

BRAISED RADISHES

Cooking transforms radishes into a surprisingly mild and sweet vegetable.

by Chef Kurt Kwiatkowski

Featured Food: Radishes

Yield: Serves 4

Ingredients

2 T. butter	2 T. heavy cream
3 T. diced shallot	1 T. minced chives
1 t. minced garlic	¼ c. fresh chopped sorrel leaves, stems removed (fresh spinach or flat leaf parsley may be substituted for the sorrel; if so, add a little lemon zest when seasoning just before serving)
1 lb. radishes, washed and trimmed of greens and tips	Salt and pepper to taste
1 c. vegetable stock	

Preparation

Place butter in a large skillet over medium heat and then sauté the shallots for 2-3 minutes. Cut smaller radishes into halves, larger radishes into quarters. Add radishes to the pan and sauté for 2 minutes. Add garlic and sauté for 1 minute.

Deglaze the pan with the stock, scraping up the bits of vegetables stuck to the pan. Add heavy cream. Heat liquid and simmer for 12-15 minutes or until radishes are fork tender. Make sure to stir at least 2 or 3 times during braising.

Sauce should have reduced down and started to thicken, add the chives and the chopped sorrel and simmer for 2 minutes. Season with salt and pepper to taste.

Remove from heat and serve immediately.