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Mole Poblano Sauce



Makes:

8

Utensil:

3 Qt. Ultimate Culinaire with Cover (Limited Edition)
Saladmaster Food Processor
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Recipe:

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Recipe Description:

Moles are sauces that are well known in Mexico, particularly in Puebla and Oaxaca. Mole Poblano is the most well known. Moles vary in ingredients and flavors with chilies being the common factor. Some mole recipes include raisins, tomato or sugar for added sweetness, while other use pepitas, sesame seeds or peanut butter. This thick sauce with hints of spice and sweetness pairs well with meats and other ingredients.

5 ancho chiles, dried
2 6" corn tortillas
1 medium onion, shredded, use Cone #2
½ tsp
natural salt (optional)
(3
g)
3 garlic cloves, shredded, use Cone #1
½ cup
almonds, chopped
(46
g)
1 tsp
oregano
(1
g)
1 tsp
cumin, ground
(1
g)
¼ tsp
cinnamon, ground
(2/3
g)
2 ¾ cups
chicken stock or vegetable stock

(653
ml)
2.5 oz
Mexican chocolate or dark chocolate, chopped
(70
g)
2 tbsp
coconut sugar or brown sugar
(18
g)
salt and pepper to taste (optional)

Directions:

1. Remove stems and seeds from chilies and place in a bowl. Cover chilies with hot water for 15-20 minutes until they are soft and rehydrated. Drain water and set aside.
2. Heat 8” skillet over medium heat for 7-9 minutes until a sprinkle of water skitters and dissipates. Toast corn tortillas in dry skillet for 1-2 minutes on each side until they are golden brown. Tear tortillas into small pieces and place in clean dish, set aside.
3. Preheat Ultimate Culinaire for 7-9 minutes until a sprinkle of water skitters and dissipates.
4. Sauté onions for 3-4 minutes until they are softened and golden. Add salt (optional), garlic, almonds, oregano, cumin and cinnamon and sauté for 2-3 more until almonds start to brown. Stir while nuts and spices are cooking, being careful not to burn the spices.
5. Add chilies, toasted corn tortilla pieces and sauté for 1-2 minutes. Add chicken stock and cover pan. When Vapo-Valve™ begins to click steadily, turn heat to low and cook for 15- 20 minutes.
6. Puree mixture in blender or use an immersion style blender and process until very smooth.
7. Return Mole sauce to Ultimate Culinaire, turn heat to low and add chopped chocolate and sugar, stir until chocolate is melted.
8. Taste and adjust seasonings as needed. Add in extra chicken stock if sauce gets too thick.
9. Serve Mole sauce hot, over meats, chicken, rice or vegetables and garnish with toasted sesame seeds and chopped cilantro.

Tips:

- Mole is traditionally served with turkey, chicken, pork and other meats.
- Serve Mole over basmati rice and grilled vegetables; zucchini, mushrooms, summer squash or your favorites.
- Add shredded chicken or pork to Mole sauce and wrap up in flour tortilla shell, top with extra sauce and sprinkle with sesame seeds.
- If mole gets too thick when reheating add extra chicken stock or water to thin to desired consistency.

Nutritional Information per Serving

Calories: 155
Total Fat: 7g
Saturated Fat: 2g
Cholesterol: 2mg
Sodium: 97mg
Total Carbs: 21g
Dietary Fiber: 4g
Sugar: 8g
Protein: 5g