

Simmered daikon (Dùn bái luó bo 炖白萝卜)



Daikon (大根, literally & 'big root' in Japanese) features prominently in that cuisine as well as Chinese. In India it is known as 'mooli', praised especially in winter months there to fight coughs and colds. Daikon has anti-congestive properties which help clear excess mucus from both throat and respiratory system.

Part of an ancient Chinese proverb talks about the benefit of white radish (冬吃萝卜夏吃姜，不用大夫开药方！ Dōng chī luó bo xià chī jiāng, bù yòng dà fū kāi yào fāng!) Eat radish in winter and ginger in summer, and the doctor can take a break! A little like 'An apple a day keeps the doctor away!'

Considered a superfood in Asia, it is chock full of antioxidants to boost immune health, rich in fibre to re-balance and cleanse the digestive system and helps reduce inflammation. It acts on the Lungs and Large intestine and particularly supports the process of letting go of toxins, perfect after an indulgent period, chemotherapy or to help lose weight.

Credit :Ceri, Zenxin Master Chef

Key facts:

- Preparation: 10 mins
- Cooking time: 40 mins
- Total: 50 mins
- Serves: 2-3 people

Ingredients:

- 1 organic daikon radish
- 1 litre of filtered water or chickpea broth
- 1/3 cup organic fermented black bean sauce (Light)

Method:

1. Wash, top and tail and peel the daikon.
2. Cut the daikon into the desired size pieces.
3. Reserve any leaves for adding to the broth later.
4. Pour the water or chickpea broth into the TM bowl to the 1 litre mark.
5. Add the fermented black bean sauce and stir.
6. Add in the daikon pieces.
7. Set the timer for 40mins, temp 98°C, speed 1 reverse.
8. Enjoy by itself or serve to accompany rice and fish.