

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Chef Angela's Oven-Roasted Chestnuts

INGREDIENTS:

1 lb medium to large chestnuts, or however many your heart desires ☺
(See Note)

DIRECTIONS:

- ♥ Preheat oven to 400°F.
- ♥ Wash and dry your chestnuts.
- ♥ Place chestnuts flat side down. Use a sharp paring knife to cut a slit into the top of each chestnut. Traditionally, an "x" is cut into the chestnut, some prefer to cut a slit across the chestnut; I saw no difference between putting an x or the cross/slit – peels came off easily. Be careful not to cut all the way through, you only want to cut the shell. This cut makes the chestnuts easiest to peel, when they cook properly. **DO NOT SKIP THIS STEP!** You **MUST** cut a slit in the chestnuts before roasting, as this allows steam to escape the chestnut while roasting, if you don't, the chestnut will explode!
- ♥ Place scored chestnuts in a single layer on a baking tray.
- ♥ Roast chestnuts in the center of the oven for about 30 minutes. The bigger the chestnut, the longer they will take to cook. Chestnuts are done when they smell nutty, and are hot to the touch.
- ♥ Remove chestnuts from oven, and allow to cool enough to handle them. Peel warm chestnuts, working quickly, using fingers if you have hands of steel as I do haha, or with a thin towel or some type of heat protective glove. Try to peel the chestnuts while they are still warm, as the paper-like skin that covers each chestnut becomes very difficult to remove once they have cooled down.



NOTE:

For buying Chestnuts: Try to get all of a similar size so they roast evenly. If you can hear the chestnut rattling inside of the shell, don't buy it. It has probably dried up and will not be edible.

Protective Gloves: https://www.amazon.com/MiNE-Gloves-Potato-Peeler-Stretchy/dp/B01DR3O6CE/ref=sr_1_2?ie=UTF8&qid=1513568064&sr=8-2&keywords=potato+peeler+gloves

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