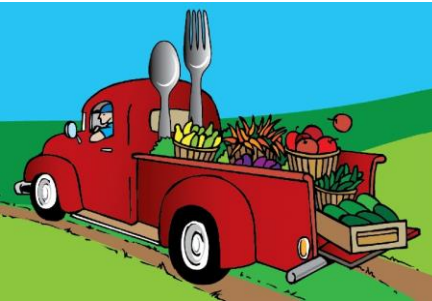




## today's main ingredient

A  LOCAL FOOD PODCAST



# Celery-Root Salad

**INGREDIENTS** – Makes 2 cups salad with 1/2 cup dressing

1 1/4 pounds celeriac (celery-root)  
1 lemon  
1/2 teaspoon salt  
1 Tablespoon Dijon mustard  
3 Tablespoons sour cream  
2 Tablespoons mayonnaise  
1/4 teaspoon freshly ground pepper  
Fresh tarragon or parsley, chopped

**STEP 1** – Slice off the top and bottom of the celery root, and then, using a paring knife or other sharp knife, remove the skin and any gnarled or dirty parts. Rinse. Cut in half and remove any spongy flesh in the center. Cut the lemon in half and rub the celery root pieces to prevent browning.

**STEP 2** – Coarsely shred or julienne the flesh either in a food processor or on a box grater, or alternatively cut the flesh by hand into matchstick-size pieces.

**STEP 3** – Make a dressing: Combine the sour cream, mustard, and mayonnaise. Add lemon juice to taste. Season with salt & pepper and stir in the tarragon or parsley. Coat the celeriac and marinate for 2 hours before serving.