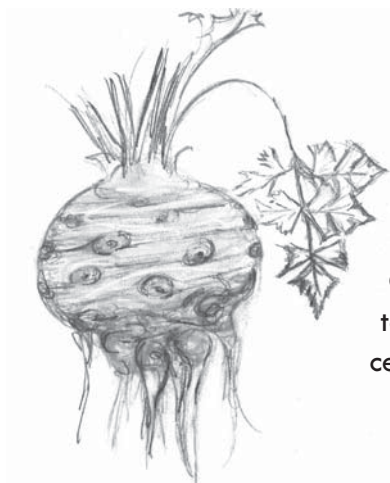


CELERIAC



CELERIAC is closely related to celery but it has an enlarged, edible root. It has a crisp, white flesh that has a taste similar to celery and a texture similar to a radish. The root does not get tough or woody as it grows larger so roots of all sizes taste wonderful! Originally cultivated in Europe, celeriac was introduced to the Americas in the 18th century. In the Northeast, celeriac is harvested in early autumn.

STORAGE

- ◆ Store the **unwashed** celeriac in the refrigerator drawer for up to two weeks or longer. It does not need to be in any container, but can be kept in a paper bag if you prefer.
- ◆ Remove the green leaves before storage.

PREPARATION

- ◆ Remove all the green leaves and peel off the outside skin of the bulb until you see a clean, white interior. If the root is large, cut off the portion you will need for your recipe.
- ◆ Celeriac can be eaten **raw or cooked**.
- ◆ As a raw vegetable, try it **shredded in salads or chopped up into matchsticks** for a vegetable platter.
- ◆ Cooked, celeriac makes a great addition to **soups, stews and stir-fries**.
- ◆ **Baking celeriac**, either on its own or with other root vegetables such as carrots, broccoli and squash, is wonderful.
- ◆ You can also try **boiling**: as a whole root it takes 20 to 30 minutes, in slices it takes 5 to 8 minutes.
- ◆ Peeled celeriac will darken when exposed to air. If you are preparing it in advance or if you are serving it raw, slice it and put it in a bowl of water with a few tablespoons of lemon juice (acidulated water) to prevent browning.

Nutritional Information

Celeriac contains moderate amounts of vitamin C and fiber. Vitamin C is important in immune response, wound healing, and allergic reactions. Vitamin C also helps with iron absorption. Adequate intake of fiber is helpful in maintaining healthy cholesterol levels and it aids in digestion.

Celeriac Recipes

Celeriac and Potato Puree (Serves 6-8)

3 pounds red potatoes, peeled and cut into 1 1/2-inch chunks
Salt and pepper
1 medium celeriac, peeled and cut into 1-inch cubes
1/4 pound unsalted butter
Water
1 cup milk
Parsley, chopped



In a large pot, cover potatoes with water, add some salt, and bring to a boil. Reduce heat and cook them until very tender (about 20 minutes) and drain. In a saucepan heat butter. Add celeriac and enough water to barely cover, cook covered for 20 to 25 minutes or until tender. If necessary, add additional water to keep it from sticking to the pan. In another saucepan, heat milk. Then pass the celeriac and the potatoes through a food mill, or sieve, put mixture in medium bowl. Stir in enough milk to get the consistency you want. Season with salt and pepper. Garnish with chopped parsley, if desired.

Adapted from [Chez Panisse Vegetables](#) by Alice Waters, copyright 1996 by Harper Collins.

Roasted Winter Vegetables

Any combination of parsnips, rutabagas, celeriac, fennel bulb, butternut squash, trimmed, peeled and cut into 1 inch cubes (except for baby turnips which can be left unpeeled and cut in halves or quarters, and fennel which should be trimmed and sliced into thin wedges).
Olive oil
Salt and pepper to taste
Finely chopped herbs (your choice – sage, thyme, winter savory, etc..)



Preheat oven to 400 degrees. Spread the vegetables out on a large baking sheet with 1 inch sides. Toss them with enough olive oil to coat them lightly and season with salt, pepper and herbs. Roast the vegetables for 30 to 40 minutes in the preheated oven until they are thoroughly cooked and beginning to caramelize (beware of over-roasting: a little browning is good, but if they become too dark they will taste bitter). Serve directly from the oven or set aside and reheat later. Before serving check the seasoning.

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Celeriac Potato and Olive Oil Gratin (Serves 6)

4 large russet potatoes, peeled and sliced 1/8 inch thick
1 large celeriac, peeled and sliced 1/8 inch thick
2 yellow onions, peeled and sliced 1/4 inch thick
Olive oil
3 or 4 sprigs thyme, leaves stripped
Salt and pepper
1/2 cup white wine
1/2 chicken stock
1 Tablespoon butter
Parsley, chopped



Preheat the oven to 375 degrees. Cover the potatoes and celeriac with water until ready to assemble the gratin. Heat about 2 tablespoons of olive oil in a sauté pan and add onions. Cook them until golden brown, about 10 minutes. Drain the potatoes and celery root, remove as much water as possible. Place half of the onions in a baking dish, season with salt and pepper and half the thyme leaves. Arrange half of the potato and celeriac slices over the onions and season with salt and pepper. Make another layer with the rest of the onions and finish with an even top layer of potatoes and celeriac for a finished look. Pour the wine and stock over the vegetables; the liquid should be about halfway up. Drizzle generously with olive oil and dot with butter. Season with salt and pepper and the rest of the thyme leaves and bake, covered for 30 minutes. Then uncover and press the vegetables down evenly with a spatula, allowing the juices to baste the top layer. Continue baking, uncovered, for 30 minutes more, or until the potatoes are cooked through. Sprinkle with parsley to taste.

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