

Chestnut Soup



I made this soup as I wanted to do some healthy ‘traditional’ Christmas style recipes and I was really surprised at how well it came out and we’ve made it again since as even my youngest loved it! The chestnuts are so creamy, I’ve even started adding them into smoothies too as they have such a creamy texture when blended.

Note – I’m sure you could make this with vacuum packed chestnuts but I just don’t think they’ll have that same smokey flavour and your kitchen certainly won’t smell as good as it will if you roast them whole!

You’ll need:

- 600g whole chestnuts
- 6 rashers of smoked bacon, diced
- 1 large onion, diced
- 1 clove garlic, crushed
- 6 fresh sage leaves
- 4 sprigs of thyme
- 600ml vegetable stock
- Crème fraiche to serve – optional
- Sea Salt and White pepper - optional

Preheat oven to 200°C.

Being very careful, use a sharp knife just to put a small cross in the skin of each chestnut. This makes them much easier to peel once cooked. Place them on a baking tray and cook in the oven for approx. 25mins.

Meanwhile, add a little oil into a large pan and gently fry off the bacon and onions for 2 mins before adding in the fresh thyme, sage and garlic. Keep the heat low so as not to burn the garlic and herbs as they will taste bitter. Fry for 2 minutes before adding the stock. Again, keep the heat low and simmer gently.

Take the chestnuts out of the oven and carefully peel them. They'll be very hot so you may need to leave them to cool for a little while. Once peeled, add them to your pan.

Fish out the sage leaves and thyme stem if you can. Add a little sea salt and some white pepper then blend your soup.

What starts off a quite a watery mixture turns into a lovely, creamy soup once the chestnuts have been blended.

Serve with a little crème fraîche swirled through it 😊