

## APPLE-CHESTNUT MINI-MUFFINS

1 egg  
1/2 C milk  
1/4 C salad oil  
1 C chestnuts (peeled and chopped fine)  
1 med apple  
1 1/2 C wheat flour  
1/2 C sugar  
1 tsp baking powder  
1/2 tsp salt

Topping:

1/3 C chestnuts (chopped fine)  
1/2 C brown sugar

Heat oven to 400 deg. F. Spray 3 mini-muffin tins with Pam. Beat egg, stir in milk, oil, chopped chestnuts, chopped apple. Beat in remaining ingredients. Make nutty topping by thoroughly mixing chopped chestnuts and brown sugar. Set aside. Fill muffin cups about 3/4 full. Sprinkle about 1/2 tsp of topping on each. Bake 20-25 minutes until a toothpick comes out clean. Immediately remove from pans

## CHESTNUT BISQUE

1 medium diced carrot  
1/2 chopped onion  
1 chopped stalk celery  
1 tbsp. butter or canola oil  
1 lb fresh chestnuts, peeled  
3 C chicken bouillon  
1/4 C apple juice  
1/4 C fresh parsley, chopped  
pinch ground nutmeg  
1/4 tsp salt  
fresh ground pepper to taste  
1/2 tsp dried tarragon  
nonfat sour cream or yogurt

Melt the butter in a large saucepan over medium heat. Add carrots, onion, and celery, and saute until soft, about 7 minutes. Add chestnuts and continue cooking 5 minutes, stirring occasionally.

Add stock and bring to a boil. Reduce heat to simmer and add apple juice, parsley, nutmeg, salt and pepper. Simmer 15 minutes. Add tarragon and continue cooking 5 minutes. Puree the soup in a blender. Return to saucepan and reheat. Adjust seasonings as needed. Serve with a dollop of yogurt or sour cream.

## ALMOND AND RICE WITH CHESTNUTS

1 Cup basmatti rice  
2 Cup water  
4 salmon steaks  
2 tbsp butter

Chestnut garnish:

1 lb fresh chestnut (peeled and chopped)  
2 tbsp butter  
2 tsp brown sugar  
2 tbsp chopped parsley

Rice -- Bring 2 Cups water to a boil. Add the rice, cover and bring back to a boil. Reduce heat to simmer and cook 15 minutes. When done, add half the chestnut mixture and stir well. Garnish with a bit of chopped parsley.

Salmon -- Melt 2 tbsp of the butter and brush lightly on both sides of each salmon steak. Grill or BBQ until done. Time varies depending on the thickness of the steaks -- typically about 10 min. Garnish with half of the chestnut mixture.

Chestnut Garnish -- Melt 2 tbsp butter in a skillet and add the chopped chestnuts and brown sugar. Saute until nuts are golden.

## CHESTNUT TOPPING

Great topping for pancakes, waffles, ice cream or whatever.

3 tbsp butter  
1 tbsp brown sugar  
4 oz cooked, peeled chestnuts

Finely chop the chestnuts. Melt the butter in a small skillet. Add the brown sugar and stir until dissolved. Add the chestnuts and saute until barely browned. Serves 2 for pancakes.

## CREAM OF CHESTNUT SOUP

3 tbsp. butter  
1 stalk celery  
1 medium carrot  
1 medium onion  
1/4 C parsley, chopped  
1/4 tsp ground cloves  
1 bay leaf (to be removed later)  
6 C chicken broth  
12 oz. cooked, peeled chestnuts  
(1 lb fresh in the shell)  
1/4 C heavy cream  
1/4 tsp pepper  
Salt to taste

Cut the celery, carrot and onion into small pieces and process in a food processor. Melt the butter in a 3 qt. saucepan. Add the celery, carrot and onion. Sauté about 10 minutes. Add the chestnuts, broth, parsley, cloves and bay leaf to the veggies. Bring to a boil; then simmer for 30-45 minutes covered. Puree the soup in small quantities in a blender and put into another pan. Stir in the cream, salt and pepper and reheat over medium heat until warm. You may want to garnish with a bit of parsley.

## CHESTNUT AND SPINACH DIP

(Adapted from a recipe developed by Julie Rhoads, Center for Agroforestry, Univ. of Missouri)

- 1 1/2 C shelled blanched chestnuts
- 10 oz pkg frozen chopped spinach, thawed
- C minced green onion
- 1 pkg Knorr's vegetable soup mix
- 2 cups sour cream
- 1 cup mayonnaise

Chop the chestnuts about the size of a popcorn kernel or smaller. Rinse thawed spinach in water and drain thoroughly in a small strainer. Chop in small pieces. Combine all ingredients in a bowl. Refrigerate mixture at least 6 hours to soften the dried vegetables and combine flavors. Serve with crackers, raw veggies.

## CHESTNUT CREPES (from Martha Stewart)

1 1/2 C sifted chestnut flour  
1/8 tsp salt  
1 1/4 C milk  
3 large eggs, lightly beaten  
1/2 C (1 stick) unsalted butter, melted

Sift the chestnut flour into a bowl. Add the milk and beat to form a smooth paste. Whisk in the eggs and 1 tbsp butter until smooth. Pour 2 tbsp batter in the center of pan and swirl until the batter covers the entire surface. Cook until almost dry on top and bottom is golden, about 30 seconds. Flip and cook about 30 seconds more. Transfer to platter and repeat until batter is used.

Serving suggestions: Fill with seasonal berries or ricotta. Brush with remaining melted butter, dust with powdered sugar and serve with whipped