



A MADRONE CULINARY GUILD RECIPE

Pomegranate Chicken

Original source recipe:

Another Tabahajiyya from An Anonymous Andalusian Cookbook of the 13th Century
Translated by Charles Perry ([Webbed by David Friedman](#)):

Cut the meat up small and fry with oil and salt, and when it is brown, cook it until done with vinegar. Pound a handful of almonds or walnuts and throw them on and boil a while. Take pomegranate juice and dissolve in it a lump of sugar to get ride of its tartness, and sprinkle with cinnamon.

Translation © Charles Perry

Guild note: This recipe is also found in our Feudal Gourmet pamphlet Tourney Cooking.

Recipe: Serves 4

Ingredients:

3/4 lb boneless, skinless chicken
1/2 tbsp olive oil
1/2 tsp salt
1/4 cup water
1/2 tsp cinnamon
1 tbsp sugar
1/4 cup pomegranate syrup (available in specialty grocery stores)
1/4 cup vinegar
3 tbsp almonds, ground

Instructions:

Brown chicken in oil with salt.

Combine the rest of the ingredients except the almonds in a wide pan and boil to blend flavors.

Add chicken to the pan, then simmer till sauce is thick. Stir in almonds & serve with Soldiers Couscous.

Note: if using frozen chicken, defrost & drain well first or it will be watery.