



Merry Christmas



Hot Roasted Chestnuts!

Check for nut allergies before doing this as a group activity.

🌿 Pop into your local Fruit & Veg shop - at this festive time they are bound to have fresh horse Chestnuts that you can buy.

🌿 What do I do with them?

Chestnuts are delicious nuts, cooked & roasted, then peeled and eaten warm...

Even dipped into a sauce if feeling in need of a special treat !!

- Boil the chestnuts for 20 mins - parboiling ensures the chestnuts are soft & evenly cooked inside.
- If you don't need them immediately they can be stored in the fridge for upto 2 days before roasting.
- Score the tops of the chestnuts with a sharp knife before roasting - this will stop them exploding!
- ROAST on a tray in a 180c / 375f / Gas mk 2 - preheated oven for 15 - 20 mins
- Leave to cool for a while - then put them all into a towel and wrap to keep warm.
- Chestnuts peel best when warm - so remove one at a time and peel off all the outer skin before eating.

👤 DIPS

Have small bowls or squeezey bottles of sweet sauces/dips.

- Maple syrup
- Chocolate spread
- Warmed Strawberry jam - so it is runnier!
- Toffee sauce

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