



Full Belly Farm

Fresh, delicious veggies fruits and nuts

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P.O. Box 251 • Guinda CA 95637

belly@fullbellyfarm.com • www.fullbellyfarm.com

CELERY ROOT & FENNEL RECIPES

These recipes updated 12/29/09

Fennel as an Anti-Inflammatory

--Lizzy Koltai

From 1/08

According to Greek mythology, the gift of knowledge from the Gods was contained in a live coal that was carried inside a fennel stalk. Although our fennel may not give you enlightenment, it does act as an anti-inflammatory. The primary component of fennel's volatile oil, the phytonutrient anethole, blocks the intercellular signaling of an inflammation-triggering and potentially gene altering molecule. This not only prevents swelling, but also cancer. Other experiments have shown it to protect the liver against chemical damage. Fennel also has strong antioxidant activity and provides Vitamin C, dietary fiber, and potassium in high amounts (17, 11, and 10% Daily Value per cup respectively).

Fennel

From 4/02

Some say you should eat fennel raw. Andrew likes to pick it and eat it on the run. Dru likes to chop it up and add it to her salads. She uses the whole plant - greens and all. I think that fennel is a good addition to roasted or grilled veggies. Here's a recipe for fennel and orange salad:

2 oranges
1 lemon
4 small fennel bulbs, or 2 big ones
4 tablespoons of olive oil
1/2 tsp of coarse salt
black pepper
10 black olives
2 tablespoons fruit vinegar

Peel the lemon and one of the oranges. Separate the fruit into segments and retain the juice. Squeeze the second orange.

Remove the stalk and greenery from the fennel bulb. Cut the bulb lengthways into narrow strips. Warm the orange and lemon juice in a skillet with 2 tablespoons of the olive oil. Add the fennel and season with salt and pepper. Add the lemon and orange segments and cook briefly. Remove the fennel and the fruit from the skillet, pour the juice from the skillet into a container and mix with the vinegar.

Finely chop the fennel greens, add half to the liquids with the remaining olive oil and stir. Arrange the slices of fennel with the fruits on plates and pour the sauce over the top. Stone the olives and use, together with the remaining green parts of the fennel, to garnish the dish.

Fennel Gratin

We have to admit that we didn't try the following recipe, but it sounds really good and quite straightforward if you are willing to do a bit of improvising.

From 4/02

2 lbs, 3 oz of fennel (weight includes stems)

1/2 tsp coarse salt

3 1/2 oz Swiss cheese

5 oz Roquefort cheese

1 cup sour cream

1/2 tsp fennel seeds

black pepper

Remove the stems of the fennel and set aside. Cook in boiling, salted water for about 5 minutes until "al dente." Drain and set aside. Preheat oven to 400 degrees. Grease a baking pan and spread the fennel out in it. Grate the Swiss cheese, crumble the Roquefort and mix the two cheeses with the sour cream. Add the fennel seeds and season the cheese mixture with pepper. Pour the cream and cheese mixture over the fennel and bake in the oven for 15 minutes. Chop the green fennel leaves and sprinkle over the dish before serving.

Celery Root, Daikon and Carrots

From 2/02

Here's that celery root in your boxes again. Just a few years ago we weren't even growing it and this winter you're getting it all the time! The celery root is always peeled first. You don't usually see the leaves in stores, but we like to leave them on in case our members want to use them in soups or stews. The celery root, carrots and daikon make a great salad. Dice them finely (add cabbage if you have it) and mix them together. Dress with either oil and vinegar (with salt and pepper to flavor), or a coleslaw-type dressing.

These same veggies are great broiled at about 400° in the oven. You chop them all to about the same size pieces, mix them together in a glass dish and coat in olive oil and seasonings. Every 20 minutes or so you should check them by stirring them around in the pan to see if they need a bit more oil. Potatoes, onions and the sun dried tomatoes are a good addition to this mix of broiled vegetables. You should soak the tomatoes first in a bit of hot water.

Another idea comes from one of our members: “Thanks for the celery root. I peel and cube it together with carrots, cook with enough water to just cover, add the juice of a lemon and a little sugar. Let the sauce cook down. Take it out and mix on some olive oil and pour the pan juices over it. It’s great!” The celery root thickens up the water in the pan to make a great consistency. Instead of sugar in this recipe, you can also experiment with a bit of salt and pepper.

Celery Root

From 1/06

To prepare celery root you need to rinse the bulb, then peel off the tough skin with a sharp knife. It can be eaten raw, for example after preparing a celery root julienne, marinate for several hours in a mustard, olive oil, vinegar dressing.

Celery Root, Potato and Cheese Gratin

From 1/06

2 Tb butter
1 lb whole celery root
1 lb potatoes
Salt and pepper
2 cups grated Gruyère cheese
1 cup chicken or vegetable broth

Butter a 1 1/2-quart casserole. Peel celery root and cut it into thin 1/8-inch slices, placing in acidulated water to prevent discoloration (optional). Thinly slice potatoes, only 1/8-inch thick. Layer potatoes, drained celery root, and cheese as follows: Put one-third of the potatoes in the dish, cover with half the celery root, sprinkle on some salt and pepper, and cover with 1/3 of the cheese. Repeat layering, ending with potatoes, and reserving the last third portion of cheese. Salt and pepper the top and dot with butter. Pour in the broth, cover, and bake for 45 minutes at 350°, then uncover, evenly sprinkle the remaining cheese on top, and cook 15 minutes longer.

Celery Root Bisque

From 2009

1/2 stick of butter
1 1/2 pounds of celery root peeled and cut into 1/2-inch cubes (4 cups)
1/2 pound shallots, thinly sliced
1 1/2 teaspoons salt
Freshly ground black pepper
8 - 10 cups vegetable or chicken stock
1 T fresh lemon juice, or to taste
1 cup yogurt (optional)

Melt the butter in an 8-quart heavy pot over moderately high heat. Add celery root, shallots, salt and pepper to taste and cook, stirring occasionally, until vegetables are golden, about 12 minutes. (Note: if you don't have shallots, onions or leeks will work.) Add the stock, bring to a boil, and simmer uncovered until the celery root is very tender, about 15 minutes.

Puree the mixture in batches in a blender (or use a hand-held puree wand) until very smooth and transfer back to the soup pot. Stir in the lemon juice and, if necessary, additional water to thin to desired consistency. Season with salt and pepper and keep the soup warm, covered. Whisk in the yogurt and serve.

Anthony's Fennel Slaw From the Capay Valley Farm Shop web site
(capayvalleyfarmshop.com)

1 bunch fennel, grated
1 meyer lemon, juiced
pecorino romano cheese, grated
salt & pepper

Cut-off fennel tops and grate the base. A box grater works well, as does a food processor. Place in mixing bowl. Add juice of 1/2 Meyer lemon, a handful of grated pecorino, salt & pepper. Taste and adjust with lemon and/or cheese as you like. Serves 2-4.

Celery Root Gratin

From 2009

Celery root (also known as celeriac) may be new to some of our members, but it is a wonderful vegetable to cook with and can be used in many recipes as a substitute for potatoes. It is milder than celery (but with a similar flavor) and not stringy. It is delicious as a puree, baked, or eaten raw in a salad. It is a great source of dietary fiber, vitamin B6, magnesium, potassium and manganese, and a very good source of vitamin C and phosphorus. You will first need to remove the tough skin and rootlets by slicing off the top and bottom and then peeling away the sides.

The following recipe is rich and delicious.

1 1/2 lb. sweet potatoes, peeled and sliced thin
2 medium sized celery roots, peeled and sliced thin
1 leek, cleaned and sliced, ready to saute
Olive oil
3 or 4 sprigs thyme, leaves stripped off
Salt and pepper
1/2 -- 3/4 cup white wine
1/2 cup chicken stock
3/4 cup parmesan cheese
1 T butter

Heat up about 2 tablespoons of olive oil and saute the leek until well cooked and soft -- about 10 minutes. Preheat the oven to 375 degrees.

Arrange half of the sweet potato and celery root slices in the bottom of a gratin dish. Sprinkle half of the thyme leaves and all of the leeks over the top. Season with salt and pepper. Finish with the rest of the sweet potatoes and celery root evenly overlapping for a finished look. Finally, sprinkle the parmesan cheese over the top.

Pour the white wine and chicken stock over the vegetables. The liquid should come a little more than halfway up. Add water if necessary. Drizzle generously with olive oil and dot with the butter. Season again with salt and pepper, the rest of the thyme leaves and bake, covered for 40 minutes. Uncover and press the vegetables evenly down with a spatula, allowing the juices to baste the top layer. Continue baking, uncovered, for 30 minutes more, or until the sweet potatoes and celery root are soft all the way through.

