

Fluvanna County Public Library

Spice of the Month Club

Celery Salt

Flavor Profile: tangy, slightly salty taste

Celery salt is a seasoning made from a mixture of ground celery seeds and salt. It's used to add a salty, celery-like flavor to savory dishes. Often pale green in color, it has a mild, earthy flavor with a slightly bitter finish.

In itself, celery has been used by people for quite some time. It's actually mentioned in Homer's *Odyssey* from 850 BC! However, long before that, it was already being cultivated for its medicinal value. Celery was also mentioned in 5th-century Chinese writings. The medicinal value of this plant is largely rooted in all of its volatile oils. These are all essentially concentrated within the seeds. Celery seeds have, since ancient times, been used in Indian Ayurvedic medicine.

Celery today is cultivated throughout Europe and in Western Asia, as well as in the United States.

Celery salt contains a flavor that is different from table salt. The flavor depends on two factors. The first factor is the type of salt used to make the celery salt. If table salt is used, the celery salt will taste different from that made with sea salt.

The second factor is the rate of dissolution: table salt dissolves more quickly than sea salt. This means that when celery seed is added to it to make celery salt, it can enhance the herbs and citrus flavors in celery seed, which will result in a savory taste.

Aside from being crucial in terms of adding flavor, the celery seed found in celery salt has plenty of nutrients involved. The list of nutrients includes, but is not limited to:

- **Essential Oils** - Celery seeds have essential oil that comprises key constituents such as pinene and limonene. Limonene is a potent antioxidant, while pinene has been proven to fight cancer. As of today, there are no established daily recommended amounts for essential oils.
- **Minerals** - A two-teaspoon serving of celery salt supplies 10 percent of your daily need for manganese, 20 percent of your daily need for iron, and 5 percent of your daily need for calcium. Calcium is known for developing and growing bones; a lesser-known fact is that it helps nerves and muscles function properly. Iron is vital for preventing health issues such as anemia. Manganese plays a key role in blood coagulation and metabolism.

Prevention and treatment of certain conditions can likely be achieved with celery seeds and celery salts. Water retention, for example, is best addressed by celery seed since it's an effective diuretic. Treating heart disease factors like high cholesterol and blood pressure has shown promise in animal studies involving celery seed.

Celery salt is, put simply, a spice used in salads and soups. Its flavor is different from that of regular table salt. Celery seed and salt by extension provide the body with quite a number of helpful nutrients.

Homemade Celery Salt

- ¼ cup celery seed (or leaves)
- ¼ cup salt

1. Put celery seed in grinder.
2. Grind celery seed to desired consistency.
3. Mix with salt.
4. Store in a closed jar in a cool, dark place.



<https://wholenewmom.com/homemade-celery-salt-and-how-to-use-it/>

Nigella Lawson's Seasonally Spiced Nuts (Makes 4 ½ - 5 cups)

- 4 cups mixed nuts, such as walnuts, pecans, cashews and pistachios
- 1 ½ tsp garam masala
- 1 tsp celery salt
- 2 Tbsp. olive oil
- 2 Tbsp. light muscovado sugar, or soft light brown sugar
- 3 sprigs rosemary, finely chopped to make about 3 tsp.
- Sprinkle of Maldon salt, or pinch of table salt



1. Put a large frying pan on a medium heat.
2. Line a large baking sheet or Swiss-roll tin with foil or reusable baking parchment and put at a handy proximity to the stove.
3. Tip the nuts into the now-warm pan and toss or push about with a spatula for 3 minutes or so until they are lightly toasted.
4. Add the garam masala and celery salt and push the nuts about in the pan again so they are evenly coated.
5. Add the oil, sugar and rosemary and stir about again to mix. When the nuts have darkened a little and are slicked with the sugary spice mix, tip them out briskly (before they burn) onto your prepared, lined sheet, and sprinkle with salt to taste.

<https://chatelaine.com/recipe/stovetop-cooking-method/nigella-lawsons-seasonally-spiced-nuts/>

Oven Roasted Zucchini Wedges

- 4 Tbsp. olive oil
- 1 ½ tsp. garlic powder
- ½ tsp. black pepper
- 1 ½ tsp. celery salt
- 1 cup grated Grana Padano or Parmigiano Reggiano cheese
- 2 tsp. fresh thyme leaves



- 3 medium zucchini cut in half lengthwise then in half again to form wedges
 - $\frac{3}{4}$ cup fresh breadcrumbs
1. Preheat oven to 350F Brush a casserole dish with 1 tablespoon olive oil and set aside
 2. Place garlic powder, salt, pepper, celery salt, $\frac{1}{2}$ cup of the cheese and the thyme leaves in a plastic bag and shake to combine; add the zucchini wedges and shake to coat in the mixture. Place the wedges in a single layer in the casserole dish.
 3. In a small bowl, combine remaining $\frac{1}{2}$ cup of cheese and the breadcrumbs and sprinkle evenly over the wedges. Drizzle with the remaining olive oil and bake uncovered for 25 to 30 minutes until golden brown. Serve hot

<https://www.ciaoitalia.com/recipes/oven-roasted-zucchini-wedges>

Baby Bam Burgers (Yield: 12 mini burgers)

- 1 $\frac{1}{2}$ pounds lean ground beef
- $\frac{1}{2}$ cup chopped yellow onion
- 2 tsp. minced garlic
- 2 tbsp. ketchup
- 2 tbsp. sweet pickle relish
- 1 tbsp. yellow mustard
- 1 tbsp. Baby Bam* (see below)
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. ground black pepper
- 12 small hamburger buns or small dinner rolls



1. Cover a baking sheet with aluminum foil or wax paper and wash your hands.
2. Place the meat in a large mixing bowl. Add the onion, garlic, ketchup, relish, mustard, Baby Bam, salt, and pepper, and mix with your hands until all the ingredients are well incorporated.
3. Form the meat into patties, using about $\frac{1}{4}$ cup for each. Place the formed patties on the baking sheet. Wash your hands really well with warm, soapy water before continuing.
4. Preheat a large skillet over medium-high heat.
5. Carefully place 3 or 4 patties in the skillet, being careful not to overcrowd them. Using a plastic turner, turn the burgers over after 4 minutes. Make sure to turn them gently to avoid hot grease splatters! Cook the burgers on the second side for 3 minutes.
6. Using an oven mitt or pot holder, remove the burgers from the skillet and place on a platter or large plate while the other burgers are cooking. Repeat with the remaining patties.
7. Serve on hamburger buns, topped with accompaniments if desired.
8. Optional Accompaniments: Mayonnaise, Mustard, Ketchup, Onion slices, Pickles, Pickle relish, Tomato slices, and Lettuce

*Baby Bam Spice Mix for Recipe Above (Yield: About $\frac{3}{4}$ cup)

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|-------------------------|------------------------------|----------------------------------|
| • 3 tbsp. paprika | • 2 tsp. garlic powder | • 1 tsp. dried thyme |
| • 2 tbsp. salt | • 1 tsp. ground black pepper | • $\frac{1}{2}$ tsp. celery salt |
| • 2 tbsp. dried parsley | • 1 tsp. dried oregano | |
| • 2 tsp. onion powder | • 1 tsp. dried basil | |

1. Place all the ingredients in a mixing bowl.
2. Stir well to combine, using a wooden spoon.
3. Store in an airtight container for up to 3 months.

<https://www.emerils.com/124726/baby-bam-burgers>

Cool Dill Dip (Yield: 2 1/3 cups)

- 1 ½ tsp. ground dill seed
- 1 ½ tsp. dill weed
- 2 tbsps. minced onion
- 2 tbsps. parsley flakes
- 1 tsp. celery salt
- 3 tbsps. water
- 1 1/3 cups mayonnaise
- 1 1/3 cups sour cream

Place all the spices in the bottom of a large bowl. Add the water, stir and let stand about 5 minutes until the water is absorbed. Mix in the mayonnaise and sour cream. Cover and refrigerate for at least 2 hours. Serve in a bread bowl with bread chunks for dipping. Rye and pumpernickel work best. This also makes a great veggie dip.

<https://www.penzeys.com/shop/recipes/cool-dill-dip/>



Old Fashioned Potato Salad (8 servings)

- 5 medium potatoes
- 3 large eggs
- 1 cup chopped celery
- ½ cup chopped onion
- ½ cup sweet pickle relish
- ¼ cup mayonnaise
- 1 tbsps. prepared mustard
- ¼ tsp. garlic salt
- ¼ tsp. celery salt
- ground black pepper to taste

1. Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes.
2. Drain, cool, peel, and chop potatoes.
3. While potatoes cook, place eggs in a saucepan and cover with cold water. Bring water to a boil; cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes.
4. Brown eggs boiling in a small stainless steel pot.
5. Remove eggs from hot water; cool, peel, and chop into chunks.
6. Combine potatoes, eggs, celery, onion, relish, mayonnaise, mustard, garlic salt, celery salt, and pepper in a large bowl. Mix together until well combined.
7. Chill potato salad in the refrigerator before serving for best flavor results. Enjoy!

<https://www.allrecipes.com/recipe/16729/old-fashioned-potato-salad/>



Southern Coleslaw Recipe (6 servings)

- 14 oz. bag of coleslaw
- ½ cup mayonnaise
- 1 ½ tbsp.. lemon juice
- 3 tbsp. apple cider vinegar
- 2 tbsp. sugar
- 1 pinch celery salt small pinch
- salt for taste I used about 1/2 tsp
- ¼ tsp. pepper

1. In a small bowl, add the mayonnaise, sugar, lemon juice, apple cider vinegar, celery salt, and salt and pepper. Mix to combine.
2. Pour the dressing into a bowl with the coleslaw. Mix well. Serve immediately or refrigerate for 1-2 hours.

<https://whiskitrealgud.com/coleslaw/>



Lemony Celery-Salted Buttermilk Chicken Thighs (6 servings)

- 1 large lemon
- 2 cups low-fat buttermilk
- 2 tsp. celery salt
- 1 tsp. granulated sugar
- 1 tsp. garlic powder, or 2 cloves minced garlic
- ½ tsp. freshly ground black pepper
- 3 pounds bone-in, skin-on chicken thighs
- Kosher salt
- 2 tbsp. olive oil

1. Finely grate the zest of the lemon and place in a large measuring cup. Set the rest of the lemon aside. Add 2 cups buttermilk, 2 teaspoons celery salt, 1 teaspoon granulated sugar, 1 teaspoon garlic powder or 2 minced garlic cloves, and 1/2 teaspoon black pepper to the lemon zest, and whisk to combine.
2. Place 3 pounds chicken thighs in a large zip-top bag. Pour in the buttermilk mixture. Seal the bag and shake to submerge the chicken. Place the bag in a clean bowl and refrigerate for 2 to 4 hours.
3. Arrange a rack in the middle of the oven and heat the oven to 425°F.
4. Remove the chicken thighs from the bag, letting as much excess buttermilk drip off as possible, and place skin-side up on a rimmed baking sheet. Pat the skin lightly with paper towels to dry. Slice half the zested lemon into thin rounds. Tuck the lemon slices among the chicken pieces. Sprinkle the chicken skin lightly with kosher salt. Drizzle everything with 2 tablespoons olive oil.
5. Roast until the chicken is cooked through and deeply golden-brown, 30 to 35 minutes. Squeeze the remaining lemon half over the chicken and serve.



<https://www.thekitchn.com/lemony-celery-salted-buttermilk-chicken-thighs-22992912>

Mrs. Neidermeyer's Pork Chops (Serves 3-4)

- 3 tbsp. flour
- 1 tsp. paprika
- ½ tsp. garlic salt
- ½ tsp. celery salt
- ½ tsp. seasoning salt
- 6 pork chops
- ½ cup water
- 1 tbsp. brown sugar
- 2 tbsp. Worcestershire sauce

1. Mix flour, paprika and garlic, celery and seasoned salt together and coat pork chops.
2. Brown pork chops in large frying pan.
3. Mix water, brown sugar and Worcestershire sauce together and add to frying pan.
4. Cover and simmer for 40 minutes or until pork chops are tender.



<https://www.food.com/recipe/mrs-neidermeyers-pork-chops-24910>

Savory Chicken Salad Recipe

- 3 cups chicken, chopped or minced
- ¾ cup celery, diced small
- ¾ cup mayonnaise
- ½ tsp. celery salt
- ½ tsp. dried dill
- ½ tsp. dried parsley
- Salt & pepper to taste



1. In the bowl of a food processor, add a mix of breast and thigh meat, pulse a few times until the meat is chopped fine.
2. Measure 3 cups of chopped chicken into a large bowl. Add the finely chopped celery. If desired add 2 or 3 diced green onions.
3. In a small bowl, combine the mayonnaise, celery salt, dried dill, dried parsley, kosher salt, and pepper.
4. Pour the dressing over the chicken and celery and stir to combine thoroughly.
5. Cover and refrigerate for at least an hour.

<https://www.dontsweattherecipe.com/savory-chicken-salad/>

The Best Homemade Popcorn Seasoning Ever!

- 4 tbsp. celery salt
- 4 tbsp. dried parsley flakes
- 2 tbsp. garlic powder
- 2 tbsp. salt
- 2 tbsp. ground summer savory



- 2 tsp. dried marjoram
- 2 tsp. dried thyme
- 1 tsp. pepper
- 1 tsp. turmeric
- 1 tsp. ground sage

1. Combine all in a small bowl.
2. Store in glass or plastic container with a tight fitting lid.
3. Stir or shake occasionally before use to redistribute ingredients.
4. Simply sprinkle on top of freshly popped popcorn and enjoy!

<https://wholenewmom.com/perfect-popcorn-recipe-3/>

Shrimp Remoulade (8 servings)

Remoulade Sauce

- 1 ¼ cup Mayonnaise
- 3 tbsp. Fresh Parsley, (chopped)
- 2 tbsp. Pickles, (diced finely)
- 2 cloves Garlic, (diced finely)
- 2 tbsp. Ketchup
- 2 tbsp. Dijon Mustard
- 2 tbsp. Lemon Juice
- 1 tbsp. Hot Sauce
- 2 tsp. Horseradish
- 1 tsp. Worcestershire Sauce
- 1 tbsp. Cajun Seasoning
- ½ tsp. Celery Salt



Shrimp

- 2 lbs. Jumbo Shrimp
- 1 tbsp. Cajun Seasoning
- Salt and Black Pepper, (to taste)
- 2 tbsp. Olive Oil
- 2 tbsp. Butter

1. If using frozen shrimp, add shrimp to a large bowl with cold water and allow it to thaw for 20-30 minutes. If using fresh shrimp, skip this step.
2. Make the creamy remoulade sauce. Combine mayo, diced fresh parsley, diced pickles, diced garlic, ketchup, Dijon mustard, lemon juice, hot sauce, horseradish, Worcestershire sauce, Cajun seasoning, and celery salt. Mix until all ingredients are combined. Taste for salt and add as desired.
3. Pat shrimp dry and season with Cajun seasoning, salt, and black pepper. Add olive oil and butter to skillet over medium heat. Place shrimp in the skillet and cook on each side for 2-4 minutes, until pink and slightly curled. Remove from the pan and allow shrimp to cool for 5 minutes.
4. Add shrimp to the remoulade sauce and toss together.

5. Garnish with lemon slices and red pepper flakes. Serve with fresh bread and chopped iceberg lettuce.
6. Serve immediately or chill for one hour before serving for best results.

<https://britneybreaksbread.com/shrimp-remoulade/>

Celery Salt Ranch Dressing (4 servings – about 1 cup)

- 1½ cups sour cream or full-fat Greek yogurt
- ¼ cup neutral oil
- 3 tbsp. buttermilk
- ¼ tsp. grated garlic (from a small clove)
- Zest of one medium-size lime
- 2 tbsp. freshly squeezed lime juice
- 1 tsp. celery salt

Put all the ingredients, including the sugar if using, into a small bowl. Whisk until smooth and combined. Taste and add more lime juice if needed.



<https://curiospice.com/blogs/recipe-library/celery-salt-ranch-dressing-1?srltid=AfmBOooW0RmLxWh7lKpTLUZpHtoFsVgeUcpA7kuYfCT1n6wrLq3SgD4C>

Hand Cut Fries with Celery Salt (4 servings)

- 4 large russet potatoes, scrubbed, peel-on
1. Fill a 6-quart heavy pot or Dutch oven two-thirds of the way full with oil. Heat the oil over medium-high heat until a deep-fat thermometer registers 375 degrees F.
 2. Cut the potatoes lengthwise into 1/4-inch-thick sticks. Fry the potatoes in batches, until golden brown, 8 minutes per batch. Transfer the potatoes with a slotted spoon to a paper-towel-lined baking sheet. Sprinkle with celery salt and serve immediately.



<https://www.foodnetwork.com/recipes/jeff-mauro/hand-cut-fries-with-celery-salt-recipe-2109237>

Library Resources

The Beach House Cookbook by Mary Kay Andrews – 641.5975 AND

The Complete Salad Cookbook by America's Test Kitchen – 641.83 AME

The Complete Small Plates Cookbook by America's Test Kitchen – 641.812 AME

The Complete Summer Cookbook by America's Test Kitchen – 641.564 AME

Gatherings by America's Test Kitchen – 641.5635 AME

The Kitchen Pantry Cookbook by Erin Coopey – 641.3 COO

Matty Matheson: Soups, Salads, Sandwiches by Matty Matheson – 641.597 MAT

Vegetables Illustrated by America's Test Kitchen – 641.65 VEG