

IFSEA CHRONICLES

IFSEA is a legacy organization, dedicated to further developing students, military and it's members by providing continuing education and professional certifications to the foodservice and hospitality industry leaders."

April 2025



Richard F. Weil, MCFE, MCFP
Chairman of the Board

CHAIRMAN'S CORNER

Words of wisdom regarding timeless advice for foodservice operators.

Hard to believe that Q-1 of 2025 is already over. Welcome to spring! As we celebrate many holidays this month, we look forward to continuing to provide you with the quality newsletter that we have been generating for so many years. Again, a huge thank you to Matt Trupiano and Michelle Hackman for the time and talents in creating and publishing the monthly newsletter article. I have a great article to share with you from a blog my company recently published on our website, Facebook page and LinkedIn. My main take on this applies also to IFSEA in terms of the quality of our members and the opportunity that the multiples of backgrounds our members bring to the table to network with. The common element of this article is networking throughout our industry and particularly within IFSEA. There are some excellent words of wisdom for operators to take and suggest the 4–5-minute quality read below.

Timeless Advice for Restaurant Success from Nation's Restaurant News

Joe Langteau has been in the restaurant business for a long time—fifty years to be exact. He's worked the corporate side, he's worked the franchise side. It all began with his first job, at 16-years-old, at Burger King, when minimum wage was \$1.80.

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April 12—20, 2025



April 20, 2025



Food For Thought

Don't dwell on the past at the expense of the present and dreams for the future.

CHAIRMAN'S CORNER

Words of wisdom regarding timeless advice for foodservice operators.

“On the corporate side, I spent a total of 15 years at Burger King and 4 years with Arby’s. On the franchise side, I have led large franchisee organizations for both quick-service (Burger King, KFC, Taco Bell, & Wingstop) and full-service (IHOP, Applebee’s, Pizza Hut, & Sonny’s BBQ) restaurants,” he writes for [Nation’s Restaurant News \(NRN\) in a recent Speakerbox post](#). “What I have learned over 50 years is that the fundamentals of great guest service, strong teams, and effective hiring, training, and treatment have endured amidst a constantly evolving industry landscape.”

Whatever changes face the restaurant industry, and whatever adjustments restaurant owners are making to keep up with technology and consumer expectations, Langteau shares that the basics of customer service are the best, lasting advice for industry professionals. His tips, which he details [here](#), include:

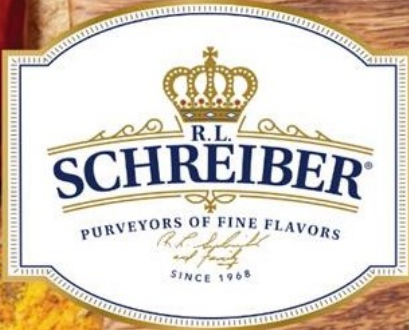
*Great customer service
Excellent employees
Smart hiring and training
Core values
Company culture*

“The reason these principles have stood the test of time is simple: They are human-centered. At its core, the restaurant industry is about people — nourishing them, connecting with them, and creating memorable experiences,” Langteau says. “While the tools and trends may evolve, the fundamental truths that define success remain rooted in the timeless pursuit of excellence in service, teamwork, and leadership. By holding firm to these truths while adapting to the ever-changing landscape, restaurants can thrive today and for generations to come.”

The old adage that “meeting and exceeding guest expectations” is as true now as it has ever been. Creating points of differentiation includes all five components that Mr. Langteau states. IFSEA and our members certainly can continue to hold forward and urge all of us to follow this sage advice.

Our members and our IFSEA network have decades’ worth of collective industry experience as well; and over the years, we all have adopted new processes, policies, Covid regulations, changes in technology, and advancing customer communication. But our standard has always been, putting people first. The restaurant industry, as is IFSEA, after all, a group of professionals within the hospitality industry.

Enjoy your holiday!



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National Peeps Day is celebrated on April 5 every year, and we're so excited to celebrate by indulging our sweet tooth! We hope you're as excited, too. While Peeps are usually associated with Easter — and recently with Halloween — their special day is in April. Springtime isn't only synonymous with April showers and the beautiful blooms, it's also Peeps season. Everyone — kids and adults — loves Peeps: those brightly colored, sugar-coated marshmallow chicks and bunnies are simply irresistible! It's no surprise, though those spongy, candied confections with eyes made of edible wax produced in Bethlehem, Pennsylvania, have been everyone's favorite since their inception in 1953. You just can't stop at one — or two!

History of National Peeps Day

Peeps were introduced in 1953 when Russian immigrant Sam Born's candy company, Just Born, based in Bethlehem, Pennsylvania, acquired the Rodda Candy Company and its handmade marshmallow chick line. Upon the acquisition, Sam Born's son, Bob Born, led the automation of the marshmallow creation process, reducing the manufacturing time from almost 27 hours to just six minutes! In 1955, Bob also removed the wings that used to appear on each Peep, further facilitating the mass production process. Just Born also manufactures other treats like Mike & Ikes, Peanut Chews, and Hot Tamales.

Peeps are produced from a traditional, family-guarded recipe containing granulated sugar, liquid sugar, corn syrup, gelatin, and vanilla extract which hasn't really changed since its inception. The original form of the candy was the yellow, pink, and white chicks, but the company subsequently introduced other colors — blue, green, pink, lavender, and orange. By the 1960s, the company introduced new shapes in addition to the traditional chick shapes, following a theme according to the season. Now, Peeps exist in shapes like bunnies, ghosts, and many other animal shapes.



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Between 1999 and 2002, new flavors such as chocolate, vanilla, and strawberry were also introduced to Peeps lovers. Other flavors include cotton candy, gingerbread, pancakes and syrup, and root beer float. In 2009, Just Born launched its Peeps Lip Balm in four flavors — grape, strawberry, vanilla, and cotton candy — in a bid to expand the Peeps product line. Not stopping at that, the company has also invested in the production of various accessories and fashion items such as earrings, necklaces, wristbands, nail polish, plush toys, golf gloves, and umbrellas which are sold online and in retail stores.

5 Interesting Facts About Peeps

Peeps made per day

An average of 5.5 million peeps are made every day.

World Peeps-eating champion

Matt Stonie of California won the second annual World Peeps Eating Championship in 2017 when he ate 255 peeps in five minutes!

The original Peep's is still the favorite

Yellow chicks are the original Peeps and are still the people's favorite.

The eyes come last

Made of carnauba — a non-toxic edible wax (also found in some shoe polishes and car waxes) — is the final part added to Peeps.

Best-selling non-chocolate Easter candy

It's estimated that 700 million Peeps are eaten each Easter season!



? Did ? You ? Know ?

E G G S

Can't remember if an egg is fresh or hard boiled? Just spin the egg. If it wobbles, it's raw. If it spins easily, it's hard boiled. A fresh egg will sink in water, a stale one will float.

Eggs contain all the essential protein, minerals and vitamins, except Vitamin C. But egg yolks are one of few foods that naturally contain Vitamin D. Eggs also contain choline, which is necessary for healthy cell membranes in the body. Choline stimulates brain development and function and helps preserving memory. Eggs also are good for your eyes because they contain lutein which helps prevents age-related cataracts and muscular degeneration. In fact, eggs contain more lutein than spinach and other green vegetables.

The color of the egg shell is not related to quality, nutrients, flavor, or cooking characteristics. White shelled eggs are produced by hens with white feathers and white ear lobes. Brown shelled eggs are produced by hens with red feathers and red ear lobes. Brown egg layers usually are slightly larger and require more food, thus brown eggs usually cost more than white eggs. An egg shell has as many as 17,000 pores over its surface.

A whole egg is about 3 tablespoons worth of liquid, the egg yolk measures about 1 tablespoon of liquid. Older hens tend to lay bigger

A hen requires about 24 to 26 hours to produce one egg, but one hen was reported to have produced 7 eggs in one day.

About 2/3 of the chicken eggs produced in the U.S. each year are sold in the shell. The other 1/3 are broken out of their shells, so they can be made into liquid, frozen, dried and specialty egg products.

An average hen lays an average of 266 eggs per year. The record is 371 eggs in one year.

USDA grading system for eggs:

Grade AA The shell is clean, normal-shaped and unbroken; when first broken, the eggs spread remains compact; has a clear, thick albumen with prominent chalazae and a firm, centered yolk.

Grade A The shell is clean, normal-shaped and unbroken; when first broken, the egg spreads slightly; has a clear, reasonably firm albumen with prominent chalazae and a firm, fairly high yolk.

Grade B The shell may be slightly stained or misshapened; when first broken the egg spreads over a wide area; has a clear, watery albumen and an enlarged, flattened yolk.

EGGS SIZES AND EQUIVALENTS

4 jumbo eggs = 1 cup

6 jumbo whites = 1 cup

12 jumbo yolks = 1 cup

4 Ex Lg eggs = 1 cup

6 Ex Lg whites = 1 cup

12 Ex Lg yolks = 1 cup



They Walk Among Us!

I was at the checkout at Walmart, minding my own business, when the cashier rang up my total: \$46.64. I handed her a crisp \$50 bill. She looked me dead in the eye, gave me back \$46.64, and continued scanning items like a professional.

Me: "Uh... I think there's a mistake."

Her: huffing dramatically "Sir, I am educated. I know what I'm doing."

She pushed the money back at me like I was trying to scam her.

So, I did what any reasonable person would do—I gave it back.

She, once again, pushed it right back at me with extra attitude.

I shrugged, picked up my bags, and walked out with \$46.64 in my pocket.

They Walk Among Us...

I walked into Starbucks with a "Buy-One-Get-One-Free" coupon for a Grande Latte. The barista studied it like it was the Declaration of Independence, then turned to a chalkboard that read "Buy One, Get One Free."

Her eyes lit up. "Oh! So that means... they're both free!"

She happily handed me two free lattes.

I didn't argue. I just walked out, sipping my victory.

They Walk Among Us...

One day, I was strolling along the beach with some friends when one of them gasped dramatically, pointed ahead, and yelled:

"Look! A dead bird!"

Another friend immediately looked up at the sky and asked, "Where?"

I just... I had no words.

They Walk Among Us...

My brother was house hunting and asked the real estate agent which direction was north. He explained that he didn't want the sun waking him up every morning.

The agent furrowed her brow. "Wait... does the sun rise in the north?"

My brother, thinking she was joking, laughed.

She was not joking.

He gently explained that the sun rises in the east... and, you know, has been doing that for quite a while now.

She shook her head and said, "Oh, I don't keep up with all that stuff."

I... I had to walk away.

They Walk Among Us...

Back when I worked in a 24/7 call center, a guy called and asked:

"What hours are you open?"

Me: "Sir, we're open 24 hours a day, 7 days a week."

Him: "Okay, but is that Eastern or Pacific time?"

I stared at my screen for a solid 10 seconds before replying:

"Uh... Pacific."

He thanked me and hung up, probably feeling proud of himself.

They Walk Among Us...

Let's Get Cooking!

Passover Bread

Yield 8



1 cup boiling water
½ cup olive oil
2 cups matzoh meal
1 tablespoon sugar
1 teaspoon salt
4 eggs

Heat together boiling water and oil on the stove until the mixture is boiling.

Add matzoh meal, sugar and salt and turn off the heat. Mix together until a ball is formed.

Let cool for a few minutes then add the eggs, one at a time, and stir until combined. Very important to add the eggs one at a time!

Let the mixture rest for 15 minutes.

To form the bread, wet your hands with water and roll some of the dough in your hands and shape however you want. Place the dough on parchment paper and continue forming your bagels. You can shape the dough however you want and as big or small as you want. Just keep rewetting your hands or the dough will stick.

Bake at 350 degrees F for 45 minutes – 1 hour.

Eat hot right out of the oven or wait until cooled.

Place in an airtight container for as long as the bagels last on the counter or freeze for later.

Passover Apple Cake

serves 12



1 cup vegetable oil
1 cup white sugar
2 large eggs
1 ½ cups matzo meal
½ cup potato starch
2 teaspoons ground cinnamon, divided
8 large apples, peeled, cored, and sliced
½ cup brown sugar, or more as needed
½ teaspoon ground nutmeg

Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13-inch glass baking dish.

Beat oil, sugar, and eggs in a large bowl with an electric mixer until well combined. Stir in matzo meal, potato starch, and 1 teaspoon cinnamon until incorporated. Set aside.

Toss apples with 1/2 cup brown sugar, remaining 1 teaspoon cinnamon, and nutmeg in a separate large bowl.

Add 1/2 the batter to the prepared baking dish. Pour apple mixture on top. Add remaining batter, patting over apples as needed. Sprinkle with some brown sugar.

Bake in the preheated oven for 45 minutes.

Let's Get Cooking!

Easter Breakfast casserole serves 8



- 1 pound bacon
- 1/4 cup diced onion
- 1/4 cup diced green bell pepper
- 3 cups shredded Cheddar cheese
- 8 eggs
- 2 cups milk
- 1 (16 ounce) package frozen hash brown potatoes, thawed
- 2 TBLSP butter, softened

Directions

Preheat oven to 450 degrees F (175 degrees C).
Lightly grease a 7x11 inch casserole dish.

Fry the bacon in a large, deep skillet over medium-high heat until evenly browned, about 10 minutes. Drain on a paper towel-lined plate. Crumble.

In a large bowl beat together eggs and milk. Mix in cheese, bacon, onion and green pepper. Set aside. Layer the hashbrowns on the bottom of your pan, dot with butter and bake until they start to brown. Pour mixture evenly over hashbrowns. Reduce oven to 350 degrees. Cover with aluminum foil and bake for 45 minutes. Uncover and bake for another 30 minutes until eggs have set.

Easter Rice Pie serves 16



- 3 cups all-purpose flour
- 1 tablespoon baking powder
- 1/2 cup white sugar
- 1/2 teaspoon salt
- 3/4 cup cold butter, cut into chunks
- 1 egg
- 1 teaspoon vanilla extract
- 1 cup water
- 1/2 cup uncooked white rice
- 2 cups whole milk
- 1 (15 ounce) container ricotta cheese, drained
- 1 cup white sugar
- 1 tablespoon lemon juice
- 1 tablespoon grated lemon zest
- 6 eggs
- 1 (15 ounce) can crushed pineapple, well drained

Grease two 9-inch pie plates.

Pulse flour, baking powder, 1/2 cup sugar, and salt in a food processor several times until combined. Place butter into the flour mixture and pulse just until butter resembles coarse crumbs. Mix in 1 egg and vanilla extract; process until dough holds together, about 30 seconds.

Place dough on a well-floured work surface, divide in half, and roll each piece into a 9-inch round crust. Fit crusts into the prepared pie plates and freeze for 1 hour. Bring water to a boil in a saucepan; stir in rice and return to a boil. Reduce heat to medium-low, cover, and cook until rice has absorbed the water, about 20 minutes. Stir milk into the rice and bring to a simmer; cook until thickened, stirring often, about 10 more minutes. Set rice mixture aside to cool.

Preheat oven to 325 degrees F.

Beat ricotta cheese, 1 cup sugar, lemon juice, lemon zest, and 6 eggs together in a bowl until smooth. Stir in cooked rice mixture and crushed pineapple until thoroughly combined.

Divide the filling between the 2 cold pie crusts.

Bake in the preheated oven until the filling is set and the tops are golden brown, about 90 minutes. Cool on racks.

Let's Get Cooking!

Buttermilk Hot Cross Buns

serves 18



- 1/2 cup water
 - 1 (.25 ounce) package active dry yeast
 - 1 cup buttermilk, room temperature
 - 2 tablespoons white sugar
 - 1/2 teaspoon baking soda
 - 1 teaspoon salt
 - 1 teaspoon ground cinnamon
 - 1/3 cup margarine, melted
 - 3 1/4 cups all-purpose flour
 - 2/3 cup raisins
 - 1/2 (16 ounce) container prepared vanilla frosting
- 1 Measure the water into a large bowl and sprinkle the yeast over the top. Let stand about 5 minutes to dissolve the yeast. Stir in the buttermilk, sugar, baking soda, salt, cinnamon and margarine. Mix in 1 cup of flour until well blended, then stir in the raisins. Gradually mix in the remaining flour until the dough is stiff enough to take out of the bowl and knead on a floured surface. Knead the dough until smooth and elastic, about 5 minutes. Place in a greased bowl, turning to coat and cover with a towel. Let rise in a warm place until doubled in size, about 1 hour.
- 2 Turn the dough out onto a floured surface and divide into 18 pieces. Shape each piece into a ball and place in a greased 9x13 inch baking dish. Cover loosely with a towel and allow to rise again until your finger leaves an impression when you poke the dough gently, about 45 minutes.
- 3 Preheat the oven to 375 degrees F (190 degrees C). Remove the towel from the buns. Bake in the preheated oven until golden brown, about 20 minutes. Spoon the frosting into a small sandwich bag or pastry bag. Snip off the corner and squeeze out frosting to make a cross on top of the buns when cool.

Carrot Cake

serves 15



- 3 eggs
 - 3/4 cup buttermilk
 - 3/4 cup vegetable oil
 - 1 1/2 cups white sugar
 - 2 teaspoons vanilla extract
 - 2 teaspoons ground cinnamon
 - 1/4 teaspoon salt
 - 2 cups all-purpose flour
 - 2 teaspoons baking soda
 - 2 cups shredded carrots
 - 1 cup flaked coconut
 - 1 cup chopped walnuts
 - 1 (8 ounce) can crushed pineapple with juice
 - 1 cup raisins
- 1 Preheat oven to 350 degrees F (175 degrees C). Grease and flour an 8x12 inch pan.
- 2 In a medium bowl, sift together flour, baking soda, salt and cinnamon. Set aside.
- 3 In a large bowl, combine eggs, buttermilk, oil, sugar and vanilla. Mix well. Add flour mixture and mix well.
- 4 In a medium bowl, combine shredded carrots, coconut, walnuts, pineapple and raisins.
- 5 Using a large wooden spoon or a very heavy whisk, add carrot mixture to batter and fold in well.
- 6 Pour into prepared 8x12 inch pan, and bake at 350 degrees F (175 degrees C) for 1 hour. Check with toothpick.
- 7 Allow to cool for at least 20 minutes before serving. Add nuts or decorate as desired.

Let's Get Cooking!

Stuffed Leg of Lamb with Balsamic-Fig-Basil Sauce

serves 6

Ingredients

1/2 cup coarsely chopped prunes
1/4 cup currants
2 tablespoons creme de cassis liqueur
1 1/2 tablespoons minced fresh rosemary
1 1/2 tablespoons minced fresh thyme
1/2 teaspoon ground coriander
1 1/4 teaspoons salt
1 teaspoon freshly ground black pepper
1 (4 pound) boneless leg of lamb, rolled and tied
1/2 cup chopped roasted and salted almonds
2 tablespoons chopped fresh mint
3 cloves garlic, cut into thirds
2 tablespoons olive oil
1/2 cup balsamic vinegar
5 tablespoons butter
3 tablespoons honey
1/3 cup thinly sliced, stemmed Calimyrna figs
5 teaspoons chopped fresh basil
6 leaves mint
6 leaves basil

Preheat oven to 400 degrees F (200 degrees C).



1. Combine the chopped prunes and currants with the creme de cassis in a small bowl, and set aside. In another small bowl, combine the rosemary, thyme, coriander, salt, and pepper; set aside.
2. Untie and unroll the lamb, lay it out flat on the work surface. Trim off excess fat, and cut any thick parts open so that it is evenly thick and somewhat rectangular in shape. Sprinkle half of the herb mixture over the lamb. Mix the almonds and chopped mint into the prune mixture; spread evenly over the lamb. Roll up starting at one of the short sides, and tie with kitchen twine in 1-inch intervals. Cut 9 slits about 1-inch deep into the top of the lamb, and insert a slice of garlic in each. Rub with olive oil, and sprinkle with the remaining herb mixture.
3. Place lamb seam-side up on a rack set in a roasting pan. Roast in the preheated oven to desired doneness. For medium-rare, a thermometer inserted into the center will read 140 degrees F (60 degrees C). Remove lamb from the oven and cover with foil. Allow to rest for 15 minutes while proceeding with the recipe.
4. While the lamb is resting, bring the balsamic vinegar to a boil in a small saucepan over high heat. Boil until the vinegar has reduced by half, 4 to 5 minutes. Once reduced, stir in the butter, honey, and sliced figs. Stir until the butter has melted, then remove from the heat, stir in the chopped basil and set aside.
5. To serve, remove the twine from the lamb and cut into 1/2 inch thick slices. Arrange on a warm serving platter and drizzle with the fig sauce, garnish with mint and basil leaves.

From the Vine

By Brian Freidman, Excerpted from Food and Wine 06-24-22

Barolo, the old expression goes, is the wine of kings and the king of wines. It is a classic example of synergy between a specific grape variety (in this case, Nebbiolo) and a particular place. Located in the Langhe, which is found in the Cuneo province of Piedmont in Northern Italy, Barolo is responsible for some of the longest-lived and most collectible wines in the world.

Barolo is a wine produced in the appellation of the same name. It's located in Northern Italy's Piedmont region and is required to be made exclusively from the Nebbiolo grape variety. Nebbiolo, of course, is also grown in other countries around the world, but Barolo can only come from the Barolo DOCG (Denominazione d'Origine Controllata e Garantita), and must be produced following a strict set of rules and regulations, most notably that it be composed entirely of Nebbiolo that was grown on hillsides.

Barolo is one of the most prestigious, age-worthy, and collectible wines in the world. Like so many of the greats, Barolo is a fascinating expression of a particular place as experienced through the lens of a consistent grape variety. In that regard, there are many compelling similarities between Barolo and Burgundy, the latter of which is a highly demarcated region where minute differences in terroir and micro-climate affect the character of the Pinot Noir that grows there.

The history of Barolo goes back hundreds of years. According to most sources, Nebbiolo's roots track back to the 1200s, but Barolo, as we are familiar with it these days, is quite a bit younger, only stretching to the middle of the 19th century. Regardless, it is widely agreed to be one of the most important red wines in the world.

Barolo is a wine that rewards patience. You can drink them in their youth, especially after a stint in the decanter and with vigorous swirling in the glass, but great Barolo expresses itself most profoundly with several years of age. That doesn't mean that you should hold onto every bottle of Barolo for decades — each vintage is different, as are the farming and winemaking techniques employed by producers throughout the appellation — but in general, giving Barolo at least three to five years before popping the cork is a good idea. Barolo made in a modern style, with more ripe fruit and greater oak influence, tends to be a bit more generous earlier, whereas traditionally styled Barolo often needs longer to reach its full potential.

When it comes to pairing Barolo with food, there is no more classic combination than savoring the wine alongside a simple dish of pasta with shaved white truffles. The wine also pairs well with beef and veal, game meats, mushrooms across the spectrum, and even a straightforward platter of cured meats.

In its youth, Barolo boasts brambly berries and cherries that are framed by mouthwatering acidity and assertive yet not generally thick tannins. There is often a hint of flowers peeking through, as well as something more savory. Spice notes and tobacco are also commonly experienced. With age, however, mature Barolo emerges with notes of tar, roses, mushrooms like truffles and porcini, and fruit in the cherry and mountain-berry family.



Chestnuts

Chestnuts are the edible fruit of a deciduous tree that grows throughout the world. They can be eaten raw or cooked, with a mild flavor that makes them versatile for both sweet and savory dishes.

What Are Chestnuts?

Chestnuts are the edible fruit of deciduous trees in the family *Castanea*, which grows in Europe, North America, and Asia. Along with hazelnuts, they are one of the only nuts that are actually fruits as opposed to seeds. (Except for peanuts, which are legumes.)



While the North American, Chinese, and Japanese chestnuts are cultivated for food, the most common variety, traditionally eaten during the holiday season from Thanksgiving through New Years, is the European chestnut, *Castanea sativa*, also known as Spanish chestnut or sweet chestnut.

Chestnuts grow in clusters of up to seven nuts inside inedible spiny husks. The nut inside is smooth, shiny, and dark brown in color, and the way the nuts are pressed together within the husk means that each one has a flat side and a rounded side.

Chestnuts can be eaten raw, but usually, they're cooked, with common techniques including roasting, boiling, steaming, deep-frying, or even microwaving. Once cooked, they have a soft texture and a mild, buttery, sweet flavor that resembles sweet potatoes. They are sometimes used in soups and stews in the same manner as potatoes, or boiled and then mashed and served with butter. They're also used in stuffings, in savory meat dishes, in desserts, such as the [Mont Blanc dessert](#), and simmered in sugar syrup to [make candied chestnuts](#).

Chestnut flour is used in many baked goods, especially in Europe, to make fritters, cakes, polenta, and [even pasta](#).

How to Cook With Chestnuts

The most famous way of preparing them is to roast them either over a fire or in the oven, and then serve them hot. One important step when preparing fresh chestnuts is to score the skin with a sharp knife so that the chestnuts don't burst. This also makes it easier to [remove the skin](#) after cooking.

To [roast them](#), score them, and then roast on a baking sheet in a 400 F oven for 15 to 20 minutes. You can also cook them by simmering the scored chestnuts in water for 3 minutes. In both cases, be sure to remove the skin before eating.

RANdOm STUff



I've been to a lot of places, but I've never been in Cahoots. Apparently you can't go alone, you have to be in Cahoots with someone. I've also never been in Cognito, either. I hear no one recognizes you there. I have, however, been in Sane. They don't have an airport, you have to be driven there. I have made several trips.

