

CGI 'Chestnut Chips'

Using CGI 'Chestnut Chips' in Every Course of Your Meal

'Chestnut Chips' provide an entirely new way of cooking with chestnuts. CGI 'Chestnut Chips' are perfect for any delicious recipe, but especially for low-fat, gluten-free recipes. 'Chestnut Chips' are perfect for vegan recipes, too. Substitute chestnuts for other ingredients as in the hummus recipe below. 'Chestnut Chips' are all natural and are easy to use and store (on your shelf). 'Chestnut Chips' make chestnuts available all year long and are ready to eat in just 10 minutes after adding boiling water. Cook an additional 10 minutes for a fully cooked sweet chestnut flavor. CGI is the originator of the unique 'Chestnut Chip'. See the ideas below for some great tasting recipes useful for every course of your meal. Experiment and have fun! 'Chestnut Chips' can be eaten out of the bag, but some chips may be of varying thicknesses and care should be taken if eaten without cooking first.

Chestnut Hummus (excellent for snacks and parties)

Hummus is a Middle Eastern dip or spread. There are lots of recipes available, each with different ingredients added. Simply follow any recipe, but instead of mashing garbanzo beans (chick peas), substitute CGI 'Chestnut Chips'. To prepare the 'Chestnut Chips' for hummus recipes, place 2 cups of water in a saucepan. Cover and bring water to a boil. Add 4 oz. 'Chestnut Chips', reduce heat to simmer and continue heating for 20 minutes. 'Chestnut Chips' will absorb most of the water so stir occasionally to prevent burning. Carefully remove to blender and puree the 'Chestnut Chips'. Add ingredients from favorite hummus recipe or follow this one. Blend and serve in bowl.

Ginger-Garlic Hummus

1 garlic clove, peeled; 1 1-inch-long piece peeled fresh ginger; 'Chestnut Chips' puree (prepared as above); 3 tablespoons rice vinegar; 1 1/2 teaspoons soy sauce; 1/4 cup chopped fresh cilantro; 1 green onion, chopped. Serve with crackers, raw dip vegetables such as carrots or celery, or with pita bread. You can cut the pita bread into thin triangles, brush with olive oil and toast for 10 minutes in a 400°F oven to make pita chips with which to serve the hummus.

Cream of Chestnut Soup (vegan style)

4 oz bag 'Chestnut Chips', 4 cups water, 1 carrot (use 7 baby carrots), 1 celery stalk, one medium onion, clove of garlic, 1/4 t nutmeg, 1/4 t thyme

Chop vegetables and garlic and place in 4 cups of water in large saucepan. Cover and bring to boil. Reduce heat to simmer, maintaining a low boil. Add 'Chestnut Chips' and continue to low boil for 20 minutes. Carefully remove to blender. If short on liquid, add water to make an even 4 cups. Blend to smooth consistency (about 45 seconds). Salt and pepper to taste. This is a simple base for a delicious soup. Do not hesitate to experiment with other ingredients. For variety, try adding additional spices, parsnips, squash, sweet potato, apple or 1/4 cup Madeira wine. Add Canadian bacon if meat is desired.

Chestnut Salad Dressing—(you've got to try it to believe it!)

To sweeten salads with 'Chestnut Chips', use your favorite oil and vinegar salad dressing and add 1/2-cup salad dressing to 1/2 cup of 'Chestnut Chips'. If you desire crunchy chips, sprinkle on salad and serve immediately. For softer chips, let sit 20 minutes or less, depending on the 'wetness' of your salad, before serving. Add to salad and toss, add as a garnish, or serve on the side. Hint: We used 'Newman's Oil and Vinegar' dressing for a truly great flavor, or try your own.

Nutty Vegetables (sweeten your vegetables)

Chop your favorite vegetables and place in steamer (pan). Throw 1/2 C 'Chestnut Chips' on top of vegetable and you will have sweet, nutty vegetables upon finished cooking. Best vegetables to use include Brussels sprouts, green beans, carrots, and lima beans.

Quick Chestnut Turkey Stuffing (almost real stuffing)

Purchase 'Stove Top Stuffing' mix and remove half of breadcrumbs from the package. Add one cup of chestnut chips and follow package directions as if making the normal recipe. The flavor will be sweeter, less salty and tastier with the 'Chestnut Chips' added.

Breading for Fish and Poultry

Take your fist and pound the 'Chestnut Chips' into smaller bits (you can use your coffee grinder, but it is not as much fun!). Make a solution with egg and milk and place in a shallow dish. Coat meat or fish with the egg/milk mixture and when wet, dip in 4 oz of broken 'Chestnut Chips'. If broiling, spritz with your favorite oil to slightly moisten chips. Or place in prepared pan and cook as usual. 'Chestnut Chips' provide a sweet and unique nutty flavor.

Chestnut Desert (This is called Monti Bianco in Italy; we call it Delicious)

Place 4 oz of 'Chestnut Chips' in 1 1/2 cups of water. Boil for 20 minutes or until water is absorbed by the chips. Remove from pan and carefully place in blender. Add 1/4 C cream or milk. Blend until smooth. Add 1 t butter, 1/3 C sugar, 1/4 C powdered sugar. Continue blending. Dish into small cups and top with a dollop of whip cream. Cool in refrigerator before serving (if you can wait that long!), In Italy this is called Monti Bianco. We call it delicious.