



RESCUING FOOD • NOURISHING COMMUNITIES

FOOD CARD

CELERY



AVAILABLE

All year. Plentiful in Winter.

STORE

In the fridge. Will keep for approx 10 days.

EAT

Raw or cooked.

PREPARE

1. Cut off base.*
2. Take off outer green leaves.*
3. Wash stalks in running water.
4. Slice or chop.

COOK

Microwave: In a covered dish with 1/8 cup of water per 1 cup celery. 2-3 minutes.

Roast: In preheated oven at 180°C. Turn once. 15-20 minutes.

Braise: In a frypan. Saute 7cm pieces of celery in a little oil until lightly browned. Add hot stock (220mls per head of celery). Simmer with lid on for 15 minutes. Remove lid. Simmer until liquid becomes syrupy (about 5 minutes).

Serve as a side dish.

AVOID WASTE

*Freeze base and leaves to use in stock

Make stock: Saute chopped celery with a chopped onion and 1 grated carrot. Add a bayleaf and 1L water. Bring to boil. Simmer for 20 mins. Remove vegetables. Use in soup or stews.

Can be frozen.

Juice: Blend with other vegetables and fruit to make a refreshing juice.

TASTY IDEAS

- Eat stalks raw with dips or peanut butter.
- Add finely sliced stalks to coleslaw or salads.
- Add to stews, stirfries, and soups.