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Feed

Fessenjoon

“Fessenjoon is a beautiful chicken dish that marries the flavor of pomegranate molasses, with the aromas of saffron – a very traditional Persian dish. The chicken should melt in your mouth! You can vary the amounts of pomegranate molasses, salt and pepper according to your tastes. Enjoy this comfort food, Persian style!”

–Hamed

PREP TIME 20 minutes

COOK TIME 40 minutes

SERVES 6

6 brown onions, finely diced
1 cup of olive oil
400g of walnuts
1g saffron
4 boneless, skinless chicken leg
1 bottle of pomegranate molasses
1 tbsp salt
1 tbsp pepper
1 tbsp turmeric

Crush the walnuts in a mortar and pestle or food processor.

Grind 1g of saffron into a powder (add some sugar granules to make this process easier).

Fry 4 of the onions in olive oil until golden brown. When golden brown, add turmeric and the crushed walnuts. Fry for another 5 minutes.

In another pot, cook the chicken in water, turmeric, salt, pepper and 2 chopped onions.

When the chicken is cooked, add the chicken mix to the fried onion mix

Leave to simmer on low heat for 30 minutes.

Finally, add the pomegranate molasses, saffron powder, and salt and pepper to taste.