



## Recipe 5 – Osmosis

*Daikon Cress Consommé*

### Servings

Two

### Ingredients

- 2 punnets Daikon Cress®
- 500 ml Cold water

### Equipment

- 1 x Medium saucepan

### Method

- Cut the Daikon Cress® and place straight into a saucepan, cover with the 500 ml cold water and place over a medium heat. Bring to the semi boil, then reduce the heat and simmer for five minutes.
- Turn the heat off and leave the liquid to cool before decanting into a sealable container and placing in the fridge for at least six hours, or overnight.
- Strain through a fine sieve and into a clean saucepan then warm through gently.
- Serve in a small glass to taste – you can then use this as the basis for a soup or stock.