



BENEFITS

Because true beauty comes from within!

Celeriac may not be pretty on the outside, but on the inside its flesh is delicate and tasty. It can be cooked and mashed like potatoes.

Celeriac is a delight!

Descended from a celery variety native to the Mediterranean region, celeriac is an excellent winter vegetable because it keeps very well. It's great in a salad or purée, but be careful not to overcook it, as it'll become tasteless and mushy.



WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.



CELERIAC SALAD

Portions: 4 to 6  15 min

Ingrédients

- 1 celeriac, peeled and grated (about 1.25 l or 5 cups)
- 3 oranges, supremed
- 2 green onions, finely chopped
- 30 ml (2 tbsp) fresh coriander, chopped
- Juice of one lemon (about 45 to 60 ml or 3 to 4 tbsp)
- 30 ml (2 tbsp) plain Greek yogurt
- 60 ml (1/4 cup) olive oil
- 5 ml (1 tsp) Dijon mustard
- 5 ml (1 tsp) honey
- 10 ml (2 tsp) cider vinegar
- 30 ml (2 tbsp) capers
- Salt and pepper to taste

Directions

1. Place the first three ingredients in a salad bowl.
2. In a small bowl, whisk together the remaining ingredients, drizzle the desired quantity on the first mixture and toss to combine.
3. Season to taste.

Source: Julie Strecko, RD



CELERIAC PURÉE

Portions: 4 to 6  10 min  20 to 30 min

Ingrédients

- 1 l (4 cups) celeriac, diced
- 500 ml (2 cups) potatoes, peeled and diced
- 2 cloves garlic, diced
- 15 ml (1 tbsp) non-hydrogenated margarine
- Onion salt and pepper to taste
- Fresh herbs to taste (parsley, thyme, ...)

Directions

1. Place the celeriac, potato and garlic in a pot and cover with water. Bring to a boil and cook 20 to 30 min or until the vegetables are very tender.
2. Transfer the vegetables to a colander and drain. Return the vegetables to the pot and mash to form a purée.
3. Add the remaining ingredients and mix well.

Source: Julie Strecko, RD

TIP!

To reduce the bitterness of raw celeriac, blanch it in salted water for 1 minute before preparing it.

