

Roasted Radishes with Soy Glaze & Scallions

SERVES 4 AS A SIDE DISH



INGREDIENTS

- 2-3 bunches radishes, cleaned and trimmed
- 1 ½ tablespoons peanut or **Grape Seed oil** ★
- 2 tablespoons soy sauce
- 2 medium scallions, thinly sliced
- 1 tablespoon sesame seeds, toasted ★

DEFINITION

Grape Seed oil – noun, ingredient

Grape seed oil is extracted from grape seeds and has a high smoke point, approximately 425°F (216°C), so it can be safely used to cook at high temperatures. It has a clean, light taste that has been described as 'nutty'. Because of its 'neutral' taste, grape seed oil is often used as an ingredient in salad dressings or as a base for infusing or flavoring with garlic, rosemary, or other herbs or spices.

FIRST

Preheat oven to 425° degrees. Halve radishes lengthwise from stem to root end (quarter if radishes are large). Combine radishes and oil on a sheet pan, toss to coat. Roast, turning once or twice, until radishes are tender and beginning to brown, about 20 to 25 minutes.

NEXT

Drizzle soy sauce over radishes; sprinkle with green onions. Toss well and roast for 3 to 5 more minutes (watch closely as the soy sauce may begin to smoke at this high temperature).

LAST

Transfer radishes and any juices into a serving bowl and sprinkle with sesame seeds.

★ J.NOELLE NOTES

To toast sesame seeds: heat seeds in a small, dry pan, stirring often until lightly browned. Immediately remove from pan to stop cooking. You can also use black sesame seeds, as I did here, and toast them the same way. You will have to use your nose as a guide for when they are done – when the seeds smell fragrant, immediately remove from heat.