

CREAM CELERY SOUP - WITHOUT CREAM

1 head celery, washed, trimmed of strings, and coarsely chopped (include some leaves)

1 knob celeriac (celery root)

1 qt. chicken stock or veggie stock if preferred

3/4 tsp. sea salt

1/2 tsp. celery seed

Freshly ground pepper

Fresh parsley, finely chopped, for garnish

Simmer the vegetables, covered in the chicken stock in a large saucepan until tender, about 15 minutes. Drain the vegetables, reserving the cooking liquid. Puree the vegetables, adding a little liquid as needed. Stir the puree into the reserved cooking liquid and add the seasonings. Serve hot or cold. (Also freezes well).

Note: Celery root is difficult to peel but it adds a full earthy flavor. After peeling, use immediately or drop in cold water with lemon juice or vinegar to prevent it from turning brown.

Serves 6-8.