Don't stew over it, make Fesenjan
Pomegranate Chicken Stew

Here is a stew made for fall! This chicken stew combines the creamy richness of the slow cooked ground walnut sauce with a sour sweet undercurrent of pomegranate molasses. A classic preparation in Persian cooking,

Prep time: 15 minutes  
Cook time: 35 minutes  
Serving size: 3

Price Per Recipe: $10.97  
Price Per Serving: $2.65

Ingredients

1 large yellow onion  
2 Tablespoon olive oil  
5 Tablespoon pomegranate molasses (1 cup of pomegranate juice & 5 tablespoon sugar)  
1 cup walnuts  
1 lb boneless skinless chicken thighs  
1 cup chicken stock  
1 teaspoon turmeric  
1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1/2 teaspoon black pepper  
1 pomegranate  
Salt to taste

Optional Additions

Garnish with cilantro and pomegranate arils (seeds)

Serve with rice

Pomegranates

The pomegranate originated in the region extending from modern day Iran through Afghanistan and Pakistan to northern India. the pomegranate has a number of health benefits linked to blood pressure regulation, thanks to its potassium, sodium and folic acid content. The fruit is also rich with antioxidants.
**Step 1: Pomegranate molasse & toasting walnuts**

Make pomegranate molasses by simmering 1 cup of pomegranate juice and seeds until it reduces to 5 Tbsp of syrup.

Toast finely ground walnuts on a medium high heat of a dry skillet, mixing constantly to avoid burning. Remove and set aside.

**Step 2: Spicing up your chicken**

Using the same pan with the oil from the walnuts, add onion and sauté until translucent. Chicken pieces and spice blend. Cooking until golden brown on all sides. Remove from pan and set aside. Add oil if need to avoid burning.

**Step 3: Add walnuts & aromatics**

Lower heat to a medium, add broth and chicken pieces to the pan with the onions. Simmer for 10 minutes.

**Step 4: Simmer & chill**

Stir in walnuts and pomegranate molasses. Cover and cook for 15 minutes, stirring occasionally to prevent walnuts from sticking on the bottom on the pan.

**Step 5: Plate, garnish & serve**

Remove from heat and adjust sugar, salt and pepper to taste. At this point chicken should pull apart. Garnish with pomegranate seeds and cilantro. Serve over white rice. ENJOY!