

HERB-BAKED CELERIAC



This recipe is from

goodfood

The BBC Food Editor Barney says:

"Here's a novel way of cooking a celeriac that means you don't have to peel it – but you'll need to give it a good scrub to get rid of any bits of soil. It takes two hours in the oven, but if you've got something meaty already roasting or slow-cooking, it's well worth slipping the celeriac in to serve alongside."

Ingredients:

- 1 Celeriac
- 1 tbsp Olive oil
- 4 Rosemary sprigs
- 4 Thyme sprigs
- 3 Bay leaves
- 1 Garlic bulb, broken into cloves
- 50g Butter

Celeriac, also known as root-celery, is a winter-season root vegetable. It is a good source of:

Vitamin K, which increases bone mass
Phosphorous, required for cell metabolism, bone and teeth.
Iron, calcium, copper and manganese
Some valuable B-complex vitamins

Method:

Heat oven to 180C/160C fan/gas 4. If the celeriac has a green sprouting top, cut it off and discard. Scrub off any dirt and trim away any frilly bits of root. Rub the celeriac all over with the oil and place on a large sheet of foil, root-side down. Scatter with the garlic, herbs and seasoning. Wrap the foil tightly and place on a tray and roast on the bottom of the oven for 2 hrs. Check after 2 hrs that the top is very tender – if not give it 30 mins more.

To serve, unwrap the celeriac and cut off the top. Loosen and mash the middle with the butter, some seasoning and squeezed out softened garlic, if you like. Serve the celeriac with a spoon sticking out of it for everyone to help themselves to.

Ingredients are available in the shop. If you are not sure where please ask a member of staff. This recipe is available to view online at www.phoenixshop.co.uk