

CHESTNUT & PUMPKIN SOUP



Chestnut season has arrived, hallelujah! These delicious nuts are low in calories and rich in minerals, vitamins and phytonutrients and an excellent source of dietary fibre

CHESTNUT & PUMPKIN SOUP

About 2 cups chestnuts, blanched & peeled

6-8 cups stock

About 750gm butternut pumpkin, peeled & cubed

2 onions, chopped

couple of stalks of celery, chopped

1 – 1½ Tbsp chopped fresh herbs (oregano is good)

salt and pepper

good pinch nutmeg

cream

chopped chives

Method :

Slit the chestnuts on the flat side and boil in water for 10-15 minutes. Remove outer shell & peel away the brown skin.

In a large saucepan combine the stock, chestnuts, pumpkin, onion, celery & chopped herbs.

Bring to boil, reduce to a brisk simmer and allow to cook over moderate heat until the pumpkin & chestnuts are tender.

Process soup (use stick blender or transfer to an upright blender) until it is a smooth texture. Season to taste with salt, freshly cracked pepper & nutmeg.

If necessary, re-heat gently, then ladle into bowl. Pour a little cream into bowl and top with chives.

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