

Pomegranate and Walnut Marinade

This goes well on lamb. The original recipe is from *A Taste of Persia* and it uses a marinade made with pomegranate molasses and walnuts. I found pomegranate molasses at **By the Pound** in Ann Arbor.

Ingredients:

- 1 cup walnuts
- 1/2 cup pomegranate molasses
- 1 tsp. coarse salt
- 2 cloves garlic
- 2 Tbsp. olive oil
- 1 bunch Italian parsley (1/2 cup chopped)
- Pomegranate seeds (optional)
- Mint leaves for garnish (optional)

Equipment:

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Preston 2022

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| <input checked="" type="checkbox"/> | Directions | Time (min) |
|-------------------------------------|---|---------------|
| | In a food processor, pulse 1 cup of walnuts to chip them into small bits | 3 |
| | Peel and chop 2 cloves of garlic | 1 |
| | Rinse, dry and chop 1/2 cup of parsley | 3 |
| | To the walnuts in the food processor, add 1/2 cup molasses, 1 tsp. salt, garlic, 2 Tbsp. olive oil, and 1/2 cup parsley. Pulse to blend | 3 |
| | Refrigerate | |
| | | Total 10 min. |

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