

Celeriac Remoulade



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



439 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoon capers drained
- ☐ 2 celery root
- ☐ 1 teaspoon dijon mustard
- ☐ 2 egg yolk
- ☐ 2 teaspoons flat parsley finely chopped
- ☐ 1 juice of lemon
- ☐ 120 ml olive oil (4 fl oz/. cup)
- ☐ 4 teaspoons peanuts finely chopped

- ☐ 4 servings pepper black freshly ground
- ☐ 1 teaspoon citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ knife
- ☐ whisk

Directions

- ☐ Use a sharp knife to carefully peel the celeriac and remove the knobbly outer surface. Put 1 litre (34 fl oz/ 4 cups) cold water and half the lemon juice in a large bowl.
- ☐ Cut the celeriac into thin julienne strips and put them immediately into the lemon water to prevent discoloration. Soak for up to 1 hour.
- ☐ Bring a large saucepan of water to the boil and add the remaining lemon juice.
- ☐ Drain the celeriac and add to the boiling water. After 1 minute, drain and cool under cold running water. Pat dry with paper towels.
- ☐ To make the remoulade, whisk the egg yolks, vinegar and mustard together in a bowl.
- ☐ Add the oil, drop by drop from the tip of a teaspoon, whisking constantly until the mixture begins to thicken, then add the remaining oil in a very thin stream. Season and, if necessary, thin with a little warm water.
- ☐ Fold the celeriac strips into the remoulade and chill for 2–4 hours. Stir in the finely chopped capers, parsley and gherkins, if using, and sprinkle with the chopped peanuts before serving.
- ☐ From *Le Petit Paris* by Nathalie Benezet. Photographs by Jacqui Melville. The moral rights of Nathalie Benezet to be identified as the author of this work have been asserted by her in accordance with the Copyright, Designs and Patents Act 1988
- ☐ First published in 2013 by Hardie Grant Books.

Nutrition Facts



Properties

Glycemic Index:36.31, Glycemic Load:8.48, Inflammation Score:-5, Nutrition Score:21.774782636891%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 7.96mg, Apigenin: 7.96mg, Apigenin: 7.96mg, Apigenin: 7.96mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 438.85kcal (21.94%), Fat: 33.27g (51.18%), Saturated Fat: 5.28g (33.02%), Carbohydrates: 31.71g (10.57%), Net Carbohydrates: 25.25g (9.18%), Sugar: 5.46g (6.07%), Cholesterol: 97.2mg (32.4%), Sodium: 372.62mg (16.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.42%), Vitamin K: 151.05µg (143.86%), Phosphorus: 430.31mg (43.03%), Vitamin E: 5.37mg (35.81%), Vitamin C: 29.02mg (35.18%), Manganese: 0.67mg (33.44%), Potassium: 1033.85mg (29.54%), Vitamin B6: 0.59mg (29.49%), Fiber: 6.45g (25.81%), Magnesium: 76.34mg (19.09%), Iron: 2.93mg (16.27%), Calcium: 159.08mg (15.91%), Vitamin B3: 3.08mg (15.42%), Vitamin B5: 1.52mg (15.16%), Vitamin B2: 0.25mg (14.87%), Vitamin B1: 0.22mg (14.41%), Copper: 0.29mg (14.31%), Folate: 52.88µg (13.22%), Selenium: 8.12µg (11.6%), Zinc: 1.4mg (9.34%), Vitamin D: 0.49µg (3.24%), Vitamin B12: 0.18µg (2.93%), Vitamin A: 137.26IU (2.75%)