

Chestnuts soup

COOKING
LOVERS 

Raciones para 4

400 g
Chestnuts

500 ml
Vegetable or chicken broth

100 ml
Cream

1
Onion

1
Leek

2
Garlic cloves

1 l
Water

Olive oil

Salt and pepper

1 teaspoon
Butter

1 tablespoon
Sugar

- 1 Preparing the chestnuts: made a small cut in every chestnut and boil in a pot with water for 20 minutes (for old chestnuts, you may need more time).
- 2 Chestnuts can be cooked in the microwave too, covered with water and in a suitable plate or container for 10 minutes, full power.
- 3 Once they are cooked, peel and set aside.
- 4 Heat two tablespoons of olive oil in a pan.
- 5 Chopped leek, onion, and garlic and put them in the pan.
- 6 Sauté for a couple of minutes over low heat, add water and broth, and salt.
- 7 Bring it to a boil, simmer then and cover with a lid.
- 8 Cook for 15 minutes and add chestnuts (save 3 or 4 for later).
- 9 Cook for 5 more minutes.
- 10 : Remove from the heat and save two large spoons of broth.
- 11 : Puree everything together in a blender and add cream.

12 : Add salt and pepper with water or broth we saved before to make the soup thicker or creamy.

13 : For an extra crispy touch, we can caramelize some chestnuts.

14 : Heat 20g butter in a skillet (a teaspoon). Once is melted, add the chopped chestnuts.

15 : Stir fry until golden brown. Then, add 15g sugar (1 tablespoon).

16 : Stir until they are caramelized, be sure you don't burn them. Remove from the heat and skillet and sprinkle over our soup.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/crema-de-navidad-de-castanas/>

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