

Persian Glazed Pomegranate Chicken

From Baroness Lady Genievue Charbonneau

1 Roasting Chicken (5 to 6 lbs)
1/4 tsp. Pepper
1 ½ cups Pomegranate juice
3 tbs. Raspberry jam
1/4 tsp Ginger
dash Cinnamon
1/4 tsp Cardamon
1 red and yellow pepper (slivered)
1 pomegranate (peeled and separated)

Optional stuffing and/or side dish:

2 cups cooked wild Rice
¼ cup Raisons
¼ cup slivered Almonds
¼ cup Dates
1/4 tsp. Pepper
1/8 cup Milk
1 tsp. Rosewater

Wash and clean Chicken with salt water; gently loosen the skin of the Chicken.

Mix together stuffing ingredients and stuff Chicken (optional) or prepare this as a side dish. Sprinkle the Chicken with pepper.

Mix in a saucepot the pomegranate juice, jam, ginger, cinnamon, and cardamon gently heat for 10 minutes. Take about 2 tablespoons of this juice and pour it under the skin of the Chicken.

Place the peppers, and pomegranates around the Chicken in the casserole dish cover and bake at 350 for about 1 ½ hours periodically basting with the juice mixture. Remove the cover during the last ½ hour to brown up the Chicken. Remember to cook until done.

Options: Cook stuffing separately and serve as a side dish. Cut Chicken up into pieces and cook in the sauce.

Serves 8 to 10.

Sideboard: Genievue de'Charbonneau. The inspiration for this recipe comes from when I was working at Temple University archeology lab. We were running earthenware residue tests from several sites. The results tested positive for some of these trace ingredients. As a side project for the year-end picnic, I created this recipe and posted the trace analysis results with it. Years later when checking out a Turkish cookbook, I found several similar traditional dishes.

