

PERSIAN CHICKEN with WALNUT, ONION, and POMEGRANATE SAUCE - Meat

PERSIAN WALNUT, ONION and POMEGRANATE SAUCE CHICKEN – Meat (serves 8)

½ stick (one fourth cup) unsalted pareve margarine

2T olive oil

3 – 3 ½ lb. chicken; cut into serving pieces (three to three and a half)

2 onions, sliced thin

1t ground cinnamon

2C toasted walnuts, coarsely ground

1 pomegranate (about 8 to 10 oz) halved and gently squeezed -
seeds and juice to measure about ¾ cup (three fourths)

1C tomato sauce

1½C chicken broth (one and one half)

1 T plus 1 teaspoon fresh lemon juice

¼ teaspoon salt, ¼ teaspoon pepper (one fourth)

1T un-sulfured molasses or brown sugar

In a large heavy skillet, heat the margarine and olive oil on moderately high heat. Pat the chicken dry and sauté pieces, do not crowd. Turn them once, for a total of 15 minutes, or until browned on all sides; transfer to a plate. Add the onion to the skillet, cook over moderately low heat, scraping up the brown bits, for 10 minutes, or until the onion is golden and softened.

Add cinnamon and cook the mixture stirring, for 1 minute. Add walnuts and cook one minute. Add pomegranate seeds and juice, tomato sauce, broth, lemon juice, salt, pepper and molasses, simmer the sauce for 3 minutes. Add the chicken and any accumulated juices on the plate. Cover and simmer about 20 to 25 minutes, or until the chicken is cooked through. Serve over rice or couscous.

SWEET and SPICY STICKY CHICKEN - Meat (Serves 4)

½C dark brown sugar

2T Worcestershire sauce)

1/3 cup water

3T rice wine vinegar

PERSIAN CHICKEN with WALNUT, ONION, and POMEGRANATE SAUCE - Meat

2T soy sauce
1T minced fresh ginger
1 clove garlic, minced
½t freshly ground pepper
Crushed red chili flakes, to taste
1T vegetable oil
3 scallions, thinly sliced
8 chicken thighs, boned or bone-in
Cilantro sprigs, to garnish (or parsley)

In a bowl, whisk together the brown sugar, Worcestershire sauce, water, rice-vinegar, soy sauce, ginger, garlic, black pepper and crushed red chile flakes.

Heat the oil in a large heavy frying pan over medium heat. Add half the scallions and cook until soft, about 3 minutes. Add the thighs and the brown sugar mixture. Increase heat to high and bring to a boil. Immediately reduce heat to low; simmer about 25 to 30 minutes, until cooked. Turn occasionally.

Remove the thighs to a platter and cover with foil to keep warm. Increase heat in the pan and boil the sauce until thickened and it looks like caramel sauce. Serve over the chicken garnished with remaining scallions and cilantro.

SHABBAT DINNER – QUICK, EASY and DELICIOUS! MEDITERRANEAN CHICKEN – ISRAELI STYLE – Meat

3 - 3 ½ lb. whole kosher chicken, rinsed and dried
Salt and freshly ground pepper to taste
Leaves of 2 large sprigs fresh marjoram
Leaves of 7 large sprigs fresh thyme
6 medium garlic cloves
3T olive oil
1 preserved lemon (or fresh lemon) thinly sliced

PERSIAN CHICKEN with WALNUT, ONION, and POMEGRANATE SAUCE - Meat

7 oz. pitted black olives (kalamata)
9 oz. whole button mushrooms
½C (1½ oz.) sun dried tomatoes, softened in hot water
1 onion, cut into eights
¾C dry white wine

Preheat oven to 425° F. Season chicken in and out with salt and pepper. In a mini food processor, mortar and pestle or knife, mash the marjoram, thyme, garlic and 1T olive oil to a paste.

Slide fingers under skin to loosen over breast and all other areas possible. Rub herb paste evenly onto flesh under skin. Place half the lemon slices, olives and one third of the mushrooms in the cavity. Truss the bird and place it breast side up in a Dutch oven. Drain the sun dried tomatoes, arrange around the chicken with the onions and remaining lemon slices, olives and mushrooms. Pour the white wine and remaining olive oil over the vegetables. Roast, basting frequently until a thermometer inserted in thick part of thigh reads 170° F or the juices run clear. (about 1 to 1¼ hours)

To serve, set chicken on carving board and spoon vegetables from cavity around it. Skim fat from pan juices for a sauce, if desired. Carve and serve with the vegetables. Serve with white rice or boiled redskin potatoes, as desired. 6 to 8 portions.

Serve with Zucchini Casserole (in Vegetables)

SPICY CHICKEN THIGHS in TOMATO BROTH with OLIVES and CHICKPEAS

Spice Rub

2T olive oil
2t paprika
1t ground coriander
2/3t ground cumin
1/4t ground cinnamon
1/8t cayenne
Pinch of salt

4 chicken thighs

PERSIAN CHICKEN with WALNUT, ONION, and POMEGRANATE SAUCE - Meat

1/2C onion, diced
1T fresh ginger, minced
1T garlic, minced
1/4t red pepper flakes
1 cinnamon stick

Deglaze
1/4C dry white wine
1t tomato paste

1C tomatoes, chopped
1/2C chicken broth
1/2C canned chickpeas, drained and rinsed
1/2C kalamata olives, pitted and halved
1T honey
1 lemon cut into wedges
1 bay leaf
Sauté chicken thighs

Minced Parsley to garnish

Combine oil, spices and salt in a small bowl and rub over chicken thighs; let stand 5 minutes to mature flavor. Heat 1T oil in a heavy saute pan and saute the chicken until brown on all sides, remove from pan.

Pour off all but 1T fat and add onion. Sauté 3 minutes. Stir in the ginger, garlic, pepper flakes and cinnamon stick. Cook until fragrant, about 2 minutes. Deglaze with wine and tomato paste, stirring to combine. Add tomatoes, broth, chickpeas, olives, honey, lemon and bay leaf; stir to combine. Arrange chicken on top, cover, reduce heat to medium-low and simmer until chicken is cooked through, about 20 to 25 minutes. Makes 4 portions. Recipe increases easily and great to make ahead for a crowd.

POUSSIN VALLEE D'AUGE – Cornish Hens with Calvados and Soy Cream

4 Cornish hens, up to 2 lb.
Salt and freshly ground pepper
3T unsalted pareve margarine or vegetable oil
1C pearl onions
6T Calvados
1/3C pareve soy milk

Preheat oven to 400°F. Rub hens inside and out with salt and pepper. Fold the wings beneath shoulder and truss the hens.

PERSIAN CHICKEN with WALNUT, ONION, and POMEGRANATE SAUCE - Meat

Rub birds with margarine or oil and place in a roasting pan; scatter pearl onions (unpeeled) and place in lower third of the oven. Roast 45 minutes, basting several times. Reduce heat to 375°F and roast 30 minutes more. Prick thickest part of thigh, when juice run clear, they are done.

Transfer hens and onions to a serving board. Heat the liquid in the roasting on the stovetop to a boil, scraping up the bits. Warm the Calvados in a small pan and pour into the pan; ignite the liqueur. Keep a roasting pan cover nearby – in case. When flames die out, stir in the soy milk and reduce sauce until thickened. Untie the string on the hens, and pour over the sauce.

FRYER FIVEHUNDRED

¼C thyme leaves

1 medium white onion

6 cloves garlic

2 stalks celery, chopped

2t green peppercorns

½t allspice

1t kosher salt

¼C olive oil

2 kosher fryers @ 4lb. each

Kosher salt and pepper to taste

In a bowl, combine paste ingredients. Process in batches to a fine paste.

Preheat oven to 500° F. Run fingers or a spoon, under as much of the skin as possible to loosen. Use ¼ of the paste to spread under the skin of each fryer. Divide remaining paste to spread in the cavity of each fryer. Season outside with salt and pepper.

Place fryers on a rack in a large roasting pan. Roast until juices run clear when fryers are pierced at the thickest part of the thigh. About 1 to 1¼ hours. Rest on the rack 10 minutes to relax the juices. Carve or cut with poultry shears into quarters. Serves 8 to 10. (from Molly O'Neill NY Times)