

PCC Cooks instructor, Omid Roustaei's Khoreshe-e Kadu Halvai-o Alu ba Morgh (braised butternut squash and chicken with golden dried plums and walnuts)

Preparation time: 15 minutes. Cooking time: 90 minutes. Serves 4.

Ingredients:

- 3 tablespoons ghee, divided
- 1 cup walnuts
- 1 medium butternut squash, cut into 2-inch cubes (about 6 cups)
- 1 onion, sliced
- 4-6 chicken pieces (bone-in and skin-on preferred)
- 1 teaspoon cinnamon
- 1/2 teaspoon turmeric
- 1/4 teaspoon cloves
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 cups unsalted chicken broth
- 2-4 tablespoons sugar
- Juice of 1 lime
- 1 cup dried Persian golden plums or 1 cup pitted prunes
- Pinch of ground saffron dissolved in 2 tablespoons hot water

Directions:

1. In a Dutch oven, over medium heat, sauté the walnuts in 1 tablespoon of ghee for 2 minutes. Remove from the pan and set aside.
2. To the same pot, add an additional tablespoon of ghee and sauté the butternut squash for 15 minutes or until lightly golden brown. Remove from the pan and set aside.
3. Using the same pot, add 1 tablespoon of ghee and lightly sauté the onion and the chicken pieces for about 5 minutes. Add the cinnamon, turmeric, cloves, salt, and pepper and sauté for an additional minute.
4. Pour in the chicken broth, cover, and cook over low heat for 30 minutes.
5. Once the chicken is tender, add sugar, lime juice, prunes, and the sautéed butternut squash cubes, cover and cook over low heat for an additional 30 minutes.
6. Pour in the saffron water, gently stir, and transfer to a serving platter and sprinkle the walnuts over the top and serve hot.