

CELERY ROOT: WHAT IS IT & HOW DO I USE IT IN RECIPES?

- Celeriac is a root vegetable closely related to celery, parsley, and parsnips. It looks similar to turnip on the outside (rough and knobby) but resembles a potato on the inside (smooth and white).
- Celeriac is popular in Eastern and Northern European regions as a winter root vegetable and commonly used in salads, soups, casseroles, and stews. Celeriac remoulade is a popular French dish, similar to coleslaw. When cooked, it is slightly sweeter and works well mashed, baked, roasted, or boiled.
- Its taste resembles that of the upper part of the celery stem, and it can be eaten raw or cooked. It is now in peak growing season. Source: <https://www.healthline.com/nutrition/celeriac>

PEELING AND CUTTING CELERY ROOT

1. **Peel the outside:** Cut the root end of the celery root to create a flat steady surface for cutting. Turn the celery root so that it stands on end on the flat side. Use your sharp paring or chef's knife to peel the exterior off the bulb. As you peel the area where the roots at the bottom were attached, you may have to take a little extra to eliminate all of the pithy brown fissures.
2. **Cut the celery root into cubes:** Cut the celery root into 1-inch-thick slabs, then lengths, and then cubes. Occasionally you will find that there is a slight hollow area in the center of the root. This is normal, and just has to do with the way that the celery root ages; it is just an indication of it being stored for a longer period of time. Celery root, along with apples and avocado tends to brown as it oxidizes, so it is best to cook it right after you cut it. You can also put it in acidulated water*, but make sure you rinse and dry it well before trying to sauté it, as additional moisture should be avoided.

*acidulated water- water that has lemon or lime juice added to it. This helps to prevent browning in apples, avocados, and other foods.

SIMPLE SAUTEED CELERY ROOT

This underappreciated root vegetable can be roasted, sautéed, boiled, and mashed. It is also packed with fiber, vitamins B6, C and K and a good source of potassium and phosphorus. Try it as a quick side dish and an interesting alternative to roasted potatoes.

Ingredients

2 tablespoons unsalted butter
1 tablespoon extra-virgin olive oil
1 large celery root (celeriac), peeled and cut into 1-inch cubes
2 cloves garlic, peeled and minced
½ cup water or broth
1 teaspoon chopped thyme
1 teaspoon chopped rosemary
½ teaspoon salt
Freshly ground pepper to taste
1 tablespoon chopped parsley, optional

Instructions

1. **Sauté the celery root.** Melt butter in a large skillet over medium high heat. Add oil and swirl to combine. Add celery root and cook, stirring occasionally until the celery root is browned in spots, 5-6 minutes.
2. **Sauté garlic.** Add garlic and cook, stirring until the garlic is fragrant and just starting to brown.
3. **Steam.** Add water or broth and immediately cover with the lid. Cook the celery root, covered, until tender, about 5 minutes.
4. **Finish with herbs.** Remove lid and sprinkle on thyme, rosemary, salt and pepper. Cook, stirring often until the celery root is tender and the water is completely evaporated, about 2 minutes. Remove from the heat and stir in parsley.

Yield: 4 servings **Serving Size:** ¾ cup
Calories: 160 Saturated Fat: 4g Sodium: 260mg Sugar: 3g

Source: <https://www.healthyseasonalrecipes.com/simple-sauteed-celery-root/>