



# AUSTRALIAN CHESTNUTS

**UPDATE: 3 months until the 2018 Chestnuts Season starts.**

## *Aussie Chestnuts*

**MAKE EVERYDAY MEALS SPECIAL WITH CHESTNUTS**

- **Discover the ultimate foodie destinations that grow chestnuts**
- **Plenty of healthy and tasty ways to cook and enjoy chestnuts**

**Recent rain in North East Victoria, home to 75% of Australian chestnut orchards, looks set to deliver an excellent chestnut season – which is great news for consumers. Harvesting of the early varieties of chestnut starts late February and continues through autumn with the season wrapping up late July.**

President of Chestnuts Australia Inc. Brian Casey, says “chestnut trees set their flowers late spring – early summer. Over the hottest months, the orchards flourish and green chestnut burrs increase in size. When cooler autumn nights arrive, the change of season sees the matured spikey burrs burst open and its 2-3 glossy, firm, reddish-brown nuts drop to the ground. Unlike other fresh produce, chestnuts are gathered from the ground before being sorted by variety and graded into seven sizes (ranging from 20mm-41mm in diameter) and finally packed ready for sale.”



### Microwave



### Oven



### Barbecue



### Fire pit



## Exceptionally versatile

Revered for their toasty aroma and delicate sweet-nutty flavour, chestnuts are exceptionally versatile. Delicious roasted, boiled, microwaved or barbecued their irresistible fragrance is only surpassed by their unique taste and health benefits.

Wholesome gluten-free chestnuts are the only nut to provide vitamin C, they are low fat and low GI and deliver a healthy source of protein, antioxidants, potassium, folate and valuable dietary fibre, all for only 217 kilojoules per 100g (52 Cal).

While traditionally roasted and eaten straight from the shell as a snack, chestnuts are equally delectable when used to make savoury or sweet everyday meals, extra special.

Once cooked and peeled chestnuts texture is reminiscent of a roast potato. Perfect for pureeing into ultra-tasty dips and nutritious, hearty soups. In fact, pureed chestnuts are a natural thickener and can be used to thicken sauces, casseroles and soups.

## Barbecuing chestnuts

If you are barbecuing or huddling around a campfire this autumn, add a kilo of scored chestnuts to the grill or a frypan. Simply cut a shallow cross in the flat side of the shell with a Stanley or paring knife and cook them for 15-20 minutes until the shell breaks open and they have become golden in colour. Peel and enjoy warm.

Cooked chestnuts, halved or chopped, add a special texture to stir-fries, stuffing, braises, vegetable dishes, rice and pasta dishes. Candied or finely sliced and fried chestnuts add a delightful crunch to an autumn salad.

For savoury meals, award-winning Australian/Italian chef Stefano Manfredi, recommends teaming chestnuts with cabbage, mushrooms, apples, pumpkin, fennel, sausages, beef, game, beans, pasta, cranberries, spinach, potato or cauliflower.

## Great for desserts

When it comes to dessert, Stefano suggests marrying chestnuts with coffee, chocolate, sugar, honey, cinnamon, orange, vanilla, rum, brandy, port, cream, cinnamon and pastry. Boiled chestnuts simmered in cream, vanilla and sugar then pureed makes a delicious nutty flavoured cream ideal for filling cakes and pastries and serving with poached fruits and biscuits.

He is also a big fan of chestnut flour for crepes, baked goods and combining chestnut flour and traditional flour, for pizza dough.

Grown in Australia since the 1850's first by the migrants of the gold rush, today there are over 300 chestnut growers located in some of Australia's finest foodie destinations. So why not head to the historical Southern Highlands, the Blue Mountains, the sensational Southwest of WA, the Adelaide Hills, Yarra Valley, the high country of North East Victoria and other growing areas to combine a weekend getaway and a enjoy a chestnut experience. Go chestnut picking (there are a few orchards that have open days), pick up a kilo of chestnuts from a regional farmers market or dine out and experience memorable local chestnut dishes.

You will also discover chestnuts instore at your local greengrocer and supermarket throughout autumn and winter, for chestnut recipes and information on selecting, preparing, cooking and storing chestnuts visit <http://www.chestnutsaustralia.com.au>

**For further information, grower interviews, chestnut products or recipe photography please contact:**

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