

Mole Sauce (Brown) Chicken and Rice

April 29th, 2017

This recipe serves: 6

Prep Time: 01:00

Cook Time: 02:00

Mole is a Spanish word meaning "sauce", as used in the word "guacamole".

Red or Brown Mole includes unsweetened cocoa.

This peasant dish can be made with nearly any other available ingredients. Here is my favorite Brown Mole Sauce...

Ingredients:

Sofrito, made by blending:

1 Green Bell Pepper

1 Yellow Onion

4 Cloves (2 Teaspoons) Garlic, finely minced or 1/2 Teaspoon Garlic Powder

1 Tablespoon Olive Oil

3 Tablespoons Powdered Unsweetened Cocoa or 1/2 Unsweetened Chocolate bar (70% or more cocoa)

1 Teaspoon cinnamon powder

1 Zucchini Squash, diced

1 Crookneck Squash, diced

2 Poblano pepper, oven-roasted

4 Roma Tomatoes, oven-roasted

Jalapeño peppers, diced (optional)

32 Ounces (1 Liter) Vegetable Stock

1 Red Bell Pepper, oven-roasted

1 Orange Bell Pepper, diced

1 Yellow Bell Pepper, diced

Sesame seeds

Cotija Cheese

Rice:

Cook 6 servings of Basmati rice

Meat:

Poached Whole Chicken

Directions:

Making the Sauce:

Put a 5 quart pot over medium high heat.

Add Olive Oil and heat until it begins to shimmer

Add the Sofrito. Gently stir and heat until it becomes aromatic.

Stir in the Zucchini and Crookneck squash. Continue to stir until the squash softens.

Stir in the Chocolate and Cinnamon powder.

Add 1 Cup Stock. Mix until Chocolate is fully integrated.

Remove a little over half of the mix and move to the blender.

In the blender, add the Poblanos, the Red Pimento, (optional) the Jalapeño, and 2 of the Tomatoes.

Blend until smooth.

Dice the other 2 tomatoes and add to the pot. Add the contents of the blender back to the pot.

Add in the remaining Stock.

Stir in all the remaining Peppers.

Bring to a low simmer.

Reduce for about 30 minutes

Serve the chicken on a bed of rice and cover with the mole sauce. Sprinkle with Sesame seeds and Cotija Cheese.