

Celeriac



Pronounced sel-AIR-ee-ack, this root vegetable is harvested in late fall and can be stored long into the winter. Also called celery root, it is not part of the common celery plant, but its flavor is similar. Pick celeriac that feels heavy and firm and is fairly dry on the outside. It is a good source of minerals and fiber, and can be incorporated into many recipes.

Storage

Trim off stalks (also edible and similar to celery) and refrigerate loosely covered or wrapped for up to 3 months. Alternately, store in a cool, dry place away from sunlight for up to 1 month. Wash, trim off small roots, and peel just before using. Leave in cold water or toss with lemon juice after cutting to prevent browning.

Cooking

Celeriac can be eaten raw, shredded in salads or slaws, but is also good steamed, boiled, or roasted. Try mashed with potatoes or breaded and fried like eggplant parmesan. It can also be used in soups and stews, or pickled!





Celeriac & Apple Salad

Serves: 4 Total Time: 15 minutes

Ingredients:

- 2 apples (any kind)
- 1 tbsp lemon juice
- 1 medium (about 8oz) celeriac
- 2 medium carrots
- 3 tbsp raisins
- 3 tbsp vegetable oil
- 1 tbsp cider vinegar
- 1 tbsp Dijon mustard
- salt & pepper

Quick Tips

- Chose a firm, tart apple such as Granny Smith, Gala, or Fuji for best results.
- For a creamy salad, add 1 tbsp mayo or plain yogurt to the dressing.

Directions:

1. Cut the apples into small matchsticks. Peel celeriac and carrots and cut into matchsticks as well, or grate using the largest holes of a grater.
2. In a large bowl, toss the apples with the lemon juice and let stand for 5 minutes. Add the celeriac, raisins, and carrots, and toss to combine.
3. In a small bowl, whisk together vinegar and mustard, then slowly add oil while whisking, until smooth. Pour the vinaigrette over the apples and vegetables, season with salt and pepper, and toss until evenly combined. Let the salad stand for 10 minutes before serving.

