



Recipe from: [My Catholic Tradition](#)

## SPRING ONION AND CELERY BUNDLES

Serves 6

- 4 stalks celery
- 1 bunch spring onions (scallions)
- 1 oz butter
- 1 tsp celery seeds
- 1 tbsp honey
- 1/2 cup chicken stock
- 1 tsp soy sauce
- 1 tsp cornstarch

CUT THE CELERY into 4 inch lengths, then into strips the same thickness as spring onions.

Cut the roots from spring onions.

Cut into 4 inch lengths.

Reserve the spring onion tops for ties.

Plunge the spring onion tops into boiling water 30 seconds, or until bright green, then plunge immediately into iced water.

Drain and pat dry with paper towels.

Combine the spring onion and celery stalks.

Divide into six bundles.

Tie each bundle firmly with a spring onion top.

Heat the butter in a frying pan.

Fry bundles quickly over medium-high heat for 1 minute each side.

Remove from the pan.

Add the celery seeds and cook for 30 seconds.

Add the honey, stock, soy sauce and blended corn starch and 1 tsp water.

Bring to boil and reduce heat, stirring continuously.

Add spring onion and celery bundles.

Simmer gently for 7 minutes, or until bundles are just tender.

Serve with a little of the cooking liquid.