

Celeriac

The Mediterranean root vegetable is rich in fibre and several key minerals and vitamins, notably potassium and vitamin B6.

It is said to be extremely versatile vegetable that can be mashed, steamed, put in slow-cooked meals and soups.

Store:

- In the salad draw of your fridge
- If already peeled or chop, immerse in a bowl of water and either lemon juice or white wine vinegar to avoid discolouration

Freeze:

- First, clean and peel the outer layer of the celeriac before chopping or grating to desired size.
- Then, blanch the celeriac for 3-4 minutes in boiling water, then immediately place in ice cold water.
- Pat dry and place in airtight freezer bags.
- Add date on a label as caleriac lasts for 8-12 months/

Warning:

Caleriac and Cellery are closely related, not just in name and taste, but also in proteins which makes them both allergens.



Video Links

[Celeriac 3 Ways: Roasted, Soup & Remoulade](#)