

Persian Walnut Marinade

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
walnuts	1.5 cups	ground
garlic	3 cloves	minced
dried mint	3 tsp	(or 1 cup fresh, minced)
salt	½ tsp	
olive oil	3 TBLSP	
pomegranate molasses	2/3 cup	see note below

- In a food processor, chop the walnuts and garlic.
- In a medium bowl, stir together all ingredients.

NOTES:

Pomegranate molasses is just cooked down pomegranate juice. Simmer the juice over low heat until it becomes a thick syrup, about an hour depending on how much you cook. 4 cups fresh juice yields 1 cup molasses.

This is a delicious marinade for olives, for chicken, and for chicken cooked with olives, lol. I have been known to eat this with a spoon. I haven't tried this yet, but you could add enough avocado oil to this recipe to use it as salad dressing, and add fresh pomegranate seeds to the salad.