

# inspired festive recipe



## chestnut soup: a winter warmer winner!

by Jamie Richards

This wonderful recipe was handed down by my mother-in-law. It has both sherry and chestnuts in it, and, as such it sets up more Christmas morning jokes than I care to mention. The chestnuts are traditionally known as a sweet digestive and constitutional tonic whilst the mace aids digestion and stimulates appetite... just what you need at the start of the biggest meal of the year. This sweet, warming, winter-in-a-bowl is an ideal starter to any Christmas menu or a wonderful warmer at the end of a long winter walk.

### Ingredients:

50 g butter  
3 shallots, finely chopped  
2 celery stalks, finely chopped  
1 - 2 cooking apples, peeled and roughly chopped  
2 tins chestnut puree (widely available)  
2 1/2 pints vegetable stock  
1 1/2 tsp sugar  
1/2 tsp mace  
salt and pepper  
45 ml medium dry sherry



### Recipe:

Melt the butter and fry the shallots for 5 minutes. Add the celery and apple. Cover the pan and sweat the vegetables over a gentle steam for 10 minutes.

Add the chestnuts and pour in the stock, mace, sugar, salt and pepper. Bring to a gentle boil, then cover pan and cook for 30 minutes. Liquidise. Gently re-warm and add the sherry just before serving.

...mmm, simple and ever so tasty!



Jamie trained at the Institute of Optimum Nutrition and has since developed his own health, wellness and sports nutrition clinics in Bristol. He's a campaigner for real food, writing and lecturing about the pitfalls of modern food processing and produced the recipes for the recently released book 'Diet for Britain' by George Cooper.

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