

# CHESTNUT ROASTING 101

from the University of Missouri Center for Agroforestry, [www.centerforagroforestry.org](http://www.centerforagroforestry.org)

*Chestnuts are a nutritious fall treat and nothing brings out their sweet flavor like roasting them over an open fire. The best part - it's not really that hard to do, especially with these five easy steps! Roasted chestnuts make any event extra special!*

## STEP 1

Make a single 1/8th-inch deep slit across the center (equator) on the rounded side of the nut. This creates a hinge that opens much like a clamshell when cooked. (Chestnuts will explode if not pierced prior to cooking, much like a potato.) Specialized knives for chestnut scoring are available although not required; see reverse for details.



## STEP 2

Prepare a charcoal fire on your grill. Propane can also be used, but the charcoal gives the nuts an additional smoky flavor.

## STEP 3 - OPTIONAL

Place up to three pounds of chestnuts into the microwave in a microwave-safe bowl covered with a wet paper towel. Cook about three to five minutes per pound on high. Stir nuts halfway through cooking time. (Including this step will lessen time

on the grill -- key if you are roasting large quantities.)

## STEP 4

Place the scored nuts in a metal pan (see reverse for where to buy specialty chestnut roasting pans). Otherwise, a stainless steel wok or cast-iron skillet will work. Place the pan on the grilling rack.

## STEP 5

Roast, turning the nuts frequently with a metal spatula. Roasting the nuts will take about 20 minutes. When cooled, the shells become brittle and are easy to peel with your fingers.

## NOTE

Chestnuts also can be roasted on a bonfire with a long-handled metal pan. The nuts will only take about 5-10 minutes to cook over a hot fire or coals and they must be turned frequently to prevent scorching.



# ROASTING SUPPLIES CHECKLIST

- Scoring knives
- Chestnuts
- Roasting pans and metal spatulas
- Grill
- Wood-based charcoal (with fruitwood, if available)
- Lighter fluid
- Paper cups to hand out samples
- Roaster or covered pan to keep already-roasted chestnuts warm
- Microwave (optional)
- Microwave-safe bowl (optional)
- Water for putting out coals

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## CHESTNUT ROASTING SUPPLIERS

**Chestnut scoring knife and chestnut roasting pan:** Fante's Kitchen Wares Shop ([www.fantes.com/chestnuts.htm](http://www.fantes.com/chestnuts.htm)) The wooden-handled Lamson Pro knife is a good knife choice.

**Chestnuts:** Contact the University of Missouri Center for Agroforestry, 573-884-2874, if your local grocery or specialty foods stores do not carry locally grown chestnuts. Chestnut growers can also be found via The Chestnut Growers of America's Web site: <http://www.chestnutgrowers.com/>

Click on "Growers" and then "Directory."