



Chestnut Soup

Chestnut soup? This is a somewhat complicated recipe for an uncommon but totally delicious soup that is WELL worth the effort. Chestnuts are an excellent source of anti-oxidants, mineral, vitamins, foliates, and mono-unsaturated fats. They are low calorie and gluten free. This soup is delicious and nutritious!

Serves 6-8

Time to prepare-30 minutes, total cooking time-60 minutes

Ingredients

- 3 tbs unsalted butter
- 1/2 cup finely chopped celery
- 1/2 cup finely chopped carrot
- 1/2 cup finely chopped onion
- 3 fresh flat-leaf parsley sprigs
- 2 whole cloves
- 1/2 California bay leaf or 1 Turkish bay leaf
- 6 cups chicken broth
- 3 cups cooked, crumbled chestnuts (approx 2lb raw unshelled nuts)
- 1/4 cup Sercial Madeira
- 1/4 cup heavy cream
- 1/4 tsp black pepper
- kitchen string
- cheesecloth
- parchment paper

Directions

Step 1 - Melt butter in a 3-quart heavy saucepan over low heat, then stir in celery, carrot, and onion. Cover surface of vegetables with a buttered round of wax paper or parchment and cover pan with lid, then sweat vegetables 15 minutes to soften

Step 2 - Wrap parsley, cloves, and bay leaf in cheesecloth and tie into a bundle with string to make a bouquet garni

Step 3 - Discard buttered paper from vegetables, then add broth and bouquet garni and bring to a boil. Reduce heat and simmer covered, 20 minutes. Add chestnuts and Madeira and simmer covered, 3 minutes.

Step 4 - Puree soup in small batches in a blender until smooth (use caution when blending hot liquids). Transfer batches to a 3-4 quart heavy saucepan. Stir in cream, pepper, and salt to taste and reheat soup over moderate heat, stirring occasionally

Cook's Note - Soup can be made 2 days ahead, cooled, and reheated when desired