



Spice It Up with Deb

A Live Cooking Experience



Pomegranate Chicken

By Debbie Kornberg

This dish was taught to me by my friend Manijeh Breskin. Her Persian style of cooking has had a great influence on me. I played around with the dish and decided to add a little Baharat spice to give it some earthy fall flavors reminiscent of Pumpkin Spice with a savory twist.

INGREDIENTS:

- 1 cut up chicken with bone (skin optional)
- 2 + 1 Tbsp. SPICE + LEAF Premium Olive Oil
- 1 cut up onion, diced
- 1.5 tsp. ground turmeric
- 1 tsp. SPICE + LEAF Baharat Spice Blend
- ¼ tsp. ground cumin
- ½ cup pomegranate molasses
- 1 Tbsp. Honey
- Optional: Pomegranate Seeds to decorate on top after chicken is prepared
- ¼ cup fresh mint to decorate after chicken is prepared

DIRECTIONS:

1. Wash cut pieces of chicken and let them dry in a strainer or pat dry with a paper towel.
2. Using a large frying pan, heat olive oil and add diced onions and turmeric, Baharat Spice and cumin on medium heat, and sauté for a few minutes.
3. Remove spiced onions from pan and place in a bowl. Set aside.
4. Turn stove onto high heat and place chicken in pan. You will want to get a little sear on the chicken until they are lightly browned on both sides.
5. Add back spiced onions into pan. Place around the chicken.
6. In a bowl, mix the honey with the pomegranate molasses and pour it over the chicken, making sure all of the pieces are brushed with the sauce. Pour a little water in and cover pan. Turn the flame down to medium-low heat and cook for about 30 to 45 minutes. It will need to be checked often as it does not have a lot of liquid, add water. Check chicken with fork or thermometer. Temperature should read at 165 degrees when fully cooked.
7. On a platter, arrange cut up chicken, pour the leftover sauce over it, add the pomegranate seeds and mint to decorate.

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