

WHAT'S 4 DINNER?

#RECIPESTHATDISH



Crunchy Jicama Slaw

May 19, 2022

"I love the crunchy fresh texture of jicama subbed for cabbage in this slaw. The jicama looks somewhat like a flattish, smooth, oval onion; it should be firm and its skin should be blemish-free and look shiny, very similar to fresh ginger. Jicama comes in sizes from apple to small cabbage yet the taste is not affected by size. A good jicama should be very crunchy to the bite—if it's dry or soft and mealy with brown spots, discard it." - Elizabeth Karmel; Steak & Cake

Serves 4-6

Ingredients:

- 1 jicama (1 1/2 to 2 pounds, the size of a small grapefruit)
- 1 papaya
- 3 navel oranges
- Juice of 2 limes, plus 4 to 6 lime wedges
- 1 papaya
- 1 recipe Pickled Red Onions (recipe follows)
- 1/2 cup pumpkin seeds (pepitas), toasted
- Leaves from 3 or 4 sprigs of fresh cilantro
- Pinch of Chile-Lime Seasoning (like Tajin)

Method:

1. Peel the jicama with a sharp vegetable peeler or paring knife. (The skin is too thick for a standard potato peeler.) To steady the jicama for peeling, cut off a slice from the top and bottom. Set the jicama cut side down on a cutting board and cut off the rest of the peel like you would the peel of an orange from top to bottom.
2. Cut the peeled jicama into 1/8 to 1/4-inch-thick slabs, and then cut the slabs into French fry-like sticks. If the strips are very long, cut them in half. Alternatively, you can shred the jicama in a food processor or with a mandolin.
3. Peel, seed, and cut the papaya into matchstick strips (julienne).
4. Peel the oranges in the same manner as the jicama. Cut out each orange section from between the membranes, retaining as much juice as possible. Give the leftover membranes a squeeze with your hand to collect any remaining juice.
5. Mix the collected orange juice with the lime juice. Arrange the jicama, papaya, and orange wedges on a platter or on individual plates. Top with pickled onions, pour the orange and lime juice over them, garnish with whole cilantro leaves, lime wedges, and pumpkin seeds and sprinkle the chile-lime seasoning over all, if desired.

Pickled Red Onions

"A quick pickled onion scattered about the slaw adds welcome acidity that is the perfect counterpoint to a rich, beefy skirt steak" - Elizabeth Karmel; Steak & Cake

Makes about 2 cups

Ingredients:

1 large red onion, peeled and thinly sliced into rings (about 1/8" thick)
Kosher salt
1/4 teaspoon cumin seeds
2 cloves garlic, peeled and cut in half
1/4 cup apple cider vinegar
Juice of 2 limes

Method:

1. Place the onion rings in a heavy-bottomed saucepan. Cover with salted water and bring to a boil; boil for 1 minute. Immediately remove the pan from the heat and drain the onion rings. Return the onion rings to the saucepan.
2. Coarsely grind the cumin seeds in a mortar and pestle, or in a spice grinder. Add them to the saucepan along with the garlic, vinegar, lime juice, and 1/4 teaspoon salt. Pour in just enough water to cover the onions, bring to a boil over medium heat, and let boil for 3 minutes. Remove from the heat and pour into a small nonreactive bowl. Let stand for 3 hours to let the flavors meld. Drain the liquid and use the onions immediately or refrigerate, covered, for up to 2 weeks.