

Chicken in Mole Poblano
Adapted from Diana Kennedy's "The Cuisines of Mexico"

The Chiles

1. Slit the chiles open with a knife and remove the seeds and veins reserving at least 1 tablespoon of the seeds.
2. Heat the lard and quickly fry the chiles on both sides. Take care that they do not burn.
3. Put the chiles into the bowl, cover them with water, and leave them to stand overnight.
4. Cut 7-8 pound turkey or equal parts chicken into serving pieces. Set the giblets aside.
5. Melt the shortening and brown the chicken pieces well. Drain off the excess fat.
6. Cover the pan and braise the chicken in the oven, without liquid, until it is tender (40-60 minutes, depending on toughness).

*8 chiles mulatos
5 chiles anchos
6 chiles pasilla
¼ pound shortening
Warm water to cover*

*The soaked chilies
1 cup water
¼ pound shortening*

*Giblets
1 small carrot, sliced
1 medium onion, sliced
1 clove garlic, peeled
1 tablespoon salt
6 peppercorns
Water to cover
The pan juices from the chicken*

The Giblets

7. Put the giblets into the pan with the rest of the ingredients. Cover them with water and bring them to a boil. Lower the flame and simmer for 1¼ to 1½ hours. Strain the broth and set it aside.
8. When the chicken is cooked, pour off the juices in the pan and set them aside to cool, then skim off the fat and add them to the giblet broth. Set it aside.
9. Blend the chilies with the water until smooth – you may have to do them in two or three lots but try not to add more water.
10. Melt the shortening, and when it is hot but not smoking, cook the chili puree over a medium flame for about 10 minutes, stirring it all the time. Keep a lid handy, as it will splatter about. Set it aside.

- ½ cup tomatos verdes (½ 7½-ounce can)
- A spice grinder
- 4 cloves
- 10 peppercorns
- ½ inch stick cinnamon
- ⅛ teaspoon coriander seeds and
- ⅛ teaspoon aniseed toasted together
- 1 tbsp. reserved chili seeds, toasted separately
- 7 tablespoons sesame seeds toasted separately
- 3 cloves garlic toasted
- A Frying pan
- 6 tablespoons shortening
- 2 tablespoons raisins
- 20 almonds unskinned
- A molcajete or mortar and pestle
- 2 ounces pumpkin seeds (just over ⅓ cup)
- 1 small stale tortilla
- 3 small rounds stale French bread
- one, 1½-ounce tablet, Mexican chocolate (such as Ibarra brand; or substitute unsweetened chocolate)
- 4 to 5 cups, turkey broth (prepared as directed above)
- Salt as necessary

The Mole

11. Put the tomatos verdes into the blender jar. Add the toasted garlic to the blender jar.
12. Melt the shortening in the frying pan and fry the raisins briefly, just until they puff up, and transfer them with a slotted spoon to the blender jar.

13. In the same pan fry the almonds stirring them all the time, until they are well browned. Remove with a slotted spoon and crush them a little before adding them to the blender jar.
14. In the same pan fry the pumpkin seeds lightly, but have a lid handy, as they pop about explosively. Remove with a slotted spoon and add to the blender.
15. In the same pan fry the bread until crisp, then remove with a slotted spoon and crush. Add it to the blender jar.
16. Blend all the ingredients together until they form a smooth paste. It is absolutely necessary to add some liquid to blend it effectively, then add a little chicken broth.
17. Add the blended mixture to the chili sauce and cook over a brisk flame for about 5 minutes, stirring the mixture constantly.
18. Break the chocolate into small pieces and add it to the mixture. Continue cooking the mole for about 10 minutes more, stirring it all the time so it does not stick.
19. Add the broth and continue cooking the mole for a minimum of 40 minutes. Add salt as necessary, then heat the chicken pieces through.
20. When it is cooked, the sauce should lightly coat the back of a wooden spoon. If it appears to be too thick then add a little more broth. If it is too thin, continue cooking the mole until it reduces a little more.
21. You could easily prepare the mole several days ahead – in fact it improves the flavor – up to the point of adding the chicken broth. Then braise the chicken and cook the giblets on the day it is needed.
22. Most cooks in Mexico today boil the turkey and then brown it in shortening before adding it to the sauce. But it has a far better flavor and texture if cooked in the way given – very much as the old cookbooks indicate that it should be cooked. If you have any sauce left over, freeze it and use it to make delicious enchiladas at some later date.