

Chestnut Soup

Rich and creamy roasted chestnut soup with French origins. Perfect autumn comfort food with earthy flavors, sage, and optional cream. 40 minutes total.

15 min

PREP

40 min

COOK

55 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 1 lb chestnut
- 1 tbsp olive oil
- 2 tbsp unsalted butter
- 1 onion
- 2 clove garlic
- 4 cup vegetable broth
- 1 cup heavy cream
- 1 tsp sage
- 1 tsp salt
- 1 tsp black pepper

Instructions

- 1 Prepare the chestnuts**

Preheat oven to 200°C (400°F). Using a sharp knife, cut an X shape into the flat side of each chestnut from the 1 lb of chestnuts, cutting about 1/4 inch deep through the shell.
- 2** Toss the scored chestnuts with 1 tablespoon of olive oil and spread in a single layer on a baking sheet. Roast for 20-25 minutes until the shells open and the nuts inside are tender when pierced with a knife.
- 3** Remove chestnuts from oven and immediately wrap in a clean kitchen towel for 5 minutes to steam. While still warm, peel away both the hard outer shell and the thin papery inner skin from each chestnut.
- 4 Build the soup base**

Heat the remaining 2 tablespoons of olive oil in a large pot over medium heat. Add the 1 diced onion and

cook for 5-6 minutes until soft and translucent, stirring occasionally.

- 5 Add the 2 minced garlic cloves and cook for 1 minute until fragrant. Add the peeled chestnuts and 4 cups of vegetable broth.
- 6 Bring to a boil, then reduce heat to low and simmer for 15-20 minutes until the chestnuts are completely soft and break apart easily when pressed with a spoon.
- 7 **Blend and finish**
Remove from heat and blend the soup until completely smooth using an immersion blender, or transfer in batches to a regular blender (be careful with hot liquid).
- 8 Return soup to pot over low heat and stir in 1 cup of heavy cream. Season with 1 teaspoon salt, 1 teaspoon black pepper, and 1 teaspoon dried sage, adjusting to taste.
- 9 Heat through for 2-3 minutes without boiling, then ladle into bowls and serve immediately.

Tips

Score an X on each chestnut's flat side before roasting to prevent bursting and make peeling easier - the heat will naturally open the shells.

Wrap roasted chestnuts in a kitchen towel for 5 minutes after roasting; the steam helps loosen the inner skin for effortless peeling.

For ultra-smooth texture, blend the soup in small batches using a regular blender rather than an immersion blender, which can leave small lumps.

Add cream gradually while the soup is off the heat to prevent curdling - hot soup can cause dairy to separate and create an unpleasant texture.

Taste and adjust seasoning after blending, as the smooth texture can mute flavors that were perfect before pureeing.

If the soup becomes too thick during storage, thin it with warm broth rather than water to maintain the rich flavor profile.

Freeze chestnuts overnight before peeling for even easier shell removal - the ice crystals help separate the shell from the meat naturally.

Toast sage leaves in a dry pan for 30 seconds before adding to intensify their flavor and add aromatic depth to the finished soup.