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*perfectly picked ingredients, cooked from scratch*

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**RECIPE BOOKLET**

*December*

# CELERIAC



# December CELERIAC

Celeriac is well known for its strange appearance. It looks similar to a misshapen turnip and is off-white with a rough, knobby surface covered in tiny rootlets. Its smooth, white flesh is similar to a potato. Celeriac is a root vegetable closely related to celery, parsley and parsnips and it originated in the Mediterranean and belongs to the same plant family as carrots.

Celeriac is popular in Eastern and Northern European regions as a winter root vegetable and commonly used in salads, soups, casseroles and stews. Celeriac remoulade is a popular French dish, similar to coleslaw. Raw celeriac has a crunchy texture, making it a perfect addition to salads and coleslaws. When cooked, it is slightly sweeter and works well mashed, baked, roasted or boiled.

Celeriac is a nutritional powerhouse, packed with fibre and vitamins B6, C and K. It's also a good source of antioxidants and important minerals, such as phosphorus, potassium and manganese.

Celeriac soup is a great winter staple, or try celeriac oven chips for a healthier twist. This root veg works well in creamy dishes, and with cheese – try a celeriac bake with parmesan crumbs for your next roast dinner, or keep things simple with a twist on mash.

We've got these and many more recipes in this booklet to help you celebrate Celeriac the weirdly wonderful, knobby vegetable that is becoming ever more popular.

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# CELERIAC

## CELERIAC, CHICORY & ORANGE SALAD WITH TOASTED SUNFLOWER SEEDS

*Serves*  Ten

*Allergens*  Wheat, Mustard,  
Gluten, Celery

### *Ingredients*

- 150g sunflower seeds
- 60ml olive oil
- 1tsp. English mustard
- 4tsp. white wine vinegar
- Lo salt, pinch
- Ground black pepper, pinch
- 500g celeriac
- 2 head chicory
- 2 oranges

### *Method*

1. Put the seeds in a dry frying pan, toss over a medium heat for a few minutes until lightly toasted, then set aside to cool.
2. Combine the olive oil, mustard and vinegar with some salt and pepper, and tip into a mixing bowl. Peel the celeriac and cut it into matchsticks. Toss the julienned root immediately in the dressing to stop it from browning. Trim the chicory and separate the leaves, then add to the celeriac in the bowl. Spread the dressed celeriac and chicory into a salad bowl.
3. Cut a slice off the base of the orange and stand it on a board. Use a sharp knife to cut through the peel and pith of the orange. Cut out the individual orange segments adding them into the salad bowl. Squeeze any juice out of the remaining orange membrane over the salad.
4. Add some more salt and pepper to taste, scatter over the sunflower seeds and serve.



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# CELERIAC

## POTATO, PEAR & CELERIAC GRATIN

*Serves*  Ten

*Allergens*  Milk, Celery

### *Ingredients*

- 50g stork
- 500g Maris piper potatoes
- 500g celeriac
- 400g pears
- Lo salt, pinch
- ground black pepper, pinch
- 400ml double cream
- 200ml whole milk
- 2 clove garlic, peeled and halved
- 2 bay leaf
- 1 tsp. ground nutmeg
- Lo salt, pinch
- Ground black pepper, pinch
- Flat parsley, small handful, chopped

### *Method*

1. Heat the oven to 170°C and grease a baking dish with the stork.
2. Peel the potatoes and slice them thinly, either with a sharp knife. Cut the outer layer off the celeriac and slice this thinly, too. Peel, quarter and core the pears, and slice each quarter thinly lengthwise. Combine the vegetables and pear in a bowl, season and toss. Arrange the mixture in the gratin dish, pressing it as flat as possible so there are not too many gaps and air pockets.
3. Put the cream and milk in a saucepan with the garlic halves, the bay leaf, the nutmeg and salt and pepper, and heat until just below boiling. Pour over the veg in the dish, take the bay leaf out, but keep the garlic in.
4. Bake for approx. 1 hour, until the top is golden and bubbling, and a small, sharp knife easily pierces the vegetables all the way through.
5. Leave to rest and cool for approx. five minutes to set, before serving sprinkled with the freshly chopped parsley.

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# CELERIAC

## CREAMY CELERIAC SOUP

*Serves*  Ten

*Allergens*  Milk, Celery

*Ingredients* 

- 50g stork
- 500g onion, finely chopped
- 2 garlic cloves, finely chopped
- 2 leek, white only, finely chopped
- 4 celery, finely chopped
- Thyme sprigs, few sprigs picked
- 700g celeriac, peeled and cut into small cubes
- 1ltr. vegetable stock
- 200ml double cream
- Lo salt, pinch
- Ground white pepper, pinch

*Method* 

1. Heat a large frying pan, add 50g of the stork, the onion and fry for a couple of minutes to just soften. Add the garlic, leek, celery and thyme sprigs and fry for another minute; then add the chopped celeriac. Pour in the stock and bring to the boil, then reduce the heat to a simmer and cook for 15 minutes, until the celeriac is just tender.
2. Blend the soup to a fine purée using a stick blender or a blender. Return to the heat in a pan and add the cream.
3. Season with salt and white pepper to serve.



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## CELERIAC RIBBONS WITH ROCKET, GARLIC & PUMPKIN SEEDS

Serves  Ten

Allergens  Milk, Egg, Celery

### Ingredients

- 1½ celeriac, peeled then cut into ribbons using a vegetable peeler
- 1 lemon, juice and zest
- 50g pumpkin seeds
- 45ml olive oil
- 25g stork
- Thyme, few sprigs, leaves removed
- 2 garlic cloves, finely chopped
- ½ tsp dried chilli flakes
- 1 red onion, thinly sliced
- Rocket, large handful
- 30g parmesan cheese
- Lo salt, pinch
- Ground black pepper, pinch

### Method

1. Squeeze most of the lemon juice into a large bowl of cold water and add the celeriac ribbons.
2. Dry-fry the pumpkin seeds in a frying pan over a medium heat until they've puffed up and popped. Set aside.
3. Bring a large saucepan of salted water to the boil, add the celeriac and cook for 1 minute. Drain, refresh, drain well and chill the celeriac.
4. Heat the stork in a frying pan over a medium heat. When the stork has melted add the thyme, garlic sliced red onion and chilli flakes and cook for approx. 2 minutes until fragrant and almost golden. Remove from the heat, slide onto a clean plate and set aside to cool.
5. When everything is cold, mix together with the rocket, lemon zest and season.
6. Place in a salad bowl and sprinkle with the parmesan and pumpkin seeds to serve.

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## LEEK & CELERIAC SOUP

*Serves*  Ten

*Allergens*  Celery

*Ingredients* 

- 35ml vegetable oil
- 1 onion, finely chopped
- 250g Maris piper potatoes, peeled and chopped into cubes
- 400g celeriac, peeled and chopped
- 1 carrot, peeled and diced
- 1 sprig thyme, leaves only
- 4 leeks, finely sliced
- 1ltr vegetable stock
- Lo salt, pinch
- Ground black pepper, pinch
- Chives, small handful, finely chopped

*Method* 

1. Heat a large heavy-based saucepan or casserole dish over a medium heat. Add a dash of oil and, once hot, add the onion, carrot, potatoes, celeriac and thyme leaves. Cook over a medium heat for approx. 10 minutes, until the vegetables have softened.
2. Add the stock and simmer gently for 10-15 minutes until the celeriac is nearly tender.
3. Add the leeks, cover the pan and cook for a further 5 minutes, until the leeks are wilted and tender but still bright green.
4. Remove from the heat and blend in batches until really smooth.
5. Transfer the blended soup to a clean pan. Reheat if necessary, taste and season. Serve, garnish with chopped chives.



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## CELERIAC & GARLIC SLAW

Serves  Ten

Allergens  Egg, Celery

### Ingredients

- 1 bulb fennel
- ½ celeriac, peeled
- ½ small red cabbage
- ¼ small white cabbage
- 1 beetroot, peeled
- 1 onion
- 3 carrots, peeled
- 1tbsp. fennel seeds, toasted
- Lo salt, pinch
- Ground black pepper, pinch
- 1 lemon, zest only
- Dill, few sprigs, chopped
- Chervil, small handful, chopped
- Flat leaf parsley, small handful, chopped

For the garlic dressing:

- 4 garlic cloves, grated
- 400ml light mayonnaise
- ½tsp. cayenne pepper
- 1 orange, zest and juice

### Method

1. Finely slice the fennel, celeriac, red cabbage, white cabbage, beetroot, onion and carrots and place into a large mixing bowl. Add the fennel seeds and seasoning. Mix thoroughly, then leave to stand for 20 minutes.
2. Add the garlic, cayenne pepper, orange juice and zest to the mayonnaise, stir and set aside.
3. Add the lemon zest and chopped herbs to the vegetables, check and add seasoning if required. Fold the mayonnaise to taste, you may not need it all.
4. Mix together and serve.



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# CELERIAC

## CELERIAC & POTATO ROSTI WITH POACHED EGGS

*Serves*  Ten

*Allergens*  Wheat, Mustard,  
Egg, Gluten, Celery

*Ingredients* 

- 1kg celeriac, peeled
- 300g Maris Piper potato, peeled
- 45g plain flour
- 6 spring onions, finely sliced
- 30ml vegetable oil
- 10 eggs, free range

For the salad:

- 3tbsp olive oil
- 3tbsp. wholegrain mustard
- 6tsp. white wine vinegar
- Mixed salad, large handfuls

*Method* 

1. Coarsely grate the celeriac and potato into a colander or steamer tray and over the sink, squeeze out as much moisture as possible from the mixture. Tip into a bowl and stir through the flour, spring onions and plenty of seasoning.
2. Heat a large frying pan and spray lightly with oil. Form the mix into 20 patties, each about 12cm wide and 1cm thick. Fry in batches, for approx. 2 minutes until golden underneath. Flip and fry for another 2 minutes until again golden underneath and cooked through. Keep warm in a low oven while you poach the eggs.
3. Fill a deep frying pan with gently simmering water. Crack the eggs into a small cup, one at a time, then drop gently into the water. Poach for approx. 3 minutes, until the whites have just set. Scoop out with a slotted spoon and drain briefly on kitchen paper.
4. Whisk together the olive oil, mustard and white wine vinegar in a bowl with some seasoning, then tip into the salad leaves and toss well.
5. Place the röstis into a tray, two to a portion and top each a poached egg and some salad.

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## CELERIAC PUREE

Serves  Ten

Allergens  Milk, Celery

Ingredients 

- 100g stork
- 1tbsp. vegetable oil
- 50g celeriac, peeled and cut into 2cm dice
- 300ml double cream
- Lo salt, pinch
- Ground black pepper, pinch

Method 

1. Melt the stork in a large pan with the vegetable oil, then add the celeriac and a large pinch of salt. Cut a round piece of baking paper the same size as the pan and use to cover the celeriac. Cook gently for 20 minutes, stirring regularly, until the celeriac is very soft and starting to collapse. If it starts to stick, add a splash of water to the pan.
2. Meanwhile, bring the double cream to the boil in a small pan.
3. Tip the celeriac into a food processor and whizz until smooth. Add the double cream, a splash at a time, between blends, until it is a light puréed consistency.
4. Season and push through a fine sieve. Reheat to serve.



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## CELERIAC MASH

*Serves*  Ten

*Allergens*  Mustard, Milk, Celery

*Ingredients* 

- 400g celeriac
- 600g Maris piper potato
- 100g stork
- 100ml milk, semi skimmed
- Lo salt, pinch
- Ground black pepper, pinch
- 2tbsp. mustard, course-grain

*Method* 

1. In a pan add the celeriac pieces in with the potatoes. Cook on a gentle boil until both the potatoes and celeriac are soft.
2. Remove from the heat and drain, returning the mash and celeriac to the pan and over the heat to evaporate most of the liquid, no longer than a minute.
3. Mash the celeriac and potato together with the stork, milk and mustard.
4. Once soft and creamy, season and serve.

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# CELERIAC

## CELERIAC & APPLE PUREE

*Serves*  Ten

*Allergens*  Milk, Celery

*Ingredients* 

- 900g celeriac, peeled and cut into 2.5cm chunks
- 1ltr semi-skimmed milk
- Lo salt, pinch
- Ground black pepper, pinch
- 80g long grain white rice
- 450g dessert apples, peeled, cored and quartered
- 20g butter

*Method* 

1. Put the celeriac in a medium saucepan, add the milk, season, and bring to the boil over a moderate heat.
2. Stir in the rice, lower the heat, partially cover and simmer for 10 minutes. Add the apples and simmer for approx. 10 minutes longer, until the celeriac is very tender. Drain the mixture, saving the cooking liquid.
3. In a food processor, purée the celeriac mixture until perfectly smooth, adding 2tbsp of the cooking liquid if necessary. Process for several minutes more, scraping down the sides several times, until you have a fine purée. Taste and adjust the seasoning if necessary. Add the butter and process to blend.



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# CELERIAC

## CELERIAC & CHEDDAR BREAD

*Serves*  1 Loaf

*Allergens*  Wheat, Milk, Egg,  
Gluten, Celery

*Ingredients* 

- 175g celeriac (peeled weight)
- 110g cheddar cheese, grated
- 175g self-raising flour
- 4 spring onions, finely chopped
- Cayenne pepper, pinch
- Lo salt, pinch
- 1 egg, free range
- 2tbsp milk, semi skimmed

*Method* 

1. Preheat the oven to 180°C.
2. Sift the flour into a large mixing bowl, add the spring onions, two-thirds of the grated cheese, the cayenne pepper and the salt.
3. Using the coarse side of a grater, grate in the celeriac and give everything a really good mix. Beat the egg and milk together and gradually add it all to the mixture until you have a loose, rough dough.
4. Transfer it to the baking tray and shape it into a round with your hands. Lightly press the rest of the cheese over the surface, sprinkle with a little flour and bake the bread on the middle shelf of the oven for approx. 45 minutes, until golden brown.
5. Cool on a wire rack and eat as fresh as possible.

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# CELERIAC

## CELERIAC VEGGIE LOAF

Serves  Ten

Allergens  Wheat, Milk, Egg,  
Gluten, Celery

### Ingredients

- 1 celeriac, peeled and cut into quarters
- 1 parsnip, peeled
- 3 carrots, peeled
- 2 broccoli stalks
- 1 onion, roughly chopped
- 4 eggs, free range, beaten
- 100g stork
- 45g breadcrumbs
- 15g mushrooms, button, quartered
- 1tsp. dried mixed herbs
- Parsley, small handful, chopped
- Lo salt, pinch
- Ground black pepper, pinch

### Method

1. Place celeriac, carrots, parsnip and broccoli stalks in a large pan of salted water. Bring to boil and simmer until vegetables are tender.
2. Grate cooked veggies on the large side of the grater and set aside.
3. Melt stork in a large pan and fry the onion until soft and translucent.
4. Add grated vegetables, mushrooms and mixed herbs and fry together with the onion for approx. 15 minutes until soft and slightly golden. Once cooked remove from the heat and set aside to cool.
5. Once mixture cooled slightly, add beaten eggs, breadcrumbs and chopped parsley and mix well.
6. Preheat oven to 180°C.
7. Put it in a buttered loaf tin and bake for approx. 40 minutes, until set and firm but springy to touch.
8. Set aside to cool slightly before serving.



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## CELERIAC & PARSNIP BREAD

Serves  Ten

Allergens  Wheat, Milk, Egg,  
Gluten, Celery

Ingredients 

- 100g parsnip, peeled and grated
- 50g celeriac, peeled and grated
- 50g parmesan cheese, grated
- 225g self-raising flour
- 2 eggs, free range
- 1tbsp. milk
- 1tsp lo salt

Method 

1. Preheat the oven to 170°C.
2. Sift the flour into a large bowl. Mix in the grated vegetables and salt and lightly toss them with the flour. Then do the same with the parmesan. Spoon in the egg and milk mixture, a little at a time, mixing in as you go. The dough will be very sticky and messy - this is what it's meant to look like!
3. Transfer the dough to a well-greased baking sheet and pat it into a 15cm round shape. Bake it in the oven for approx. 45 minutes until golden brown and crusty.
4. Cool slightly on a wire rack. Best served warm but still tastes pretty good cold.

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# CELERIAC

## CELERIAC OVEN CHIPS

*Serves*  Ten

*Allergens*  Mustard, Celery

*Ingredients* 

- 2 celeriac
- 4tbsp. vegetable oil
- 2tbsp. mild curry powder
- Lo salt, pinch
- Ground black pepper, pinch

*Method* 

1. Pre-heat your oven to 210°C.
2. Peel the celeriac, slicing off the top and bottom and sweeping down the sides with a heavy, sharp knife to remove the tough skin. Cut the celeriac into thumb-thick slices and then into fat chips.
3. Bring a very large saucepan of salted water to the boil, throw in the chips and blanch, for approx. 2 minutes, until slightly soft.
4. Drain the chips and throw back into the saucepan. Add the oil, curry powder and salt. Toss until well coated.
5. Spread the chips over a large heavy baking sheet, leaving plenty of space (you may need 2 sheets).
6. Bake them in the oven for approx. 30 minutes, until cooked and golden.



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## CELERIAC BHAJI'S

*Serves*  Ten

*Allergens*  Gluten, Celery

*Ingredients* 

- 300g gram flour
- 1½tsp. baking powder
- 2tbsp. ground cumin
- 2tbsp. ground coriander
- 1tsp. chilli powder
- 2tsp. lo salt
- 2tsp. ground turmeric
- 2 red onions, finely sliced
- 400g celeriac, peeled and grated
- Coriander, small handful, finely chopped, plus to garnish
- 4tbsp. oil

*Method* 

1. Preheat the oven to 180°C and line two baking sheets.
2. Sieve the gram flour into a large bowl with the baking powder, cumin, coriander, chilli, salt and turmeric. Mix well with 200ml cold water to make a batter. Add the onion and grated celeriac, and mix well with clean hands.
3. Using an ice cream scoop or tablespoon, spoon out 20 balls of bhaji mix and place them onto the lined trays.
4. Drizzle with a little of the oil and place in the oven to bake for approx. 25 minutes, until the bhaji's are crisp and golden and cooked through.
5. Remove from the oven and set aside for a few minutes, then sprinkle with the remaining coriander to serve.





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