


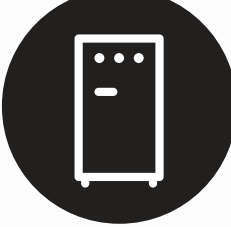
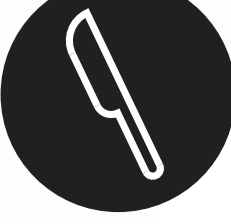
# HOW TO COOK Root Vegetables

Root vegetables are versatile staples in any kitchen. They add hearty substance to a meal, last a long time in storage and hold up to a variety of cooking methods.

## Carrots

Crisp and mild when raw and sweet verging on fruity when cooked, carrots are a member of the parsley family.

### How to Handle

-  Select brightly-coloured, smooth and firm carrots for maximum taste.
-  Keep carrots in a plastic bag to avoid dehydration, and they'll last for weeks refrigerated.
-  Scrub well or peel to eliminate the skin's slightly bitter taste.

### Use

Roast, boil, braise, steam, slow cook or stir-fry. Use in soups and stews; mash for side dishes.


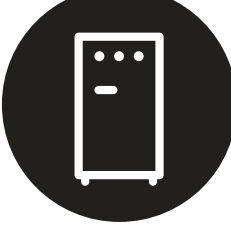

### Try

- **Potato-carrot mash:** Boil chopped potatoes and carrots until tender, then mash until fluffy.
- **Carrot and caraway slaw:** Toss together shredded raw carrot, toasted caraway seeds, olive oil, cider vinegar and honey.

## Celery Root (Celeriac)

Celery root is similar to its relative the turnip, but it has a more peppery flavour.

### How to Handle

-  Choose small, firm roots to avoid large fibrous cores.
-  Keep celery root whole in the fridge for up to a week.
-  Scrub, trim; peel with a vegetable peeler.

### Use

Purée, sauté, braise or roast. Slice thinly for salad; use scraps for soup stock; mash with potatoes.


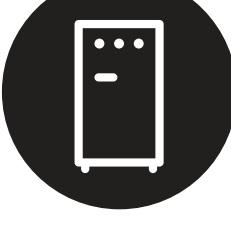

### Try

- **Zesty root vegetable salad:** Thinly slice celery root and other root veggies, then dress with capers, wine vinegar and olive oil.
- **Squash and celery root soup:** Add diced celery root, squash and vegetable broth to sautéed onions; simmer until tender, then purée.

## Parsnips

These carrot cousins have a sweet and nutty flavour.

### How to Handle

-  Look for firm, blemish-free, small-sized roots.
-  Keep in a plastic bag in the fridge for up to a couple of weeks.
-  Scrub and trim, and peel only if desired.

### Use

Roast, boil or mash. Cut for oven fries; grate and substitute for carrots in cake.


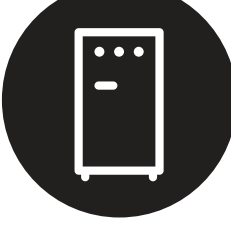

### Try

- **Roasted parsnips and pears:** Roast chopped parsnips and pear wedges with chicken or Cornish hens.
- **Parsnip, chive and buttermilk purée:** Boil parsnips with potatoes; drain, then add cream cheese, buttermilk and chopped chives, blending until smooth.

## Rutabagas

Rutabagas are related to turnips, with a similarly mild taste and texture but a more yellow flesh.

### How to Handle

-  Choose smooth rutabagas that feel firm and heavy for their size.
-  Keep in a plastic bag in the fridge for up to three weeks.
-  Wash and peel.

### Use

Boil, steam, roast or mash. Add chopped to stews and stir-fries; substitute for turnip in recipes.

### Try

- **Rutabaga carrot ginger soup:** Sauté chopped rutabaga, carrot, ginger and onions; add broth and simmer, then blend.
- **Roasted maple rutabaga:** Chop rutabaga into small cubes, toss with maple syrup and season, then roast on a rimmed baking sheet.