

## Celery - To Cook or Not to Cook



Celery can be braised, steamed or stir-fried and is an excellent addition to the crudité's basket. Soups, stews and casseroles all benefit from the refreshing flavor of celery. Crisp fresh celery, and its attractive leaves, rivals fresh parsley as an edible garnish.

Choose a firm bunch of celery that is tightly formed. The leaves should be green and crisp. Store celery in a plastic bag in the refrigerator for up to ten days. Leave the ribs attached to the stalk and do not wash until ready to use. Do not overcook celery, as it will become unappealingly limp.

Visit the related links below for recipes using celery.

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