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## 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

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