

Celery Sauce II (Sauce Celeri)

F. Barthelemy (*Les Menus Expliques de Cuisine Pratique*)
The Good Cook Sauces - Time-Life Books

Yield: 2 cups

4 ribs celery, cut into one-inch pieces
1 onion, stuck with a whole clove
1 small bouquet garni
2 cups veal stock
1 1/2 tablespoons butter
2 tablespoons flour
1/4 cup heavy cream
salt
pepper

Place the celery, onion and bouquet garni in a saucepan. Pour in the stock. Cover the pan and cook the mixture over medium heat until the celery is soft enough to be crushed easily, approximately 15 minutes.

Strain the cooking liquid through a sieve. Discard the onion and bouquet garni. Set the celery aside in the sieve.

In another pan, melt the butter over medium heat. Stir in the flour. Stir in the strained cooking liquid. Continue stirring until the sauce comes to a boil. Reduce the heat to very low.

While the sauce simmers, press the celery through the sieve. Stir the puree'd celery into the sauce. Add the cream and season the sauce to taste with salt and pepper. Stirring occasionally, cook the celery sauce for a few minutes more until it is creamy.

This rich sauce is suitable as an accompaniment for vegetables, eggs, fish or chicken.

Per Serving (excluding unknown items): 496 Calories; 40g Fat (70.6% calories from fat); 7g Protein; 31g Carbohydrate; 5g Dietary Fiber; 128mg Cholesterol; 2657mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Vegetable; 0 Non-Fat Milk; 8 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	496	Vitamin B6 (mg):	.3mg
% Calories from Fat:	70.6%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	23.8%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	5.6%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	40g	Folacin (mcg):	77mcg
Saturated Fat (g):	25g	Niacin (mg):	2mg
Monounsaturated Fat (g):	12g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	128mg	% Daily Value:	on on%
Carbohydrate (g):	31g	Food Exchanges	
Dietary Fiber (g):	5g	Grain (Starch):	1
Protein (g):	7g	Lean Meat:	0

Sodium (mg): 2657mg
Potassium (mg): 738mg
Calcium (mg): 137mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 19mg
Vitamin A (i.u.): 1744IU
Vitamin A (r.e.): 432 1/2RE

Vegetable: 2 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 8
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 496 Calories from Fat: 350

% Daily Values*

Total Fat	40g	62%
Saturated Fat	25g	124%
Cholesterol	128mg	43%
Sodium	2657mg	111%
Total Carbohydrates	31g	10%
Dietary Fiber	5g	21%
Protein	7g	
Vitamin A		35%
Vitamin C		31%
Calcium		14%
Iron		11%

* Percent Daily Values are based on a 2000 calorie diet.