

CELERIAC AND CARROT GRATIN

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Submitted by Sister Mary Ann

1 Tbsp olive oil
2 medium onions
3 to 4 medium carrots (2 cups sliced)
1 large celeriac root (4 cups sliced)
Acidulated water (2 Tbsp vinegar or lemon juice to 4 cups water)
1 tsp dried tarragon
Salt and freshly ground pepper
1 to 1-1/2 cups half-and-half

Preheat the oven to 375° F.

Heat the olive oil in a large nonstick frying pan over low heat. Peel and slice the onions and sauté them in the olive oil until golden yellow. Set aside.

Peel and cut the carrots into 1/8-inch-thick slices, to make 2 cups, and set aside. Peel and quarter the celeriac and cut it into 1/8-inch-thick slices, to make 4 cups, immersing in acidulated water as you go.

To assemble the gratin, drain the celeriac and rinse it under cold water. Arrange half of it evenly in a 2-quart gratin dish and sprinkle with ½ tsp of the tarragon and some salt and pepper. Arrange the carrots in an even layer and salt again, if desired. Arrange the remaining celeriac evenly over the carrot layer. Sprinkle with the remaining tarragon and salt and pepper to taste. Top with the onions and add enough half-and-half to come just below the top of the final celeriac layer.

Cover the gratin with aluminum foil, place on a baking sheet, and bake for 30 minutes. Remove the aluminum foil and press down the layers with a spatula to allow the liquid to baste the top layer. Continue baking for 30 minutes more, or until cooked through. Serve warm.

Makes 4 servings

Nutritional Information per serving: 220 cal; 10 g fat; 220 mg sodium; 6 g fiber