

# 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

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

