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Roasted Whole CELERIAC with Coriander and Olive Oil

NATURALLY DELICIOUS RECIPES • Janice Feuer-Haugen

Perhaps you've begun noticing a strange rather alien looking vegetable appearing at your local supermarkets and farmers' market. Some of you may even have received a few of them in your CSA (Community Supported Agriculture) box. If that alien vegetable looks anything like this photo, what you have, dear friends, is a celeriac, also known as celery root. Two popular ways of preparing celeriac include peeled, grated and eaten raw or peeled, diced and cooked with potatoes and mashed.

Today I offer you a third way inspired by Israeli-British celebrity chef, Yotam Ottolenghi. And now I, too, both suggest serving the celeriac unpeeled and roasted whole with coriander and olive oil. Try roasted celeriac as a meal in itself, serving it straight from the oven for dinner or from the fridge the next day for lunch. Whether hot or cold the flavors are perfect together. The celeriac richly flavored and luxuriously tender, the oil flavorful and the burst of flaky salt addictive.

CELERIAC & CELERY ARE COUSINS

Celeriac is a distinct plant of its own, rather than the root of conventional celery. Available in the fall and winter months, celeriac is cultivated to grow a large, round dense root underground. Whereas conventional celery is available year-round and has been cultivated to grow tall, compact stalks above ground.

Coming from the same plant family, both celeriac and celery share somewhat similar flavor and fragrance. Though, celeriac, especially after being slow roasted, has the deeper, richer flavor of the two.

ANCIENT ROOTS & HEALTHY TOO!

Old texts mention the medicinal and religious importance of celeriac in ancient times in Greece, Italy and Egypt. For example, traces of it were found in the tomb of Tutankhamun who died in 1323 BC. And



Homer mentioned celeriac in his epic poem, *The Odyssey*, written about the 8th century BC.

Among its many health benefits, celeriac is considered to be anti-inflammatory, antioxidant, antibacterial and anticancer. Traditional Chinese medicine has long considered it valuable for lowering high blood pressure. In addition, having a high vitamin K content makes celeriac important for both brain function and bone strength. It is also a good source of vitamins C and B6 as well as phosphorus, manganese, iron and copper. Celeriac's other vitamins and minerals include vitamins E, B1, B2, B3, B5, folate, zinc, magnesium and calcium.

FROM ROOT TO STEM

Most recipes for celeriac advise cutting off and discarding a slice from both the root and the stem ends, and then using a knife to carefully cut off and discard the peel. However, celeriac roasted whole means just that. Scrub the celeriac well, but don't peel it and don't remove that slice from the two ends. You will be amazed with just how tender and delicious the skin with all its bumps and stems and roots becomes after a long, slow roast in the oven.

Roasted Whole Celeriac

with Coriander and Olive Oil

Enjoy easily made, deeply flavorful and luxuriously tender *Roasted Whole Celeriac* as a meal in itself as well as an appetizer or side vegetable as well. Perfect for entertaining. Vegan and naturally gluten-free. ♥

Roasting times will vary. A larger, 2½ pound celeriac may take 3 hours to roast; a one pound celeriac 1¾ to 2 hours.

INGREDIENTS

One 1½ pound celeriac, washed and scrubbed well
1 teaspoon whole coriander seeds, lightly crushed
1½ teaspoons flaky salt, such as Maldon
3 tablespoons olive oil
Lemon wedges for garnish

INSTRUCTIONS

- 1) Heat the oven to 335 degrees.
- 2) Use the tip of a paring knife to poke the celeriac about 20 times. Transfer the celeriac to a baking dish.
- 3) Lightly crush the coriander seeds in a spice grinder or with a mortar and pestle. Mix them with the flaky salt.
- 4) Rub the olive oil all over the celeriac to completely cover it. Then press the coriander/salt mixture onto the oil.
- 5) Roast for 2 hours 15 minutes until the celeriac is golden brown and soft all the way to its core.
- 6) Just out of the oven, cut the celeriac into wedges. Serve them with a wedge of fresh lemon and a drizzle of any oil or spices left in the baking dish.

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