



Chestnut and Sherry Soup with Truffle Garnish



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



391 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 stalks celery chopped
- ☐ 1.8 pounds honey fresh
- ☐ 4 teaspoons chives minced
- ☐ 1 bay leaf fresh
- ☐ 2 cloves garlic finely chopped
- ☐ 0.3 cup honey
- ☐ 0.7 cup truffle juice

- ☐ 1 leek white thinly sliced
- ☐ 2 quarts chicken broth low-sodium
- ☐ 0.5 teaspoon sea salt
- ☐ 2 teaspoons sea salt fine
- ☐ 3 medium shallots thinly sliced
- ☐ 0.3 cup fino sherry
- ☐ 2 sprigs thyme leaves whole
- ☐ 10 tablespoons butter unsalted ()
- ☐ 2.3 cups white wine

Equipment

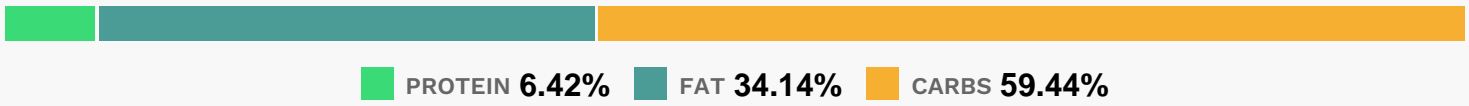
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ baking pan
- ☐ kitchen towels
- ☐ immersion blender

Directions

- ☐ Preheat oven to 350°F.
- ☐ Using chestnut knife or sharp paring knife, make large X on flat side of each chestnut through shell but not meat. Soak chestnuts in bowl of warm water to cover by 2 inches for 15 minutes, then drain well. Arrange chestnuts in 1 layer in shallow baking pan, then roast in middle of oven until shells curl away at X mark, about 15 minutes. Wearing protective gloves, peel away shells from chestnuts while still hot. In large pot boiling water, blanch chestnuts 2 minutes, then drain. Using kitchen towel, rub chestnuts to remove skins. Coarsely chop and reserve.

- ☐ In large stock pot over moderately high heat, heat butter until melted.
- ☐ Add garlic, shallots, leeks, and celery and sauté until very soft, about 8 minutes.
- ☐ Add thyme, bay leaf, and chestnuts. Cook, stirring occasionally until chestnuts are golden brown and aromatic, about 10 minutes.
- ☐ Add white wine and bring to boil, then reduce until no liquid remains, 15 to 18 minutes.
- ☐ Add 3/4 cup sherry and bring to boil, then reduce until almost no liquid remains, about 10 minutes.
- ☐ Add stock and bring to boil. Reduce heat to moderately low and continue cooking until chestnuts fall apart very easily, about 1 1/2 hours (If chestnuts are not completely cooked, the finished soup will be gritty.)
- ☐ Remove from heat and remove thyme and bay leaf. Stir in remaining 1/2 cup sherry and honey. Working in batches, transfer to blender and blend until smooth. Strain through fine-mesh strainer into clean pot. Stir in salt and pepper and keep warm.
- ☐ In heavy 2-quart pot over moderately high heat, bring truffle juice to boil, then lower heat and reduce by 1/4, about 5 minutes.
- ☐ Add butter and sherry and continue cooking until butter is melted, about 30 seconds.
- ☐ Remove from heat and whisk until frothy, about 2 minutes. (Alternatively, use hand blender to froth.) Stir in chives, salt, and pepper.
- ☐ Divide soup evenly among 10 shallow soup bowls.
- ☐ Place 1 tablespoon truffle garnish in center of each bowl.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.3, Glycemic Load:25.54, Inflammation Score:-7, Nutrition Score:10.961739218753%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg,

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Nutrients (% of daily need)

Calories: 390.72kcal (19.54%), Fat: 13.56g (20.87%), Saturated Fat: 7.73g (48.32%), Carbohydrates: 53.15g (17.72%), Net Carbohydrates: 52.5g (19.09%), Sugar: 12.76g (14.17%), Cholesterol: 30.1mg (10.03%), Sodium: 654.62mg (28.46%), Alcohol: 6.18g (100%), Alcohol %: 1.97% (100%), Protein: 5.74g (11.47%), Vitamin C: 34.78mg (42.15%), Copper: 0.46mg (23.19%), Manganese: 0.46mg (22.77%), Vitamin B6: 0.4mg (19.8%), Potassium: 683.02mg (19.51%), Vitamin B3: 3.65mg (18.26%), Folate: 58.97µg (14.74%), Vitamin A: 583.11IU (11.66%), Phosphorus: 113.7mg (11.37%), Magnesium: 38.74mg (9.68%), Iron: 1.73mg (9.63%), Vitamin B1: 0.13mg (8.98%), Vitamin K: 8.75µg (8.33%), Vitamin B2: 0.1mg (5.96%), Zinc: 0.76mg (5.05%), Vitamin B5: 0.5mg (4.96%), Calcium: 47.57mg (4.76%), Vitamin B12: 0.21µg (3.55%), Vitamin E: 0.43mg (2.9%), Fiber: 0.65g (2.6%), Vitamin D: 0.21µg (1.4%)