

into a colander and rinse under cold running water until well chilled. Pat dry before using. To boil, bring a pan of water with a squeeze of lemon juice added to the boil, drain the prepared celeriac and add to the pan, boil for 15-20 minutes or until tender. To steam, place the prepared celeriac in a steamer and cook for 15-20 minutes or until tender. Serve celeriac chunks whole, topped with butter and black pepper or mash, or purée.

How To Store

Keep in the fridge for up to 2 weeks.

Vitamins, Minerals and Phytochemicals

Also contains:

- Phosphorus
- Iron
- Vitamin C (Ascorbic acid)
- Magnesium
- Zinc
- Folate
- Potassium
- Vitamin B2 (Riboflavin)
- Calcium
- Vitamin B1 (Thiamin)
- Niacin (Vitamin B3)
- Copper



Nutritional Info 80g celeriac boiled

typically contains
12 kcals
0.7g protein
0.4g fat
1.5g carbohydrate
2.6g fibre

Celeriac Gratin

Not the prettiest vegetable, but do not hold that against it. To avoid wastage choose smoother celeriac. This dish is a variation of traditional potato dauphinoise, you could add sliced of potato and onion in-between the celeriac.

1 celeriac, peeled (550g peeled weight)
1 clove garlic, halved
15g unsalted butter
Salt and black pepper
50ml milk
100ml double cream
100g Double Gloucester cheese, sliced
1 tbsp thyme leaves

Preheat oven to 200 degrees C, gas mark 6.

Carefully peel, half and slice the celeriac very thinly using a sharp knife.

Bring a pan of salted water to a rolling boil and parboil the celeriac for 10 minutes. Drain.

Rub the cut clove of garlic on the inside of an ovenproof dish. Spread the butter over the inside of the dish.

Layer the celeriac slices in the dish overlapping slightly and season.

Pour the milk and cream over the celeriac slices and top with the cheese and thyme. Bake for 20 minutes or until the celeriac is tender and the top golden brown.



For more information on vegetable, what's in season, their nutritional value, images and recipes visit www.thinkvegetables.co.uk
Thanks to Think Vegetables for the recipe and image along with information on Celeriac



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