



AUSTRALIAN CHESTNUTS

*You'd be nuts
not to try them!*

Deliciously healthy and ultra-tasty, fresh Australian chestnuts are the most versatile ingredient in season from mid-March until July.

Australian chestnuts are quite different from other nuts, both nutritionally and in a culinary sense, so when the autumn days get shorter and cooler, it's time to enjoy chestnuts. In 2018, over 1,100 tonnes of fresh chestnuts were harvested in Australia across approximately 300 chestnut orchards. Like with most fresh produce, there are many different varieties of chestnuts and each has its own distinctive characteristics. The four most-planted varieties are Red Spanish, Purton's Pride, De Coppi Marone and Bouche de Betizac.

With increased plantings and new high-yield varieties maturing this season, Chestnuts Australia President Adam Gatford believes that the 2019 chestnut season has never been a better time for Australians to make the most of Aussie chestnuts and encourages home cooks and chefs to discover chestnuts this season!

Five reasons to go nuts for Chestnuts this season

1. Chestnuts Are So Good For You!

There's no denying the health benefits of chestnuts. These delicious seasonal nuts are low in fat and also offer a healthy dose of vitamin C, which is something you don't get from other nuts! Chestnuts also provide folate, potassium, antioxidants, dietary fibre and are low in kilojoules with a 30 gram serve providing 217 kJ (52 Cal).

2. Chestnuts Are Gluten-Free!

Chestnuts are gluten-free making them a perfect addition to the diets of those with coeliac disease or a gluten intolerance. Use pureed chestnuts to thicken sauces, in casseroles and soups! Chestnut meal is also a useful replacement in baked products. Try this **gluten-free chestnut and chocolate brownie** recipe made with ground chestnut meal!

3. Chestnuts Are A Delight For The Senses!

When it comes to aroma, taste and texture, chestnuts tick all of the boxes! When roasted and eaten straight from the shell the aroma is sweet and the texture is reminiscent of crispy roast potatoes with a soft centre. So easy and so delicious!

4. Chestnuts Are Incredibly Versatile!

This Autumn Australian chestnut growers are saying give chestnut a go, they are uniquely versatile and adaptable. Chestnuts can be roasted, grilled, barbecued or boiled. Once cooked they can be used in a wide variety of different dishes. Served whole, halved, in pieces or pureed, the versatility of chestnuts stretches from hearty **European stews** and spicy **Asian stir-fries** to **roast stuffings** and **creamy soups**. Try adding chestnuts to ravioli fillings, **meatballs** or burger patties!

5. Chestnuts Are Delicious In Sweets Too!

Prized for their adaptability and flavour, chestnuts work equally well in savoury and sweet dishes. Try a **chestnut and chocolate mousse** or a **creamy chestnut tiramisu!** A simple **chestnut cream** can be used to layer between meringues, sponges and pastry or served with poached seasonal fruits. Try a fresh take on **Power Balls** with pureed dates, cacao, nuts, seeds and cooked chestnuts!



CHESTNUTS: THE PERFECT PARTNER FOR YOUR SWEET AND SAVOURY DISHES

Although chestnuts are a popular treat in their own right, they are also an incredibly versatile ingredient and can be used in so many sweet and savoury dishes. Make everyday meals special by simply adding a handful of nutritious cooked and chopped chestnuts to the following dishes:

- Salads, dips and spreads
- Ravioli or wonton fillings
- Burger patties with pork mince, grated apple and sage
- Potato or sweet potato mash with crème fraiche
- Stuffings for poultry with fresh breadcrumbs, sautéed onions, sage and cranberries

IN THE KNOW WITH CHESTNUTS

Select The Best

The freshest new season chestnuts can be identified by their glossy brown, shells – they also feel heavy for their size.

Storing Chestnuts

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.

Boiling Chestnuts

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 peel, simply remove one chestnut at a time from the water while still warm. Chestnuts will slip easily from their shell.

Roasting Chestnuts

Preheat oven to 200°C (180°C fan-forced). Cut a shallow cross into the flat side of each chestnut shell. Place chestnuts on to a baking tray and bake for 15-20 minutes. 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 casing.

Microwaving Chestnuts

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.

Cook, Peel and Freeze – The Hassle-Free Approach

For convenience, purchase a kilo or two of fresh chestnuts at a time. Cook and peel the chestnuts, then store prepared chestnuts in bags in the freezer so they're on hand and ready to add a special nutty flavour to your weekly meals.



Grilled and Barbecuing Chestnuts

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

Other Out of Season Options

Ready-to-use cooked and peeled Australian chestnuts and chestnut products are available. Please visit www.chestnutsaustralia.com.au for more information.

Fresh To Cooked Chestnut Yield

Once cooked, 1 kg of chestnuts yields about 700-750g of cooked and peeled chestnuts. Here is a rough guide for small quantities, weight varies slightly depending on the size of the chestnuts.

Chestnuts – Uncooked in shell	Chestnuts – Cooked & peeled
1 kilo	700-750g
750g	525-560g
500g	350-375g
250g	175-185

WHERE ARE AUSTRALIAN CHESTNUTS GROWN?

Chestnuts are grown in areas that are hot in summer and cold in winter and preferably at least 800 meters above sea level. 75% of Australian chestnuts are produced in North East Victoria around the townships of Beechworth, Stanley, Bright, Mt Beauty, Wandiligong and Myrtleford. The remaining crops are grown east of Melbourne in Victoria, in Batlow, Orange, Tenterfield, the Southern Tablelands in New South Wales, in the Adelaide Hills in South Australia, South West Western Australia and throughout Northern Tasmania.

For further information, grower interviews, recipe and chestnut images, please contact:

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