

Abe's Radish Spread

This recipe brings our past and present together, because this spring I have been running an informal "Radish Variety Trial" in our container garden on the deck. As soon as the speedy devils were ready to eat (and it didn't take long!) Seymour was whipping up this dish that his father, Abraham Mondshein, would make on weekend mornings and spread on toasted bagels. It is a very happy memory for him of his childhood and I think the recipe is a Polish classic.

On the subject of radishes, I have decided that my new favorites are the following: Champion (crisp but not too hot), Plum Purple (very sweet), and French Breakfast. (Longish ones on left, tasty and easy to slice)

Ingredients:

1/2 cup low fat small curd cottage cheese (or Farmer cheese if you can find it)

4-5 radishes, washed and finely chopped

1 spring onion, chopped

salt & pepper, to taste

optional: diced roma tomato

Preparation:

Mix cottage cheese with chopped radishes, spring onion, and tomato then season to taste with salt and pepper. If you can wait, chill in the fridge for half an hour prior to serving.

Enjoy on a toasted bagel, slice of bread or crackers!

It can also be made into a dip if you blend the cottage cheese first, with additions like feta cheese and dill. Be creative; use the flavors you like best.

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