



## CHRISTMAS RECIPES TO EAT WITH LEFTOVERS

### SOOTHING FENNEL AND CHESTNUT SOUP ~ a creamy and filling soup to nourish all types

1 lb chestnuts  
1 medium sized onion  
1 fennel bulb with fronds  
3 large garlic cloves  
2 or 3 celery stalks with leaves  
1 liter (4 cups) water or chicken stock  
1 bay leaf  
Olive oil  
30g (2 tablespoons) butter  
Sea salt and pepper to taste

(Makes 4 large, or 8 small bowls)

Pre-heat the oven to 425 degrees F or 218 degrees C.

Rinse the chestnuts and carefully score the sides of them with a sharp paring knife, making an X or a V shape.

Roast on a baking tray cut side up, for 20 minutes (see if they're done by inserting the knife into the middle – it should be tender).

Remove from the oven and set aside to cool.

Reduce the oven temperature to 375 degrees F or 190 degrees C.

Chop the onion into quarters and the celery into big pieces, using as much of the leaves as looks appetizing, and peel the garlic.

Chop the fennel into big pieces, again using as much of the green stems that look appealing and reserve some of the best fronds to use as a garnish.

Put a couple of glugs of olive in a glass or ceramic baking dish and cover with the onion, garlic, celery, fennel and bay leaf.

Season with sea salt and add ¼ of the water or stock.

Cook in the oven for about 30 minutes; until the vegetables are translucent and soft but not charred.

While they're cooking, peel the chestnuts, removing as much of the inner skin as possible and chop into quarters or smaller.

Remove the vegetables from the oven and put in a large saucepan with a couple more glugs of olive oil, the remainder of the stock or water, butter and chestnuts (removing the bay leaf).

Bring to a boil and then simmer for 15 minutes with the lid on.

Allow to cool, then using a food processor or high powered blender, puree to a smooth, creamy consistency in small batches.

Chop the fennel fronds and add as a garnish when serving.

Serve with crusty bread and butter and a salad for lunch, or in little bowls as an starter.

