



# Local celeriac

Availability:  
september to march

## 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

### Ingredients

- 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 (¼ 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

### Ingredients

- 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.

