



Chestnut Preparation

As useful and delicious as chestnuts are, there are some basic steps that will always be required to take chestnuts from their harvested form to their edible form successfully.



Ingredients

- Whole, in shell chestnuts
- A utility knife or specialized chestnut peeler
- A toaster oven

Directions

Step 1 – Inspect your nuts. Look for soft shells and green or white spots on the bottom (black spots are fine – it is a fungus native to the nut, and causes no harm). If found, the nuts should be discarded. Score your nuts in a cross on the flattest face available, using a cutting tool (Utility knife is recommended). Be sure to cut through both layers of the shell, or the nut risks explosion when cooked.

Step 1.5(Optional) – Simmer your nuts in water for 20-30 minutes, with an optional flavoring of your choice, such as sugar or Cayenne pepper. Simmering improves the quality of the roasted nuts.

Step 2 – Roast your nuts in an oven for 20-30 minutes at 425-350°F, respectively. Peel quickly, as the peeling process works best when the nuts are hot. Be careful, as the nuts are hot and can burn your skin.