

Creamy chestnut soup with fresh flap mushrooms

By Jacky Oberti, Chef at L'Hirondelle, Les Thermes Marins de Monte-Carlo

You will need :

- 1 kg of chestnuts
- 1 kg of fresh flap mushrooms
- 2.5 litres of water
- 100 g of butter
- 250 cl of light cream (or soya cream)
- 200 g of shallots
- 1 clove of garlic
- Nutmeg
- Salt, pepper
- 2 glasses of white wine
- 1 egg yolk
- 350 g of flaky pastry

Cleaning and preparation

First clean the flap mushrooms and split them into 2 :

Keep 1/3 of the best ones and cut into small cubes of 1 cm.

Cut the remaining 2/3 into cubes of 2 to 3 cm.

Wash the chestnuts and make incisions in the shells. Then place in a frying-pan on a very high heat and sauté. Allow the shells to burn slightly, then set aside.

Cooking

Once they have cooled, peel the chestnuts and place them in about 2 litres of water, adding salt, pepper and a sprinkling of nutmeg. Bring to the boil, cover with a lid and cook on a very low heat for 1 hour.

While the chestnuts are cooking, take the 2/3 of large cubes of mushrooms and sauté in a pan with a little olive-oil and butter until slightly browned. Then add the shallots, the clove of garlic, sprinkle with salt and pepper. Finally, deglaze for 5 mins. with a glass of white wine. Allow to reduce, then add the light cream (or soya cream). Bring back to the boil, then set aside.

When the chestnuts are cooked, add the above-mentioned flap mushrooms and cook for about 15 minutes, with a lid, on an extremely low heat.

Then sauté the best flap mushrooms in a little of the remaining butter, olive-oil, salt and pepper, until they are slightly browned. Deglaze with the rest of the white wine. Reduce until dry and set aside.

Blend the chestnut and flap mushroom preparation and pour through a very fine chinois strainer.

Presentation

Preferably use a lion-head tureen in white porcelain or something similar. Place the flap mushrooms cut into small cubes at the bottom of the tureen and fill to $\frac{3}{4}$ with the creamy soup. Then cut from the flaky pastry a circle the same size as the tureen + 1 cm. Brush with egg yolk. Cover the tureen with the pastry and place in a forced air oven for 6 to 8 minutes at 180° c.
Serve hot and enjoy !

A word from the chef

« I hope to see you soon at the restaurant L'Hirondelle where I will introduce you to this magnificent recipe which is the first item proposed on our menu.

Worth knowing : Sweet and horse chestnuts form part of the essential contribution in Vitamin C during the autumn and winter seasons. »