



CELERIAC

NICKNAME: THE UGLY ONE

Nutrition Facts:

Celeriac contains:

- Vitamin C for a **strong immune system.**
- Dietary fiber and potassium for a **healthy heart.**
- Vegetarian protein for **strong muscles.**
- Few calories but is a **filling vegetable** offering satisfaction and nutrition when added to a meal.

Color Changer:

Cut celeriac, like a cut apple, can change color quite quickly. To prevent this, place cut celeriac into a bowl of water with a few drops of lemon or lime juice to prevent browning.



What is it?

Celeriac is a winter root usually cooked and mashed, used in soups, stews and casseroles but can also be added to salads raw!

What does it taste like?

This root vegetable has a texture similar to potato but slightly firmer. It has a slight flavor of celery and fits beautifully into many dishes where a potato would be used!

Fun Facts!

- It has been called “The Ugly One” because of the way it looks. However, sometimes the ugliest of vegetables can pack big flavor and nutrition!
- Celeriac (also called celery root) is closely related to the celery found in stores but it is specially grown for the root instead of the leaves and stalks of common celery.
- Other relatives of celeriac are parsnips, carrot, parsley, and anise.
- Cooking is easy and can be boiled, baked, steamed, shredded, grated and more!
- Use it like you would a potato! See other side for recipe and preparation instructions.



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HOW TO:

CHOOSE: Small to medium roots typically have the best flavor and texture. Larger roots may be better for adding to casseroles or mashed potatoes.

STORE: Keep whole in a plastic bag inside the refrigerator for up to 3-4 months.

It's best not to freeze this vegetable.

BOIL:

Whole Peeled:

25-30 mins

Sliced: 8-10 mins

Cubes: 5-8

EASILY ADD:

- Chunks to soups
- Shredded celeriac to coleslaw, salads or casseroles.
- Cubes to a pan of roasting veggies.

Prepared by Hopelink

Volunteers

References:

1. Staub, Jack. www.npr.org
2. Celeriac. Nutrition-and-you.com
3. Celeriac. Worldcommunitycookbook.org
4. KitKat / Foter / CC BY-NC-ND. www.foter.com
5. Small celery root. StevenJackson Photography / Foter / CC BY. www.foter.com

How To Prepare CELERIAC



Step: 1

2

3

Step 1: Carefully cut off the top and bottom to create a flat surface.

Step 2: Place bottom flat on a cutting board and carefully trim off the brown skin.

Step 3: Slice into chunks according to recipe and continue with recipe instructions.

Celeriac and Potato Mash

Ingredients:

- 1 pound **celeriac** (approx 2 medium roots or 4 cups cubed)
- 2 1/2 pounds **potatoes** (about 6 ½ cups cubed)
- 1/4 cup (1/2 stick) unsalted **butter**
- 1/2 cup (or more) whole **milk**
- 1/4 cup chopped **celery leaves** (Optional)

TIP: Chicken or Vegetable stock or reconstituted powdered milk can be substituted for whole **milk**.

1. Peel and cut celeriac into 1-inch pieces.
2. Peel and cut potato into 1-inch pieces.
3. Cut butter into cubes.
4. Cook celery root in large pot of boiling salted water 5 minutes.
5. Add potatoes to pot; cook until all vegetables are tender, about 20 minutes.
6. Drain.
7. Return vegetables to pot; stir over medium-high heat until dry, 1 to 2 minutes.
8. Remove from heat; add butter.
9. Using potato masher or fork, mash vegetables until butter is incorporated.
10. Add 1/2 cup milk; mash until almost smooth, adding more milk as needed. Stir in celery leaves. Season with salt and pepper.



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