250g/9oz summer radishes, trimmed, cut into 0.5cm/¼in thick slices
½ lemon, zest and juice only
½ orange, zest and juice only
2 tbsp granulated or caster sugar
25g/1oz butter
salt and freshly ground black pepper
water, to cover

Method

1. Place all the ingredients into a wide shallow pan along with enough water to almost cover the ingredients.
2. Bring up to the boil, then reduce the heat and simmer gently for about 30 minutes, stirring from time to time, until all the liquid has reduced down to a few tablespoons of rich buttery syrup and the radishes are very tender. Serve warm (it reheats beautifully).

Serves 4 - 8

Ingredients

- 200g of fresh, firm radish, topped and washed
- 300ml of rich natural organic yoghurt
- 100 g of fresh soft goat's cheese
- 2tsp of chopped fresh mint
 - 1. Slice the radish across its length into 1- 2 mm rounds.
 - 2. Place the yoghurt in a small bowl and using the back of a fork mash in the goat's cheese. Gently fold in the radish and the mint.
 - 3. Serve as an accompaniment to spicy foods or as a dip for crudités.

Radish curry- saute with onions, garlic and chili.

This curry follows the basic principles of making Kerala style mezhukkupuratti. The addition of garlic is not common, but we do add it while making plantain mezhukkupuratti.

Recipe:

Ingredients

A bunch of red radish – contains 6 to 8 radishes.

Onion- one small, sliced.

Garlic- 2 or 3 small cloves crushed

Green chilis – 8 small, crushed

Turmeric powder- a pinch.

Oil for saute

Mustard seeds – a pinch

Curry leaves- a sprig

Salt to taste

The leaves: Roll all the leaves together and slice into long shreds.

Method:

Clean the radishes and cut them as you would slice an apple. Clean the leaves, if you want to use them in the dish.

In a pan, add some oil. When it is hot, add the mustard seeds.

When the mustard seeds splutter, add curry leaves and onions. Saute for 3-5 mins till edges of the onions turn slightly brown.

Add the crushed garlic and chilis, and turmeric powder. Saute for about a minute or even less.

Add the radishes, mix well and add salt. Cook covered for about 3-4 mins.

Once the radish seems soft, remove the lid and crank up the heat. Saute on high heat for a couple more minutes. The radishes will be soft yet crunchy.

After you remove the radishes onto a plate, in the same pan quickly saute the leaves for a few seconds and add it to the top of the radishes.

For best results, serve right off the stove. The dish takes less than 15mins. Make this right before your meal.