

Khoresh-e Fesenjan Shopping List

Ingredients for 4 portions

For the Khoresh-e Fesenjan:

800g / 1.8lbs skinless chicken legs or thighs

Fesenjoon stew also tastes great with duck or lamb. Just note, that both take longer to cook than chicken.

250 g / 2 cups walnuts

5 to 7 tbsp pomegranate molasses

If pomegranate molasses is new to you, or you don't know where to find it, check out my 'Special Persian Ingredients' section, where I talk more in depth about it.

1 large onion, or 2 small ones

3 tbsp vegetable oil

1 tsp turmeric

1/2 tsp black pepper

3 tbsp sugar or how much you like

Salt to taste

Pomegranate seeds as garnish (optional)

For the Persian Saffron Rice:

400g / 2 cups basmati rice

5 to 7 tbsp vegetable oil (for bread tahdig)

3 to 5 tbsp vegetable oil (for plain rice tahdig)

1 wheat tortilla, Persian lavash or taftoon bread (for bread tahdig)

1/4 tsp saffron

2 to 3 ice cubes to bloom the saffron

2 tbsp salt for parboiling the rice