

RECIPE

Celeriac Soup



NOURISH
FOOD SCHOOL



FareShare
North East

RECIPE

Celeriac Soup

MAKES
6 servings

LEVEL
Easy

TIME
60 minutes

INGREDIENTS

1 tablespoon butter or olive oil
1 brown onion and leek, diced
2 garlic cloves, finely chopped
1 whole celeriac
Salt and Pepper
A bunch of fresh herbs (if you have some)

HOW TO MAKE IT

1. Prepare the onion and garlic as described in the ingredients list.
2. Fry the onion (or leek) in a large saucepan with the butter on a low heat. Stir occasionally for 5 minutes until lightly golden.
3. Meanwhile, prepare the celeriac by cutting off the top and bottom, removing the skin by following the curve of the celeriac with a large sharp knife. Then cut into 2cm chunks and leave to one side.
4. Add the garlic pan with the onions. Gently cook and stir for 2 minutes.
5. Add the celeriac, stir then add enough water to cover the ingredients.
6. Increase the heat to bring to the boil then reduce to simmer for 20 minutes.
7. Once the celeriac is soft, blend into smooth soup with a stick blender and add a few splashes of hot water if it needs to be a thinner consistency.
8. Stir in any chopped herbs, taste and season with salt and pepper then you are ready to serve.

INGREDIENT SWAPS	STORE IT
SWAP celeriac FOR any root vegetable	Portion the soup into bags or boxes and freeze for up to 3 months
SWAP fresh herbs FOR dried herbs but add them at the beginning with the onion	