

RICH RED MOLE WITH CHICKEN

Source: Authentic Mexican by Rick Bayless

Prepared by: Brad Patton, May, 2016

Makes: 4 servings with 4 ½ to 5 cups sauce

The Chiles:

4 medium (about 2 oz total) dried chiles anchos, stemmed, seeded and deveined
2 medium (about 1 oz total) dried chiles mulatos, stemmed, seeded and deveined
1 medium (about 1/3 ounce) dried chile pasilla, stemmed, seeded and deveined

The nuts, seeds, flavorings and thickeners:

1 ½ tablespoons sesame seeds, plus a little more for garnish
about 1/3 cup lard or vegetable oil, plus a little more if needed
2 heaping tablespoons (about 1 ounce) unskinned peanuts
2 tablespoons raisins
¼ medium onion, thickly sliced
1 clove garlic, peeled
1/3 ripe, small plantain, peeled and diced (optional)
½ corn tortilla, stale or dried out
1 slice firm white bread, stale or dried out
1 ripe, medium-small tomato, roasted or boiled, cored, peeled and roughly chopped OR 15 oz. can tomatoes, well drained and roughly chopped.
4 ounces (about 3 medium) tomatillos, husked, washed and simmered until tender OR ½ of a 13 ounce can tomatillos, drained.

The Herbs and Spices:

¼ of a 3.3 ounce tablet (about ¾ ounce) Mexican chocolate, chopped
½ teaspoon dried oregano
¼ teaspoon dried thyme
1 bay leaf
8 peppercorns (or about 1 teaspoon ground)
3 cloves (or scant 1/8 teaspoon ground)
1 inch cinnamon stick (or about 1 teaspoon ground)

The Meat

1 medium (3 ½ pound) chicken, quartered
5 cups chicken broth
Salt, about 1 teaspoon (depending on the saltiness of the broth)
Sugar, about 1 tablespoon

Combine the tomato, tomatillos, chocolate, oregano and thyme in a large bowl; pulverize the bay leaf and spices and add to the bowl.

Scoop the sesame seeds into a medium-sized skillet set over medium heat, and stir until they turn golden brown. Scrape in with the tomato.

Fry the chiles in 3 tablespoons of lard or oil, then reconstitute in boiling water and drain.

Return the skillet to the heat (if there isn't much fat add a little more, but drain everything well or the mole will be greasy. Fry the almonds, raisins, onion, garlic, tortilla and bread. If using plantain, fry it until golden (4 or 5 minutes) after the onion and garlic have been removed from the skillet.

Stir the mixture well, then scoop half into a blender jar, add ½ cup of the broth and blend until smooth, adding a little more broth if the mixture won't move through the blades. Strain through a medium-mesh sieve. Puree the remainder with another ½ cup broth and strain.

Puree the chilis in 2 batches in the blender, adding ¼ cup broth to each one (plus a little extra if needed to keep the mixture moving through the blades); strain through sieve into a separate bowl.

Heat 1 ½ tablespoons of the lard or oil in a large (8 quart) kettle over medium heat. Dry the chicken pieces then brown them in the hot fat, about 3 minutes per side. Remove and set aside.

Fry and simmer the sauce, stirring in 2 ½ cups of the broth.

Just before serving, bring the sauce to a simmer over medium heat, add the dark-meat quarters and cook 10 minutes, partially covered. Add the breast pieces and cook about 14 minutes longer, until tender.

Remove the meat from the sauce and arrange on a warm, deep serving platter. Skim off any fat that is floating on top, then pour the sauce over the chicken, sprinkle on some sesame seeds and serve.

Cook's Notes:

