



CELERIAC MASH

Starchy accompaniment: This recipe provides a portion of starchy food.

Recipe adapted from: Solihull Catering Service

Ingredients

1.25kg celeriac, peeled and chopped
2.75kg potato, peeled and chopped
20g soft vegetable margarine
50ml semi-skimmed milk
2g (1 tsp) black pepper

Method

1. Place the celeriac and potato in a pan of water, bring to the boil and simmer until soft approximately 20 minutes.
2. Mash the celeriac and potato together with margarine, milk and black pepper.
3. Serve hot.

Serving suggestion: Serve with a meat or bean stew.



Number of portions this recipe makes:

32 primary servings (125g)
20 secondary servings (205g)



Prep: 10 minutes
Cook: 20 minutes



Allergy information:

Celery, milk



Top Tips

Celeriac is available all year around, but at its best during autumn and winter.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose spreads based on unsaturated fats and milk which is reduced fat (i.e. has a fat content of no more than 1.8g/100g).