

CELERIAC (CELERY ROOT)



HOW DOES IT TASTE?

Celeriac has a sweet and nutty taste like celery. It is crunchy like a carrot when raw, but creamy when cooked.

HOW DO I PICK IT?

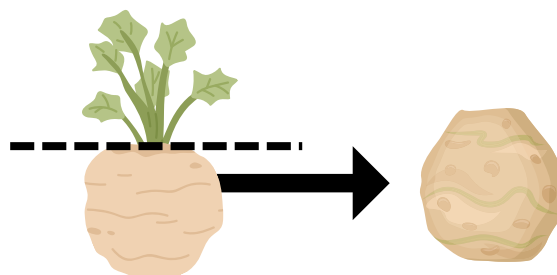
Pick a firm celeriac with no soft spots but there will be bumpiness all around. It should be medium to large in size, about 3-4 inches across. Celeriac season is from October to March but it is available year-round.

HOW DO I STORE IT?

Store in a plastic bag in the refrigerator for up to 1-2 months.

HOW DO I PREPARE IT?

1. Chop off green stems.
2. Rinse celeriac and scrub off the dirt with a vegetable brush. Peel with a vegetable peeler or paring knife.
3. Slice, chop, or grate according to your recipe.



Eat celeriac **raw** by **slicing** or **grating it** into a salad. **Boil** and **mash** the celeriac, or chop and **roast** it. **Blend** it into **soups** or **sauces**.

CELERIAC OVEN FRIES

Ingredients

- 2 large celeriac
- 3-4 tablespoons vegetable oil
- 1 tablespoon mild curry powder
- ¼ teaspoon salt

Directions

1. Preheat oven to 450°F.
2. Wash and peel celeriac. Cut into fry-shaped pieces.
3. Bring salted water to a boil in a large saucepan and throw the fries in to blanch for 1-2 minutes, uncovered.
4. Drain the fries, and toss with oil, curry powder, and salt until well coated.
5. Spread fries on a baking sheet, leaving plenty of space, and cook for about 30-35 minutes.

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KITCHEN TIP!

To freeze celeriac, blanch it first to keep it from browning. Place in boiling water for 1-2 minutes, remove from the water, cool, and freeze in a plastic bag.