





# XCentric Ideas

Recipe ideas: Internet  
Photos: Alma Pretorius

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# Radish butter

10-12 small to medium red radishes  
113 g butter, softened  
salt and pepper, to taste

*Trim leaves and root strand off of radishes, then wash and dry the radish bulbs.*

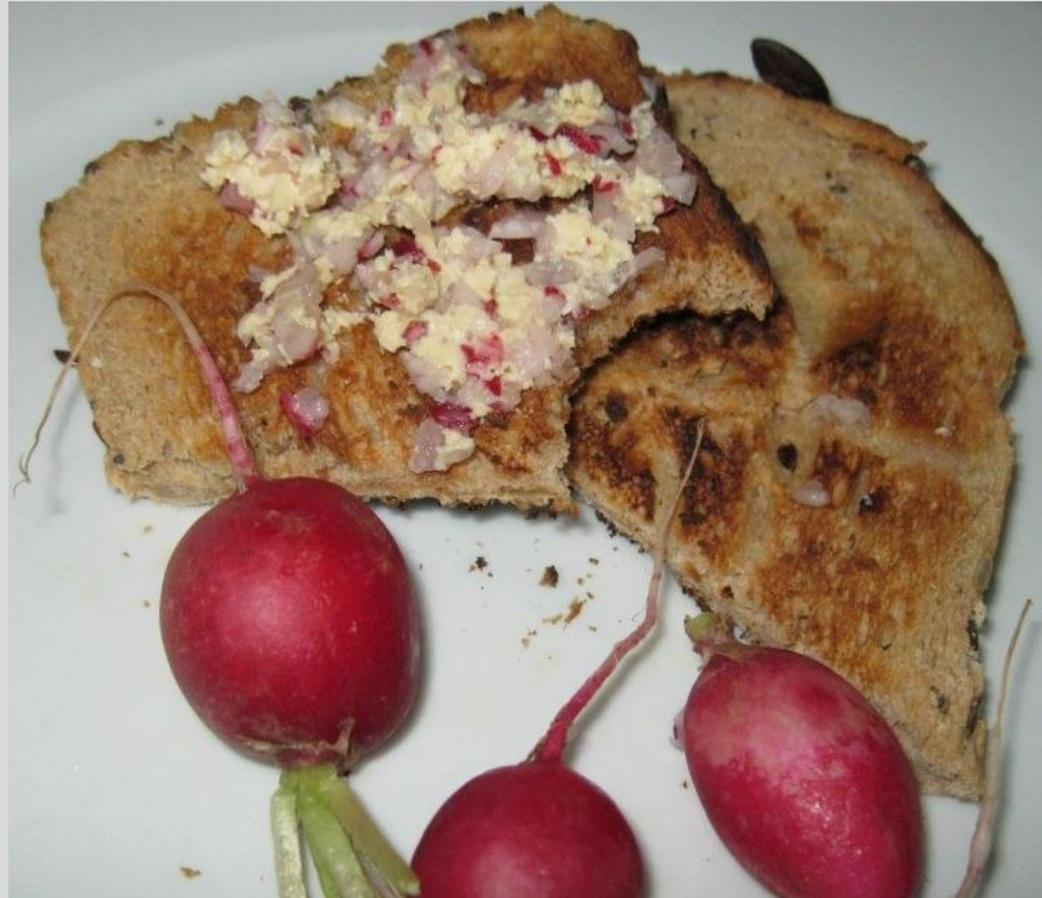
*Place radish bulbs in a food processor and pulse until very finely chopped.*

*Add the butter and pulse until smooth.*

*Mix in salt and pepper to taste, or spread on bread and sprinkle individual servings with salt and pepper.*

*Serve at room temperature. Can be kept covered at room temperature for three days.*

*Note: My radishes were not that finely chopped... still okay though.*



# Radish Peanut butter snack

Slices raw radishes

Peanut butter (smooth or  
crunchy)

*Spread peanut butter on slices  
and serve.*

Lovely little snack for kids or a  
snack with a glass of wine.



*What a fabulous little snack.*

*Martha Steward suggested you dip sliced radishes in  
a mixture of peanut butter and butter - uggghhh ... I  
thought no, that won't work.*

*Someone else had a bread sandwich with radish and  
peanut butter filling - which will be lovely.*

*I just took the easiest route.*

Recipe: Alma Pretorius

# Radish and cheese

Slices raw radishes  
Any strong cheese (or even  
Goat's cheese)

*I used a white cheddar  
with peppercorns in.*



*Another quick and easy  
snack especially with a  
glass of wine.*

*Or as a mid-morning or  
mid-afternoon snack.*

*You can even top the  
radish slices with flavored  
cream cheese / cottage  
cheese.*

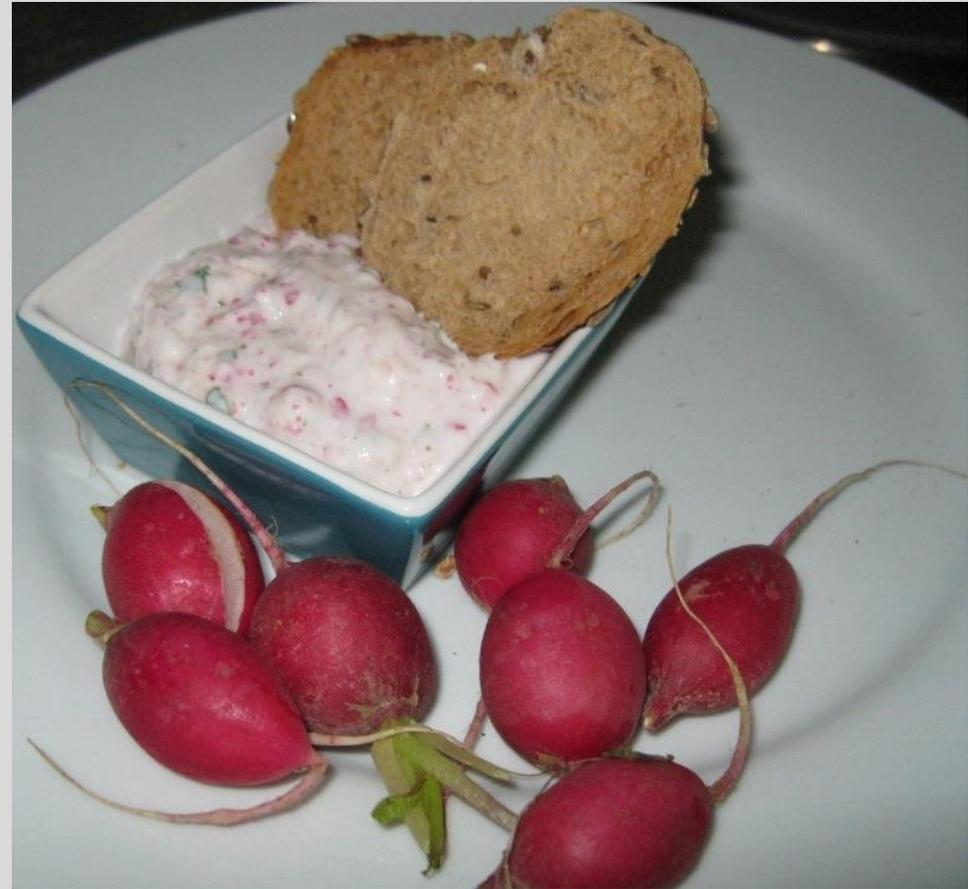
# Radish tzatziki

*This is soooo yummy!!!! You can still taste the radish. Perfect way to use radish instead of cucumber.*

450g raw radish, ends trimmed,  
washed, chopped finely  
200g double cream natural yoghurt  
1 small garlic clove, crushed  
2 tablespoons chopped fresh mint  
2 teaspoons fresh lemon juice  
1/2 teaspoon ground coriander

*Combine radish, yoghurt, garlic, mint, lemon juice and coriander in a small bowl. Season with salt and pepper to taste.*

*Cover and place in the fridge for 10 minutes to infuse. Serve with toast or pita bread.*



Recipe: adapted from - <https://www.taste.com.au/recipes/radish-tzatziki-pita-triangles/0cb699a0-4a10-491c-b4a2-f877a8089da1>

# Radish and peach smoothie

3 ice cubes  
3 fresh mint leaves  
7 radishes, rinsed, topped & tailed, halved  
1 peach, chopped (with skin on)  
1 heaped tablespoon double cream yogurt  
½ cup milk  
Pinch of salt  
Pinch of cinnamon

*Blend. You can add honey or sweetener or more peach.*

Makes 1 glass.

*Note: I know this sounds weird, but it's actually quite nice!  
And what a fab way to incorporate radishes!!*



# Radish and raw Brussel sprout salad



7 brussels sprouts, rinsed, thinly slice off the bottoms  
7 radishes, rinsed, top and bottom thinly sliced off  
1 tbsp olive oil  
1 tbsp lemon juice  
Salt & pepper to taste

*Note: What a refreshing salad!!!!  
Who knew you can enjoy raw  
Brussel sprouts!!!!*

*In food processor, chop the brussels sprouts and radishes to small chunks. Add rest of ingredients and serve as salad, side dish to chicken, steak, fish.*

Makes about 1 cup.

Recipe: Alma Pretorius

# Radish mock 'potato' salad

About 2 cups raw radishes, rinsed,  
topped & tailed, sliced in half  
1 raw onion, chopped fine (optional)  
1-2 tablespoons fresh parsley leaves,  
chopped fine  
2 hard-boiled eggs, chopped fine  
Salt and pepper to taste  
Mayonnaise  
Chilli flakes (optional)

*Dry the rinsed radishes. Mix the halved  
radishes, onion, parsley and  
mayonnaise. Season to taste.*

*Add the eggs. Refrigerate.*



*EVEN IF YOU DON'T TRY ANY OTHER  
RADISH RECIPE....  
TRY THIS ONE!!!  
IT'S ABSOLUTELY MARVELLOUS!!!!*

*Or use your favourite normal  
potato salad recipe - just use  
radishes. The original recipe  
steamed the radishes - IT HAS TO  
BE RAW!*

# Pickled radishes

400g radishes, slice off bottom and top, keep skin on, slice really thinly

1 cup white vinegar

1 cup water

3 tablespoons white sugar

2 teaspoons salt

1 tablespoon mixed peppercorns

1 tablespoon grated ginger

*Prepare your radishes by washing them, slicing off the tops and wispy bottoms, and using a mandolin to slice very thin circles. You could also use a sharp chef's knife.*

*In small pan, add the vinegar, water, sugar and salt. Bring to a boil, stirring, then remove from heat. Let the mixture cool for a few minutes so that it's no longer boiling hot.*

*Sterilise your can jar / jam jar. (It's important that the jar is still hot when you add hot liquid). Add the sliced radishes to the jar. Pour the hot (not boiling) mixture over the radishes in the jar. Add the peppercorns and ginger and stir everything together with a fork or spoon.*

*Allow to cool to room temperature before serving. They can be served immediately but taste much better after a day of the flavours marrying together in the fridge.*

*Will keep for about 2-3 weeks in fridge.*



*Fantastic! And perfect as a gift.*

- Pickled radishes can be used on a sandwich with cheese.*
- On top of an omelet.*

# Baked radishes

About 20 radishes, rinsed, topped & tailed, halved

3-4 tablespoons olive oil

1/4 teaspoon salt plus more to taste when done

1/4 teaspoon black pepper

1/4 teaspoon smoked paprika

1/4 teaspoon onion powder (optional)

1/4 teaspoon garlic powder (optional)

*Preheat oven to 200 °C.*

*Toss radishes with olive oil and spices. Roast on baking sheet for 30-40 minutes until golden and crispy. Season with extra salt to taste.*



*What a brilliant way of using radishes!!!  
When heated, radishes lose it's 'peppery' taste, but hey ... this is a new way of serving radishes.*

# Radish Raisin Muffin

$\frac{2}{3}$  cup brown sugar  
 $\frac{2}{3}$  cup low-fat soymilk / fat-free milk  
1 tablespoon canola oil / sunflower oil  
1 teaspoon vanilla essence  
1  $\frac{1}{3}$  cups cake flour  
 $\frac{3}{4}$  teaspoon baking soda  
 $\frac{1}{4}$  teaspoon baking powder  
1 teaspoon ground cinnamon  
 $\frac{1}{4}$  teaspoon allspice  
200 g (about 1  $\frac{1}{2}$ ) cups finely grated radishes  
 $\frac{2}{3}$  cup raisins

Preheat oven to 180oC. Line 18 - muffin tin with paper liners or lightly coat with non-stick spray.

In medium bowl, mix together the brown sugar, milk, oil and vanilla. Add flour, baking soda, baking powder, cinnamon and allspice, mixing just until blended.

Fold in radishes and raisins.

Bake for 26 to 28 minutes. Cool in the pans for 5 minutes, then turn out onto a rack.

Makes 18.



*You wanted to make carrot muffins, but don't have carrots... use radishes instead!*

Recipe: <https://www.geniuskitchen.com/recipe/radish-muffins-506519>