



**KHORESHE-E
FESSENJAN**

*Persian Walnut &
Pomegranate Chicken*

Trefethen

KHORESHE-E FESSENJAN



INGREDIENTS

- 2 Large onions, chopped
- 3 Tbsp oil
- 1 1/3 cup ground walnuts (grind in food processor)
- 1 1/2 cup butternut squash
- 1 tsp salt
- 1/4 tsp freshly ground black pepper
- 5 Tbsp pomegranate paste/molasses
- 3 tsp sugar
- 1/4 tsp saffron, dissolved in
- 1 Tbsp hot water
- 1 large fryer chicken or duck, 4-5 lbs, cut up

PROCEDURE

1. Brown one onion in 2 tablespoons oil, add ground walnuts and sauté for 3 minutes, stirring constantly. Add salt and pepper and 1 1/2 cups water. Add pomegranate paste, sugar, and dissolved saffron. Cover and simmer 20 minutes on low heat, stirring occasionally. Taste and add more sugar to taste.
2. Sauté the remaining onion in the remaining oil and add the chicken or duck. Cook covered over low heat (30 minutes for chicken, 1 hour for duck). Remove skin and unnecessary bones. Place meat in an oven-safe covered dish or pot and cook on low for an hour. Check to see if the poultry is done, taste sauce and adjust seasoning. Serve hot with cooked basmati rice and enjoy!