

TRIPLE-POMEGRANATE CHICKEN

Pops of cheery red add color and flavor to the ever-popular chicken--perfect for the holidays.

by Corporate Chef Kurt Kwiatkowski

Featured Food: pomegranate

Yield: serves 4

Ingredients

4 (6-8 oz. each) boneless skinless chicken breasts	2 c. chicken broth
Salt and pepper	½ c. pomegranate juice
3 T. olive oil	1 t. orange zest
¼ c. thinly sliced shallots	¼ c. pomegranate arils
¼ c. matchstick cut carrots	2 T. butter
1 jalapeno, seeded and diced	1 T. pomegranate red wine vinegar
2 cloves of garlic, minced	2 T. fresh mint, sliced thin

Preparation

Lightly season chicken with salt and pepper. In large sauté pan over medium high heat, warm oil. Add chicken and sear for 3 minutes on each side until slightly browned. Remove chicken from pan and set aside.

Lower heat to medium; add shallots, carrots, and jalapeno to the pan and sauté for 4 minutes. Add garlic and sauté an additional minute.

To deglaze the pan, pour in chicken broth and scrape to release bits stuck to the bottom of the pan. Add juice and zest. Turn the heat up to medium high. Let sauce reduce for about 5 minutes. Add chicken back to the pan. Continue cooking until the sauce has reduced by more than half and chicken has reached internal temperature of 160 degrees. Remove pan from the heat. Transfer chicken to serving platter.

To the pan, stir in pomegranate arils, butter in small chunks, and vinegar. Add the mint. Taste and adjust seasoning with salt and pepper. Spoon sauce over chicken and serve.