



Straight from the (Rose) Heart

BY TERRA BROCKMAN

Champagne and chocolate are so 2009. This year, surprise your partner (or have a *Ménage à Moi* anti-Valentine's Day dinner) with a beautiful winter root vegetable that just might become a February favorite—rose-heart radishes.

These winter radishes keep extremely well, so they will still be available at winter markets, or from the bottom of your refrigerator if you stocked up at the last farmers markets in November. Even people who “do not like radishes” cannot resist the good-looking, great-tasting rose-heart.

And if good taste is not enough, they are good for you, too. Radishes are said to aid digestion, and they are low in calories, with a good amount of potassium, vitamin C, folate, and fiber.

And although these radishes are delicious raw, the raw days of February call for some balancing with cooked dishes, and the rose-heart is excellent roasted along with other root vegetables, sautéed, or cooked up in soups, stews and stir-fries. Hot and spicy, or sweet and buttery, these radishes will please the most jaded palate.

Sweet and Buttery Radishes

- » 3 Tb butter
- » 6 medium rose-heart radishes, cut into wedges or half moons
- » 2 teaspoons brown sugar
- » 1 teaspoon red wine vinegar
- » fresh ground black pepper—to taste

Melt the butter in a skillet over medium heat. Add radishes and toss to coat. Cover the pan and cook for 4-6 minutes, shaking occasionally. Add the sugar and vinegar and toss over medium heat for 1 minute. Season to taste with pepper. Serve immediately.

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Hearty Pot Roast with Winter Root Vegetables

For the Spicy Rub

- » 2 teaspoons chopped fresh thyme or 1 tsp dried
- » 2 teaspoons sweet paprika
- » 2 teaspoons coarse kosher salt
- » 2 teaspoons freshly ground black pepper
- » 1 teaspoon dry mustard
- » 1 teaspoon (packed) golden brown sugar

For the Meat

- » 2-3 Tb vegetable oil or bacon fat
- » 1 4-pound chuck roast
- » 2 cups dry red wine
- » 1/2 cup chicken broth
- » 2 large onions, thinly sliced
- » 12 garlic cloves, peeled
- » 3 bay leaves
- » 4 large carrots (about 1 pound), peeled, cut into 1-inch pieces
- » 4 large rose-heart radishes (about 1 pound), peeled, cut into 1-inch pieces
- » 1 large celery root (about 1 pound) peeled, cut into 1-inch cubes

Preheat oven to 350 degrees F. Mix first 6 ingredients in small bowl. Rub spice blend all over beef. You can then put it in a ziplock bag and in the refrigerator for a 24-hour marinade. Or you can go straight to the cooking.

Put vegetable oil or bacon fat in a heavy ovenproof pot over medium-high heat. Add beef and cook until browned on all side. Transfer to a plate. Add the red wine to the pot and bring to a boil, scraping up browned bits. Boil until reduced to 1/2 cup, about 5 minutes. Add broth and then the beef. Place onions, garlic, and bay leaves around beef.

Cover pot, transfer to oven, and cook 1 hour. Turn beef over, then cover and roast another hour or until meat is tender, adding water by 1/4 cupfuls if dry. Transfer beef to plate. Add carrots, radishes, and celery root to pot; stir to coat. Place beef atop vegetables, cover, and roast until beef and vegetables are tender, about 45 minutes longer. Transfer beef to platter. Season sauce with salt and pepper. Pour sauce over beef and serve.

Terra Brockman is author of The Seasons on Henry's Farm, available at terra Brockman.com. She is also founder of The Land Connection, a nonprofit dedicated to preserving farmland, training new farmers and connecting consumers with local food. Visit the land connection.org to learn more.

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