COOKING WITH CELERIAC





WHAT IS CELERIAC?

Celeriac is a root vegetable with a flavour similar to celery, and is also known as *turnip-rooted celery* or *knob celery*. It has a dense texture similar to turnip or potato when cooked.

Keep celeriac in the fridge before using – it can be stored for several weeks if it is not allowed to dry out. To prepare, cut off the top and bottom and peel the tough skin with a potato peeler or a paring knife.

UK grown celeriac is available 50 weeks of the year.

MEET THE GROWER

JULIAN PEROWNE

Julian Perowne, Farm Manager at Jack Buck Farms, has been growing celeriac for 19 years

When I started working at Jack Buck Farms, Robin Buck had already been growing a couple of acres of celeriac for about 6 years. He was given some seeds by a family friend and already had the land and a washer, so decided to give it a go. We've never really looked back, and production has grown ever since.

It's a tricky crop to grow – it seems to spend its life thinking up new ways to rot! But we like it being difficult – if it wasn't then everybody would be doing it!

Despite its appearance, it does look wonderful when it's growing out in the field. The bushy foliage is a beautiful dark green colour and you can just about see the pale celeriac pushing through the soil.

The best way to eat celeriac is simply roasted in chunks. It also makes a fantastic soup, especially with a bit of apple mixed in as well to give acidity.



CELERIAC DAUPHINOISE

serves 4

250g celeriac peeled and finely sliced 250g potatoes (Maris Piper) peeled and sliced (do not wash after peeling) 300ml double cream 2 cloves of garlic, sliced 2 banana shallots (or 4 shallots) peeled and sliced Salt and pepper to taste Cook the garlic and shallots in a little butter.

Meanwhile layer the potato and celeriac slices alternately in an ovenproof dish.

Once the shallots have softened, add the cream and boil. Season to taste.

Pour the mixture over the layered celeriac and potato.

Cook for 30-40 minutes in fairly hot oven (approximately 200°c).

CHEF'S TIP

Try adding some walnuts or even some orange zest.

SALT BAKED CELERIAC, PEARL BARLEY, SPINACH & RICOTTA serves 4

For the salt baked celeriac

1 small celeriac 1 handful of rock salt 2 cloves of garlic 2 sprigs of thyme

For the pearl barley

200g pearl barley, soaked in cold water for 24 hours 1/2 a carrot, peeled and diced 1/2 a leek, washed and sliced 2 cloves of garlic, crushed 1 bay leaf (optional) 2 sprigs thyme 1 onion, peeled and diced 1 litre water 60g ricotta cheese 100g spinach 1/2 a lemon, juiced Place a handful of rock salt into tinfoil and place the celeriac on top of the salt.

Wrap up tight and place into the oven at 160 $^\circ \mathrm{c}$ for 2 hours.

Put the drained barley into a pan and cover with the water. Add the thyme, bay leaf and garlic along with the carrot and leek.

Simmer until the water has reduced and the barley is cooked.

Add the spinach, lemon, ricotta and season. Once the celeriac is soft, peel the skin and cut into wedges.

Serve the celeriac wedges on top of the pearl barley mixture.

CHEF'S TIP

Try replacing the pearl barley with spelt or risotto rice. Finish the barley with some chopped herbs or crème fraîche.





CELERIAC REMOULADE WITH FIGS AND PARMA HAM serves 4

For the remoulade, salt the grated celeriac for 5

minutes and then wash well.

170g grated celeriac 10g table salt 5g grain mustard 10g crème fraîche 50g mayonnaise

To serve 12 slices of parma ham or similar charcuterie 4 figs

Add all other ingredients and mix. This can be done a couple of days in advance and kept in the fridge until needed.

Cut the figs in half and place into an ovenproof dish with a little honey and roast for 5 minutes at 180°c.

To serve, place the parma ham and remoulade onto a plate with the roasted figs.

CHEF'S TIP

Serve with some crusty bread for a simple but tasty starter.

CELERIAC SOUP

serves 4

1 whole small celeriac, peeled and diced 1 litre full fat milk 2 tablespoons cream or crème fraîche 60g butter Salt and pepper to taste Place all the ingredients (apart from the salt and pepper) into a saucepan and simmer for 20 minutes, or until the celeriac is soft.

Put the mixture into a food processor and blend well.

Season and serve.

CHEF'S TIP

This soup is fantastic all year round - try adding an apple to make it lighter, or a handful of crushed chestnuts to give it a warming winter feel.



HINTS AND TIPS

WHO ARE WE?

Cut celeriac will brown quickly, so place it in some water with a squeeze of lemon juice to prevent discolouration, and only peel what you are going to use.

Try and choose a celeriac with a smooth outside to avoid excess wastage when peeling.

Celeriac is an ideal replacement for potato for those on a low carbohydrate diet – you can mash it, roast it or even make chips!

We're a grower, a supplier and a marketer of niche vegetables.

Part of M&W Mack Ltd, we belong to a family run business that's been trading since 1874.

Want to find out more? Visit www.dgmgrowers.co.uk

Mdgm Grouers

Published by DGM Growers, Oak House, Holbeach Bank, Spalding, Lincofnshire, PE12 888 Telephone: 01406 422615 Email: mail@dgmgrowers.co.uk www.dgmgrowers.co.uk © 2013 M&W Mack Ltd trading as DGM, Growers. Registered in England and Wales (company registration number 00447404).