

ROASTED CHESTNUTS

1. PICTURE RECIPES – Category (May, 2015)

Equipment and Tools needed:



Perforated baking tray, sieve, kitchen towel, small knife, cooking pot

Ingredients needed:



Chestnuts fresh and cooking salt

Preparation / Cooking:



1. *Make small incisions (cross) with small kitchen knife in every chestnut (Chestnuts have been washed and dried beforehand)*





2. *Bring salt water to the boil*



3. *Add chestnuts, bring back to boil and simmer for 5 minutes*



4. *Drain off and quickly cool down with cold water*



5. *Dry off well and then place on kitchen towel to completely dry (1/2 - 1 hours)*



6. *Place on perforated baking tray. Roast (Bake) in preheated conventional oven (250 C) for approximately 15 - 20 minutes or till cooked.*





7. *Serve straight from the oven. Roasted Chestnuts taste best when consumed hot!*

SUGGESTIONS/REMARKS:

-A perfect "warmer" for cold autumn / winter evenings.

-Fresh Chestnuts can be found at your local fruit and vegetable market (Sydney autumn in April - May)

-Or you can pick your own Chestnuts at the "Kookootonga" Nut Farm

<http://www.kookootonga.com.au/>

-Can also be roasted in an open fire place (e.g. Chestnuts wrapped in aluminium foil, then placed in open fire)

Bon Appetite – Chef & Guide Dog User Martin

www.enabledcooking.com

