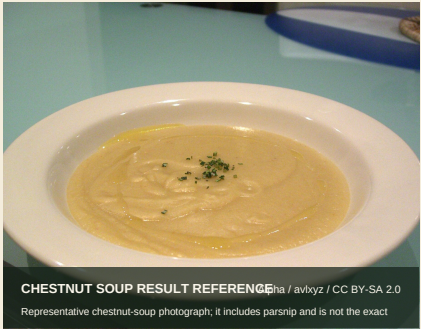
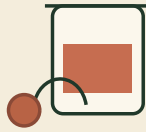


Chestnut & Sage Soup

A smooth savoury soup that turns cooked chestnuts into a proper autumn lunch rather than just a fireside snack.



CHESTNUT SOUP RESULT REFERENCE © 2019 / avlxyz / CC BY-SA 2.0
Representative chestnut-soup photograph. It includes parsnip and is not the exact

 DIFFICULTY Beginner	 PREP 15 min	 COOK / WAIT About 30 min	 YIELD Serves 4
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-  **INGREDIENTS**
- 3 tbsp olive oil, plus a little extra to finish
 - 15 g butter
 - 1 medium onion, chopped
 - 6 sage leaves, roughly chopped, plus extra to finish
 - 1 small garlic clove, finely chopped
 - 1 litre vegetable stock
 - 400 g cooked, peeled sweet chestnuts
 - 100 ml crème fraîche
 - Sea salt and freshly ground black pepper

EQUIPMENT

- Large saucepan
- Blender, food processor or stick blender
- Small frying pan

METHOD

-  Warm 1 tbsp olive oil with the butter and gently cook the onion for about 10 minutes until soft. Add the chopped sage and garlic for the final minute.
-  Add the stock and most of the cooked chestnuts, keeping a small handful back for serving. Season and simmer for about 15 minutes.
-  Cool briefly, then blend until very smooth. Return to the pan, stir in the crème fraîche and warm gently without boiling.
-  Slice the reserved chestnuts. Crisp a few sage leaves in the remaining olive oil, then serve the soup topped with chestnuts, sage and a small drizzle of oil.



SAFETY & STORAGE

Use only positively identified sweet chestnuts that have already been cooked and peeled. Reheat the finished soup until piping hot and do not use horse-chestnut conkers.

SOURCE River Cottage - Simple Chestnut and Sage Soup