

First, chestnuts **must** be scored to prevent exploding during cooking. Hold the chestnut firmly,

## 2 Prepare for Roasting or Recipes

You may also use a hand pruner or kitchen shears to make an incision in the shell of raw chestnuts instead of scoring with a chestnut knife. Slicing the chestnut in half with the pruner is acceptable, if you are preparing the nuts for recipes.

For 24-36 hours prior to cooking, nuts out on your counter to "cure" sweetness, set refrigerated chest-bowl with other nuts. For optimum aged and will dry out if left out in a refrigerator. They must be refrigerated as though they were a fruit or are perishable and must be handled dried out. Interestingly, chestnuts thumb means a fresh nut that hasn't no give when pressed with your ent. A solid, weighty feeling with rich color. Check for any sign of mold and do not purchase if present. Choose chestnuts in shell that are plump, shiny and a dark,

## 1 Choose Quality, Refrigerated Chestnuts

flat side down. Using a chestnut knife, carefully score the shell of the round chestnut by cutting an arc from one side to the other. A chestnut knife has a curved, pointed blade and is the safest way to score chestnuts. (The Lamson Pro Chestnut Knife is available online from [www.thekitchenstore.com](http://www.thekitchenstore.com).) This cut allows the chestnut to pop open when roasting is complete, with the flat side of the shell acting like a hinge. A regular kitchen knife will work to score the chestnuts, but is more difficult and time-consuming than using a chestnut knife.



**Steam:** Place scored chestnuts in a collapsible steaming basket in a pan with 1/2 inch of water. Bring to boil and steam until meats separate from shells and chestnuts are desired consistency.

**Roast on a Grill or Fire:** Place raw scored chestnuts in a roasting pan and stir on grill for approximately

Flavor for an authentic roasted chestnuts can be transferred to a grill with 1-2 minutes. Microwaved (like a baked nutmeats reach desired softness pop open and the high until the chestnuts preserve moisture. Cook on safe container (single layer) and chestnuts in a microwave-

## 3 Microwave, Boil or Roast

Cooked nutmeats are perfect for sauteing, pureeing or mixing into your favorite recipes. Chestnuts are great in appetizers, salads, entrees and desserts!

Find additional preparation instructions, recipes and nutrition information at: [www.centerforagroforestry.org](http://www.centerforagroforestry.org)

Nutmeat should be easily removed by hand from the shell while still warm. Season microwave or grilled chestnuts with salt, if desired, before eating.



## 4 Peel and Enjoy!

For mately 20 minutes, until soft. For quicker roasting, cook chestnuts first in microwave and then roast on grill for 10-15 minutes, until soft. Nutmeats will pop out easily from the shells while still warm. A cast iron skillet or stainless steel wok can be used on an open fire. Stir chestnuts frequently. Roasting is complete when nutmeats are soft.

## NUTrition and Your Health

*Chestnut, the "unNut" that's high in nutrition, low in calories!*

- Nutritionally, chestnuts are similar to whole grains and offer a sweet, subtle flavor.
- Unlike pecans and walnuts, chestnuts contain just a trace of fat, due to their high water content.
- Good source of fiber and cholesterol-free.
- Chestnuts contain just one-third the calorie content of peanuts and cashews!
- Chestnuts are high in complex carbohydrates for energy.
- Chestnuts contain as much ascorbic acid (vitamin C) as an equal weight of lemons.

### Nutrient composition of 1 ounce (3 chestnuts/ounce) roasted chestnuts:

(source: USDA; [www.nal.usda.gov/fnic/foodcomp](http://www.nal.usda.gov/fnic/foodcomp))

Protein:	1.2 grams
Fat:	0.3 grams
Carbohydrates:	14.4 grams
Fiber:	1.4 grams
Vitamin C:	11 milligrams
Calories:	68
Cholesterol:	0
Sodium:	23 milligrams
Potassium:	608 milligrams

Also a source of magnesium and phytonutrients.

Learn more about the nutritional value of chestnuts, pecans and black walnuts at [www.centerforagroforestry.org](http://www.centerforagroforestry.org)



Delicious, versatile Missouri-Grown

# Chestnuts

The "unNut" you'll love!



Recipes and preparation instructions from the University of Missouri Center for Agroforestry

[www.centerforagroforestry.org](http://www.centerforagroforestry.org)

## Chestnut Bisque

1 medium carrot, diced  
1/2 onion, chopped  
1 stalk celery, chopped  
1 Tbsp. butter or canola oil  
1 lb. fresh chestnuts, peeled  
3 cups chicken bouillon  
1/4 cup apple juice  
1/4 cup fresh parsley, chopped  
pinch ground nutmeg  
1/4 tsp. salt  
fresh ground pepper, to taste  
1/2 tsp. dried tarragon  
nonfat sour cream or yogurt, optional

Melt the butter in a large saucepan over medium heat. Add carrots, onion, and celery, and saute until soft, about 7 minutes. Add chestnuts and continue cooking 5 minutes, stirring occasionally.

Add stock and bring to a boil. Reduce heat to simmer and add apple juice, parsley, nutmeg, salt and pepper. Simmer 15 minutes. Add tarragon and continue cooking 5 minutes. Puree the soup in a blender. Return to saucepan and reheat. Adjust seasonings as needed. Serve with a dollop of yogurt or sour cream. Serves 4.



*Recipe from  
Allen Creek Farms  
www.chestnutsonline.com*

## Steamed Chocolate Chestnut Pudding



1 1/4 lbs. shelled raw chestnuts  
1/2 tsp. vanilla  
1/4 cup cocoa  
2 cups milk  
1/4 cup brown sugar  
2 tsp. butter  
2 eggs  
1 Tbsp. amaretto or sherry

Place chestnuts in a saucepan with vanilla and enough water to cover. Bring to a boil over high heat. Reduce heat, cover and simmer for 30 minutes, or until very tender. Drain and put through a food processor to puree. Set aside.

In a saucepan, combine cocoa, milk, sugar and butter and cook slowly over hot water for 10 minutes, stirring constantly. Add pureed chestnuts and eggs and stir well. Butter a 1 1/2 quart mixing bowl and pour in the mixture. Place the bowl in a pan of hot water and bake for about 45 minutes, until pudding is firm. Unmold and serve with cream.

*Recipe from Chestnut Growers of Australia  
www.chestnutgrowers.com.au*

## Salmon and Rice with Chestnuts

1 cup basmati rice  
2 cups water  
4 salmon steaks  
2 Tbsp. butter

**Chestnut garnish:**  
1 lb. fresh chestnuts (peeled and chopped)  
2 Tbsp. butter  
2 tsp. brown sugar  
2 Tbsp. chopped parsley



**Rice:** Bring 2 cups water to a boil. Add the rice, cover and bring back to a boil. Reduce heat to simmer and cook 15 minutes. When done, add half the chestnut mixture and stir well.

Garnish with a bit of chopped parsley.

**Salmon:** Melt 2 Tbsp. of the butter and brush lightly on both sides of each salmon steak. Grill until done. Time varies depending on the thickness of the steaks – typically about 10 min. Garnish with half of the chestnut mixture.

**Chestnut garnish:** Melt 2 Tbsp. butter in a skillet and add the chopped chestnuts and brown sugar. Saute until nuts are golden.

*Recipe from Allen Creek Farms  
www.chestnutsonline.com*

## Easy Appetizers

### Chestnut Spinach Dip

1 1/2 cups shelled raw chestnut meats, coarsely chopped  
10 oz. pkg. frozen chopped spinach, thawed, rinsed and drained  
1/4 cup diced green onion  
1 pkg. dried vegetable soup mix (2 makes dip thicker, more seasoned)  
2 cups sour cream  
1 cup mayonnaise

Combine nutmeats and other ingredients in a bowl. Refrigerate mixture at least 6 hours. Serve with crackers and/or pour into bread bowl.

*Recipe from Julie Rhoads, Missouri Center for Agroforestry  
www.centerforagroforestry.org/pubs/recipes.asp*

### Parsnip and Chestnut Hummus

1 1/2 cups shelled raw chestnut meats  
1 1/2 cups parsnips, peeled, chopped  
1 clove garlic  
1/4 cup fresh lemon juice  
4 Tbsp. butter  
1/4 cup olive oil  
2 tsp. cumin  
2 Tbsp. tahini  
Salt and pepper to taste  
2 Tbsp. fresh parsley, chopped



Place chestnuts and parsnips in medium saucepan and cover with water. Bring to a boil and simmer until very tender, about 20 minutes. Drain, reserving 1 Tbsp. cooking liquid. Transfer to food processor and puree along with reserved cooking liquid, garlic, lemon juice, butter, olive oil and cumin until smooth and creamy, about 3 minutes. Season with salt and pepper. Transfer to bowl and cool to room temperature. Before serving, drizzle with tahini and garnish with parsley.

*Recipe from Executive Chef Eric Cartwright, University of Missouri*







