

Sweet Chestnut

5 practical ways to use the harvest.



Representative finished-result imagery - credits inside

A small WildWard kitchen field book

Roast, Soup, Dip, Stuffing, Dessert - 5 sourced recipes built around the same Wild Food subject, with identification and safety cautions kept attached.

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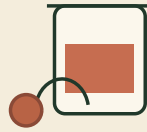
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IDENTIFICATION FIRST

Do not use a recipe as proof that a fruit is safe to eat. Confirm the tree using the WildWard identification guide and meaningful look-alikes before gathering for food.

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.



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

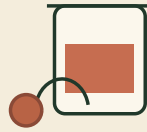
SAFETY & STORAGE

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

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

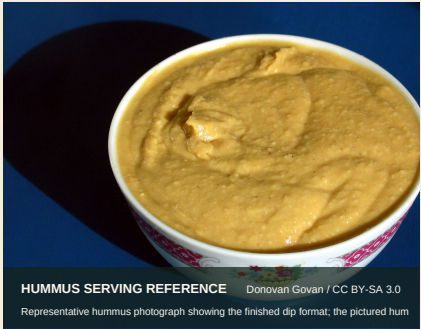
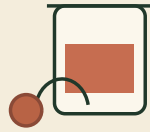
Use only positively identified sweet chestnuts that have already been cooked and peeled. Reheat the finished soup until piping hot and do not use horse-chestnut conkers.

SOURCE

River Cottage - Simple Chestnut and Sage Soup

Chestnut Hummus

A quick savoury dip that uses cooked chestnuts in place of the usual chickpeas.



HUMMUS SERVING REFERENCE Donovan Govan / CC BY-SA 3.0
Representative hummus photograph showing the finished dip format; the pictured hum

 DIFFICULTY Beginner	 PREP 5 min	 COOK / WAIT No further cooking	 YIELD Serves 4
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INGREDIENTS

- 180 g cooked, peeled sweet chestnuts
- Juice of 1 lemon
- 1 garlic clove
- 4 tbsp olive oil
- A little freshly boiled water, as needed
- Pitta crisps and vegetable crudités, to serve

EQUIPMENT

- Blender or smoothie maker
- Serving bowl

METHOD

-  Reserve one cooked chestnut for the garnish.
-  Blend the remaining chestnuts with the lemon juice, garlic and olive oil, adding a little hot water until the mixture becomes smooth and spoonable.
-  Season to taste and transfer to a bowl or plates.
-  Finely grate the reserved chestnut over the top and serve with pitta crisps and raw vegetables.

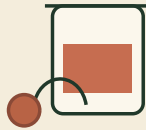
**SAFETY & STORAGE**

This recipe starts with cooked, peeled sweet chestnuts. Positive identification still comes first; never substitute horse-chestnut conkers.

SOURCE Good Food - Chestnut hummus

Chestnut Stuffing Roll

Chestnuts add texture and sweetness to a sage stuffing that is shaped into a bacon-wrapped roll for easy slicing.



STUFFING RESULT REFERENCE Wheeler Cowperthwaite / CC BY 2.0
Representative sage-stuffing photograph; it is not the exact chestnut-and-bacon ro

 DIFFICULTY Intermediate	 PREP 30 min	 COOK / WAIT About 1 hr	 YIELD Serves 8
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INGREDIENTS

- 1 tbsp butter
- 3 onions, chopped
- 15 g sage, shredded
- 200 g cooked, peeled sweet chestnuts
- 100 g hazelnuts
- 100 g breadcrumbs
- 1/2 tsp ground mace
- 2 large eggs, beaten
- 2 tbsp butter, plus extra if serving with fried sage
- 15 rashers streaky bacon
- A few sage leaves to serve, optional

EQUIPMENT

- Large frying pan
- Mixing bowl
- Food processor
- Large sheet of foil
- Baking tray

METHOD

-  Melt 1 tbsp butter and gently cook the onions for 10-15 minutes until very soft. Stir in the shredded sage for the final minute, then cool slightly.
-  Pulse the chestnuts and hazelnuts separately to a coarse chop. Mix them with the onions, breadcrumbs, mace and beaten eggs, then season.
-  Lay overlapping bacon rashers on a large buttered sheet of foil. Shape the stuffing into a log, wrap it in the bacon and then seal it tightly in the foil.
-  Bake at 200 C / 180 C fan / gas 6 for 30 minutes. Unwrap, raise the oven to 220 C / 200 C fan / gas 7 and cook for another 30 minutes until the bacon is crisp and the centre is cooked through.
-  Rest briefly, then slice. Fry a few sage leaves in butter for serving if you like.



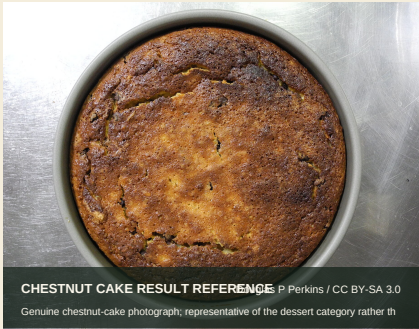
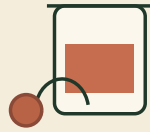
SAFETY & STORAGE

Use cooked, peeled sweet chestnuts only. Because this recipe contains egg and bacon, cook it fully through before serving and chill leftovers promptly.

SOURCE Good Food - Chestnut stuffing roll

Chocolate Chestnut Truffle Cake

A rich chilled dessert where cooked chestnuts are blended with dark chocolate into a dense truffle-style cake.



CHESTNUT CAKE RESULT REFERENCE P Perkins / CC BY-SA 3.0
Genuine chestnut-cake photograph; representative of the dessert category rather th

 DIFFICULTY Intermediate	 PREP 30 min + chilling	 COOK / WAIT Gentle melting only	 YIELD Serves 6-8
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INGREDIENTS

- 400 g cooked, peeled sweet chestnuts
- 100 g caster sugar
- 100 g butter, cubed
- 100 g dark chocolate (70% cocoa solids), broken up
- 3 tbsp milk
- 1 tsp vanilla extract
- 2 tbsp cognac
- For the topping: 100 g dark chocolate, 25 g butter and 1 tbsp single cream
- Icing sugar, to finish

EQUIPMENT

- Food processor
- Small saucepan
- Small loaf tin
- Cling film or reusable food-safe liner

METHOD

-  Blend the cooked chestnuts with the sugar until fairly smooth.
-  Gently melt the butter and dark chocolate with the milk, stirring until smooth. Stir in the vanilla and cognac.
-  Blend the chocolate mixture into the chestnuts until smooth, then press into a lined small loaf tin. Cover and chill for 24 hours.
-  Turn the chilled cake out and remove the lining.
-  Gently melt the topping chocolate with the butter and cream, spread it over the cake and return it to the fridge to set. Dust lightly with icing sugar before slicing.



SAFETY & STORAGE

This dessert contains cognac and is intended for adults. Keep it chilled as directed by the source and use only cooked, positively identified sweet chestnuts.

SOURCE Good Food - Chestnut truffle cake