

# Chestnut Recipes

## ROASTED CHESTNUTS

### Ingredients

- *Chestnuts*
- Salt
- Butter

### Instructions

1. Prepare Chestnuts by halving them or scoring them with an X (use a sharp knife)
2. Get pot of water to a hard boil, add prepped Chestnuts and bring the water to a boil again.
3. Drain, let cool enough to work with but not completely or they will be sticky
4. Using plyers remove the shells
5. Place Chestnuts on a cookie sheet, salt and butter to taste
6. Roast for 35 minutes or so (Chestnuts get hard if cooked too long) turn over mid way. This can also be done on a stove top or over an OPEN FIRE!

## CHESTNUT FLOUR

### Ingredients

- *Chestnuts*

### Instructions

1. Roast Chestnuts either as describe above or by scoring to allow the steam to escape and then roast in the oven at 400F for 25 minutes
2. Remove from the oven and allow to cool just enough so you can handle the nuts.
3. Peel and slice nuts on a dehydrator sheet and dry at 105 F for 12-24 hours. Or dry on a cookie sheet at the lowest possible setting
4. Grind the dried Chestnuts in a food processor or spice grinder until the flour reaches the degree of fineness you want

(if making polenta stop when the flour as a texture similar to that of cornmeal. If you are making flour, keep grinding until it's super fine.

Chestnut flour whould be kept frozen or refrigerated.

Can store up to six months.

*Use in recipes for crepes, polenta, pasta, pancakes. Can also be substituted for up to 20% of the regular flour in a recipe to add a light sweetness to baked goods.*

## CREAMY CHESTNUT SOUP-Epicuious.com

### Ingredients

- Bacon diced (about 4 oz)
- 1 T butter
- 1 Carrot sliced • 1 Celery stalk sliced
- 1 small leek halved and sliced (about 1 cup)
- 2 small Shallots roughly chopped
- Salt & Pepper
- 5 c Chicken broth, more as needed
- 2 c roasted *chestnuts*
- 1/2 c heavy cream (1/2 & 1/2)
- garnish with snipped chives, grated nutmeg...

### Instructions

1. in a large sauce pan cook bacon until crisp, tranfer bacon to paper towel. Pour off all but 1 t of the fat.
2. In the same saucepan, melt the butter and add the carrot, celery, leek, and shallots. Season with S&P.
3. Cook over medium low heat until softened and golden brown, 8-10 minutes.
4. Add broth and chestnuts to the saucepan. Bring to a simmer, partially cover, and cook until all the ingredients are soft, about 30 minutes.
5. Let cool slightly, and puree in batches in a blender until very smooth. Return to saucepan, add the cream, and heat thoroughly adding stock to thin if needed
6. Season with salt and pepper and ladle into warmed shallow bowls. 7. Garnish with reserved bacon, a dab of creme fraiche, chives and a pinch of nutmeg.

## CHESTNUT FLOUR PIZZA CRUST -

### Hunger and Thirst.com Ingredients

- 1 T yeast • 3/4 c milk, room temp
- 3/4 c *chestnut flour*
- 1/2 c cornstarch (*Kudzu root starch or Arrowroot*)
- 1 T xanthan gum • 1/4 t baking soda
- 1 t baking powder • 1/2 t salt • 1/8 c olive oil

### Instructions

1. Sprinkle yeast onto milk, stir and set aside
2. Combine dry ingredients 3. Stir in oil and milk-yeast mixture 4. When dough pulls together into a ball, cover and set aside for 15 minutes in a warm place
5. On a piece of parchment, pat chestnut dough into a crust shape, and bake in a 400 degree oven until cooked through 6. Top with wild edibles (*Burdock root pepperoni, wild greens and veggies...*)

## WILD BLESSINGS

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**MAROONS GLACE (Candied Chestnuts)****Ingredients**

- 2 lbs *Chestnuts* shelled
- 2 1/2 c water
- 2 lbs sugar
- 1 t vanilla

**Instructions**

1. Boil Chestnuts in a large pan with water covering 10 minutes, drain and discard the liquid, remove skin
2. In separate pan bring 2 1/2 c water sugar and vanilla to a boil stirring constantly, cook for 5 more minutes
3. Add Chestnuts and return to boil, 10 minutes
4. Pour candied chestnuts with syrup into container and loosely cover. Soak for 12-18 hours
5. Boil again, remove and repeat 3 to 4 times the process. (boil 2 minutes in syrup, soak for 12-18 hours)
6. When liquid is gone, bake at preheated 250 on parchment line baking sheet. Place in oven and turn off heat.
7. Allow the chestnuts to dry in the oven for 45 minutes until firmed up and the surfaces of the nuts are dry.
8. Store in an air tight tin. *Royalty used to give these as Christmas gifts to the peasants in their kingdom.*

**KARYOKA -Chocolate Covered Chestnuts****The Spruce Eats Ingredients**

- 1 lbs *Chestnuts* shelled
- 1/2 c powdered sugar
- 2 - 4 T heavy cream
- 3 oz/ 80 grams Dark Chocolate
- 2 T pistachio nuts (finely ground) can use *wild nuts*

**Instructions**

1. Deshell Chestnuts
2. Boil till tender
3. Put two cups of boiled, peeled chestnuts, powdered sugar and heavy cream in a food processor and pulse on high until well blended
4. Add cream little by little processing each time, until you have a dough like puree that doesn't stick to your hands. Remove the puree from the mixer, form it into a ball and let it rest in the refrigerator for 30 minutes
5. Melt bitter chocolate in a double boiler. Gently whisk one T of heavy cream into melted chocolate
6. Form balls the size of chestnuts. Roll in melted chocolate and cover all sides. Place each ball on wax paper. Garnish one side or the top of each ball with ground nuts before the chocolate hardens
7. Refrigerate for 20 minutes before serving

**CHESTNUT CHOCOLATE CHIP COOKIES - Hunger and Thirst.com****Ingredients**

- 8 T softened butter
- 1/3 c sugar • 1/3 c brown sugar
- 1 egg • 1 tsp. vanilla
- 1 1/4 c *chestnut* flour
- 1/4 c cornstarch (arrowroot, or kudzu)
- 1/2 t baking powder
- 1/4 t baking soda
- 1/2 t salt
- 2 t xanthan gum
- chocolate chips
- walnuts (can use Hickory nuts, Butternuts...)
- Autumn Olive Berries (optional)

**Instructions**

1. Cream together butter and sugar
2. Beat in eggs and vanilla
3. Stir in dry ingredients
4. Add chocolate chips and nuts
5. Drop by spoonfuls onto a cookie sheet and push in a few *Autumn Olive Berries* if you have them
6. Bake in a 350 degree oven for 8 minutes
7. Let cool on the pan for a minute before transferring to a wire rack to cool.

**MASHED CHESTNUTS - Italian Food****Ingredients**

- 2 c roasted prepared *Chestnuts*
- 1 c chicken broth
- 1 c water
- Sprig fresh thyme (can use fennel seed, bay leaf...)
- 1/8 t sea salt

**Instructions**

1. Combine chestnuts, broth, water, thyme and salt in a saucepan. Bring to a simmer and cook partially covered until the chestnut easily break apart, 10-20 minutes. Remove the thyme
2. Transfer the chestnut mixture to a food processor; puree until the mixture is very smooth and has the consistency of a thick spread. Add broth to thin.

**CHESTNUT BUTTER****Ingredients**

- 1-2 C *Chestnuts* prepared
- 5 T water
- **Spices of choice (savory or sweet) honey...**

**Instructions**

1. Blend all in food processor to desired consistency

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## CHESTNUT RISOTTO W/ BUTTERNUT SQUASH- Epicurious

### Ingredients

- 6 c chicken broth
- 1/4 c cream Sherry
- 1 T olive oil
- 3 T butter, divided
- 1 small white onion, finely chopped
- 1/2 small butternut squash, peeled, seeded, cut into 1/4-inch pieces
- 1 1/2 c arborio rice
- 2 c peeled roasted chestnuts chopped
- 1 t chopped fresh thyme
- 1 t chopped fresh marjoram
- 1/2 c grated Parmesan cheese
- 2 T chopped fresh parsley

### Instructions

1. Bring chicken broth and sherry to a boil in saucepan over high heat. Reduce heat to low, cover and keep warm
2. Heat oil and 2 T butter in a heavy large saucepan over medium heat.
3. Add onion and squash, cook until onion is translucent, stirring often, about 10 minutes.
4. Add rice, stir until rice is translucent at edges but still opaque in center, about 3 minutes.
5. Add 1 cup warm broth, simmer until almost absorbed stirring often, about 4 minutes
6. Add more broth, 1 cup at a time, allowing each addition to be absorbed before adding next until rice is just tender, stirring frequently, about 25 minutes total.
7. Stir in chestnuts, thyme and marjoram.
8. Remove from heat; stir in remaining 1 T butter, cheese, and parsley
9. Season, risotto with salt and pepper and serve.

## CHESTNUT CHOCOLATE SPREAD -

### The Worktop.com Ingredients

- 3/4 c *Chestnut puree*
- 1/2 c double cream
- 3 1/2 ounces dark chocolate
- 1/2 T sugar

### Instructions

1. Add the chopped chocolate into a small bowl.
2. In a small saucepan over medium heat the cream and chestnut puree until just simmering
3. Pour the hot cream mix over the chocolate and stir until the chocolate is completely melted. Add in the sugar as desired.

## CHESTNUT SMOOTHIE - The Worktop.com

### Ingredients

- 1 c roasted and peeled Chestnuts
- 1 c vanilla yogurt
- 1/2 c almond mlk
- 2 frozen bananas

### Instructions

1. Place everything in a blender and blend until smooth
2. Sprinkle cinnamon on top (optional)

## CHOCOLATE CHESTNUT MOUSSE

### Epicurious

### Ingredients

- 2 c roasted peeled Chestnuts
- 2 c whole milk
- 1/2 c sugar
- 1 T vanilla extract
- 1/2 t sea salt
- 5 oz bittersweet chocolate (at least 70% cacao), divided
- 1 1/2 t brandy, divided
- 3 c heavy cream, divided

### Instructions

1. Bring Chestnuts, milk, sugar, vanilla and salt to a boil over high heat in a saucepan. Reduce heat, bring to a simmer and cook, stirring occasionally, until milk is reduced by one-quarter and chestnuts smash easily against the side of the pot with the back of a spoon, 15-17 minutes
2. Finely chop 4 oz chocolate. Shave remaining 1 oz of chocolate; set aside until ready to serve.
3. Puree Chestnut mixture in a blender on high speed until very smooth, about 2 minutes. Add chopped chocolate and 1 t brandy and blend on high speed until chocolate is melted, about 30 seconds. Scrape into a large bowl and let cool to room temperature, stirring occasionally until smooth, 15-20 minutes
4. Whip 2 cups cream with a whisk in another large bowl until it just barely holds soft peaks. Stir one third of cream into chocolate mixture to lighten it, then fold in remaining cream just until incorporated. Transfer mousse to a large serving bowl, cover and chill at least 2 hours or up to a day.
5. Whip remaining 1 cup cream and 1/2 t brandy with whisk in a large bowl to medium peaks. Garnish mousse with reserved chocolate shavings and serve with whipped cream alongside.

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**ROAST PUMPKIN SOUP w/ CHESTNUTS****The Proper Foodie****Ingredients**

- 2 T oil
- 1 medium pumpkin diced
- 2 c cooked de-shelled *chestnuts*
- 1 t oregano
- 1 t sage
- 2 vegetable stock cubes
- Salt & pepper
- 3 1/3 c boiling water
- 1 c cream (I use creamy oat milk)
- Pumpkin seeds and chopped parsley to serve

**Instructions**

1. Cook Pumpkin
2. Chop and fry onions in 1 T oil in a large pan until soft
3. Chop up the pumpkin flesh and add to the onions along with chopped roasted chestnuts.
4. Add sage, oregano, stock cubes and salt and pepper
5. Add water boiling to the pan, stir together well
6. Use a hand blender or transfer the soup to a blender, blend until smooth.
7. Stir in the cream then serve with extra cream, pumpkin

**CHESTNUT STUFFING Martha Stewart****Ingredients**

- 2 loaves of quality bread, cut into 3/4 inch cubes
- 1 1/2 lb fresh *Chestnuts* (4 cups, peeled)
- 3/4 c unsalted butter
- 4 small onions peeled diced • 1 bunch celery diced
- 3 T finely chopped fresh sage
- 5 c chicken stock
- 1 T salt • 3 c chopped parsley • ground pepper

**Instructions**

1. Allow bread cubes to dry uncovered overnight
2. Melt butter in a large skillet over medium heat, add onions and celery, cook, until translucent (10 minutes) add sage, cook 3 minutes. Stir in 1/2 c stock, cook until reduced by half about 5 minutes.
3. Transfer onion mixture to a large bowl. Add remaining 4 1/2 cups stock, the chestnuts, bread, salt, and parsley; season with pepper. Toss to combine. If not stuffing turkey, transfer to a buttered 17-by-12-inch baking dish. Cover; bake at 350 degrees for 25 minutes. Uncover; bake until hot and golden brown, 30 minutes more.

**CHESTNUT POLENTA David Rocco****Ingredients**

- 4 c warm water
- 1 lb (550g) *Chestnut flour*
- pinch of salt

**Instructions**

1. Bring a large pot of salted water to a boil
2. Slowly add the flour into the pot in a steady stream until level with the water. With a spoon, create a well in the center. Allow to cook for approximately 10 minutes and then stir for an additional 5 minutes until you have a creamy polenta like texture
3. The polenta will thicken and bubble resembling a porridge like consistency. If there are any lumps break them up and continue to stir until creamy.
4. Serve the polenta with grilled sausages or creamy ricotta cheese.

**CHESTNUT BRITTLE Martha Stewart****Ingredients**

- Vegetable oil cooking spray
- 1 1/2 c sugar
- 1/2 c light corn syrup
- Mix ins (*Chestnuts*)

**Instructions**

1. Coat a rimmed baking sheet with cooking spray.
2. Bring sugar and corn syrup to a boil in a medium saucepan, stirring and brushing down sides with a wet pastry brush to prevent sugar crystals from forming, until sugar dissolves. Cook, swirling occasionally, until mixture just starts to turn golden around edge.
3. Stir in Chestnut pieces (prepared), Stir about 8 minutes
4. Pour onto baking sheet without spreading. Let Cool.
5. Break into pieces  
(optional) pop a bowl of popcorn and break the chestnut brittle into pieces to add to the salted popcorn.

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**CHOCOLATE CHESTNUT TRUFFLES****Ingredients**

- 1 c prepared *Chestnuts or Chestnut flour*
- ½ c coconut oil
- ½ c cocoa powder
- ½ c maple syrup
- 1 t sea salt
- ½ t vanilla extract

**Topping**

- ¼ c finely chopped *Chestnuts*
- 2 T coconut flakes toasted

**Instructions**

1. In a food processor, combine the cocoa powder, coconut oil, maple syrup, vanilla, chestnut flour (or 1 cup of processed chestnuts) and salt. Pulse until well combined and smooth.
2. In a small bowl combine the ground Chestnuts, toasted coconut flakes
3. Refrigerate till firmed up a bit
4. Roll the chocolate into balls with your hands (try to keep them small and the same size)
5. Roll the balls into the topping mixture
6. Place in the frig for an hour to chill before serving
7. Store in the freezer.

**Variations:** *These truffles can be made with any nut (Hickories, Pecans, Walnuts, Black Walnuts, Butternuts...) you can add berries in season for a variation (I love to add Autumn Olive Berries)*

**CHESTNUT ENERGY BALLS****Ingredients**

- 1 c rolled oats
- 2/3 c toasted shredded coconut unsweetened
- 1/2 c Chestnuts
- 1/2 c ground flaxseed or wild seeds
- 1/2 c semisweet chocolate chips or cocoa powder to taste
- 1/3 c honey or maple syrup
- 1 T Plantain seeds, Lambsquarter seeds, Nettle seeds (optional)
- 1 t vanilla extract

**Instructions**

1. Mix all ingredients together to combine well.
2. Chill
3. Roll into 1 inch balls
4. Store in the refrigerator

**Variations:** *These energy balls can be made with any nut (Hickories, Pecan, Black Walnut...) If you have frozen Autumn Olive berries these would be a nice addition.*