


Celery

Store	<ul style="list-style-type: none"> • Unwashed in fridge, wrapped in foil or plastic bag up to a week. • Revive limp celery by cutting 2cm off both ends and submerging in a bowl of iced water for 30 mins
Prepare	<ul style="list-style-type: none"> • Chop 10 cms off the base. • Trim the leaves and small stalks at the point where there is a small crease in the stem. Save the leaves and use them in stir fries or soups. Slice about ½ - 1 cm thick • Crisp, fresh celery is great to eat with a smear of peanut butter or cottage cheese in the groove
Cook	<ul style="list-style-type: none"> • Stirfry in a little oil on its own or with other veges 2-4 mins • Braise celery in a little stock and crushed garlic and it becomes a lovely vegetable
Add Flavour	<ul style="list-style-type: none"> • Heat oil in a fry pan and add crushed garlic and celery. Fry 1 minute then add a little chicken stock. Cook until crisp and tender – 5mins.
Vege Up	<ul style="list-style-type: none"> • Add chopped stems &/ or leaves to stews, casseroles, soups, salads. • Chop finely and add to meat loaves, meatballs etc. • Add celery sticks to children's lunchboxes • If celery gets limp add to soups

Celery Recipe Ideas

Soup	<p>4 sticks celery, sliced 2 carrots, washed and diced 2 onions, peeled and chopped 1 kumara, washed and diced 5 cups stock or water Fresh herbs ½ - 1 tsp salt Ground pepper ½ cup egg or rice noodles broken into pieces</p> <p>Place all ingredients in a pot except the noodles. Cook 15- 20 mins or until veges are soft. Add the noodles and cook for another 10 mins. Taste and add more salt and pepper and/or fresh herbs.</p>	
Waldorf Salad	<p>5 stalks celery, trimmed and sliced 1cm thick 2 medium apples (red gives good colour), sliced thinly 1 small red onion, diced finely 1 cup walnuts 1 cup parsley, chopped ¼ - ½ cup low fat mayonnaise ¼ cup lemon juice</p> <p>Combine mayonnaise and lemon juice. Mix all ingredients together.</p>	