

# Celery



Leaflet #1



Celery



## Celery

A vegetable often used in salads, more frequently in sauces, stock cubes, bouillon paste, and bouquet garni. Celeriac is a root vegetable that is sometimes served pureed or roasted.

Also, look out for celery salt, which may be used when making a Bloody Mary cocktail. It may also be used in curing bacon.

It is quite rare for someone to be allergic to celery. However, someone with this allergy may react to any part of the plant.

There was a case of someone who was allergic to celery and was hospitalised with anaphylaxis. A cheese sauce had been made from cheese left over from a cheeseboard, where celery had been present.

## Ask your doctor

We do not give medical advice.

Please always speak to your medical practitioner for advice if you suspect an allergic reaction, or are worried that you, or a family member, may have an allergy.

## Other names to look for:

- Celeriac