



## Preparing Chestnuts and Recipes Ideas, Too

**When you prepare a chestnut to eat, here are some guidelines to follow. Find a few ideas for how to eat them, too.**

(from "Delmarvelous Farms Chestnuts," by Kimberly Button)

### Preparing Chestnuts

We all know that chestnuts can be roasted on an open fire, but did you know that there are several other ways to prepare these tasty treats?

The following are some chestnut cooking tips courtesy of Delmarvelous Chestnuts.

Note: Regardless of how you cook chestnuts, always take a small, serrated knife and cut an "X" on the flat side of the nut so that the shell will not burst. Be sure to cut all the way through the shell.

### Fireplace Roasting

Use a long-handled pan specially made for roasting chestnuts or use a fireplace popcorn basket. Do not overcrowd the chestnuts because you want all sides to touch the pan.

Shake the pan as you would popcorn and hold the pan just above the flame, not in it, for approximately 15 minutes or until the outside shell is black.

Remove the nuts from the pan and cool until you can easily peel and eat them. The chestnuts will be almost creamy inside.

### Oven Roasting

Lay the nuts in one layer in an oven-proof dish. Bake at 325 degrees F for about 20 minutes. Let cool before peeling.

### Stove-top Roasting

Cook over moderate heat in a heavy pan; cast iron is preferred. Do not crowd the chestnuts.

Shake the pan while cooking until the shells look cooked and you can smell the nuts. Cool before peeling.

### Boiling

Put the nuts into lightly salted water. Bring to a boil. Take the chestnuts out at once and peel after slightly cooled, but still warm.

### Microwave

Place around the outer edge of a paper plate and cook on high for two to two-and-a-half minutes, checking every 15 seconds.

### Cooking With Chestnuts

Nancy Pettit of Delmarvelous Chestnuts suggests the following simple ways to incorporate chestnuts into your diet: When making a traditional beef stew, add whole, peeled chestnuts to the stew to enhance the flavor. Purée chestnuts with mashed potatoes for a more interesting flavor. Add chestnuts to stuffing at the last minute before serving. Mash chestnuts and combine with milk and sugar or a flavored liqueur. A great wintertime snack is roasted chestnuts with a glass of red wine.