

Tasting Station Activity

Try something new with radishes!

Radishes aren't the most popular vegetable, but they are so easy to grow that you might want to give them a try.

This activity encourages you to taste and compare radishes presented in 3 ways

1. Washed and sliced, fresh from the garden
2. Sliced and marinated in a sweet and sour dressing
3. Roasted with garlic



Before we begin...

There are two very important rules when it comes to tasting activity, these might not be the rules you normally follow at home, but always try and remember...

- No one has to try
- No one has to like

What to do

Use your senses to write words that describe the 3 dishes and put them on the poster paper on the wall.

Think about the look, smell, feel, taste and sound (when you eat it)

TOP TIP!

Some words to get you started might be:
crunchy, smooth, slimy, spicy, round, pink

After tasting each dish, vote for the one you like best. A good way to do this is to take a counter and post it into the relevant box. At the end of the day, count all the votes to find out the winner. Maybe this dish can be included in school lunches or meals at home.

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Raw radishes

Ingredients

- A few bunches of radishes – enough for everyone to have a slice

Method

1. Wash the radishes.
2. Leave some whole with the leaves on.
3. Just before the activity begins, slice most of the radishes into discs about 3mm thick.
4. Present the sliced and whole radishes attractively on a plate.

Garlic roasted radishes

Ingredients

- 1 large bunch radish – washed and trimmed
- 2 tbsp olive oil
- Sea salt and ground black pepper
- 2 cloves garlic, crushed
- Chopped chives or parsley to serve

Method

1. Put radish and oil in baking tin, season and toss.
2. Bake at 200C for 10 mins then add in crushed garlic, mix and return to oven.
3. Bake for further 15 mins until browning.
4. Serve sprinkled with herbs.

Sweet and sour pickled radishes

Ingredients

- 1 large bunch radish – washed and trimmed
- 2 tbsp red wine vinegar
- 2 tbsp sugar
- Pinch salt

Method

1. Slice radishes thinly into a jar or small dish.
2. Dissolve the sugar in the vinegar and add a pinch of salt.
3. Pour the pickling liquid over the sliced radishes and marinate for 15 minutes.
4. Use the pickled radish in sandwiches and wraps, or on top of avocado on toast.