Pomegranate Chicken

1 TB Lemon Zest
1 TB Fine Sea Salt
6 - 7 Chicken Thighs
7 Cups Chopped Fennel (3 bulbs)
6 Cups Chopped Yellow Onion
1 Tsp Olive Oil
1/2 Cup Pomegranate Molasses
2 TB Honey
1 Tsp Ground Black Pepper
Pomegranate seeds and chopped parsley for garnish, if desired

Step One Preheat oven to 350F. Combine the lemon zest and salt together. Rub the thighs with the mixture.
Step Two Heat the oil in a large cast iron skillet. Sauté the thighs until golden. Remove from the pan and set aside.
Step Three In the same pan, combine the fennel and onion, scrape up any brown bits and toss with the pan juices to coat. Place the chicken, skin side up, on the veggies.
Step Four Whisk the pomegranate molasses, honey and pepper together in a small bowl. Transfer half the mixture to a small saucepan.
Step Five Roast the chicken and veggies for about 20 minutes in the oven or until the thighs are almost done. Brush the thighs with pomegranate mixture, and continue to roast until an instant-read thermometer inserted into a thigh without touching bone reaches 165F. (About 10 minutes more.)
Step Six Heat the reserved pomegranate glaze in the saucepan over low heat. Drizzle the glaze over the chicken and sprinkle with pomegranate seeds and chopped parsley, if desired. Serve in the cast iron skillet.

The Friday 4

Quick Recipe: Pomegranate Chicken

I usually don’t cook chicken with its skin on. But in this case the chicken is cooked on a mound of veggies. There are only about 200 calories in a chicken thigh with skin. Enjoy one meaty thigh with a big serving of the delicious veggies for dinner, and you have a perfect meal!

Kitchen Scoop

Pomegranate Molasses is simply reduced pomegranate juice, sometimes with a small amount of added lemon and/or sugar. You can find Pomegranate Molasses at Whole Foods, Specialty and International Markets or online. If you can’t find it - make your own by reducing 2 Cups Pomegranate Juice in a large skillet, over medium heat until it measures 1/4 cup. (This takes a long time, so if you can find the already prepared molasses, its a good buy!

Cheers!

A to Z Wineworks Pinot Noir
OREGON
Around $18.00

The tastes of pinot noir & pomegranate are a match made in heaven! A to Z’s tagline is “The Essence of Oregon” and they are out to prove it by sourcing grapes from over 70 vineyards in the state! The aromas of blueberries and raspberries jump out of the glass and a sip adds notes of leather, fennel and cranberries. An extraordinary value for an easy-to-drink wine.