

# Chestnuts

Make everyday meals special with chestnuts.



Spicy chestnut, pumpkin  
& pancetta soup

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# 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)



# Spicy chestnut, pumpkin & pancetta soup

Preparation 20 mins • Cooking 40 mins • Serves 4

1½ tbsp olive oil  
100g sliced pancetta, chopped  
1 brown onion, finely chopped  
2 celery stalks, sliced  
2 garlic cloves, chopped  
2 long red chillies, deseeded and chopped

**500g cooked and peeled chestnuts\***  
750g, peeled and chopped  
butternut pumpkin  
5 cups chicken stock  
Reduced fat sour cream and  
extra sliced long red chilli, to serve

Heat 2 tsp oil in a large saucepan over medium-high heat. Add pancetta and cook, stirring often, for 3 minutes or until crispy. Transfer to a plate. Set aside.

Heat the remaining 1 tbsp oil in the pan over medium heat. Add onion, celery, garlic and chillies and cook, stirring often, for 4-5 minutes until softened.

Add chestnuts and pumpkin and cook, stirring occasionally, for 5 minutes. Stir in stock and three-quarters of the pancetta. Cover and bring to the boil. Reduce heat, cover and simmer, stirring occasionally, for 20-25 minutes or until pumpkin and chestnuts are tender.

Puree soup with a stick blender until smooth. Season to taste. Cover and bring to the boil over medium heat. Ladle soup into serving bowls. Top each with a dollop of sour cream, the remaining pancetta and extra sliced red chilli and serve.

**Chef's tips:** This delicious soup thickens on standing, add extra stock if necessary. For extra heat, drizzle soup with Sriracha hot chilli sauce.

**\*You will need to roast 700g of fresh chestnuts to yield 500g 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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