

# Celeriac



Try It!



## SWEET POTATO & CELERIAC AU GRATIN

### Ingredients

- 1 1/2 Lbs. Sweet Potatoes
- 1 Giant Celeriac
- 1 Tbsp. Butter
- 1 1/4 Cups Cream, heavy whipping
- 1 1/2 Cups Parmesan cheese, grated
- 1/2 tsp. Nutmeg, freshly ground

### Instructions

1. Pre-heat oven to 350 degrees F. Peel and slice celeriac and sweet potatoes (a mandolin works great). Make 2 separate piles, then separate each pile into 4 piles. Butter the inside of a 9"x9" square baking pan. Layer a consistent single layer of celeriac slices, sprinkle with a little salt
2. Add a layer of sweet potatoes, season with salt & pepper, drizzle 1/4 cup of cream evenly around the layer, sprinkle 1/4 cup of grated parmesan cheese, lightly sprinkle the nutmeg.
3. Repeat these layers until everything is used with the top being the cream and parmesan cheese. Bake for 45 minutes or when knife inserted into middle goes in easy.
4. Let stand for 15 minutes before serving.

## Selection

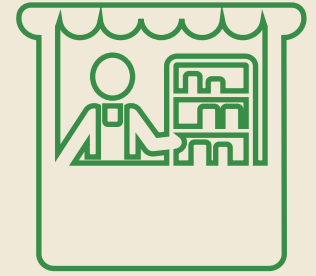
When selecting, make sure that the globe is about 4 inches in diameter. The stems should be dark green in color and free of pests. The exterior of the bulb should be brown. A bright white color should be underneath the first layer of flesh.

## Uses

Celeriac is popular with Europeans, as they use it grated or sliced in salads and cooked in soups and stews. It can also be pureed. In the U.S., it usually is cooked and made with other foods, like sweet potatoes.

# History & Fun Facts

Celeriac is derived from wild celery, which has a small edible root and has been used in Europe since ancient times. It is unclear as to when celeriac was first cultivated but there are references dating back to ancient times. Today celeriac is not widely eaten outside of Europe or West Asia. It is popular in France and Italy. Celeriac is one of the oldest root vegetables in recorded history. Celeriac first achieved culinary importance during the middle ages.



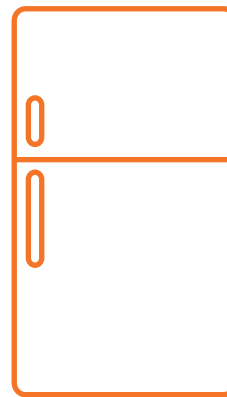
## BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

## Care and Storage

- Trim tops to 1/4" in length. Store with soil and roots intact.
- Can be placed in perforated bags or packed in damp sand in a sealed container.
- Wash thoroughly by lightly scrubbing with brush.
- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.



### NUTRITION FACTS

- \_\_\_\_\_ Fat free
- \_\_\_\_\_ Cholesterol free
- \_\_\_\_\_ Good source of fiber
- \_\_\_\_\_ Good source of Vitamin C
- \_\_\_\_\_ Good source of iron



Swipe at the Information Booth on the corner of 2nd and Main. Double your \$10 EBT swipe on the 1st Saturday of each month!



## FOR MORE INFORMATION...

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at [www.5aday.gov](http://www.5aday.gov); [www.recipesource.com](http://www.recipesource.com)

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