



## MOLE

### MISE EN PLACE

- Add mise en place if needed, or delete section
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#### **RED MOLE** *(serves 8 with leftover sauce)*

Adapted from a recipe by RICK BAYLESS

*1 whole skin on turkey breast (both sides of the breast, about 4 lbs)*

*3 medium tomatillos, husks removed and washed*

*½ cup sesame seeds*

*½ cup pork lard, or vegetable oil, or you can use duck fat*

*6 dried mulato chilis, stems removed and seeded, torn*

*3 dried ancho chilis, stems removed and seeded, torn*

*5 dried pasilla chilis, stems removed and seeded, torn*

*4 cloves garlic, peeled*

*½ cup almonds, skin on*

*½ cup raisins*

*7 cups chicken or turkey stock, divided*

*¼ tsp black pepper, freshly ground*

*¼ tsp anise seed, freshly ground*

*½ tsp ground cinnamon*

*1/8 tsp ground cloves*

*1 slice firm white bread, torn*

*1 oz Mexican chocolate, roughly chopped*

*4-5 tbsp sugar, to taste*

*Fresh herbs, to finish (parsley, or cilantro)*

- In a comal, cast iron pan or other heavy skillet, or on your barbecue, sear the tomatillos until softened and blistered. Transfer to a large bowl.

- Heat a dry sauté pan over a medium heat, then toast the sesame seeds, stirring, until golden. Set 1/3 of the toast sesame seeds aside for garnish and add the rest to the tomatillos.
- Heat a large Dutch oven over a medium heat, adding the lard (or oil or duck fat).
- Using tongs, fry the torn chilis in small batches, flipping them continuously until just changed colour, about 20 seconds. It is important not to over-toast the chilis, or they will become bitter. Using a slotted spoon, transfer the toasted chilis to a second bowl. Remove any stray seeds from the oil and discard.
- Cover the chilis with hot water, and set aside to hydrate for 30 minutes.
- In the Dutch oven, add the garlic and almonds and fry over a medium heat until the garlic is softened and the almonds browned, about 5 minutes. Transfer to the bowl with the tomatillos.
- Add the raisins to the hot fat and cook for 20 to 30 seconds until puffed and slightly browned. Add to the tomatillo bowl.
- Raise the temperature to medium-high, meanwhile season the turkey breasts with salt then brown in the hot fat one at a time, on both sides. Set aside while you make the mole sauce.
- Now drain the hydrated chilis, retaining the soaking liquid, and transfer them to your blender. Taste the soaking liquid to ensure it isn't bitter, then add 2 ½ cups of it to the blender – if it is bitter use water instead.
- Blend the chilis to a smooth purée, adding a little extra water if needed.
- Strain the chili purée through a sieve into a bowl and set aside.
- Now add the tomatillos etc. to the blender, adding 1 cup of chicken or turkey stock and the black pepper, anise, cinnamon, cloves, bread and chocolate. Blend to a smooth purée, adding more stock as necessary.
- Strain the tomatillo mixture through a sieve into a bowl.
- Now reheat the fat in the Dutch oven over a medium-high heat, pouring off fat if there's too much, or adding more as necessary.
- Add the chili purée to the Dutch oven, and cook stirring constantly until it has thickened and darkened, about 10 to 15 minutes.
- Add the tomatillo mixture to the chilis and continue to cook, stirring, until the mole is the consistency of tomato paste, 5 to 10 minutes.
- Add 6 cups of stock to the pot, and stir to combine. Cook at a gentle simmer for about 45 minutes, stirring occasionally. The sauce should lightly coat the back of a spoon. If necessary, increase to a medium high heat to reduce or if it becomes too thick, add more stock or water.
- Meanwhile preheat your oven to 325 F.
- Taste and season with salt and sugar. The sauce should have a delicious balance of salt, sweetness and spice.
- Arrange the seared turkey breast in the mole sauce, then cover the Dutch oven with a lid, or with foil.
- Bake in the preheated oven until the internal temperature of the turkey breast is 150 F, about 40 minutes from room temperature, 10 to 15 minutes longer if you refrigerated the seared turkey breast.

- Remove the turkey from the sauce onto a carving board, cover loosely with foil and rest for 10 minutes before carving into ½ inch thick slices. Arrange the sliced turkey on a warmed serving platter.
- Meanwhile thin the mole sauce if necessary with stock or water, then adjust the seasoning to taste with salt and sugar.
- Pour 3 sauce over the sliced turkey, and garnish with the reserved toasted sesame seeds and fresh herbs.

## **ARROZ VERDE (Green Rice)**

Recipe by KATHRYN JOEL

*1 tbsp olive oil*

*2 cups long grain white rice*

*1 poblano pepper, stemmed and chopped (optional)*

*1 jalapeño pepper, stemmed and chopped*

*1/2 cup chopped white onion*

*2 cloves garlic*

*1/2 bunch cilantro*

*1 3/4 cups chicken or vegetable stock*

*salt to taste*

*to serve: lime juice, chopped cilantro*

- In a blender, combine the chilis, onion, garlic and salt. Add some of the chicken water as needed to help it blend.
- Rinse the rice until the water runs clear.
- Add oil to a pan with a tight-fitting lid.
- Add the rice to the pan and cooking stirring for a couple of minutes.
- Add the chili mixture to the rice, then the stock and combine.
- Bring to a boil, then cover and turn the heat to low.
- Cook for 15 minutes, then turn off the heat and leave to steam for another 15 minutes.
- To serve, fluff the rice with a fork, adding salt to taste.
- Season with lime juice, and garnish with more cilantro.

## **TURKEY ENCHILADAS**

Recipe by KATHRYN JOEL

*Corn tortillas*

*Turkey meat, shredded*

*Mole sauce*

*Cooking oil, grapeseed or canola oil*

*Queso fresco, grated*

*Cotija cheese, crumbled*

*White onions, sliced to serve*

*Cilantro, chopped to serve*

*Lime wedges and crema to serve*

*Optional Black bean purée and green or red rice, to serve*

- Preheat oven to 350 F.
- Combine turkey with enough mole sauce to bind, then add the (optional) grated queso fresco and combine.
- Place more mole in a flat dish, for dunking tortillas.
- In a pan, heat about 1/3 cup oil over a medium high heat.
- Fry the tortillas, for about 30 seconds on each side, then drain on paper towels.
- Now dip the tortillas in mole to coat, then fill them with turkey, rolling them up.
- Place seam side down in a baking dish. Repeat to fill the baking dish.
- Top with additional mole sauce.
- Cover with foil then bake for 20 to 25 minutes until hot.
- Remove the foil, finish with some grated cotija cheese and bake for another 5 to 10 uncovered.
- Rest for 10 minutes before serving, garnished with onion and cilantro, finished with crema and lime wedges.

## **EQUIPMENT**

Cutting boards and knives

Measuring cups and spoons

Bowls

Sauté pans

Dutch oven

Blender

Sieve

Pot with tight fitting lid, for rice

Baking dish, for enchiladas

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**BONUS RECIPES:** These are complementary or additional recipes. They are for your reference and enjoyment, and will not be taught in your class.

## **BLACK BEAN SPREAD**

*1 can of black beans (costeña brand preferred)*

*1/2 cup of finely diced onion*

*6 cloves of garlic, diced*

*2 tbsp lard, duck fat or cooking oil*

*1 tbsp whole cumin toasted and ground*

*2 avocado leaves toasted and ground (optional)*

- Cook the onion and garlic in duck fat, until softened and golden brown.
- Add the beans, the cumin and the avocado leaves.
- Cook for few minutes then blitz in your food processor or blender to make a purée.
- Add salt to taste.