



Chestnut Ridge
Farmstay
Chestnut Recipes



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Te Kauwhata
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Chestnut Ridge Farmstay
The place to stay when you're in Te K

0800 CHESTNUTS or www.chestnutridge-nz.com

Using Chestnut Ridge Fresh Chestnuts

A chestnut must be treated like a fresh vegetable. It should be stored in the crisper drawer of a refrigerator for a few days after picking for the starch to turn into sugars but then stored (still in fridge) for not more than a few weeks without the risk of “going off). For longer keeping freeze whole nuts in their shells and then use like fresh nuts immediately they are thawed.

Before using chestnuts put them in a bowl or sink of cold water. Any that float should be discarded as they may have “gone off”. If in doubt, cut them in half – it may just be air in the shell if they have dried out. If the flesh is discolored discard it – it is probably “off”

Chestnut Nibbles

Boil chestnuts in their skin for about 10 – 15 mins

Cut in half lengthways

Put cut halves face down in a frypan or wok containing a little butter or oil and salt

Fry ‘til lightly brown on cut side and then turn a few times

Drain & serve hot as a “nibble” before a meal. You can use either your teeth or a small spoon to remove meat from shell.

Provide a small bowl for people to collect empty shells in.

Removing Chestnut Meat from the Shell

Boil chestnuts in their skin for about 15 – 20 mins

Cut in half lengthways and use a small sharp spoon to scoop chestnut meat from shell whilst still hot. Use a kitchen glove on the hand holding the nut (again, use a kitchen glove on the hand holding the nut)

Or, for whole peeled chestnuts, put a cross with a sharp knife in the top of the nut before boiling and peel back the 4 quarter skins after boiling, whilst still hot. This unfortunately leaves the pellicle (inner skin) on usually but it is not astringent once cooked.

Or peel, before cooking, with a sharp knife or special chestnut peeling “scissors” – not easy

Cream of Chestnut Soup

- 1 pound (~500g) of peeled chestnuts or chestnut meat (see above)
- 1 1/2 oz (~45g) butter
- 1 small onion, sliced
- 2 small carrots, sliced
- 1 stalk celery, sliced
- 2 – 2 1/4 pints (~1200 – 1350ml) ham, chicken or brown stock
- 1 level tablespoon chopped parsley
- a pinch of thyme
- 1 bay leaf
- a pinch of nutmeg
- 1/2 pint (~300ml) of single cream
- a few slices of bacon cut into small pieces

Method

- 1 Melt the butter, add the onion, carrots and celery and bacon. Mix well over gentle heat before adding the chestnuts. Cover the pan and cook for 3 to 4 minutes, shaking the pan occasionally. Add the stock, herbs and seasoning and simmer for 20 – 30 minutes, or until the chestnuts and vegetables are tender.
- 2 Remove the bay leaf, put soup into electric blender and blend until smooth, or put through a fine moulie. Return to pan and re-heat soup. Season to taste. Add the cream just before serving or put a spoonful of cream in each soup bowl. Top with chopped parsley.

Chestnut and Herb Pesto

- 1 cup cooked crumbled chestnut
- 1 cup grated Parmesan cheese
- 1 cup fresh Basil
- 1/2 cup Parsley
- 1/2 cup olive oil
- 2-3 cloves garlic
- 1tsp lemon juice

Method

1. Mix together in food processor until a smooth paste
2. Store in fridge in closed container.
3. Use as delicious dip with crackers etc...

Chocolate Chestnut Pavé

750 g finely ground cooked chestnut
1 t vanilla essence
375 g semi-sweet chocolate
125 ml water
175 g butter

200 g caster sugar
2 T Brandy
whipped cream (for serving)
shaved chocolate (for serving)

Lightly grease a loaf tin & line bottom with greaseproof paper
Melt chocolate in the water over low heat, stirring till smooth. Let cool to tepid.
Beat butter & sugar till soft & light.
Stir in chocolate/water mixture and then chestnut purée, brandy and vanilla.
Mix until smooth and pack into prepared loaf tin. Chill for at least 12 hours and up to a week.
To serve, tip out of tin, discard paper base and cut into slices knife dipped in hot water.
Arrange on plate, top with rosettes of cream and sprinkle with chocolate shavings.

NB Can be frozen instead of chilled and used as required, sliced from frozen block

CARE - Taste is addictive and adds waistline cms mercilessly

We hope you enjoy your Chestnut Ridge chestnuts

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