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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