

# THIS MONTH, IT'S ALL ABOUT **CELERIAC**

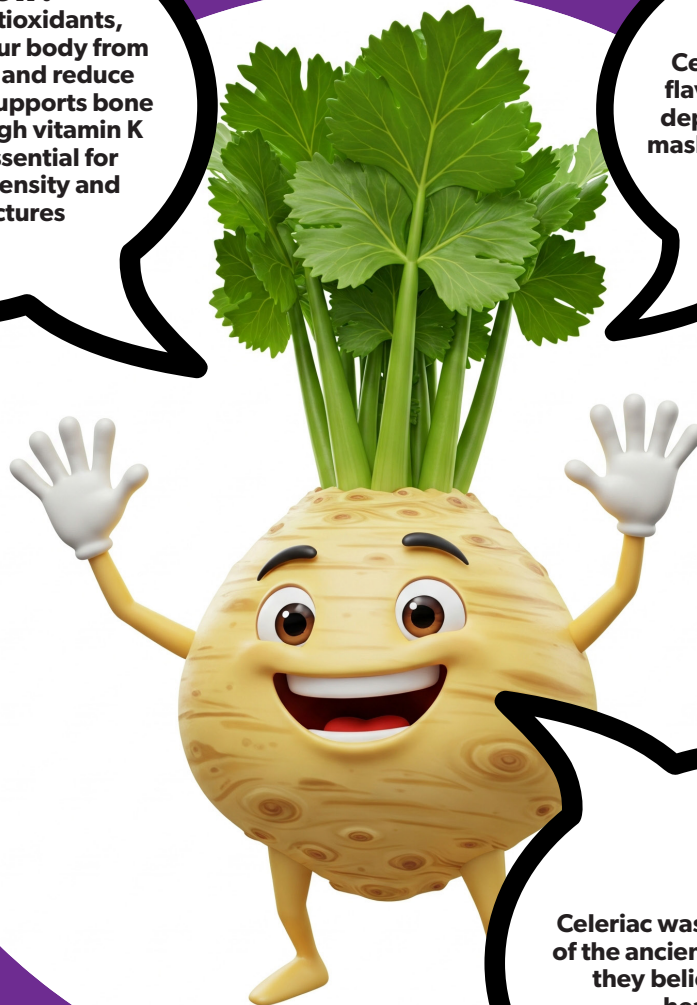
**Simple, Seasonal, Sensational!**

## **Did you know?**

Celeriac is rich in antioxidants, which help protect your body from harmful free radicals and reduce inflammation. It also supports bone health thanks to its high vitamin K content, which is essential for maintaining bone density and preventing fractures

## **Why we love it**

Celeriac has a nutty, earthy flavour that adds a delicious depth to dishes - it's ideal for mashing, roasting, or blending into warming soups



## **Fun fact**

Celeriac was a favourite vegetable of the ancient Greeks and Romans - they believed it had magical healing powers!

**TAKE THE FLAVOUR HOME - TRY SOME OF OUR CHEFS'  
FAVOURITE TASTY CELERIAC RECIPES!**

WE ONLY USE



FRESH UK BEEF



FRESH UK PORK



FREE RANGE EGGS

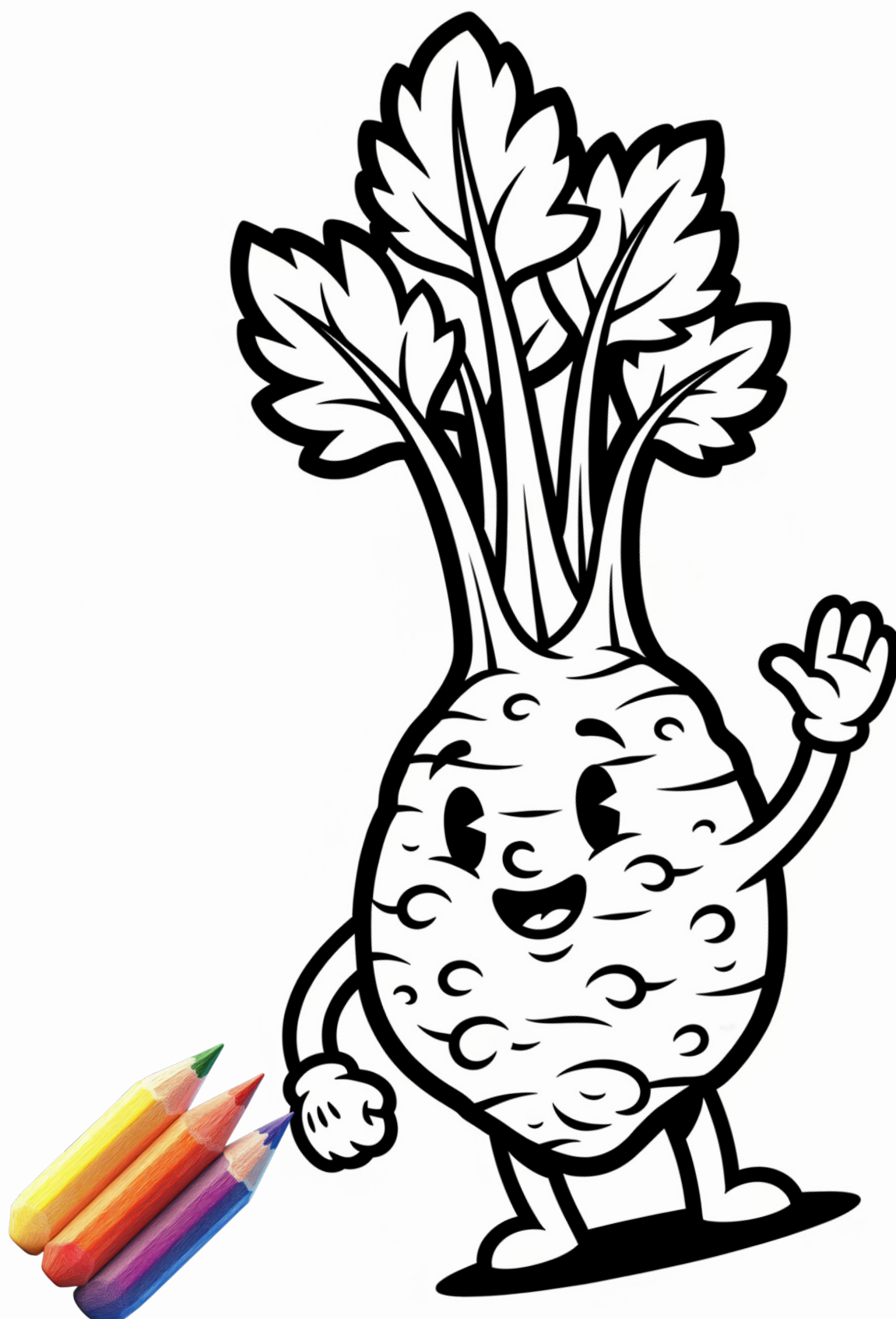


LOCAL FRUIT & VEG



WHOLE MEAL PASTA

**fresh ingredients**  **fresh food**



Colour me...

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# RECIPE

## CELERIAC AND APPLE SLAW (SALAD)

### INGREDIENTS

- Celeriac (peeled and grated) - 375g
- Apples (grated) - 1 to 2 large
- Carrots (grated) - 2 to 3
- Greek yoghurt - 125ml
- Lemon juice - 25ml
- Honey - ½ tbsp
- Salt and pepper - to taste

### METHOD

1. In a large bowl, combine the grated celeriac, apples, and carrots.
2. In a separate bowl, mix the yoghurt, lemon juice, and honey to make the dressing.
3. Stir the dressing into the slaw until well coated.
4. Season with salt and pepper to taste.
5. Serve chilled in small pots or bowls.

## CREAMY CELERIAC AND POTATO MASH

### INGREDIENTS

- Celeriac (peeled and chopped) - 500g
- Potatoes (peeled and chopped) - 500g
- Milk - 125ml
- Butter - 62g
- Salt - to taste

### METHOD

1. Boil the chopped celeriac and potatoes in a large pan for 20-25 minutes, until soft.
2. Drain the vegetables and return to the pan.
3. Add butter and milk, then mash until smooth.
4. Season with salt and mix well.
5. Serve warm as a side.



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# RECIPE

## CELERIAC AND CHEESE BAKE

### INGREDIENTS

- Celeriac (peeled and thinly sliced) - 500g
- Grated cheddar cheese - 200g
- Milk - 300ml
- Plain flour - 30g
- Butter - 30g
- Mustard (optional) - ½ tsp

### METHOD

1. In a saucepan, melt the butter over low heat.
2. Stir in the flour and cook for 1-2 minutes to make a roux.
3. Gradually whisk in the milk to make a smooth white sauce.
4. Stir in the grated cheese and mustard (if using).
5. In a greased baking dish, layer the sliced celeriac and pour over the cheese sauce.
6. Bake at 180°C for 30-35 minutes until golden and tender.

## CELERIAC CHIPS

### INGREDIENTS

- Celeriac - 750g
- Olive oil - 37ml (about 2½ tbsp)
- Paprika - ½ tsp
- Salt - to taste

### METHOD

1. Preheat the oven to 200°C (fan 180°C).
2. Peel and cut the celeriac into thin chip shapes.
3. Toss the chips with olive oil, paprika, and a pinch of salt.
4. Spread in a single layer on a baking tray.
5. Roast for 25-30 minutes, turning halfway through, until golden and crispy.



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# RECIPE

## CELERIAC AND CARROT SOUP

### INGREDIENTS

- Celeriac (chopped) - 375g
- Carrots (chopped) - 375g
- Onion - ½ large or 1 small
- Garlic - 1 clove
- Vegetable stock - 625ml
- Olive oil - 25ml (about 1½ tbsp)

### METHOD

1. Heat the oil in a large pan and sauté the chopped onion and garlic until soft.
2. Add the celeriac and carrots and stir for about 5 minutes.
3. Pour in the vegetable stock and bring to a simmer.
4. Cover and cook for 30 minutes until vegetables are soft.
5. Blend until smooth using a stick blender or food processor.
6. Serve hot with bread.

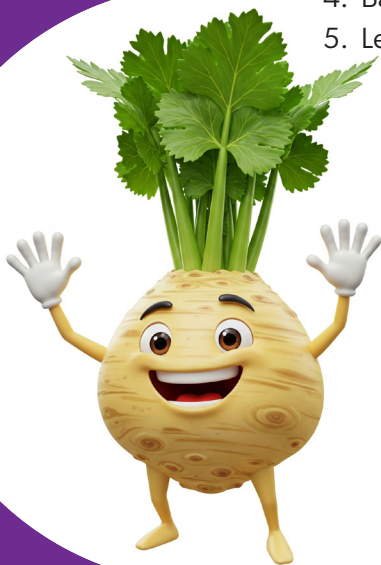
## MINI CELERIAC AND LEEK FRITTATAS

### INGREDIENTS

- Celeriac (grated) - 250g
- Leeks (finely sliced and softened) - 250g
- Eggs - 4
- Milk - 75ml
- Grated cheese - 100g
- Oil - for greasing muffin tin

### METHOD

1. Preheat oven to 180°C. Grease a muffin tin or use paper cases.
2. In a bowl, mix the grated celeriac, softened leeks, cheese, eggs, and milk.
3. Spoon the mixture into the muffin tray, filling each cup about ¾ full.
4. Bake for 20-25 minutes until golden and firm.
5. Let cool slightly before serving.



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