

Chicken Mole – Mole de Pollo

Adapted from the 1978 Sunset Mexican Cook Book by Mark Newby

The mole sauce can be prepared ahead of time and refrigerated up to one week for use in other dishes. It is ready for use when completed, but it may be desirable to make it the day before to allow the complex flavors to blend. The quality of flavor and degree of heat derived from the chili peppers will vary the final taste of this dish greatly. I use jalapeno peppers grown in my garden, picked when ripe and red, dehydrated and crushed as needed. This makes this dish very spicy and flavorful. Your taste results will vary based on this single ingredient, but do not let that stop you from making it – it became a favorite from my kitchen on the first attempt.

Mole sauce

Blend the following ingredients until smooth:

2 Tbsp	chili powder (see description above)
20	whole blanched almonds (skins removed – See note on blanching)
¼ cup	diced green-tipped banana
1 tsp	cinnamon (ground)
½ tsp	salt
2	corn tortillas, shredded
2 Tbsp	sesame seed
1 Tbsp	pine nuts
6 oz	chicken broth (or just enough to blend smoothly)

Add following to a sauce pan under low heat, then add blended ingredients and heat to simmering under medium heat. Use completed sauce immediately or refrigerate for mole recipes:

1 cup	chicken broth (I use Watkins brand and make it strong – canned broth is fine as well)
6 Tbsp	butter (use real butter - You want to live forever scarfing cardboard or eat tasty food?)
1-1/2oz	chocolate, semisweet (go to your local Mexican market for traditional, I use Nestle)

Any shredded chicken will work to combine with sauce for a meal. I will list two ways I use, depending on what I have on hand or feel like shopping for:

Traditional Chicken Mole – Makes 6 servings.

2	broiler-fryer chickens
1	large onion, sliced into large chunks(1”)
1	bulb garlic (I use a LOT. Use less and you are culinary chicken, brawk brawkk!)
2 cups	chicken broth
1 Tbsp	cilantro
6 cups	cooked rice (see serving notes)

Discard giblets or reserve for other uses. Cut broiler-fryer chickens into pieces. Add all chicken except the breast meat to a 5 quart pot. Add onion, diced garlic, and chicken broth, cover and simmer for 25 minutes. Cut chicken breasts in half and add to pot, cover and simmer another 20 minutes or until thigh meat is no longer pink near bone when slashed.

Lift chicken from broth and set aside to cool slightly. Pull off and discard skin and bone. Shred to desired size.

Pour broth through wire strainer and reserve. Discard vegetables. Skim off fat and discard. Measure broth; if less than 3 cups, add water; if more than 3 cups, boil to reduce.

Heat mole sauce to simmering. Add chicken and simmer until meat is hot. Pour remaining sauce into a bowl for guests who enjoy extra heat. Serve meat and sauce over rice accompanied with vegetable condiments (see **Serving Notes** below).

Mark's Chicken Mole

Slice 1 lb boneless chicken breasts in half to reduce thickness. Sauté 2 heaping tablespoons of diced garlic in a skillet until brown. Add chicken breast pieces and mix to thoroughly coat with browned garlic, cook until meat is no longer pink. Remove from skillet, allow to cool 5-10 minutes, shred with a fork.

Heat the mole sauce to simmering. Spoon over chicken in a separate skillet (I use a wok) until nicely coated and heat until hot. Spoon the chicken and sauce mixture into warm corn tortillas and roll up like enchiladas – place on serving dish.

Sprinkle shredded cheese over tortillas with chicken mixture (I use Monterey Jack). Dilute the thick mole sauce with chicken broth until thin enough to pour, drizzle over dish and serve.

Serving Notes: Serve with fresh vegetable condiments for guests to add as desired. Suggestions:

Chopped tomatos

Fresh cilantro

Diced jicama

Diced green onions

Radishes (sliced thin)

Diced green chiles

Lime wedges

Sesame seed

Sour cream

Avocado slices or Guacamole

Rice: This dish works well with regular steamed rice, either served over rice or as a side. I like to make Near East brand Spanish Rice and serve in a bowl, allowing diners to eat it separately or smother with the chicken mole mixture and extra sauce.

Side sauce:

Add enough chicken broth to the thick mole sauce mixture so that it pours easily. Drizzle over the chicken and rice mixture for extra flavor and heat.

Blanching:

Bring 2 cups of water to boil in a small sauce pan. Add the almonds and turn off the heat. After 5-10 minutes, the skins will be loosened. Shuck the skins off of the almonds and you have “blanched” them.