



CHICKEN CHOCOLATE ANCHO MOLE

This recipe is my approximation of how my mother and aunts made mole, except for using the mole paste...shh don't tell. Like most families, we had no written recipes, only those taught by mothers to their daughters at the kitchen stove.

DIRECTIONS

Pour chicken broth into slow cooker with the mole paste, salt, black pepper, onion, and minced garlic. Whisk the ingredients together until the mole is smooth.

Once the liquid is smooth, put the piece of chocolate in. It will melt during cooking.

Place the chicken into the sauce so the liquid covers the meat. If it doesn't fully cover the chicken, add up to ¼ cup of warm water.

Simmer on low until chicken is fully cooked and tender.

If the sauce doesn't thicken, use flour to thicken it before serving.

Serve over rice with flour or corn tortillas and avocado slices or guacamole on the side.

NOTES

I prefer to cook this in the crockpot on low. I set it up in the morning and it's ready for Sunday dinner. It can also be cooked in a flame-proof casserole or a large stock pot that can be left of the stove to simmer most of the day.

We make our sauce the way our mother did and what tastes best to us. So, feel free to add spices and other chilis.

Some cooks use unsweetened cocoa powder, peanut butter (not crunchy), vinegar, coriander, or cilantro in their sauce. If you use a powder chocolate or other ingredients mix them with the sauce.

If you want to speed up the cooking time, you can sauté the chicken before putting it into the sauce and cook it on a slightly higher temperature. Making certain to stir often to avoid burning the sauce.

The sauce stains and is difficult to remove, so dress wisely.

INGREDIENTS

2 cups chicken stock or broth

Ancho mole paste – Use ¼ cup up to ¾ c. based on what tastes best to you.

½ tsp. Salt

¼ tsp. Black pepper

1 small diced onion

1/2 clove minced garlic

½ - 1 ounce Mexican chocolate (my preference – it has a hint of cinnamon)

1 ½ - 2 lbs. chicken cut in serving sizes or boneless breasts

¼ cup water, if needed

Cooking time can be 4-5 hours depending on the heat level used to cook the chicken until it's tender.