

Mole Negro

(Black Mole)

Hank Martin S/V Equinox

Mole Negro is probably the most famous of all moles of the seven moles in Oaxaca. Each recipe will vary depending on the region and how the abuela (grandmother) used to make it. Not an every day mole in Oaxaca but used for special occasions such as weddings, baptisms and usually on the Dia de los Muertos (Day of the Dead). Due to it's complexity it is often made with several family members participating. Enjoy

This recipe is prepared in three steps.

1. Chicken Stock (See Recipe on website. Do not use canned stock, it will ruin the whole mess)
2. Mole Paste that can be frozen for use at a later date
3. Mixing and the final cooking of the mole

Ingredients:

Paste (Step 2)

The Chiles below are all dried

8. Chile Chilhuacle

16. Chile Mulato

12. Chile Passilla Mexicano

3 or 4 Chile chipotle (very hot; use to taste)

3 cups Chicken Stock

Lard

1/2 cup Raisins

1/2 cup Pumpkin seeds

1/2 cup Pecans

1/2 cup peanuts

6 slices of eggbread (semisweet)

1 Tbs Herba Santa (Mexican herb) [if you can't find it use

1/2 Tbs each of Thyme, Marjoram and Oregano)

6 Avocado leaves (If you can't find do not substitute)

4 sticks Cinnamon

1/4 Tsp Anis

1/4 Tsp Cumin

6 whole Cloves

6 whole Peppercorns

1 medium White Onion

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Mole (Step 3)

2 cups Mole Paste
3 cups Chicken Stock
1 Plantains
2 Tomatoes
3 Tomatillos
Lard

Preparation:

A. Stock (see Recipe)

B. Paste

1. Clean dried chiles with a damp towel and remove the seeds, stems and veins. Retain the seeds for use later. Remember to wash your hands after handling chiles.
2. Melt lard in a large thick bottom pot over high heat. When the lard gets just to the smoking point begin to fry the dried chiles 3 or 4 at a time until they darken in color and are slightly crisp, 30 sec. or so. Set aside in a paper towel. When cool break up into smaller pieces.
3. Grill whole garlic (in skin) and onion on comal until nicely toasted.
4. When finished frying chiles, strain the oil to remove blackened pieces. Return the oil to the pan over high heat. During the frying process it may be necessary to add more lard as the fat is absorbed by the items fried.
5. Fry garlic, cloves, almonds, peanuts, pumpkin seeds, cinnamon stick, and onion for about 2 minutes. Do not fry anis All should be toasted but do not burn.
6. Fry raisins until they begin to plump and change color, don't burn.
7. Fry bread until browned.
8. Add a pinch of salt to hot oil
9. Lower heat (make sure oil is not too hot) and add sesame seeds, cloves, peppercorns and herbs. Fry for a few minutes until seeds begin to darken. Look out for popping seeds.

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Note: The next step is the grinding of all of the above to a fine paste. If you have a commercial blender (turbo charged) you can use a blender otherwise it may be necessary to dry grind some of the above to a fine powder such as peppercorns, cloves cinnamon. We use a small grinder or a food processor. The nuts can be put in and made into a nutbutter. The remainder of the softer ingredients can be done in a blender using some of the chicken stock. Make sure all of the ingredients have been ground to a fine consistency.

10. When all of the ingredients have been ground, melt half cup of lard in the large pot and place the paste from the blender in the large pot, bring up the heat.
11. Add in the other ingredients. Take care to add the thick nut butters slowly so they can be dissolved easily. Once all of the ingredients have been added stir to blend into a smooth mixture.
12. Add the remainder of chicken stock and mix well. Heat over medium high heat. Stir often enough to avoid mixture from sticking on bottom.
13. Add chocolate and stir to dissolve. Add in sugar to taste.
14. Continue to cook stirring to avoid sticking. Taste every 5 to 10 minutes and add chocolate and sugar as needed. Cook for at least 45min to an hour. You cannot over cook mole as long as it is not burned. As you cook this mixture the paste will become much darker.

Note: at this point the paste can be used in the next step or can be cooled and packaged and frozen or put in the refrigerator.

Step 3

Final Mole Sauce

1. Clean Tomatillos by removing outer skin and washing to remove sticky residue.
2. Toast tomatillos and tomatoes on comal
3. Fry the plantain in lard until soft and toasted.
4. Put tomatillos, tomatoes and plantain in blender with enough chicken broth to allow it to mix. Blend until liquid.
5. In a large pot add 2 cups of Mole paste, Mix with the remainder of chicken stock heat to just a boil and stir continuously
6. Strain the blended contents into the pot and stir well to eliminate any lumps.
7. Cook for at least 45 minutes continuously stirring. Frequently taste and add chocolate, sugar and salt as needed.