

Fried Radishes

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My wife and I went to Dover today, and while there we visited the Produce Junction, where I purchased a two-pound package of radishes for a mere two dollars. Always on the look-out for a good deal this was one of those offers which I just could not refuse. I will readily admit that while I like radishes, I can only eat so much of them. My dilemma was how do I use up two pounds of fresh radishes.

I sat at my desk pondering this issue, and how I could prepare them, suddenly like magic, the inspiration slapped me in the face – why not fry them up in a skillet? I have never fried radishes before so this was a new experience for me, but drastic times call for drastic measures. I took the radishes and removed both ends. I then sliced them in half and then in half again. I cut up a small amount which I figured I could eat (I hate wasting), and placed them in a small skillet with some olive oil. Next, I sprinkled some garlic salt, some parsley flakes (I never leave parsley out of any recipe), along with some Crazy salt and pepper.

I finally fried them as I would home fried potatoes. I kept a close watch on them until they turned golden brown and appeared tender and slightly wilted. At that point, I deemed they were finished, so I removed them from the skillet and placed them on a plate.

When I started to eat the fried radishes, I was pleasantly surprised. This root vegetable tasted unlike it did in the raw state, as most people normally eat them. It lost the usual spicy flavor often associated with the radish. Being fried, as it was the spicy flavor became mild and the food developed a sweetness. The flavor tasted like a mixture of fried potatoes and Brussels Sprouts. It was very enjoyable. This would make a fine side dish to an evening meal. I would definitely make them again.

Radishes serve as a natural diuretic, and will keep your kidneys and urinary tract healthy and clean. They are rich in folic acid, and vitamin C, which is an important characteristic towards combating

potential cancer. Radishes have known to assist in special stomach-soothing properties, as well as aiding digestion.

If you are planning a garden this year, you will find that radishes are easy to grow and quickly develop for eating. Plant your radish seeds in early Spring and in only 4-6 weeks your crop will be ready to pick. I will definitely increase the number of radishes which I plant in my garden this year now that I have an alternative means of preparing them.