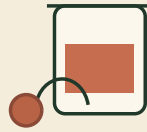


Oven-Roasted Sweet Chestnuts

The simplest way to use positively identified sweet chestnuts, and the best starting point before using the cooked nuts in other dishes.



ROASTED SWEET CHESTNUTS Fumikas Sagisavas / CC0 1.0
Genuine roasted-chestnut photograph, representative of the finished WildWard roast

 DIFFICULTY Beginner	 PREP 10 min	 COOK / WAIT About 30 min	 YIELD As many nuts as you roast
---	---	--	---

INGREDIENTS

- Sweet chestnuts, choose sound heavy nuts with no mould or obvious damage

EQUIPMENT

- Sharp small knife
- Baking tray or roasting tin

METHOD

-  Heat the oven to 200 C / 180 C fan / gas 6.
-  Set each chestnut flat-side down and carefully cut a long slit or cross through the shell without cutting deeply into the nut.
-  Arrange cut-side up in a single layer and roast for about 30 minutes, until the cuts open and the shells start to peel back.
-  Let them cool only until safe to handle, then peel away the shell and the thin inner skin while still warm.

SAFETY & STORAGE

Always score chestnuts before heating; uncut shells can burst. This recipe is only for positively identified sweet chestnuts, never horse-chestnut conkers.

SOURCE Good Food - How to roast chestnuts