

大根の豆腐マヨネーズ和え

DAIKON WITH TOFU MAYONNAISE

DAIKON NO TOUFU MAYONE-ZU-AE

Preparation time: 15 minutes

Cooking time: 2 minutes

Serves: 4, as a small bite

V DF GF NF <5 <30

- 2¼-inch (6 cm) piece daikon
- ½ teaspoon sea salt, plus a couple pinches
- ¼ cup (2½ oz/75 g) Tofu Mayonnaise (page 37)
 - ½ oz (15 g) daikon sprouts (kaiware daikon, see page 349), bottom thirds cut off and discarded
 - ¼ teaspoon red shiso powder (aka shiso, see page 351)

The key point here is to just barely cook the daikon, so the pieces retain some crunch but are not raw. Paired with the creamy, low-oil mayonnaise, this dish is as fresh and refreshing as it is lovely.

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Cut the daikon crosswise into 1¼-inch (3 cm) pieces and peel. Slice the pieces finely lengthwise and then cut those slabs lengthwise into ½-inch (1 cm) wide pieces (*tanzaku-giri*, see page 17). Separate the pieces with your fingers so they are not sticking together.

Bring a medium saucepan of water to a boil with the salt over high heat. Drop the daikon into a wire-mesh sieve and dip in and out of the boiling water. Refresh under cold running water until cool to the touch. Shake off and blot dry in a clean tea towel.

Right before serving, in a medium bowl, fold the tofu mayonnaise into the daikon with half the daikon sprouts until well-distributed. Mound on four small dishes, sprinkle with red shiso powder, lean the remaining daikon sprouts attractively against each mound, and serve.

大根の皮の梅肉和え

DAIKON PEEL WITH UME

DAIKON NO KAWA NO BAINIKU-AE

Preparation time: 15 minutes, plus 20 minutes salting and flavoring
Serves: 4, as a small bite

V DF GF NF <5

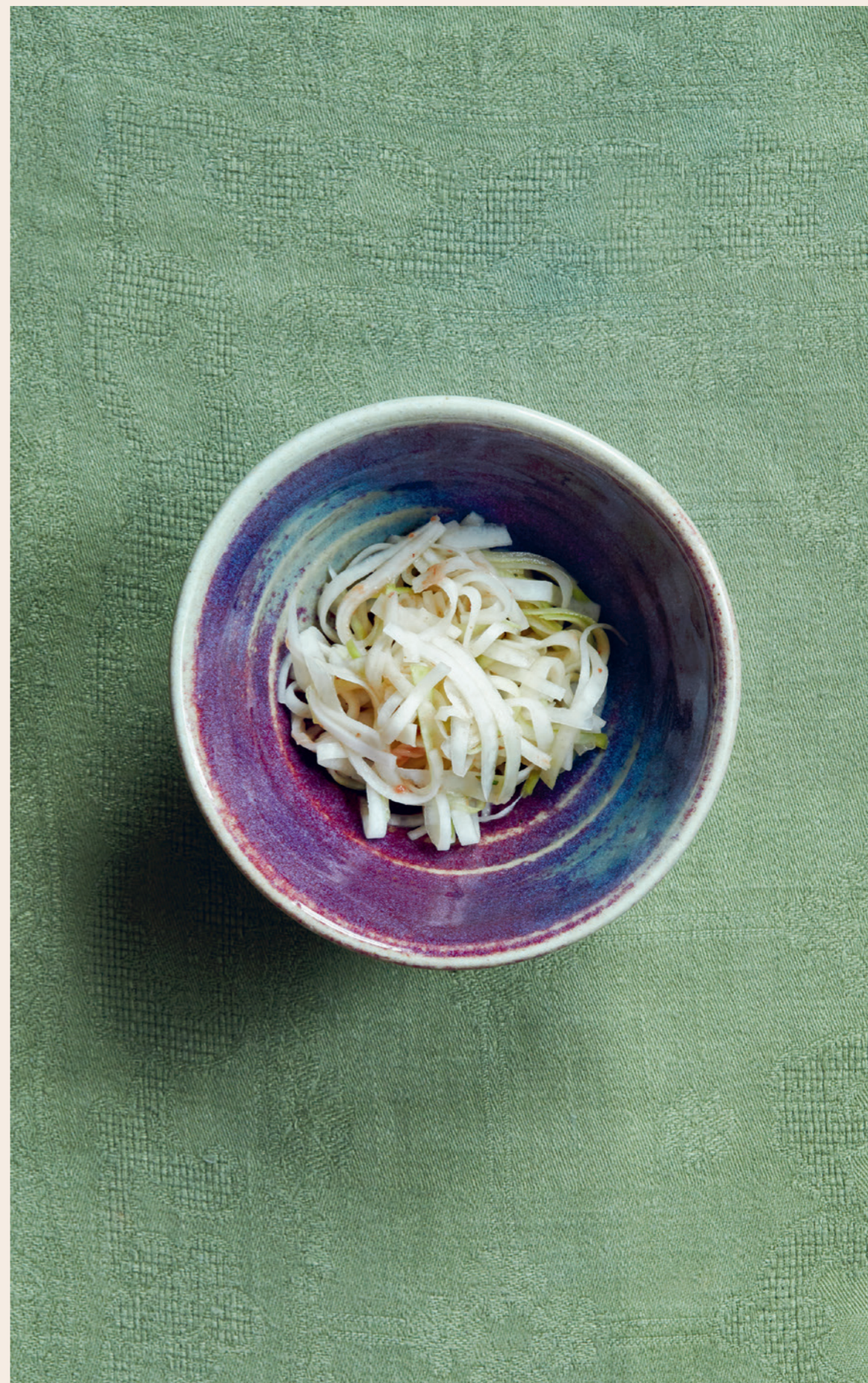
- 2¼ oz (60 g) thick peels of one small unblemished daikon
- A couple pinches flaky sea salt
- ¾ teaspoon sour “plum” paste (bainiku, see page 350)

Japanese sour “plums” (*ume*) are, for the most part, brined, then sun-dried for preserving. Good-quality *ume* paste without additives or artificial colorings is readily available outside of Japan from macrobiotic sources. This small bite is outstanding and not to be overlooked.

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Cut the peels in halves or thirds crosswise into about 2¼-inch (6 cm) pieces. Stack into manageable piles and julienne. In a small bowl, gently massage the salt into the

daikon peel. After 10 minutes, lift the peel from the bowl, leaving any lingering salt crystals. Rinse under cold running water, shake off, and pat dry in a clean tea towel.

Drop into a medium bowl and, using chopsticks, toss with the sour “plum” paste to distribute well. Let sit for 10 minutes to develop flavor, then mound on small plates for a refreshing palate cleanser.



DAIKON PEEL WITH UME