

— CELERIAC —



Celeriac is a root vegetable in the Parsley family. It is also known as the turnip-rooted celery, a variety of celery that has been harvested specifically for its large, starchy root. It is harvested when it reaches about 10-15 cm in diameter and can be eaten raw or cooked. It is a good alternative to starches, such as potatoes, and is closely related to parsnips, carrots, parsley, and anise.

History

Celeriac was a favorite in old France where it was steamed in lemon juice and then dressed in a mustard mayonnaise. It has also been known to have medicinal and religious uses in early Egypt, Greece, and Italy.



Botanical Facts

Celery and celeriac are evolved from the same plant, *Apium graveolens*. They were cultivated to enhance their desired traits; the root for celeriac and the shoots for celery. While they originate from the same plant, they have very different uses; celeriac as a starchy root, and celery as a fresh vegetable.

More about.. CELERIAC

Facts



- Celeriac is similar to celery, with a mild, more nutty, and slightly sweeter flavor.
- It is native to the Mediterranean Basin and Northern Europe and originally grew wild.
- The root is called the hypocotyl.
- It is most commonly used in mashes, soups, casseroles, and savory dishes.

Storage

Celeriac can be kept in the refrigerator or cool dark space for several weeks. Make sure to dry it, cut off any remaining greenery and place in a plastic bag with some ventilation. It does well at very cool temperatures between 32°F and 41°F but should not be frozen.



See **RECIPES** section on our website for recipe ideas

Nutrition Facts

Celeriac is a good source of fiber, magnesium, manganese, vitamins B6, C, K, as well as phosphorus and potassium. It is low in saturated fat and has very low cholesterol.

NUTRITION FACTS

Serving Size 156g

Amount per Serving

Calories 22 Calories from Fat 4

% Daily Value*

Total Fat 0g 1%

Saturated Fat 0g 1%

Trans Fat

Cholesterol 0mg 0%

Sodium 16mg 7%

Total Carbohydrate 5g 5%

Dietary Fiber 2g 11%

Sugars 3g

Protein 1g

Vitamin A 0% • Vitamin C 21%

Calcium 7% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values maybe higher or lower depending on your calorie needs.

NutritionData.com

Preparing & Cooking Celeriac

- Cut the green ends off the top of the root. Then peel and halve the root. It can be shredded, julienned, sliced, mashed, and served raw on a salad or as a dipping stick.
- Celeriac necessitates a short cooking time to maintain flavor. About 10-15 minutes boiling, or 12-18 minutes steaming. Add lemon or vinegar to cooking water to avoid oxidation.
- It is tasty drizzled with olive oil, salt and pepper and roasted.
- Celeriac is delicious in a root mash, mixed with parsnips, potatoes, and turnips.
- Celeriac is also wonderful in soups. Add it to minestrone or to a seasonal favorite such as sweet potato or squash soups.