



From the kitchen of Amalia Viveros

MOLE MICHOACÁNO

(prominent in the Mexican state of Michoacán)

Ingredients

For the mole:

6 dried guajillo chiles
1 cup pumpkin seeds
1/2 cup sesame seeds
10 almonds
5 clavo seeds (whole clove)
5 pimienta dulce seeds (whole allspice)
1/2 cup pumpkin seeds (no shell)
5 saltine crackers
2 bay leaves
2 garlic cloves
1/4 tablet of Chocolate Abuelita*
1/2 cup olive oil
1 cup water

**This ingredient and other specialty items may be available at the Galena Super Market in downtown Freeport and other area grocery stores; they also are available through Amazon if cooks cannot find them locally.*

For the rice:

2 garlic cloves
2 cups uncooked white rice
1 medium-sized onion
4 Roma tomatoes
1/2 cup olive oil
1/4 cup Consomate Tomate (tomato concentrate flavored with parsley, chicken, garlic, and onion)
2 teaspoons of ground pepper
1 tablespoon salt
1 cup water

For the chicken:

6 medium chicken breasts
1 medium potato, chopped
1 chopped onion
4 cups water
Ground pepper
1 teaspoon salt

Prepare the chicken

In a slow cooker, add 4 cups of water along with chicken, 1 medium chopped potato, 1 chopped onion, ground pepper, and 1 teaspoon of salt. Cook for 4 hours on medium heat.

Prepare the mole sauce

In a pot, bring water to a boil, add the guajillo chiles and let boil for 5 minutes. Remove chiles and let them sit.

In a pan on medium heat, toast pumpkin and sesame seeds in the olive oil until lightly darkened.

In a blender, add 1 cup of water and grind the chile peppers and the toasted sesame and pumpkin seeds, almonds, clavos, pimientas, saltine crackers, bay leaves, 2 garlic cloves, and Abuelita chocolate.

In a separate pan, add 1/2 cup of olive oil and bring to medium heat. Add the mole sauce and stir for 10 minutes. Turn off heat. Let sit.

Prepare the rice

In a blender, blend the onion, Roma tomatoes, 2 garlic cloves, consomate, 1 tablespoon of salt and 1 cup of water. This will prepare the rice sauce.

In a pan, heat the oil and add rice. Stir rice until golden brown. Add the rice sauce, stir, cover, bring to boil, reduce to low heat, cover, and cook for 15 minutes.

Plating

Place one chicken breast on a plate, add rice and mole sauce. Add potatoes and onions left in the crockpot if desired.