

Celeriac

Celeriac is a type of celery with a large, bumpy root, green stalks and leaves, but most people just eat the root. It is grown in the fall and winter and is high in fiber, vitamin C, and vitamin K.

SIMILAR TO

Celeriac is part of the same family as parsnips and carrots, but is more like potatoes, kohlrabi, and rutabaga.

HOW TO USE

Celeriac can be roasted in the oven, boiled, cooked using steam (steamed), grilled, fried, and even mashed! It can also be eaten raw in a coleslaw or salad!

A RECIPE TO TRY:

Roasted Celeriac

from Cooking: NYTimes

Takes 2 hrs and 10 minutes. Serves 4.

INGREDIENTS

Celeriac

Olive oil (to taste)

Image Credit: Laura Ojeda Melchor



Image Credit: BBC

1. Pre-heat the oven to 350 degrees.
2. Cut off stalks from the celeriac. Cut off the top and bottom of the celeriac. Wash it thoroughly.
3. Brush the outside with olive oil and sprinkle salt.
4. Bake In the oven for 1-2 hours, or until the outside is roasted and crisp, while the inside is tender.
5. Remove from oven and cut into wedges. You can eat the skin of the celeriac.