

FROM MY HOME TO YOURS...

Pomegranate Chicken
From Sharon Schwartz

During the Jewish new year feast it is customary to eat the pomegranate as a symbol of hope for a sweet and prosperous new year. The beautiful burst of ruby red pomegranate seeds over honey roasted chicken makes this a perfect dish for celebration.

Ingredients

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2 Medium, sliced Onions
- 2 cups Baby carrots Or 2 cups Regular carrots -, peeled and sliced
2 whole (3-1/2 lb. each), Chickens - cut into serving pieces
1 Teaspoon Dried thyme
Kosher salt—to taste
Ground black pepper--to taste
1 cup, loosely packed Dried whole apricots -
2 Teaspoon Paprika
1/2 Cup (16 tbs) Pomegranate juice (For the Marinade:)
2 Clove Garlic (For the Marinade:)
Juice and rind of 1 lemon
1/3 Cup (16 tbs Balsamic vinegar) (For the Marinade:)
2 Tablespoon Olive oil (For the Marinade:)
3 Tablespoon Honey (For the Marinade:)
1/4 cup Pomegranate seeds for garnish

GETTING READY

1. Rinse the chicken well and pat dry with paper towels.
2. Trim the excess fat.
3. Rub thyme, salt and pepper under the skin and on top.
4. Spray a large roasting pan with cooking spray.
5. Make a bed of onions and carrots in the pan.
6. Place the chicken on top of the vegetables and tuck the apricots between the chicken pieces.
7. Whisk the ingredients for the marinade together in a bowl.
8. Pour over the chicken and sprinkle with paprika.
9. Cover and marinate in the refrigerator overnight or for as long as 2 days.
10. Preheat the oven to 350°F.

MAKING

11. Cover the pan with marinated chicken with foil and place in the preheated oven.
12. Cook the chicken, covered, for 1 1/2 hours or until tender.

13. Uncover and roast for 30 minutes longer, basting occasionally with the pan juice, until the skin is golden.

14. Remove from the pan from the oven and let cool before refrigerating overnight.

FINALIZING

15. If refrigerated, remove and discard any congealed fat from the chicken before serving and reheat, in the oven for 25-30 minutes at 350°F.

SERVING

16. Transfer the heated chicken, carrots, onion, and apricot to a large serving platter and sprinkle with pomegranate seeds.

17. Serve with couscous on the side.