

CREAM OF CELERIAC SOUP [VEGAN & GLUTEN FREE]

Serves: 4 (med.) or 6 (small) portions

Prep: 10 mins

Cooking time: 10 mins

Assembly: 5 mins

Type: Main meal, starter dish

Tools: Chopping board, sharp knife, veggie peeler, large non-stick pot w/lid, wooden spoon, blender, silicone spatula

Courtesy of: Eat2Health Blog



With the cold weather lingering, we decided to experiment with a frugal and tasty soup idea; this delicate, simple and flavourful idea became our delicious cream of celeriac soup! It's incredibly easy to prepare, inexpensive and delicious. In addition to some tasty celeriac, we added a humble potato (skin included) which provides additional fibre, vitamins and minerals, a natural thickener and a tasty under note to the soup! As we decided not to use any vegetable stock, we combined a tasty section of some of the dried herbs, seasonings and flavours that we found listed in our favourite brand of stock. Once it was cooked we added some almond milk, for some additional nutritional value and creamy touch! So go on, try this easy, go-to soup tonight!

Ingredients

700g Celeriac root
440g Baking potato
½ tbsp Rapeseed oil (or low-fat cooking oil spray)
1g Celery salt
¼ tsp Dried tarragon
¼ tsp Dried parsley
½ tsp Asafoetida (or sub w/ onion powder)
¾-1 tsp Salt
¼ tsp Ground black pepper
800ml Water
½ tsp Garlic infused oil
50g Spring onion, finely chopped (*an optional garnish)
300ml Almond milk (unsweetened + fortified)

Directions

1. Prepare the celeriac. **Tip:** For visual guidance you can refer to this [recipe](#)! Wash, trim the ends, peel and then chop the celeriac into cubes. Wash and then chop the potato into cubes.
2. Heat ½ tbsp rapeseed oil (or use some low-fat cooking oil spray) in a large, non-stick pot over a med-low heat. Add celeriac and potato. Gently toss in the oil and stir together. Cover with a lid. Gently fry and stir the celeriac mixture occasionally for about 6 mins. Add 1g celery salt, ¼ tsp dried tarragon, ¼ tsp dried parsley, ½ tsp asafoetida, 1 tsp salt and ¼ tsp ground black pepper. Stir to toss and coat. Gently fry for 30 seconds.

Add 800ml cold water and ½ tsp garlic infused oil. Stir together. Cover with the lid. Bring to a boil. Reduce the heat. Simmer and cook for about 10 mins or until the vegetables are cooked (fork tender). Remove from the heat. Allow the soup to cool slightly. **Tip:** If you have a blender with a heat-vent lid, you can probably start processing the soup after 5 mins; just take care and do not overfill your blender and cover the heat vent with a kitchen towel to help release some excess steam/heat.

3. If desired, gently fry some spring onion in a little oil for 2-3 mins or until softened.

4. Transfer the soup into a blender. Process it until smooth and creamy. *Tip: Depending upon the size of your blender, you might have to complete this step in batches. If you own a hand-held blender, just process the soup in the pot and then stir in the milk.* Transfer the soup back into the pot or a resealable container (as applicable). Add the milk into the blender. Pulse to froth and help remove any residual soup stuck to the blender. Pour the milk into the pot or container. If necessary, use a spatula to help remove any remaining bits of soup. Stir together. Taste and season the soup as preferred.
5. If applicable, reheat the soup over a medium-low heat until hot, but do not allow it to boil. Remove.
6. Serve warm. Ladle into a small serving bowl; if desired, garnish with fried spring onions or some fresh chives, roasted chickpeas, small cubes of roasted potato, tofu croutons, some standard herby-bread croutons or whatever takes your fancy!

Enjoy!

Tip: Refrigerate any leftovers in an air-tight and resealable container; reheat and consume within 3-4 days. Alternatively, store and freeze; defrost, reheat and consume within 1-2 months. NB: When reheating, do not allow it to boil.

Notes:

- We have previously talked about how lovely celeriac is when we posted our [Broccoli and Celeriac soup recipe](#) last year! Our previous recipe also includes some lovely visual instruction on how to prepare it (just in case you are new to this lovely vegetable!).
- Celeriac can be tricky to peel. After we peeled ours, we lost about eighty grams in weight; which is a huge improvement after our last couple of goes! If you still find preparing it tricky, just buy a slightly bigger portion.
- We will be doubling the quantity next time (whilst being mindful of the salt) as it's just too good and would love slightly larger portions that last longer than three days!
- We used almond milk, but you could also use an unsweetened soya or coconut milk if preferred. NB: we chose almond because its flavour is light enough not to overpower the other flavours of the soup.
- Once refrigerated, the soup does 'thicken', just ever so slightly; once it's reheated, it relaxes and is the perfect consistency once again. However, if you find our version a little thick, just add a little more milk to thin it out.
- Although it tastes good on the day, like any soup, sauce or marinade it tastes even better the following day(s)! We'd recommend reheating your leftovers on the stove top (if possible) as it doesn't take long to reach a hot and almost boiling temperature; you can easily overcook it in a microwave (you can trust us on that one!) and this will impair the flavour.
- We enjoyed this soup garnished with some tasty roasted chickpeas, fried spring onion and served it with a cheeky 'cheeze' toasty and cup of tea; it was indeed a great little lunch!