
Celery Root and Potato Mash with Arugula

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- 2 medium celery roots (celeriac) about 1 3/4 pounds
- 1 pound russet potatoes, peeled, cut into 3/4 inch cubes
- 4 whole garlic cloves, peeled, smashed
- 1 teaspoon salt
- 4 ounces unsalted butter
- 1/2 cup whole milk, or more if needed
- Salt and freshly ground black pepper to taste
- 4 ounces arugula, use baby arugula if available
- 3 tablespoons Italian parsley, chopped (garnish)

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 8

1. Trim and peel the celery roots (use a knife, not a peeler). Cut into about 1-inch chunks. Place them in a large pan with the potatoes and garlic. Add water to cover, add salt. Bring to a boil and simmer until the vegetables are tender (about 15-20 minutes). Drain well then return the mixture to the same pan.
2. Coarsely mash the vegetables, then mash in the butter and enough milk to make a soft consistency. Season with salt and pepper to taste. Stir in arugula, garnish with Italian parsley and serve immediately. If making this ahead, don't add the arugula until just before serving.

Per Serving (excluding unknown items): 166 Calories; 12g Fat (64.2% calories from fat); 2g Protein; 13g Carbohydrate; 2g Dietary Fiber; 33mg Cholesterol; 308mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.