

FESENJAN (WALNUT POMEGRANATE STEW)

(reprinted with permission from Louisa Shafia - [The New Persian Kitchen](#))

1 tablespoon grapeseed oil
2 pounds skinless chicken legs or breasts
2 teaspoons salt, plus more, to taste
2 yellow onions, finely diced
1 cup walnuts, coarsely ground
½ cup pomegranate molasses
2 cups chicken stock, vegetable stock, or water
1 cup peeled and grated red beets
Pomegranate seeds and fresh mint leaves for garnish

Heat a large, deep skillet over medium-high heat and add oil. Lightly season chicken with salt and sear until well browned, 6-7 minutes per side, then transfer to a plate.

In the same skillet, sauté onions over medium heat for about 15 minutes, until lightly browned. Add walnuts, pomegranate molasses and 2 teaspoons salt. Stir to coat the onions. Add stock and bring to a boil. Reduce heat to a simmer and return chicken to stew. Cover and cook 25 minutes.

Stir in beets and cook, uncovered, until stew is thick and beets are tender, 15-20 minutes. Adjust salt to taste. Pull out chicken pieces with tongs and cut into halves or thirds, if you like. Put a few pieces of chicken on each plate, along with plenty of sauce. Garnish with pomegranate seeds and mint.