

# Chestnuts

Make everyday meals special with chestnuts.



Gluten-free  
chestnut brownies

For more delicious recipes visit [chestnutsaustralia.com.au](http://chestnutsaustralia.com.au)

# Aussie-grown chestnuts



## in season

Fresh chestnuts are available from mid-March to July. Delicious and versatile, chestnuts have a unique nutty taste and texture that makes them perfect for use in sweet and savoury dishes.



## out of season

Ready-to-use peeled Australian chestnuts and other Australian chestnut products are available. Please visit [www.chestnutsaustralia.com.au](http://www.chestnutsaustralia.com.au) for more information.



## to select

The freshest chestnuts have a glossy brown, firm shell and feel heavy for their size.



## to store

Store uncooked chestnuts in a paper bag in the crisper section of your refrigerator for 2-3 days or in an airtight container for up to 10 days. Cooked chestnuts can be kept in an airtight container in the refrigerator for up to 4 days. For longer storage, freeze chestnuts. Cook and peel chestnuts, place in small freezer bags and freeze for up to 6 months.



## preparation

Before cooking chestnuts it is important to firstly cut a shallow cross into the flat side of the shell. This prevents the nut from overheating and bursting while cooking. When boiling, cut the chestnuts in half across the width of the chestnut before cooking.

## health benefits

### Chestnuts are so nutritious!

- Good source of low GI carbohydrate
- Gluten-free
- Provide dietary fibre
- Low in total fat and saturated fat
- Contain folate, potassium, vitamin C and antioxidants
- A 30 gram serve provides 217 kJ (52 Cal)



# Gluten-free chestnut brownies

Preparation 20 mins • Cooking 25-30 mins • Makes 16 pieces

## 350g cooked and peeled chestnuts\*

200g good quality dark chocolate,  
broken into squares  
200g unsalted butter, chopped  
1¼ cups brown sugar

1 tsp vanilla extract  
4 eggs, lightly beaten  
½ cup gluten-free self-raising flour  
2 tbsp cocoa  
Pinch salt

Preheat oven to 180°C or 160°C fan-forced. Grease and line a 16cm x 26cm x 2-3cm deep slab pan with baking paper, leaving a 2cm overhang on the sides of the pan.

Set aside 50g cooked and peeled chestnuts. Place remaining chestnuts into a food processor. Process until fine crumbs form (to make 2 cups ground chestnuts). Set aside.

Place chocolate and butter in a large microwave safe bowl and microwave on high for 2 minutes, stirring with a metal spoon every minute until melted. Set aside to cool.

Using a metal spoon, stir in sugar, vanilla and eggs into chocolate mixture until well combined. Sift over flour, cocoa and salt. Stir to combine. Gently fold through chestnuts.

Pour into prepared pan. Chop reserved chestnuts and sprinkle over mixture. Bake for 25-30 minutes until a skewer inserted comes out with moist crumbs sticking. Cool completely in the pan. Cut into squares. Serve with whipped cream and a dusting of cocoa if desired.

**Chef's tips:** This delicious brownie can be served warm or cold. It keeps well stored in an airtight container for 5 days and freezes well. Standard self-raising flour can be used in place of gluten free flour, if preferred.

***\*You will need to roast 500g of fresh chestnuts to yield 350g of cooked and peeled chestnuts.***

## To roast chestnuts

Preheat oven to 200°C (180°C fan-forced).

Cut a shallow cross into the flat side of each chestnut shell. Place chestnuts onto a baking tray and bake for 15-20 minutes or until the shells split open.

Once cooked, remove chestnuts from the heat and wrap in a clean tea towel for 5 minutes. While chestnuts are still warm, quickly peel off the outer brown shell and papery thin skin underneath.



# Cooking and peeling

Chestnuts are delicious roasted, boiled, microwaved, grilled or barbecued.



## to boil

Cut fresh chestnuts in half across the width of the nut, then place in a pan of cold water and bring to the boil. Simmer for 15-20 minutes or until the flesh is tender and easily separates from the shell.



## to microwave

Cut a shallow cross into the flat side of each chestnut shell. Place 6 to 8 chestnuts in a single layer on a microwave-safe plate. Cook, uncovered, on full power (850 watts or High) for 2-3 minutes or until the flesh is tender. Timing may vary depending on chestnut size.



## to grill or barbecue

Cut a shallow cross into the flat side of each chestnut. Place chestnuts on a tray under a moderate to hot grill or place directly on a barbecue grill. Cook for approximately 15-20 minutes or until the shells blacken and split open, turning every few minutes.



## to peel

Once cooked, remove chestnuts from the heat and wrap in a clean tea towel for 5-10 minutes and then quickly peel off the outer brown shell and papery thin skin underneath. Peel chestnuts while they are still warm as they can be tricky to peel when cooled. If boiled, simply remove the chestnuts from the water one at a time to peel. Some varieties are easier to peel than others, check with your greengrocer or visit [www.chestnutsaustralia.com.au](http://www.chestnutsaustralia.com.au) for more information.



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