

Roasted Chestnuts

Ever wondered how best to roast chestnuts so they are easier to peel and done just right? This is how.

Categories

Gluten-free

Yields: 1 serving

Preparation time: 5 mins

Cooking time: 20 mins

Category: Snacks and breads

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Chestnuts, roasted	5 each
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Instructions

1. Soak chestnuts in water for 2 hours.
2. Drain and rinse chestnuts. On a cutting board, using a serrated blade cut the outer skin lengthwise along the chestnut on one side only. Be careful not to cut too deeply but it should go right through the skin. Then cut again widthwise to form a cross. Be careful as chestnuts are slippery and the blade could easily slip and cut you.
3. Add the cut chestnuts to a pot with enough water to cover them. Bring to boil and continue to gently boil for about 5.
4. Turn oven to 350 F. Place chestnuts, cut side up, on a cookie sheet with a one centimeter of water on the bottom. Bake for 15 minutes.
5. Enjoy warm. As they begin to cool they become more difficult to peel.