



Posted on 10 October 2012
by ewfood

Easy Persian Chicken in Pomegranate & Walnut Sauce

Ingredients

1 kg chicken thighs or chicken or duck breast or lean lamb
4 tbsp olive oil or butter for cooking the meat
1 finely chopped onion
200–250g walnuts, ground
200–250ml pomegranate juice
1 lemon, juiced
4–5 tbsp pomegranate syrup
3 tbsp sugar
½ tsp each of black pepper, nutmeg, cinnamon
250ml beef stock

Preparation

- 1 Brown the chicken and then cook until it's almost ready to serve.
- 2 Saute the onions in the olive oil or butter.
- 3 When they are golden add the walnuts and stir.
- 4 Pour on the pomegranate juice, syrup and sugar and stir again.
- 5 Add the stock to make about 750 ml of liquid.
- 6 Add the nutmeg, cinnamon and black pepper and simmer for 15 minutes until the liquid has reduced to half the original quantity.
- 7 Add the almost cooked meat and cook for a few minutes longer.
- 8 Adjust the seasoning to taste.

Cooks Note

Serve with basmati or long grain rice with a little spinach added and some pinenuts and a little cinnamon
