



### *Our organic chestnut flour*



Our **organic chestnut flour** is the pride of our production, renowned all over the Tuscan territory for its **marked taste** and its **fine density**. The sweet varieties of our chestnuts like “**giallina**”, “**marrone**” and “**pistolese**” together with the continuation of good old traditions (**slow wood drying, oven toasting, stone grinding**) keep the taste of this unique product unaltered overtime.

In order to obtain this extraordinary product the **processing chain is extremely short**: all processes are carried out in the farm by the expert hands of our highly skilled personell. 20 days in the drying and smoking chamber are needed , then the chestnuts undergo shelling and later they are manually selected. The best chestnuts are then subject to delicate toasting for one entire night in a low temperature wood oven and finally they are transferred to our stone mill to be ground and then packed.

The main feature of our flour is its **incomparable sweetness** which originates from the sugary raw materials, of course, but primarily from the **meticulous manual selection of the dried chestnuts**: the best fruits are thoroughly sorted from the ruined or mouldy ones thus allowing us to have a sweet and healthy products **with extremely low levels of aflatoxins and ochratoxins** which are detrimental to our wellbeing.

Chestnut flour is a highly versatile ingredient which can be very useful for the preparation of both sweet and savoury recipes.

This product is most commonly renowned for the preparation of a traditional Tuscan cake, “castagnaccio” (chestnut cake), but it can be easily used to prepare hand-made pasta in combination with wheat flour or durum wheat flour. For the correct amount just follow the traditional recipes, replacing one third, up to half the customary flour, with chestnut flour so that the mixture can readily bind.

Rich in **proteins, fibres** and **vitamins**, our chestnut flour is beneficial to human intestinal bacterial flora and can help reduce cholesterol.

Available packaging: **500 g and 1 kg bag; loose product for over 5 kg.**

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*Nutritional Values*

Nutritional Values/100 g - Energy Value: 343 Kcal/1437 kj - Fats: 3,7 g - Saturated fats: 0,64 g  
Carbohydrates: 76,2 g - Sugars: 27,5 g - Sodium: 11 mg

*Local recipes of the Tuscan tradition*

*Castagnaccio, ingredients for 4/6 people:*



Ingredients:

350 g chestnut flour, 900 ml water,  
a pinch of salt, oil to grease the pan,  
a handful of walnuts or pine nuts, a rosemary twig,  
(raisins to taste).

Preparation:

Mix water with flour and salt. Grease a pan and pour the mix. Sprinkle with pine nuts (or walnuts), rosemary and raisins (optional).

Cook in the oven for about 45 minutes, 180°C

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