

Pomegranate Recipes**Friday September 13, 2013****David Bearl**David.bearl@ufl.edu**904-669-1340****Pomegranate Molasses**

Pomegranate juice	4 cups	Turbinado sugar	½ cup
San Sebastian Port	½ cup	Lemon juice	¼ cup

Combine the ingredients in a sauce pan and reduce by 75% over low heat.

Pomegranate Bulgar Wheat Salad

Bulgar Wheat	1 cup	Cold water	1 cup
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Combine in a bowl; the bulgar wheat will absorb the water in 30 – 40 minutes.

Add:

Fresh corn	1 each, kernels removed	pinto beans	½ cup
Navy beans	½ cup	pigeon peas	½ cup
Red bell pepper	1 small dice	green pepper	1 each small dice
Pomegranate	1 each – kernels		

Stir the vegetables into the bulgar wheat; refrigerate, serve with pomegranate vinaigrette.

Pomegranate Vinaigrette

Olive oil	1 cup	red wine vinegar	1/3 cup
Pomegranate molasses	1 ounce	lemon juice	1 Tbsp.
Minced parsley	1 Tbsp.	minced green onion	1Tbsp.

Combine the ingredients and blend with an emersion blender.

Pomegranate Tomato & Watermelon Salad (4 servings)

Fresh tomato	1 each sliced	watermelon	6 small slices
Romaine lettuce	4 large leaves	haloumi cheese	4 slices sautéed
Pomegranate molasses	4 Tbsp.	Pomegranate vinaigrette	4 Tsp.

Place a romaine lettuce leaf on each salad plate; top with 2 slices of tomato, 2 slices of watermelon, one slice of sautéed haloumi cheese, and dress with the pomegranate molasses and pomegranate vinaigrette.

Pomegranate Corn Bread

Flour	1 cup	corn meal	1 cup	eggs	1 each.
Baking powder	2 tsp.	sugar	¼ cup		
Milk	1 cup	melted butter		2 ounces	
Salt	½ tsp.	pomegranate seeds		½ cup	

Combine the dry ingredients together in a bowl. In a separate bowl combine the egg, milk, and melted butter; whisk the liquid ingredients into the dry ingredients. Fold the pomegranate seeds into the mixture, pan, and bake at 375 for 20-30 minutes.

Chicken Gallantine with Pomegranates

Chicken	1 whole or 1 lb of boneless chicken breasts		
Heavy cream	1 cup	creole seasoning	2 Tbsp.
Minced red peppers	½ cup	minced green peppers	½ cup
Pomegranate seeds	1 cup		
Chicken stock	2 quarts		

Bone the chicken (reserve the skin for later use) and place the meat in a processor. Add the creole seasoning and the heavy cream and process into sausage consistency. After processing the chicken fold the minced peppers and the pomegranate seeds

Cover a cutting board with clear wrap and lay the chicken skin down to make a rectangle. (You can skip this and just use the wrap if you do not want the chicken skin used) Spread the ground chicken mixture over the clear wrap in a 1 inch thick layer. Roll the wrap over the chicken meat making a round boneless roast. Tie the clear wrap at each end of the roll. You have now made a chicken sausage!

Poach the chicken in the chicken stock until the internal temperature is 165 degrees. Cool the galantine in the stock. For service, unroll the wrap, cut the chicken into rounds; serve on a bed of lettuce garnished with pomegranate molasses.

Pomegranate Poached Pears (or any fruit)

Poaching liquid:

Pomegranate juice	2 cups	Florida Muscadine Wine	2 cups
Lemon juice	2 Tbsp.	Raw sugar	3 cups

Bring the ingredients to a boil for 2 minutes; reduce the heat to 160-180 degrees; add fruit; poach for 30-45 minutes. Serve hot or cold. If serving cold cool the fruit in the poaching liquid.