

## Food of the Month

### August: Celeriac

- ◆ Celeriac is very low in calories. 100 g root holds just 42 calories. Its smooth flesh has some health benefiting plant-nutrients, minerals, vitamins, and dietary fiber.
- ◆ Celeriac contains many poly-acetylene anti-oxidants such as falcarinol, falcarindiol, panaxydiol, and methyl-falcarindiol.
- ◆ Several research studies from scientists at University of Newcastle found that these compounds possess anti-cancer properties and, thereby, may offer protection from colon cancer and acute lymphoblastic leukemia.
- ◆ Celeriac is very good source of vitamin K. 100 g root provides about 34% of recommended daily intake. Vitamin-K improves bone mineralization by promoting osteotrophic activity in the bones.
- ◆ The root is a very good source of the essential minerals such as phosphorus, iron, calcium, copper, and manganese.

Nutritional Information: per 100gr Celeriac

Calories	42
Protein	1g
Carbohydrate	9g
Fat Total	0g



#### **RECIPE:**

##### **Celeriac & Apple Soup**

2 good splashes olive oil or knobs of butter  
1 medium onion, chopped  
2 celeriacs, peeled and chopped into large chunks (about 1.2kg total)  
1 braeburn apple, peeled and cored  
2 fresh thyme sprigs, plus extra leaves to garnish  
Good grating nutmeg  
1 bay leaf  
500ml vegetable stock  
2 tbsp wholegrain mustard

#### **Directions**

Heat some olive oil or butter in a large heavy-based pan. Fry the onion until soft but not coloured. Add the celeriac, apple, thyme, nutmeg and bay leaf. Pour in the veg stock and 500ml water, then bring to the boil. Simmer for 15 minutes, covered, or until the celeriac is tender. Put the soup into a food processor and whizz until smooth. Strain through a sieve, working it through with the back of a wooden spoon if necessary, then add the mustard, taste and season.

Ladle the hot soup into bowls, then top each with a scattering of thyme leaves, drizzle with cream (optional) and serve with fresh bread.