

---

## Soups

### Rice and Chestnut Soup - Sophie Grigson

*From Sophie Grigson's Taste of the Times published by Network Books,  
an imprint of BBC World Publishing*

Serves 6

This rice and chestnut soup comes from the mountains of northern Italy and has long been a favourite of mine. This is a quick version, made with peeled, pre-cooked chestnuts that dispense with the tedium of peeling chestnuts (and the pain of catching a splinter of chestnut husk under a fingernail), without sacrificing too much of the flavour.

- 340g (12oz) Sierra Rica Peeled and Cooked Chestnuts (jar or vacpack), halved or quartered roughly
- 1 fresh thyme sprig
- 1 fresh rosemary sprig
- 1.5 litres (2½ pints) chicken or vegetable stock
- 100g (3½ oz) risotto rice
- 30g (1oz) butter
- 300ml (10 fl oz) creamy milk
- Salt and pepper

Put the chestnuts in a pan with the herbs tied together with a length of string. Add the stock, salt and pepper and bring up to the boil. Leave to simmer gently, uncovered, for 40 minutes.

Now add the rice and continue simmering for another 10 minutes. Next, add the butter and milk and simmer away until the rice is just cooked but still al dente (another 10 minutes or so). Taste and adjust seasoning and serve.

---