

Fesenjen (Afghan Chicken with Walnuts & Pomegranate - in a Slow Cooker)

*Carolyn T's
Main Cookbook*
Servings: 4

Author: *Secrets of Slow Cooking* by Liana Krissoff



2 pounds skinless chicken thighs
3 cups walnuts
1 whole bay leaf
1 2/3 cups chicken broth, or water
1/2 cup sugar (optional)
1/2 cup pomegranate molasses
1/2 cup fresh pomegranate seeds, or dried barberries, or dried cranberries

Serving Ideas: Serve over steamed rice.

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

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Per Serving (excluding unknown items): 945 Calories; 59g Fat (53.4% calories from fat); 50g Protein; 65g Carbohydrate; 5g Dietary Fiber; 107mg Cholesterol; 446mg Sodium. Exchanges: 1 Grain(Starch); 6 1/2 Lean Meat; 9 Fat; 3 1/2 Other Carbohydrates.

Notes: If you use the sugar (traditional) it can be very sweet. The pomegranate molasses makes it very mildly sweet. You can tinker with the sugar (adding half as much, for example) and see if you like it that way.

Description:

1. Place chicken thighs on the bottom of the slow cooker.
2. In a large skillet, toast the walnuts over med-high heat about 3 minutes until they're golden/medium brown.
3. Transfer walnuts to a food processor and finely chop them then add to the slow cooker. Add the broth or water and bay leaf. Cover the slow cooker.
4. Cook on low for 4 hours or until chicken is tender.
5. Use tongs to remove the chicken. Allow to cool, then pull the meat off the bones & set the meat aside
6. Turn the cooker to high and stir in the sugar and pomegranate molasses.
7. Cook 1 hour or until the sauce is thickened and simmering. (If you prefer a thicker sauce, transfer it to a saucepan instead and boil for 20-25 minutes)
8. Return the chicken to the sauce and cook until the chicken is heated through.
9. Discard the bay leaf. Serve over rice, sprinkled with pomegranate seeds.