



# Celery schnitzel

## Ingredients (serves 10)

### Schnitzel

- 2 ½ celery tubers
- salt
- breadcrumbs
- 10 tbsp flour
- 450 ml water
- vegetable oil

### Mushroom sauce

- 1000 g mushrooms
- 5 onions
- Tomato paste
- Grape juice
- 500 ml vegetable broth
- 500 ml cream

## Also good with

- Millet
- Rice
- Cucumber or mushroom salad



## Preparation

### Schnitzel

1. Peel the celery root and cut it into 1 cm slices.
2. Boil the celery in salted water for about 5 minutes.
3. Mix the water and flour with 1-2 tsp salt.
4. Prepare a plate with breadcrumbs for breading.
5. Turn the celery slice in the flour-water mixture and then in the breadcrumbs. Repeat the process if you prefer a thicker crust.
6. Fry the cutlets in not too little vegetable oil until they are golden brown.

### Mushroom Sauce

7. Dice onions, slice mushrooms
8. Fry onions and mushrooms in oil. Add tomato paste and fry with
9. Alternately deglaze with 1/4 of the grape juice and vegetable broth and bring to a boil, repeat the whole thing 4 times.
10. Finally, add cream, bring to a boil and season with salt and pepper.

## Variations

### Substitute for celery

- parsley root (similar taste, but makes nuggets rather than cutlets)
- Parsnips (taste somewhat milder)
- fennel
- kohlrabi

