



today's main ingredient

A  LOCAL FOOD PODCAST



Potato and Celery-Root Mash

INGREDIENTS – serves 2 to 4 as a side dish

1/2 pound boiling potatoes, peeled
1 celery root/celeriac, about 1 pound, peeled
Salt & pepper
About 1/2 cup milk, or cooking water, warmed
4 to 8 Tablespoons butter

STEP 1 – Cut the vegetables separately into large pieces. Put each in a separate saucepan, add cold water to cover and 1/2 teaspoon salt; then bring to a boil. Simmer until tender, about 15 minutes for the potatoes, 10 minutes for the celeriac. Drain, reserving the liquid for thinning or to use in making a soup.

STEP 2 – Pass them together through a food mill or mash by hand, adding warm liquid to thin the puree as needed. Season with salt & pepper and stir in butter. Stir in finely chopped parsley before serving.

Variations:

1. Omit milk or water and substitute chicken stock, then include one or more other cooked vegetables in the mix, such as turnips, parsnips, or fennel.
2. Substitute apples for potatoes and omit the milk, substituting apple juice or cider. Purée the cooked celeriac with 3/4 pound of peeled, cored, and quartered apples that have been sauteed in butter. If the puree is too thick, thin with heavy cream or more apple juice or cider