



## Celery Root Also Known as Celeriac

Although a root vegetable, celery root (or celeriac, as it is sometimes called) has a certain panache. Perhaps this is due to its honored place in the French specialty, celery remoulade. In the form of a distinctive salad or soup, celery root is often served apart from the meal, either first or as a separate course.

It is also called soup celery, celery knob, and turnip rooted celery. Its popularity in German communities, where it is pureed and in stews. It finds its roots (no pun intended) in Scandinavian cuisine as it stores well in long winter months.

Celery Root has a pungent celery-like flavor and is, in fact, a special variety of celery, developed by gardeners during the Renaissance. In recipes calling for cauliflower, fennel or cardoon, celery root makes an interesting and unexpected substitute if not a huge improvement

**Storage:** Celeriac normally keeps well and should last three to four months if stored between 0°C (32°F) and 5°C (41°F) and not allowed to dry out.

### **Nutritional Benefits:**

Celery Root is rich in vitamins A, C, K and E, essential oils, carotene, microelements and other nutrients.

#### **Nutritional value per 100 g (3.5 oz)**

Energy: 42 kcal  
Carbohydrate: 9 grams  
Fat .03 grams  
Protein 1.5  
Vitamin K 41ug (39%)  
Phosphorous 115 mg  
(15%) Dietary Fiber 2  
grams

Percentages are relative to US [recommendations](#) for adults. Source: [USDA Nutrient database](#)

Celery root is very low in calories, and is full of potassium, a mineral that relieves water retention to "de-bloat" you from head to toe.

**Eat it Raw:** chop off the top, remove the skin with a vegetable peeler, then slice. Just whisk a little Dijon mustard with apple cider vinegar, lime juice and fresh cracked black pepper, add the slices, chill, and enjoy.

## Celery-Root and Beet Salad

Serves 8

Preparation time: 45 minutes

total time: 2 3/4 hours

6 medium beets (2 1/4 lb with greens), trimmed, leaving 1 inch of stems attached

1 (1-lb) celery root (sometimes called celeriac)

2 tablespoons plus 2 teaspoons fresh lemon juice, plus additional to taste

2 tablespoons minced shallot

1/4 cup olive oil

3/4 teaspoon salt

1/2 cup chopped walnuts (2 oz), [toasted](#) and cooled

Put oven rack in middle position and preheat oven to 425°F.

Wrap beets tightly in foil to make 2 packages (3 beets in each) and roast until tender, about 1 1/4 hours.

While beets roast, peel celery root with a sharp knife and cut into 1/8-inch-thick matchsticks. Whisk together lemon juice, shallot, oil, salt, and pepper to taste in a large bowl until combined well, then add celery root and toss until coated. Keep at room temperature, covered, until ready to add beets.

Carefully unwrap beets and, when just cool enough to handle, slip off skins and remove stems. Cut beets into 1/8-inch-thick matchsticks and toss with celery root.

Let salad stand, covered, at room temperature 1 hour. Taste salad and season with more lemon juice and salt if necessary, then toss with walnuts.

Source: [http://www.epicurious.com/articlesguides/seasonalcooking/winter/cooknow\\_celeryroot/recipes/food/views/Celery-Root-and-Beet-Salad-109101](http://www.epicurious.com/articlesguides/seasonalcooking/winter/cooknow_celeryroot/recipes/food/views/Celery-Root-and-Beet-Salad-109101)

## Apple and Celery Root Slaw

Serves 4

Preparation time: 10 minutes Total time: 20 minutes

1 small celery root (about 12 ounces), trimmed, peeled, and cut into matchsticks (2 cups)

1 Granny Smith apple, cut into matchsticks (2 cups)

1/4 cup plus 1 tablespoon fresh cider

2 teaspoons sugar

2 teaspoons Dijon mustard

2 teaspoons chopped fresh flat-leaf parsley

Combine all ingredients in a bowl, and toss. Let stand for 30 minutes before serving.

Source: <http://www.marthastewart.com/314078/celery-root-and-apple-slaw?czone=food/produce-guide-cnt/produce-guide-fall&backto=true&backtourl=/photogallery/celery-root-recipes>

## Underground Soup

This soup is called underground soup because it uses mostly root vegetables, i.e. things that grow underground.

Serves 8

Total preparation time 20 minute

Total Cook time 2-3 slow cooked hours

2 cups onions, sliced 4  
cloves garlic, minced  
olive oil  
2 cups sweet potatoes, 3/4" cubes  
2 cups celery root, thinly sliced  
2 cups rutabagas, 1/3" cubes  
2 cups parsnips, 1/4" slices (or coins)  
2 cups carrots, 1/4" slices (or coins)  
low sodium chicken stock or homemade broth  
cracked black or green peppercorns, to taste  
a pinch of tarragon, or to taste

Sauté onions in olive oil for about 10 minutes. Add garlic for 2 minutes. Add vegetables, sauté for 3 minutes; cover with broth; bring to a boil for 1 minute. Reduce heat.

Simmer on low heat (or in a Crock-Pot). This can be left to bubble away on the very lowest setting for hours. Add pepper and just a pinch of tarragon, to taste. Adjust seasonings before serving. A pinch of garlic powder, salt and pepper, or a little bouillon can be added if needed.

Source: <http://www.cooks.com/rec/doc/0,1648,141178-250194,00.html>

All recipes web accessed 9/12/11