



## **Chestnut Recipes**

For the American Chestnut Tree Planting Celebration

Nov. 22, 2015

Keweenaw Unitarian Universalist Fellowship

### ***How to Prepare Chestnuts:***

*Select firm chestnuts without mars.*

- 1. Heat oven to 450 degrees.*
- 2. With sharp knife, place an X on rounded side of chestnut.*
- 3. Place nuts on jelly roll baking pan and add ¼ cup of water*
- 4. Bake for 10 minutes or until the shells open.*
- 5. Shell and peel while chestnut are still hot.*

*Or as Harriet says “score, soak, bake, peel”*

## **CHESTNUT SOUP** - from Jan Dalquist

Makes about 3 cups

Prepare 1 lb. chestnuts

Mash and beat them until smooth in

2 cups milk

Melt

1/4 cup butter

Add and simmer until soft and golden

1 minced onion

Sprinkle with

1 tablespoon flour

1 teaspoon salt

1/4 teaspoon each nutmeg and pepper

1/2 cup chopped celery leaves

Stir and slowly add the chestnut and milk mixture. Simmer for about 10 minutes

Pour in

1 cup cream

Heat but do not boil. Serve immediately garnished with

Parsley

Croutons

## **BRUSSEL SPROUTS WITH ROASTED CHESTNUTS** - from Carol Ekstrom and Brennan's Market in Madison, WI

2 T. unsalted butter

3/4 tsp. salt

1/2 tsp. black pepper

1 1/4 c water

2 lb (about 8 c) Brussel sprouts,  
trimmed and halved lengthwise

1 c heavy cream

2/3 c (4 oz) roasted whole chestnuts  
peeled and coarsely chopped.

Bring butter, salt, pepper, and 1 cup water to a boil over high heat in a deep 12-inch skillet, then add Brussel sprouts & simmer, partially covered, stirring occasionally until crisp-tender, 6-8 min.

Remove pot lid and boil moderately high heat until water is evaporated and sprouts are lightly browned, 3-4 minutes.

Add cream and remaining 1/4 c water and bring to a boil, stirring. Add chestnuts, then reduce heat and simmer, stirring occasionally, until heated through, about 2 minutes.

## **RISOTTO WITH MUSHROOMS AND CHESTNUTS** – from Rev. Dr. Gabi Parks

□ Not very difficult

You need:

11 1/2 ounces rice  
7 ounces mushrooms  
11 ounces chestnuts  
1 tbsp butter  
Salt and pepper  
1 onion  
1/2 glass red wine  
1 1/2 quarts broth  
2 ounces bacon  
1 bay leaf

Boil and peel chestnuts. Fry diced bacon, remove from pan, and fry onion, chestnuts and mushrooms in the bacon grease. Add the rice and stir for a minute or so. Add red wine, some of the broth, bay leaf, pepper and salt and the bacon. Occasionally add more broth. When rice is cooked al-dente, add butter and if desired Parmesan cheese and serve right away. Guten Appetit! □

## **MUSHROOMS AND CHESTNUT PIE** - from Anne Newcombe

Prep time 30 min. Total time 30 min. Yield: 2

Ingredients

For the puff pastry topping:

80g puff pastry Plain flour for rolling pastry Spray oil Salt Black pepper

For the pie filling:

1tbsp butter 1tbsp oil 300g mushrooms (I used mostly chestnut mushrooms, plus a few white mushrooms), cut into chunky dice 3 cloves garlic, minced 75g shallots, sliced 100g cooked chestnuts, cut into chunky dice 4tbsp dry white wine 1 tsp dried thyme 250ml vegetable stock 50ml single cream 50g gruyère cheese, grated 4tbsp fresh parsley, chopped.

1. First, prepare your pastry. On a well-floured surface, roll out the pastry and cut it into several rectangles. Lay them on a baking sheet lined with baking paper. Spray the pastry pieces lightly with oil, and season with salt and black pepper. Set aside.

2. Heat the oven to 200°C (Gas Mark 6 / 400°F).

3. To make the pie filling, melt the butter with the oil in a large frying pan, and add the diced mushrooms, minced garlic and sliced shallots. Fry over a medium-low heat for 5 minutes, and then add the chopped chestnuts. Cook for another 5 minutes, stirring regularly, until the mushrooms and onions are soft.

4. At this point, you can put the pastry into the pre-heated oven for about 10 minutes, until puffed up and golden brown.

5. While the pastry is cooking, add a good glug of wine and some dried thyme to the mushroom mixture, and cook for a couple of minutes until most of the wine has evaporated. Add the stock, and bring to a simmer. Continue to simmer gently until the mixture has reduced a little, just a few minutes. Add the cream and grated gruyère, and mix together. As the cheese melts it should help to form a creamy sauce. Bring the mixture to your desired consistency - add a dash more stock if you'd like it to be thinner, or simmer it for a few more minutes to thicken. Season to taste.

6. Add the fresh parsley just before serving, and serve topped with a piece of puff pastry. Recipe by Amuse Your Bouche at <http://www.amuse-your-bouche.com/mushroom-chestnut-pie/>

## **CHESTNUT STUFFING** – from Gourmet Magazine

Makes about 10 cups, enough for 12-14 lb. turkey w/ extra to bake on the side.

6 c torn bite-size pieces of day-old white bread

2 onions, chopped

4 ribs of celery, chopped

3 Tablespoons minced fresh sage leaves or 1 T. dried, crumbled.

2 T. minced fresh thyme leaves, or 2 tsp. dried, crumbled.

1 T minced fresh rosemary, or ½ tsp. dried, crumbled.

1 T. minced fresh savory leaves, or 1 tsp. dried, crumbled.

1 stick (1/2 c) unsalted butter

1 pound fresh chestnuts, shelled and peeled, chopped coarse,  
or ¾ pound vacuum-packed whole chestnuts, chopped coarse (about 2 cups)

1/2 c finely chopped fresh parsley leaves.

With a sharp knife cut an X on the round side of each chestnut. Spread the chestnuts in one layer in a jelly-roll pan, add ¼ c water, and bake the chestnuts in a preheated 450 degree F oven for 10 minutes, or until the shells open. Remove the chestnuts, a handful at a time, and shell and peel them while they are still hot.

Reheat the oven to 325 degrees. In a shallow baking pan, arrange the bread pieces in one layer, bake them in the oven, stirring occasionally, for 10 -15 minutes, or until they are golden, and transfer them to a large bowl. In large skillet, cook onions, celery, sage, thyme, rosemary, ad savory in butter over medium heat stirring until vegetables are softened, add the chestnuts, and cook mixture, stirring for 1 minute. Add the vegetable mixture to the bread, tossing well, stir in the parsley and salt and pepper to taste, and lte stuffing cool completely. The stuffing may be made 1 day in advance and kept covered and chilled. To prevent bacterial growth do not stuff turkey cavities in advance.

## **CHESTNUT PRAILINES** - from Rev. Dr. Gabi Parks

☐ Easy

You need:

4 ounces chestnuts, puréed

1 1/2 ounces confectioners sugar

2 ounces chocolate

2 ounces unsalted butter, if desired

Cocoa powder

Melt chocolate and let it cool down a bit. Mix the chestnuts with the confectioners sugar and add the soft butter (if you like). Combine it all and refrigerate until it is quite hard.

Shape it into little balls and roll them in cocoa powder. Note: if you add butter, the pralines will only keep for a week, without butter you can store them in a airtight container for up to 3 weeks.

Editor's note: I used to at least double the recipe, and I never had to worry about storing them for any length of time ☺☐

**CHESTNUT MOUND OR MONT BLANC** - from Jan Dalquist and Irma Rombauer's Joy of Cooking  
-6 servings

Boil in water for 8 minutes

2 lbs of chestnuts

Remove shells. Cook the hulled nuts until mealy in a double boiler over hot water in

1 quart of milk

Drain, discard milk, then cook in a sugar sirup made of

1 cup water

1 cup sugar

until the sirup is reduced. Add

(1/4 cup almond paste)

when partially cool, add

1 teaspoon vanilla or 2 or more

tablespoons brandy, curacao, etc.

Put chestnuts through a ricer. Let them fall lightly onto a large plate into a mound. If necessary to touch them, try to do so very lightly so that they will not be mashed. Whip until stiff

1 cup whipping cream

fold in

1 teaspoon vanilla

2 tablespoons sifted confectioners' sugar

Place the cream on the mound and let it overflow onto the sides. Chill well before serving. You may cover the top of the cream with a grating of

Sweet chocolate

**CHESTNUT BROWNIES** – from Miriam Pickens

"2/3 Cup chestnut flour (or 2/3 cup ground freeze-dried "Slices")\*

1/2-teaspoon salt

1/2-teaspoon baking powder

2 oz unsweetened chocolate

4 oz bittersweet chocolate

10 Tbsp butter (1 stick plus 2 Tbsp)

1 C sugar or SplendaR

2 teaspoons vanilla

3 eggs

Heat oven to 325. Whisk flour, salt and baking powder in small bowl; set aside.

Fit a 16-by-8-inch sheet of foil in 8 x 8 square pan bottom and use upper two overhanging sides as a handle. Spray foil with cooking spray.

Chop chocolate and melt with butter over a pan of simmering water. Remove from heat. Whisk in sugar and vanilla, then eggs. Continue whisking until smooth and glossy.

Add dry ingredients till just blended. Spread batter evenly in pan. Bake until toothpick in center comes out almost clean (40-45 minutes).

Cool 5 minutes in pan. Use foil handles to pull brownies from pan. Cool 3 hours. Cut and serve.

Refrigerate 5 days - or freeze.

\*In place of flour, grind enough Slices in your coffee grinder to make approximately 2/3 cup. Sift through a hand held sifter, grind again, and use 2/3 Cup of this "coarse breading" as your flour, Or use hazelnut flour and add chopped chestnuts to the recipe.

## Cranberry & Chestnut Gingerbread Scones – from Linda Belote

*Makes about 12 three-inch scones or 30 1.5 inch ones. Adapted from Beth Michelle*

- 300 gr (2 cups) flour
  - 85 gr (1/2 cup) brown sugar
  - 1 tbsp baking powder
  - 1 tsp cinnamon
  - 1 tsp powdered ginger
  - 1/4 tsp grated nutmeg
  - a pinch of salt
  - 120 gr (8 tbsp) cold butter, cut into cubes
  - 55 ml (1/4 cup) milk,
  - 4 tbsp molasses
  - 1 egg
  - the zest of 1 orange
  - 200 gr fresh cranberries (1 cup)
  - 75 gr peeled chestnuts, roughly chopped (this is 1/3 cup but I used 1/2 cup)
1. Preheat the oven to 350 and line a baking tray with baking paper.
  2. In a bowl, mix together the flours, brown sugar, baking powder, cinnamon, ginger, nutmeg & salt. I use a hand whisk, I think it makes things lighter.
  3. Add the cold butter cubes and the flour mixture to a food processor and pulse until the butter is the size of peas.
  4. In a large bowl whisk together the milk, molasses, egg and orange zest.
  5. Add the flour mix to the wet ingredients along with the cranberries and chestnuts. Mix together until **just** combined and a ball of dough is formed. Do not overmix or your scones will be tough.
  6. Flour your work surface heavily and tip the dough out. Gently shape into a circle about 1/2 inch thick. Cut out circles using a 1.5 inch cookie cutter or chefs ring, rubbing the ring in the flour each time to stop them sticking. You will have to reshape the off cuts to get the last couple.
  7. Put them directly on the baking paper on the tray, do not push them down to flatten them. Gently brush the tops with a little milk [oops! I forgot the milk!] and bake for 10-15 minutes until the tops are golden & cracked and a toothpick inserted comes out clean.
  8. Serve warm or at room temperature, if you can wait. Store in an airtight container, not in the fridge.
- Prep time: 10 min. cooking time 25 min.*