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Celery Root and Potato Puree with Chervil (Cleri Rave en Puree)

Celery Root and Potato Puree with Chervil is a creamy and flavorful vegan dish. It is a classic French recipe that is often served as a side dish or as a base for other dishes. The puree is made by boiling celery root and potatoes until tender, then mashing them together with vegan butter and plant-based milk. Chervil, a delicate herb with a mild anise flavor, is added for freshness and garnish. This dish is perfect for vegans and anyone looking for a delicious and comforting side dish.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	celery root
400 g	potatoes

50 g	vegan butter
150 ml	plant-based milk
10 g	Chervil

Directions

Step 1

Cutting

Peel and dice the celery root and potatoes.

Prep Time: 10 mins

Cook Time: 15 mins

Step 2

Boiling

Boil the celery root and potatoes in a pot of salted water until tender.

Prep Time: 0 mins

Cook Time: 15 mins

Step 3

Drain the cooked celery root and potatoes and return them to the pot.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Mashing

Mash the celery root and potatoes with vegan butter and plant-based milk until smooth and creamy.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Season with salt and pepper to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Garnish with chopped chervil before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 170 kcal

Fat: 3 g

Protein: 4 g

Carbohydrates: 33 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	33 g	60%	66%
Fibers	4 g	10.53%	16%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	3 g	10.71%	12%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	12 mg	13.33%	16%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	4 mg	0.4%	0.4%
Iron	8 mg	100%	44.44%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	700 mg	20.59%	26.92%
Zinc	6 mg	54.55%	75%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving Barbecue

Cuisines

Italian Chinese French Mediterranean American

Nutritional Content

High Protein Low Fat High Fiber Sugar-Free High Vitamin C High Iron
High Calcium

Kitchen Tools

Blender

Course

Appetizers Side Dishes Salads

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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