

Chestnuts

Make everyday meals special with chestnuts.



It's time to enjoy Aussie-grown chestnuts

Chestnuts have a delicious, unique nutty taste and texture. Delectably different from other nuts, their natural goodness is obtained through cooking. They are low in fat and add a delicate flavour to so many sweet and savoury dishes.





in season

Chestnuts are available from mid-March to July. Stock up your freezer so you can add that special chestnut flavour to meals year-round.

to select

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

to store

Refrigerate uncooked chestnuts in a paper bag in the crisper for 2 to 3 days or in an airtight container for up to 10 days.

Cooked chestnuts can be kept in the refrigerator in an airtight container for up to 4 days. For longer storage, freeze cooked and peeled chestnuts in small freezer bags for up to 6 months.



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)



Preparing chestnuts

When baking, microwaving or roasting, 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.



Cooking chestnuts

4 EASY METHODS



to roast

Preheat oven to 200°C (180°C fan-forced). Place prepared chestnuts onto a baking tray and bake for 15 to 20 minutes or until the shells split open.

to grill or barbecue

Place prepared chestnuts on a tray under a moderate to hot grill, or place chestnuts directly onto the barbecue grill, turning a couple of times, for approximately 15-20 minutes or until the shells blacken and split open.



to boil

Place prepared chestnuts into a pan of cold water and bring to the boil. Simmer for 15 to 20 minutes or until the flesh is tender and easily separates from the shell.

to microwave

Place 6 to 8 prepared chestnuts in a single layer on a microwave-safe plate. Cook, uncovered, on full power (850 watts or High) for 2 to 3 minutes or until the flesh is tender. Timing can vary depending on chestnut size and microwave power.

Peeling chestnuts

Peel chestnuts while they are still warm as they can be tricky to peel when cooled.

Once cooked, remove chestnuts from the heat and wrap in a clean tea towel for 5 to 10 minutes and then quickly peel off the outer brown shell and remove the papery thin skin underneath. If boiled, there's no need to wrap the chestnuts in a tea towel; simply remove the chestnuts one at a time from the water to peel.

Some varieties are easier to peel than others, check with your greengrocer or visit www.chestnutsaustralia.com.au for more information.

How much does 1 kg of chestnuts yield in peeled chestnuts?

Once cooked, 1 kg of fresh chestnuts yields about 700g peeled chestnuts.





Candied chestnut, blue cheese & fennel salad

Preparation 15 mins + chestnut prep time • Cooking 7 mins • Serves 4

Candied chestnuts

¼ cup white sugar
1 tbsp unsalted butter
150g cooked and peeled
chestnuts, quartered

Salad

1 bulb fennel, trimmed and halved lengthways
(reserve fronds to serve)
1 small radicchio, washed and leaves separated
150g gorgonzola or similar soft blue cheese,
roughly crumbled
2 oranges, peeled, all pith removed and sliced
into segments
Extra virgin olive oil, to serve
Crusty bread, to serve

To make the candied chestnuts, heat a non-stick frypan over medium heat. Add sugar and butter and stir until butter melts. Add chestnuts and cook, stirring for 4-5 minutes until chestnuts are golden brown and evenly coated. Transfer to a baking tray lined with baking paper. Separate chestnut pieces and leave to cool.

To make salad, using a V-slicer or sharp knife, very finely slice fennel. Arrange fennel, radicchio, gorgonzola and oranges on a serving platter. Sprinkle with candied chestnuts and reserved fennel fronds. Drizzle with extra virgin olive oil, season and serve with crusty bread.

Delicious ways to enjoy chestnuts everyday

Adding pre-cooked chestnuts to everyday meals is easy and delicious, so give these ideas a try.

- Liven up traditional spaghetti Bolognese, hamburgers or San Choy Bau with a handful of chopped chestnuts
- Toss chestnuts into a roasting pan with seasonal fresh veggies
- Enrich your favourite casserole with flavoursome chestnuts
- Add chopped chestnuts to stir-fries and salads
- Blend chopped chestnuts, dried apricots, sage, sautéed onion and a little milk to make a tasty stuffing for chicken, turkey or pork
- Blend pureed chestnuts with mashed potatoes or sweet potatoes
- Stir chopped chestnuts through your favourite lentil, barley or risotto dishes for a nutty flavour and texture
- When fresh chestnuts are out of season, ready to use peeled Australian chestnuts and other Australian chestnut products are available from selected stockists.

Visit www.chestnutsaustralia.com.au for more information.



AUSTRALIAN
CHESTNUTS



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Chestnut, beef & bok choy stir-fry

Preparation 15 mins + chestnut prep time • Cooking 10 mins • Serves 4

2 tbsp peanut oil

200g cooked and peeled chestnuts, quartered

**500g beef rump, sirloin or flat iron steak –
thinly sliced across the grain**

1 red onion, cut into thin wedges

2 cloves garlic, sliced

2 cm piece ginger, finely chopped

1 long red chilli, deseeded and thinly sliced

125g snow peas, trimmed and halved lengthways

**1 bunch bok choy, trimmed, stems chopped
and leaves separated**

Steamed rice or noodles, to serve

Stir-fry sauce

¼ cup oyster sauce

1 tbsp sweet chilli sauce

1 tsp sesame oil

To make stir-fry sauce, combine all ingredients in a bowl. Set aside.

Heat 2 tsp oil in a wok over high heat. Add chestnuts and stir-fry for 2 minutes until golden. Using a slotted spoon, transfer to a plate and set aside.

Heat 1 tbsp oil in the wok over high heat. Add half the beef and stir-fry until evenly browned. Transfer to a plate. Repeat using 2 tsp oil and remaining beef. Set aside.

Add onion, garlic, ginger, chilli, snow peas and bok choy stems to wok. Stir-fry for 2 minutes. Toss through bok choy leaves and 2 tbsp water, cover and cook for 1 minute. Toss through beef and chestnuts. Serve with rice or noodles.





Quick chestnut dip

Preparation 15 mins + chestnut prep time • Makes about 3 cups

**500g cooked and peeled chestnuts,
roughly chopped**
1-2 garlic cloves, roughly chopped
1/3 cup lemon juice
1/4 cup tahini
1 tsp ground cumin
1/4 cup olive oil
1/2 cup hot water*
1/2 tsp salt

To serve

Extra virgin olive oil
Cracked black pepper
Lavosh or grilled flatbread
1-2 Lebanese cucumbers, sliced

Combine chestnuts, garlic, lemon juice, tahini, cumin, oil, hot water and salt in a food processor. Process until almost smooth.

To serve, spoon into a serving bowl, drizzle with a little extra virgin olive oil, sprinkle with pepper and serve with lavosh or grilled flatbread and cucumber slices.

**Add extra hot water for a smoother and thinner consistency.*

Chestnut, spinach & green pea soup

Preparation 15 mins + chestnut prep time • Cooking 25 mins • Serves 4

2 tbsp olive oil
1 leek, trimmed, halved lengthways, washed and sliced
2 garlic cloves, chopped
400g cooked and peeled chestnuts, roughly chopped

4 cups chicken stock
100g baby spinach leaves
1½ cups frozen green peas
Sour cream, to serve

Heat oil in a large saucepan over a medium heat. Add leek and garlic and cook, stirring often, for 3-4 minutes until softened.

Add chestnuts and cook, stirring occasionally, for 5 minutes. Add stock, cover and bring to the boil. Reduce heat, cover and simmer for 5 minutes. Stir in spinach and peas. Cover, reduce heat and simmer for 3-4 minutes until peas are tender.

Remove from heat and puree with a stick blender until smooth. Season to taste. Ladle into bowls and top each with a dollop of sour cream. Sprinkle with chestnut crisps* if liked and serve.

Note, this soup thickens on standing – add extra stock if necessary.

**To make chestnut crisps; slice 50g of cooked and peeled chestnuts in a little olive oil in a frying pan over medium-high heat, tossing often, until golden. Drain on paper towel.*





Chestnut & golden syrup pudding

Preparation 20 mins + chestnut prep time • Cooking 25 mins • Serves 4-6

150g cooked and peeled chestnuts

½ cup milk

1 egg

80g butter, melted

2 tbsp golden syrup

⅓ cup firmly-packed brown sugar

1¼ cups self-raising flour, sifted

Icing sugar, for dusting

Cream or ice-cream, to serve

Sauce

½ cup brown sugar

2 tsp cornflour

1¼ cups boiling water

¼ cup golden syrup

Preheat oven to 180°C/160°C fan-forced. Lightly grease an 8-cup (about 6cm deep) ovenproof dish.

Finely grate chestnuts in a food processor. In a large bowl, combine milk, egg, butter and golden syrup. Stir in grated chestnuts, sugar and sifted flour. Using a large metal spoon, mix until just combined. Spoon into the prepared dish.

To make the sauce, combine sugar and cornflour in a small bowl. Sprinkle over pudding. Combine water and golden syrup in a jug. Pour mixture over the back of large metal spoon over the pudding batter. Place dish on a baking tray lined with baking paper.

Bake for 50-55 minutes until golden and pudding bounces back when gently pressed in the centre. Stand for 5 minutes. Dust with icing sugar. Serve with cream or ice-cream.