

Chinese Celery



PLU - 4579

Description/Taste

Small, leafy, and aromatic, Chinese celery grows in a rosette stemming from the base of its roots. Fragrant, this ancient Asian vegetable-herb has hollow, thin crispy stems and delicate wispy leaves. Rarely eaten raw, its flavor is pungent and slightly peppery. Cooking sweetens and tames its taste, while softening its texture.

Current Facts

Chinese celery is a member of the Apiaceae family and the *Apium graveolens* species. Compared to western celery, Chinese Celery is actually quite small. Its stalks are thin, hollow and extremely crunchy. Colors range from white to dark green and both the stems and stalks have a strong flavor.

Nutritional Value

Chinese celery is low in calories and aids in good digestion. It also contains a plant compound called apigenin, which plays a role in traditional Chinese medicine as an anti-inflammatory, antibacterial, antiviral, and antioxidant agent. Chinese celery is a good source of vitamin A and K and minerals like potassium, sodium, calcium, manganese, and magnesium. It is also high in folic acid, niacin, and vitamin C, which are all essential for optimum metabolism.

Applications

Pungent and peppery, Chinese celery tastes similar to regular celery, only much stronger - it is rarely eaten raw. Toss in stir-fries, fried rice dishes or vegetable sautés. Pair with ham, lamb, chicken, turkey or game entrées. To store, place in a perforated plastic bag; refrigerate. Do not wash until ready to use. To clean, rinse quickly under water. Gently shake off excess water; pat dry.

Stir-Fry Chinese Celery

Prep Time: 5 mins
Cook Time: 10 mins
Total Time: 15 mins

Course: Side Dish
Cuisine: Asian

Servings: 3 to 4

Author: Rhonda Parkinson



Ingredients

- 8 to 10 ounces Chinese celery
- 1 tablespoon vegetable oil (or peanut oil)
- 2 garlic cloves (finely chopped)
- 1 chili (seeds removed and julienned)
- 1 1/2 tablespoons chicken broth (or water)
- 2 teaspoons rice wine (or shaohsing rice wine)
- 1 tablespoon light soy sauce 1 teaspoon sugar

Instructions

1. Gather the ingredients.
2. Get rid of all the leaves and roots on the celery stalks.
3. Rinse the celery and drain.
4. Place celery on a cutting board and use your hand to press down on the celery stalks to gently crush them.
5. Slice the celery stalks into 1-inch-long sections.
6. Heat up a wok with oil at high heat. When the oil is hot, add the garlic and chili and stir-fry until the fragrance comes out.
7. Add celery and stir-fry until it turns slightly dark green.
8. Add the stock and cook for 30 seconds.
9. Add the rice wine, soy sauce, and sugar and mix evenly.
10. Cook until the mixture is nearly dry.
11. Serve immediately.