Chicken Mole

Description

Legend says that Mole was created by the nuns of a Mexican convent for a visit by the Spanish Viceroy. Combining New World ingredients such as peanuts and cocoa with European technique, they created the rich and tasty Mole Poblano, named for the city of Puebla.



Summary

Yield: 6
Source: www.pastrywiz.com
Prep Time: 2 hours
Category: Poultry
Cuisine: Mexican

Ingredients

- 4 tbsp olive oil
- 1/2 tsp nutmeg
- 1/4 tsp ground cloves
- 1/4 tsp cinnamon
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 tsp sugar
- 1 grated rind of 1 orange
- 2 squares of bitter chocolate, chopped
- 1/2 tsp cumin
- 1/4 cup raisins
- 1/4 cup slivered almonds
- 2 clove garlic, minced
- 6 serving pieces of chicken
- 1 med onion, chopped
- 2 green bell pepper, chopped

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- 3 slices canned pimento, chopped
- 2 med tomatoes, peeled, seeded and chopped
- 2 tbsp chili powder (or to taste)
- 1/2 cup chicken broth
- 1/4 cup light rum

Instructions

In casserole, heat oil and cook garlic for a few moments to flavor oil. Add chicken and brown. Remove chicken.

In remaining fat, cook onion, green pepper, pimento, and tomato over gentle heat for 10 minutes. Add chili powder to onion mixture blending well. Add broth, almonds, raisins, seasonings, and rind. Simmer, covered, 30 minutes longer.

Add chocolate, stirring until melted. Replace chicken, spooning sauce over. Bake, covered, at 350 degrees for 1 hour, or until chicken is tender.

Warm rum, ignite it, and pour over contents of casserole. Allow to stand for a few minutes.