



# MARKETPLACE

*Shop Smarter, Eat Better*



## TRY THIS

### Jicama

CRISP, JUICY, AND SWEET aren't adjectives typically applied to mid-winter vegetables, but try one bite of jicama (HEE-kah-mah) and you'll find that they're a spot-on description for this tawny-colored tuber. And, unlike other tubers such as yams and sweet potatoes, which require cooking, jicama is great served raw—in salads, slaws, or salsas—making it a refreshing anomaly. Jicama is also delicious when cooked: Sautéed or stir-fried briefly, it retains a crunchy texture (similar to that of a water chestnut or a firm pear) and is great at soaking up flavors. For crunch and freshness, and fabulous salads in the dead of winter, look no further.

*Continued on page 16*



## TRY THIS JÍCAMA

### What it is

Part of the legume family, the jícama plant is a vine that can grow 20 feet or longer. It's typically found in frost-free regions and is native to Mexico and Central and South America. The plant's edible tuberous roots (also known as Mexican potatoes or yam beans) weigh between 4 ounces and 6 pounds and are turnip-shaped, with thin skin that requires peeling. Jícama's ivory-colored flesh is a good source of vitamin C and potassium.

### How to buy and store it

Jícama is available year-round, though its peak season is between November and June

(when its growing regions are at their warmest). Look for it in most supermarkets and in Latin American grocery stores. Choose firm roots that seem heavy for their size; blemishes, wrinkled skin, or dark spots may indicate overripeness. Store whole jícama in the refrigerator for up to one month; wrap cut jícama in plastic and refrigerate for up to one week.

### How to use it

Remove jícama's thin, fibrous peel with a vegetable peeler or paring knife, as you would for a potato. Peeled jícama can be sliced, diced, julienned, or shredded and prepared many ways. In Mexico, it's commonly served

raw with a squeeze of lime, a sprinkle of salt, and a touch of chili powder for a snack. Uncooked, it adds crunch to salads (see the recipe below), condiments, and slaws; cut into large sticks, it can be dunked in guacamole and other dips. Try it sautéed with chicken or shrimp, add it to savory stews, or glaze and broil it. Jícama can also be baked, boiled, steamed, and fried. It pairs well with fresh flavors like cilantro, ginger, lemon, and lime.

—Melissa Denchak



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## jícama, radish, and pickled shallot salad with feta

Bright, zesty, and refreshing, this crunchy salad can be served over tacos, alongside black beans and rice, or eaten all on its own.

**Serves 4**

- 2 small shallots, cut in half crosswise and then thinly sliced lengthwise**
- 3 Tbs. red wine vinegar**  
Kosher salt
- 5 medium radishes, trimmed, quartered lengthwise and then cut crosswise into ¼-inch slices**
- 1 medium jícama (about 1 lb.), peeled and cut into ½-inch dice**
- ¼ cup chopped fresh cilantro, plus 1 Tbs. cilantro leaves**
- 2 Tbs. fresh lime juice**
- 1 tsp. honey**
- ¼ tsp. finely grated lime zest**
- Freshly ground black pepper**

**Pinch of cayenne**

- 2 Tbs. grapeseed oil**
- ½ cup crumbled feta**

**In a small bowl,** combine the shallots with the red wine vinegar and ¼ tsp. salt; let sit until the shallots have mellowed and turned a light pink, about 15 minutes. Strain the shallots and discard the liquid.

**In a medium bowl,** toss the shallots, radishes, jícama, cilantro, and a pinch of salt.

**In a small bowl,** whisk the lime juice, honey, lime zest, ¼ tsp. salt, a few grinds of black pepper, and a pinch of cayenne. Gradually whisk in the grapeseed oil.

**Toss the dressing** with the vegetables. Fold in the feta and season to taste with salt and pepper.

—Melissa Pellegrino