



Chicken with pears and grape molasses

15'

Hands on

30'

Cook Time

4

Portion(s)

1

Difficulty



Ingredients

- 5-6 medium pears, peeled and cored, cut in half
- 1 ½ kilo chicken, preferably thighs
- 2 onions, roughly chopped
- 4 cloves of garlic, peeled and whole
- 100 g apple cider vinegar
- 160 g petimezi ([grape molasses](#))
- 5-6 sage leaves
- 2 tablespoons tomato paste
- 150 g olive oil
- 1 liter water
- salt, pepper

Method

Photo credit: G. Drakopoulos - Food Styling: T. Webb

- Heat a [wide pot](#) until it gets very hot. Add some olive oil and brown the chicken on all sides.
- If your pot is too small, brown the chicken in batches. Do not crowd the pot.
- Remove the chicken from the pot. Add the pears and sauté them until they turn golden and caramelize.
- Remove the pears from the pot. Add the onions and sauté them until they turn golden and soften. You don't want them to turn brown or burn.
- Add the garlic, sage and tomato paste. Cook for 2 minutes.
- Put the chicken back in the pot and add enough water to cover the food.
- Simmer until the chicken cooks through. Add the pears, vinegar and [grape molasses](#) 15 minutes before it is done.
- Add more water if necessary. You want to have a nice thick and rich sauce.

Tip

You can serve this dish with some rice or Greek hilopites which are very delicious egg noodles.

Διατροφικός πίνακας

Nutrition information per portion

868 Calories (kcal)	44.0 Total Fat (g)	9.3 Saturated Fat (g)	60.0 Total Carbs (g)
43%	63%	47%	23%
56.0 Sugars (g)	50.0 Protein (g)	11.0 Fibre (g)	0.65 Sodium (g)
62%	100 %	44%	11%