



Pot-Roasted Celery Root with Olives and Buttermilk



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



238 kcal

SIDE DISH

Ingredients

- ☐ 1 cup buttermilk
- ☐ 6 small celery roots with some stem still attached trimmed unpeeled (celeriac; each 4 ounces)
- ☐ 1 tablespoon coffee-bean granita
- ☐ 6 servings kosher salt
- ☐ 0.5 optional: lemon
- ☐ 0.3 cup oil-cured olives black pitted quartered
- ☐ 3 tablespoons olive oil extra-virgin plus more for drizzling

- ☐ 6 sprigs rosemary
- ☐ 6 sprigs sage
- ☐ 12 sprigs thyme leaves
- ☐ 0.5 cup butter unsalted cut into 1" cubes (1 stick)

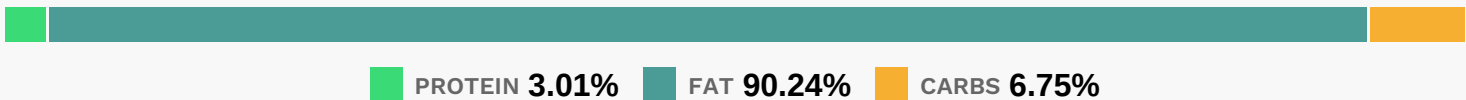
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Heat 3 tablespoons oil in a large heavy pot overmedium heat.
- ☐ Add celery roots and cook,turning frequently, until golden, 8-10minutes.
- ☐ Add butter and a large pinch ofsalt. When butter begins to foam, reduceheat to medium-low.
- ☐ Add herb sprigs,coffee beans, if using, and 1 1/2 cups water.Cover and gently cook, adding morewater by tablespoonfuls if pan is dry, untilcelery roots are very tender, about 1 hour.
- ☐ Remove herbs and coffee beans (ifusing) from pot and discard. Baste celeryroots with buttery juices in pot.
- ☐ Removefrom heat.
- ☐ Transfer celery roots to a cuttingboard, slice in half through stems, andplace 2 halves on each plate.
- ☐ Meanwhile, very gently warm buttermilkin a small saucepan over low heat (it willbreak if warmed too much). Squeeze in afew drops of lemon juice and add remaining2 teaspoons oil and a pinch of salt to make a loosesauce. Spoon sauce around celery rootson plates.
- ☐ Garnish with olives, drizzle withoil, and squeeze a few more drops of lemon juice over each.

Nutrition Facts



Properties

Glycemic Index:33.92, Glycemic Load:0.94, Inflammation Score:-9, Nutrition Score:7.4413043804791%

Flavonoids

Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 238.4kcal (11.92%), Fat: 24.65g (37.93%), Saturated Fat: 11.6g (72.48%), Carbohydrates: 4.15g (1.38%), Net Carbohydrates: 3.08g (1.12%), Sugar: 2.45g (2.72%), Cholesterol: 45.07mg (15.02%), Sodium: 339.79mg (14.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.52mg (1.17%), Protein: 1.85g (3.7%), Copper: 1.27mg (63.54%), Vitamin A: 737.29IU (14.75%), Vitamin E: 1.75mg (11.66%), Vitamin C: 8.56mg (10.38%), Vitamin K: 10.72µg (10.21%), Calcium: 74.83mg (7.48%), Vitamin B2: 0.1mg (5.73%), Vitamin D: 0.8µg (5.36%), Manganese: 0.1mg (4.98%), Phosphorus: 46.63mg (4.66%), Fiber: 1.06g (4.25%), Potassium: 132.5mg (3.79%), Vitamin B12: 0.22µg (3.6%), Iron: 0.6mg (3.31%), Magnesium: 11.7mg (2.93%), Folate: 11.05µg (2.76%), Selenium: 1.83µg (2.61%), Vitamin B5: 0.24mg (2.41%), Vitamin B6: 0.05mg (2.26%), Vitamin B1: 0.03mg (2.05%), Zinc: 0.25mg (1.64%)