



Radish and Carrot Salad (Kohaku Namasu)

Red (carrot) and white (daikon) symbolise happiness and celebration in Japanese culture, so this sweetened vinegar salad is often served in celebration of Japanese New Year to accompany grilled and fried dishes. The fresh daikon juice contains amylase and esterase which help to process the heavier fatty foods.

Credits: Ceri, your organic master chef

Key facts

Preparation: 10 mins

Cooking: 30 mins

Total: 40 mins

Serves: 6

Ingredients

- 300g **daikon** with leaves
- 30g **carrot**
- 1 tsp **sea salt**
- 2 tbsp **brown rice vinegar**
- 2 tbsp filtered **water**
- 1 tsp **coconut nectar sugar**
- ¼ tsp **sea salt**

Method

1. Wash the vegetables, cut off the leaves, chop finely and reserve for garnish.
2. Peel the daikon and carrot and grate or julienne into fine slivers.
3. Place the slivers into a bowl and massage in the salt.
4. Leave to sit for 10 minutes.
5. Mix together the water, vinegar, salt and coconut sugar.
6. Next, squeeze out the water and place the daikon and carrot into another bowl with the vinegar mixture and mix well. Chill for at least 30 minutes.
7. Sprinkle with a few toasted white sesame seeds, serve and enjoy!