

Celeriac and walnut bake, with potato wedges– for 1

3 *1 cm slices of celeriac (or as much as you feel you can eat)

1 potato cut into wedges

1 tab oil (plus more for spuds)

1 tab flour

Smoked paprika

Salt (celery)

White pepper

Mace

Cumin

Dried oregano

or whatever you fancy

Walnuts (or peanuts or cashews etc)

METHOD

Oven to 200c

Parboil the celeriac and potatoes for 10 mins

Make a white sauce with the oil, flour and cooking water from the parboil vegetables, season well with celery salt, white pepper and mace, or anything else you like

Put celeriac in an oven proof dish, pour over sauce, add nuts, put into oven for 30 minutes

Roll spuds in a little oil and paprika, cumin , salt , pepper, oregano etc. Put in oven for 30 minutes

NOTES

Substitute celeriac with carrots or swede or even cabbage