



Easy Chicken Mole



Prep + cook time: 1-2 hours



Servings: 8

Ingredients

To cook the chicken

- 1 whole chicken, 5-6 lbs, cut into eight pieces
- 3 garlic cloves
- ¼ white onion
- 1 stick of celery
- 8 cups of water
- Salt to taste

To create the mole sauce

- 1 red tomato
- 1 thick slice of white onion
- 1 small garlic clove
- 1 bottle 235 grams of mole sauce. (Doña María mole sauce is available at most grocery stores)
- 4-5 cups chicken broth (you can use the cooking water from preparing your chicken)
- ½ Mexican chocolate tablet (Abuelita brand is available at most grocery stores)
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground anise seed
- salt to taste
- 1 tbsp of toasted sesame seeds to sprinkle the mole before serving



Mole is a rich and spicy sauce that comes in many varieties. This recipe relies on an off-the-shelf red mole or mole poblano spice paste cooked with a few extra ingredients, served with shredded chicken and sesame seeds.

Instructions

Cooking the chicken

1. Place the chicken in a pot with the garlic, onion, and celery. Add the water.
2. Place the pot on the stove over medium-high heat. When it begins to boil, reduce the heat and cook for 35-45 minutes until the chicken meat is cooked and tender. Season with salt and remove from the stove.
3. Reserve the broth to use when preparing the sauce.
4. When the chicken is cool enough to touch you can chop it into chunks or shred it with your fingers.

Preparing the sauce

1. Coarsely chop the tomato, onion, and garlic.
2. Place the tomato, onion, and garlic in a skillet. Cover with water and increase the heat to medium-high. When it starts to boil, reduce the heat and cook for 8 minutes or until the tomatoes are cooked.
3. Once cooked, drain the water and place the tomatoes, onion, and garlic in the blender. Blend until smooth.



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Instructions

4. Place a large skillet over low heat and add the contents of the mole jar and a cup of chicken broth to begin dissolving the mole paste.
5. Add another cup of the chicken broth along with the tomato puree, chocolate, ground cinnamon, and ground anise. Mix well until the mole paste dissolves completely. Add more chicken broth as required, as the sauce will thicken as it continues to cook. Some people prefer a thicker consistency, so regulate the amount of chicken broth to achieve your preferred consistency and thickness. Traditional mole sauce has the consistency of a thick gravy.
6. Add the chicken pieces to the mole sauce, season with salt to taste, and cook over low heat for another 5 minutes to mix the flavors well.
7. Serve with white or red rice and warm corn tortillas. Enjoy your meal!

Variations

- If you prefer the sweetest mole, you can add more chocolate. If you prefer a nuttier sauce add a few scoops of peanut butter.
- Doña María Mole is not a hot paste, but if you prefer a slightly spicier flavor, you can add a chipotle chili in adobo. First rinse the chili to remove the flavor of the vinegar, and then add it to the blender with the cooked tomatoes.