

# THE FLEXITARIAN COOK

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## Chicken with pomegranate and walnut sauce

### *Khoresht Fesenjan*

1 whole chicken, quartered and skinned (or chicken pieces)

a large onion

1/2 tsp cinnamon

1 10-oz bottle pomegranate molasses

10 to 12 oz ground walnuts

2 cups water

salt and pepper to taste

sugar to taste

Chop and sauté the onion lightly in some olive or peanut oil, until soft. Add cinnamon and cook until fragrant. Add water, walnuts, some salt and pepper and mix well. Add molasses and 2 tsp sugar and mix well. Bring to a boil, then lower heat to simmer and add chicken. When chicken is done (time will vary depending on the size of your pieces), remove it from the sauce and set aside. Let the sauce simmer gently for 2 1/2 to 3 hours. Occasionally give it a stir and taste for seasoning. When the sauce is done, it will be glossy and chocolate colored, and taste tart, but not overly so. Add a little more sugar as needed.

Let rest overnight. Before reheating, skim fat off the top of the sauce, and place chicken pieces back in.

Serve with basmati rice and a light, dry white wine, such as pinot grigio.