



Celeriac (Celery Root)

Celeriac (Seh-LER-ay-ak) (*Apium Graveolens* Var. *Rapaceum*): An elusive root vegetable, burdened by an ugly, gnarly, disorderly, somewhat frightening appearance, and underutilized due to general uncertainty over its real potential.

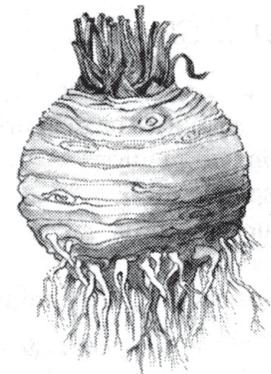
Yet, once one goes beyond the unglamorous shell, challenges of cleaning and peeling it, it is serendipity: an extraordinary flavor, almost non-existent calories and a rich nutritious texture are the rewards.

Common in Europe, celeriac hasn't been popularized in the United States. However, it is embraced by some of the country's most highly regarded chefs for good reason. Celeriac combines the flavors of celery and parsley with a hint of nuttiness and without any bitterness. It is very versatile, lending itself easily to soups and stews. It can also be pureed, roasted and even eaten raw.

Why it is so uncommon then may have more to do with its appearance. It's gnarly exterior is easily pared off to reveal white, firm flesh. When choosing a celeriac in the store or at the market, choose one that is firm and clean and

the ends of the roots are white or only slightly rusty, not soft and/or brown. The freshest roots are sold "green top" with their leaves and stalks still attached. The stalks are very fibrous and slightly bitter and can be used in a vegetable stock, but very sparingly.

Celeriac is low in calories, 30 per half cup, and low in carbohydrates, 4 grams per 2/3 cup. Its flavor pairs naturally with fish, potatoes, onions, leeks, carrots and endive. Don't be afraid to experiment with this vegetable. Remember, anything you can do with a potato you can do with celeriac, only you cut out starch and calories. When adjusting a recipe for potatoes to celeriac, remember that celeriac contains somewhat more water than potato.



CELERIAC REMOULADE

This is an essential hour d'ourve popular in French restaurants from early in the 20th century to this day.

1 head celeriac (about 1 lb.)
2 T. lemon juice
Salt

For Sauce:

1 Egg yolk
1 T. Dijon mustard
1/3 C. peanut oil
Salt and pepper
1 Tablespoon lemon juice
2 T. light cream
Parsley, chopped, optional.
(See method directions on back)

CELERIAC CHOWDER

ADAPTED FROM A RECIPE BY **DEBORAH MADISON**

1 celery root (about 1 lb)
2 large leeks (white part only)
or 1 large leek and 1 medium onion, chopped
2 T. butter
1 diced white potato
1/4 C. chopped parsley
1 bay leaf
1 large sprig of thyme
salt and pepper
2 cups vegetable or chicken stock
2 cups half and half or milk

See Method directions on back.

Recipes and information provided by Harmony Valley Farm; its farmers and staff.
For more information go to www.harmonyvalleyfarm.com

A Midwestern Palette - Eating With the Seasons

Though many fresh foods are available year round, our regional agricultural community, and the urban communities surrounded by them, benefit when we choose to eat seasonally, from local producers. Knowing the seasonality of our favorite produce allows us to make informed choices.

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Available from storage

Available fresh and from storage

Beginning in late August in the Upper Midwest, celeriac can be found with fresh green stalks attached at farmers' markets and in some specialty stores. These roots are champions of the root cellar and store without degradation of texture or flavor from the time harvest must end in late fall throughout late winter.

Preparation and Storage Tips

To begin preparing for almost any recipe, start with a bowl of cold water to which you have added a spoonful of lemon juice. Celeriac can brown quickly once cut and slipping the pieces into lemon water keeps them bright.

Start by generously trimming off the rooty end with a large knife. Then cut the celeriac into rounds 1 inch wide. With a paring knife, thickly pare off the skin from each round.

Drop them into the water as you work. Now you are ready to continue preparation of the celery root as directed in any recipe.

Celeriac may be stored for several weeks in your crisper drawer wrapped loosely in a plastic bag. If you purchase it with the leaves attached, trim them off before storing.

Celeriac Remoulade - method

Cut the celeriac into fine julienne either by hand or with a food processor. Drop into boiling water to which you have added 2 T. lemon juice and salt. When the water returns to a boil, remove the pan from the heat and drain. Refresh under cold running water. Drain again and set aside.

For sauce, whisk the egg yolk and mustard together in a bowl. Keep whisking as you add the oil in a thin stream until you have thick mayonnaise. (You may use a blender for this). Add seasonings and lemon juice and mix again. Whisk in cream until sauce is creamy.

Celeriac should be dry, if not, pat with towel. Then, in a large bowl, combine with sauce, mix well and refrigerate until ready to serve. Garnish with black pepper or parsley.

Celeriac Chowder - method

Peel, and dice the celery root. Wash and thinly slice the leeks. Melt the butter in a soup pot and add the vegetables, parsley, bay, thyme and 2 t. salt.

Cook over medium heat for about five minutes, stirring often so the leeks do not brown.

Add the stock and bring to boil. Reduce heat and simmer until the vegetables are tender.

Add the half and half and rewarm. Adjust seasonings with salt and pepper. Puree to desired consistency. You may enjoy leaving it just a bit chunky. Serve garnished with parsley.

Harmony Valley Farm is a family owned farm in western Wisconsin, dedicated to producing high quality, beautifully clean, and deliciously fresh certified organic produce. Our farming methods protect the environment and enhance diversity.