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This authentic Mole Sauce(Mole Poblano) is made by toasting and blending sweet and earthy ingredients and spices to make a rich sauce. Serve it as a main course over chicken, or with enchiladas, tacos, and burritos. If you want to go the extra milke, serve Mexican Mole with a glass of Horchata and Tres Leches Cake or Fresas con Crema for dessert. There's a reason that delicious Mole sauce (pronounced MO-lay) is the national dish of Mexico, and I was lucky enough to learn to make it where it originated, in Puebla! I lived there for a few months after college and learned different methods from several cooks. I'm excited to share my Mole Poblano version that uses ingredients and equipment accessible in my US kitchen. It's a delicious combination of earthy, sweet and fragrant ingredients and we love to serve it over chicken, or as mole enchilada sauce, with a side of Mexican rice. It's not complicatedjust a bit time intensivebut the final product is WELL WORTH IT! All we're doing is toasting each ingredient, blending and straining out the solids, and simmering the sauce that's produced. The term Mole means sauce in Nahuatl, the language of the Aztecs. And for the many different varieties (like Mole Negro thats less sweet and made with darker chiles, or Mole Verde), there are just as many variations for making it! Traditionally it took an entire day as each ingredient is carefully roasted and ground with a mortar and pestle. For this Mole Poblano recipe were using an electric blender, to save time. Legend says Mole poblano originated in a Convent of Santa Clara in Puebla, Mexico. Supposedly the archbishop was coming to visit, so the poor and panicked nuns sought divine guidance to make a fitting dish out of the scraps of food and old turkey available to them. The nuns created this iconic disha fusion of Mesoamerican and European cuisineand the archbishop loved it. Boil the chicken in the spices: add chicken pieces, garlic, onion, bay leaf, chicken bouillon, salt, oregano and water to a pot. Bring to a low boil and cook over medium heat until chicken is just cooked through (165 degrees F) about 30 minutes. Remove chicken to a plate, (reserving the broth) cover and set aside. Mole Sauce: Slice onions and mince garlic. Use scissors to cut the chilies open, lengthwise, and remove veins and seeds. Toast sesame seeds in a large dry skillet over medium heat. Stir constantly and stop when theyre toasted. Dont burn! Set aside. Prepare a large saucepan with 2 cups of water and keep it on medium heat. Youll be adding most everything to it as you go. Saute chilies: Add a few tablespoons of oil to the skillet over medium heat and fry chiles for a few seconds on each side, careful not to burn them. Add chiles to saucepan. Toast peanuts, almonds, raisins, animal crackers, corn tortillas, and bread slices: Add oil, as needed andtoast each for about 45 seconds, stirring constantly so they dont burn. Add to saucepan. Saute onions, garlic and plantain: Turn the skillet heat to medium-high, adding more oil if needed to coat the bottom of the pan. Saut the onion for 1-2 minutes. Add the garlic and saut for just a few seconds before spooning the onion and garlic into the saucepan. Fry plantain on both sides and add to pot. Saute seeds: (peppercorns, coriander seeds, cumin seeds, anise, and crushed red pepper). Reduce heat to medium then add seeds to hot oil. Fry for a few seconds, stirring constantly, then add to saucepan. Add oregano, cinnamon, and chicken bouillon to the saucepan. In a second large pot add 2 tablespoons of lard or oil. Once melted, turn off the heat. Puree and strain the toasted ingredients: Working in batches blend everything in the first big pot until completely smooth. Add reserved chicken broth as necessary to facilitate blending. Pour each batch into the second pot through a fine mesh strainer discarding whats left in the strainer. During one of the blending batches, add cup of the reserved toasted sesame seeds. Melt chocolate by pouring warm chicken broth over it then add it to the pot along withbrown sugar, to taste (start with one tablespoon). Simmer the mole sauce over medium-low heat for 30 minutes to 1 hour, stirring often. If the mixture is too thick, add more chicken broth (I usually end up using all of the remaining chicken broth). Taste then add salt or sugar, as needed. Plate and serve. Place chicken on a plate and ladle a big spoonful of sauce on top, then garnish with sesame seeds. Serve with Mexican rice and warm corn tortillas on the side. Use leftover Mole Sauce for mole enchiladas, burritos, chilaquiles, tacos, nachos, fried eggs, pork or beef. To Make Ahead: Mole sauce can be made up to 1 week ahead of time, stored in the fridge. Rewarm on the stove then add additional chicken stock, as needed, to reach desired consistency. To Freeze: Store Mole sauce in a freezer safe container and freeze for up to 4 months. Thaw overnight in the fridge, then reheat on the stove, adding additional chicken stock, as needed, to reach desired consistency. Follow me for more great recipes Recipe Cook Chicken: Add chicken, garlic, onion, bay leaf, chicken bouillon, salt, oregano and water to pot. Bring to a low boil and cook over medium heat until chicken is just cooked through, about 30 minutes. Remove chicken to a plate, (reserving the broth) cover to keep it warm and set aside.Toast sesame seeds in a large dry skillet over medium heat, stirring constantly, until toasted. Be careful not to burn them. Set aside.Add 2 cups of water to a large saucepan over medium-low heat. (You will transfer toasted ingredients to this post, as you toast them.)Toast Chiles: Use scissors to cut a line down all the chilies to open them up flat. Remove veins and seeds. Add a few tablespoons of oil to the skillet over medium heat. Once hot, add chiles in a single layer, frying on both sides for just a few seconds, careful not to burn them. Transfer them to saucepan of water.Pan fry ingredients: We will pan fry most of the remaining ingredients, one at a time, so add a little oil between each batch, as needed, to coat the bottom of the pan.Fry the peanuts stirring often so they toast but dont burn, about 45 seconds. Add to the pot. Repeat with almonds, then raisins, then animal crackers, then corn tortilla, and bread slices, adding each to the saucepan and pressing down as much as possible into the water.Turn skillet heat to medium-high and add more oil if needed to coat the bottom of the pan. Add onion and fry for 1-2 minutes. Add garlic and fry for just a few seconds before spooning the onion and garlic into the pot. Add sliced plantain to the hot oil and fry on both sides, then add to the pot.Reduce heat to medium and add peppercorns, coriander seeds, cumin seeds, anise, and crushed red pepper to hot oil and fry for a few seconds, stirring constantly, then add to the pot.To the saucepan with all of the ingredients, stir in 1 teaspoon oregano, teaspoon cinnamon, and 1 teaspoons chicken bouillon.Blend: Working in batches, add everything from the pot with the chilies to a blender and add enough of the reserved chicken broth to allow the mixture to blend. During one of the blending batches, add cup of reserved toasted sesame seeds. Blend each batch for several minutes, until completely smooth, adding more chicken broth if needed.Heat 2 tablespoons lard or oil to a large saucepan. Once melted, remove from heat and set aside.Strain: Pour sauce through a fine mesh strainer (discarding whats leftover in the strainer) into the pot with the melted lard.Melt chocolate: Add the chopped chocolate to a bowl and pour some of the chicken broth into it, to help it melt. Add to pot, along with 1 Tablespoon brown sugar, to start, then more to taste, as needed.Cook mole sauce over medium-low heat for 30 minutes to 1 hour, stirring often. If the mixture is too thick, add more chicken broth (I usually end up using all of the remaining chicken broth). Taste and add salt or sugar, as needed.Serve: Place chicken on a plate and ladle a big spoonful of sauce on top. Garnish with sesame seeds. Serve with Mexican rice and warm corn tortillas or flour tortillas on the side. Make Ahead Instructions: Mole sauce can be made up to 1 week ahead of time and stored in the fridge. Rewarm on the stove and add additional chicken stock, as needed, to reach desired consistency.Freezing Instructions: Mole sauce can be frozen for up to 4 months. Just place cooled sauce in a freezer-safe container. When ready to use, thaw overnight in the fridge, then reheat on the stove, adding additional chicken stock, as needed, to reach desired consistency.Spice level: This Mole is Medium spice. To add additional heat you could leave some of the seeds and veins in the dried chiles, increase the amount of crushed red pepper, add chile de arbol chiles, or add some chipotle peppers.Pro Tips: Its VERY important NOT to burn anything, particularly the peppers, as these will turn bitter and ruin the end flavor result. Also, when blending, only fill the blender half full with mixture at a time, to get the smoothest puree. Calories: 552kcalCarbohydrates: 43gProtein: 27gFat: 33gSaturated Fat: 7gPolyunsaturated Fat: 9gMonounsaturated Fat: 14gTrans Fat: 0.1gCholesterol: 72mgSodium: 1001mgPotassium: 994mgFiber: 12gSugar: 17gVitamin A: 8590IUVitamin C: 12mgCalcium: 192mgIron: 6mg I originally shared this recipe August 2020. Updated May 2022 and March 2025.This post contains affiliate links. Jump to Recipe Jump to Video Print Recipe EspaolMole poblano has long been considered one of the jewels of Mexican cuisine, a true traditional Mexican dish. Its complex flavor is a combination of sweet, spicy, and earthy made possible by more than 23 different ingredients. This version of mole is from the city of Puebla, thus the name poblano, and is one of my absolute favorites! This recipe for mole poblano sauce is from the talented Chantall Vigueras of@mamavegetal, who is originally from Puebla, so you know this is an authentic recipe! I have to be honest with you, making mole poblano can take quite a bit of time, but Chantall does a great job of breaking down the recipe in a very manageable way. Plus it is naturally vegan! The recipe is also part of a collaboration with 32 vegan chefs in the ebook, Our Vegan Mexico, whichshowcases regional cuisine from all 32 Mexican states. Moles, or mullis as they were known by the Nahuas of pre-colonial Mexico are thick sauces made with a diverse variety of chiles, tomatoes, and seeds. But this changed in the colonial period (17th century) with the arrival of spices like cinnamon, clove, anise, nuts, and bread. This transformed mole into the sauce we know today. There are many delicious moles in Mexico, not only the famous seven moles of Oaxaca, but there are dozens of regional variations. The book Larousse Diccionario Enciclopedico de la Gastronoma Mexicana by Ricardo Muoz Zurita names at least 71! One of those regional variations is mole poblano which is also one of the most well-known moles in the United States. The legend of the convent of Santa Rosa de Lima says that mole poblano was first created by divine inspiration in the convent in 1685 by Sister Andrea de la Asuncin. Sister Andrea was very famous for her skills in the kitchen and was asked to make a special dinner for bishop Don Manuel Fernandez de Santa Cruz, the viceroy Conde de Paredes, and Marques de la Laguna. Caught unprepared, she prayed to God for inspiration, and after selecting a variety of dried chiles and spices, everything was ground in the metate, and mole poblano was born. Divine inspiration or not, mole poblano is a delicious sauce that is often prepared for special occasions like weddings, funerals, and Dia de Muertos. Ancho Chiles: Ancho chiles are dried Poblano chiles with a mild heat. The peppers are allowed to ripen on the plant until they turn red they are then picked and dried. They measure about 1,000-1,500 SHU on theScoville Scale. You can find them online or at your local Mexican market. Mulato Chiles:The Mulato pepper is a mild to medium dried poblano, similar to the ancho pepper, but with a slightly different flavor. The ancho is a poblano that ripens to a deep red, while the mulato is a poblano that ripens to brown, and then is dried. They measure about 250-4,000 SHU on theScoville Scale. You can find them online or at your local Mexican market. Pasilla Chiles:Pasilla (chile pasilla) or little raisin properly refers to the driedchilaca pepper, a popular Mexican chili pepper. The chilaca pepper, when fresh, is also known as pasilla bajio, or as the chile negro or Mexican negro because, while it starts off dark green, it ends up dark brown in color. Scoville Heat Units: 250 3,999 SHU. You can find them online or at your local Mexican market. Chipotle Chiles:Chipotle peppers are dried smoked jalapeo peppers. They have an underlying sweetness with bitter and smoky notes. These chiles measure 2,500-10,000Scoville Heat Units(SHU). You can find them online or at your local Mexican market.Bolillo: A bolillo is Mexicos version of crusty white bread, it is oblong in shape and used to make tortas! The flavor is very similar to a French baguette, so if you cant find it you can substitute it with a piece of baguette or country bread. Ceylon Cinnamon:You will need to useCeylon cinnamon, also known as true cinnamon, because it has a thin bark that is easy to blend in the sauce. You can find it at your local Mexican market oronline. If you cant find it you can use powdered cinnamon instead. Piloncillo:Piloncillo is sugarcane which is boiled until it thickens, then poured into a triangular mold and allowed to harden. It has a flavor similar to brown sugar and molasses. You can find it at your local Mexican market or in the Mexican section of your grocery store. Mexican Chocolate:I like to use an artisanal brand called Hernan, but Ibarra is more readily available at Mexican markets or the Mexican section of your grocery store. Spices: For this recipe, you will need anise seeds, whole cloves, a cinnamon stick, and black peppercorns. You shouldnt have any problems finding these at your local grocery store. Seeds and Nuts: For this recipe, you will need peanuts, almonds, pumpkin seeds, and sesame seeds. You shouldnt have any problems finding these at your local grocery store. Plantain: Plantains can be found in the tropical fruit section of your grocery store. They look just like a banana but they are larger and with a thicker skin. You will need ripe plantains for this recipe. You will know the plantain is ripe when the skin is mostly black and yellow. If you cant find a ripe plantain, you can buy the green ones (unripe) and let it ripen in a brown paper bag on your kitchen counter for a couple of days. Using a comal or cast iron pan set to medium heat toast the chiles. Place the chiles in a heat-proof bowl and pour boiling water over them. Let them soak for 15 minutes. Simmer the tomato, white onion, and garlic cloves for 5 to 6 minutes. Drain and add to the blender with the drained chiles. Fry the bolillo until golden brown. Fry the tortilla until golden brown. Fry the ripe plantain until golden brown. Fry the almonds until golden and brown in spots. Toast peanuts until golden brown and dark in spots. Fry raisins until they become plump and a bright color. Toast the pumpkin seeds until they begin to pop. Toast the sesame seeds until they begin to pop and become golden brown. Toast the spices until aromatic. Puree the nuts, seeds, plantain, raisins, and bread with water until smooth. Combine the chile puree and the nut/seed puree. Bring to a simmer for 20 minutes then add chocolate and piloncillo. Simmer for 20 more minutes until the piloncillo and chocolate completely dissolve. I want to be honest with you and let you know that this recipe is time-consuming and has a lot of ingredients, but it is not complicated at all!! The recipe makes mole paste, which you can freeze orsavein the fridge for later use. To use the paste all you need to do is add enough vegetable stock to get it to the right consistency and let it simmer for a couple of minutes, then serve. If you want to make this without oil you can toast the ingredients, that were meant to be fried, in the oven until a dark golden brown. Since it is so time-consuming to make its best to make the full recipe and freeze the rest so you can enjoy mole whenever you want as a quick meal. You can make enmoladas (mole enchiladas) with this or serve it over potatoes, chayote, and zucchini with rice. Store the mole in an airtight container for up to 3-5 days in the fridge or 6 months in the freezer. What is mole in Mexican cooking? The term mole stems from the Nahuatl world molli, which means sauce or concoction. Mole comes from a family of sauces prepared throughout the Oaxaca and Puebla regions of Mexico and is characterized bya complex, layered flavor derived from intricate blends of dried chiles, spices, fruits, and seasonings. Does mole always have chocolate? People mistakenly think that mole is also a chocolate sauce, but in reality,not all mole sauce contains chocolate. You see, there are several types of mole sauces some may contain chocolate but others dont. Is mole unhealthy food? It has feel-good benefits. It may be a caloric sauce, but it is packed with good-for-you qualities. According to the Institute of Medicine,mole sauce is an excellent source of Vitamin B, riboflavin, phosphorus, iron, magnesium, calcium, zinc, and niacin. What is the most popular mole in Mexico? Mole poblano is the most popular variation of mole. This version, associated with the Puebla region, is considered the national dish of Mexico. How do Mexicans eat mole? Mole is often used as a sauce for enchiladas or enmoladas as they are known. Mole can also be used in as a saucy addition to vegetables, rice, or beans. Mole chilaquiles are very popular in Mexico, as well as mole empanadas. Save Recipe Go to Recipe Box Is there a dish more Mexican this mole poblano recipe? Mole is a traditional Mexican sauce with over 18 different ingredients! Pin RecipePrint Recipe Clean and remove the seeds and stems from the dried chiles. Using a comal or cast iron pan set to medium heat, toast the chiles for 30 seconds on each side. Be careful not to burn them or the sauce will be bitter. Once they are lightly toasted place them in a heat proof bowl and pour boiling water over them. Let them soak for 15 minutes. While the chiles are soaking, bring a medium pot of water to a simmer and add the tomato, onion, and garlic. Simmer for about 6 to 7 minutes or until the tomates begin to lose their skins and the onion is tender. Drain and add to the blender. Once the chiles are soft and pliable, drain them and add to the blender with enough water to get the blender to puree smoothly, about 1 1/2 cups. Transfer this sauce to a large bowl.Heat a large saut pan to medium-high heat and add vegetable oil. Fry the bolillo, tortillas, plantian, almonds, peanuts, raisins, sesame seeds and spices one at a time until golden brown. Transfer to a large bowl. Place all of the fried ingredients in the blender in batches, adding enough water to get it to puree the sauce smoothly. Transfer to the bowl with the chile sauce and stir to incorporate. In a large pot, set to medium heat, pour in the mole sauce. Reduce heat to low and simmer for 20 minutes stirring constabtly. When you see the fat rise to the top of the sauce then you add the piloncillo, vegetable bouillon, and chocolate. Simmer another 20 minutes, stirring constantly, until the piloncillo and chocolate completely dissolve. Taste and adjust seasosing with salt and pepper if needed. Let cool in pot. Now it is ready to use or store.Place 1 cup of the mole paste in a medium sauce pot. Add cup of water or vegetable stock and bring to a low simmer. Stir to incorporate. Add more liquid if necesary to get the right consistency.In a large saut pan, saut the onions and mushrooms until golden brown. Season with salt and pepper to taste.Soften your corn tortillas by heating them briefly in the oven or microwave until the roll easily.Fill the tortillas with the mushroom mixture and roll. Place on a plate and pour mole sauce on top of them.Sprinkle with sesame seeds and top with sliced onions, avocado and crumbled tofu. This recipe is time consuming but not complicated at all!! The recipe makes mole paste, which you can freeze or sabe in the fridge for later use. To use the paste all you need to do is add enough vegetable stock to get it to the right consistency and let it simmer for a couple of minutes, then serve. You can make enmoladas with this or serve it over potatoes, chayote, and zucchini with rice. If you want to make this without oil you can toast the ingredients, that were meant to be fried, in the oven until a dark golden brown. There were some chiles I couldnt find easily and I purchased those on Amazon: chile mulato and chile chipotle.Calories: 394kcal | Carbohydrates: 40g | Protein: 9g | Fat: 13g | Saturated Fat: 1g | Sodium: 168mg | Potassium: 795mg | Fiber: 11g | Sugar: 14g | Vitamin A: 6590IU | Vitamin C: 13mg | Calcium: 92mg | Iron: 4.1mg Mention @dorastable or tag #mexicangonevegan! Although dorastable.com attempts to provide accurate nutritional information, these figures should be considered estimates. Dora R. Dora is the founder, recipe developer, and photographer at Dora's Table and Mi Mero Mole. Born and raised in Mexico and a graduate of the Culinary Institute of America in New York, she adopted a vegan (plant-based) diet to take control of her health. Imagine savoring a rich, complex sauce that embodies the heart of Mexican cuisine. For centuries, mole has been a cornerstone of traditional cooking, with its intricate blend of flavors and ingredients. The term mole originates from the Nahuatl language, meaning sauce, and its preparation is an art passed down through generations.You are about to embark on a culinary journey, making a traditional mexican mole recipe that requires patience and time. With over 20 ingredients, including a hint of chocolate, this recipe yields a deeply flavorful sauce that is both versatile and worth the effort.Discover the rich history and cultural significance of mole in Mexican cuisine.Learn how to make a traditional mole recipe with over 20 ingredients.Understand the role of chocolate in balancing the complex flavors of mole.Find out how to make a large batch of mole sauce and freeze it for future meals.Gain confidence in preparing mole with manageable, step-by-step instructions.Mexican mole is more than just a recipe; its a culinary legacy. This complex sauce has been a cornerstone of Mexican cuisine for centuries, with its rich history and diverse ingredients making it a fascinating topic.Mole poblano is a type of mole that originated in the state of Puebla, Mexico. It is characterized by its rich, complex flavor profile, which is achieved by combining a variety of ingredients, including dried chiles, spices, and chocolate.The ingredients are carefully selected and prepared to create a smooth, velvety sauce that is both savory and slightly sweet. You can experience the depth of this traditional recipe by exploring its preparation process.The legend of mole poblanos creation is deeply rooted in Mexican history. According to the story, Sister Andrea de la Asuncin created the sauce in 1685 at the Convent of Santa Rosa de Lima.The nuns divine inspiration to create the dish for visiting dignitaries.The use of available ingredients to craft a unique sauce.The improvisational nature of the recipe, which became a celebrated culinary achievement.By exploring the heritage of Mexican mole, you gain insight into the countrys culinary traditions and the creativity that defines its cuisine.The richness of Mexican mole lies in its complexity, with numerous regional variations that showcase the countrys gastronomic diversity. As you explore the world of mole, youll discover that its not just a single recipe, but a family of sauces that share certain characteristics while differing in ingredients and preparation methods.Mexican mole is renowned for its intricate flavor profile, which combines sweet, spicy, and savory notes. The unique blend of ingredients, including chiles, spices, nuts, and chocolate, creates a rich and complex sauce. The flavor profile can vary significantly depending on the type of mole, with some variations being more bitter or acidic.For instance, the use of certain chiles can add a deep, slightly smoky flavor, while the addition of spices like cinnamon and allspice contributes warmth and depth.Mexico boasts dozens of regional mole recipes, each with its distinct ingredients and preparation methods. Oaxaca is famous for its seven moles, including negro (black), rojo (red), coloradito, amarillo (yellow), verde (green), chichilo, and manchamanteles.Oaxacas moles are known for their complex spice combinations and rich flavors.Other regions have their own unique variations, such as the fruit-infused manchamanteles or the herb-forward mole verde.Some regional variations dont use chocolate at all, highlighting the diversity within this sauce category.You can explore these variations to gain insight into Mexicos diverse culinary landscape and the importance of local ingredients in traditional cooking.To create an authentic Mexican mole recipe poblano, its essential to understand the ingredients that make up this complex sauce. The richness of mole poblano is attributed to a diverse array of ingredients, including various types of chiles, nuts, seeds, spices, and chocolate.The foundation of mole poblano lies in its variety of chiles, which provide the sauce with its distinct flavor and heat. Some of the commonly used chile varieties include mulato, pasilla, and ancho chiles. These chiles are typically toasted and then rehydrated to bring out their deep, rich flavors.In addition to chiles, nuts, seeds, and spices play a crucial role in the flavor profile of mole poblano. Almonds, raisins, and cinnamon are commonly used ingredients that add depth and warmth to the sauce. The combination of these ingredients helps to balance the heat from the chiles, creating a harmonious flavor experience.As Julia Child once said, The only time to eat diet food is while youre waiting for the steak to cook. In the context of mole poblano, the rich flavors of nuts, seeds, and spices make it a culinary delight worth savoring.One of the most distinctive ingredients in mole poblano is chocolate. Contrary to popular belief, chocolate isnt the dominant flavor in mole poblano but rather serves as a balancing ingredient that adds richness and helps tame the heat from the chiles. Traditional mole poblano uses Mexican chocolate, which differs from European chocolate by including cinnamon and sometimes almonds already incorporated into the tablet.Mexican chocolate contributes subtle bitterness and complexity rather than sweetness, with the cacao helping to round out the sauces flavor profile.Only a relatively small amount of chocolate is used in proportion to the other ingredientstypically about 2-3 ounces for a large batch of mole.When making mole poblano, the chocolate is typically added near the end of cooking, allowing it to melt into the sauce without overwhelming the other flavors.While some may think that mole is a chocolate sauce, the truth is that not all mole variations contain chocolate, and the amount used is relatively small compared to other ingredients, making it a subtle addition that enhances the overall flavor without adding excessive sugar.To create a rich and complex mole poblano, youll need to follow a series of carefully outlined steps. The process involves several key stages, from preparing the chiles to simmering the final mixture.The first step in making mole poblano is preparing the chiles. This involves toasting and rehydrating several types of dried chiles, such as ancho, mulato, and pasilla chiles. Begin by toasting the chiles lightly in a dry pan to enhance their flavor. Then, rehydrate them by soaking them in hot water until they become soft. Once rehydrated, remove the stems and seeds, and chop the chiles into manageable pieces for further processing.Toasting and frying the ingredients is crucial for developing the deep, complex flavors characteristic of mole poblano. Start by toasting spices, nuts, and seeds in a dry pan until fragrant. Then, fry the chopped chiles and other ingredients in a bit of oil to bring out their flavors. Be cautious not to burn the ingredients, as this can introduce bitterness into the mole.After toasting and frying the ingredients, the next step is to blend them into a smooth mixture. Use a blender or food processor to combine the ingredients until they form a uniform paste. Then, strain the mixture through a fine-mesh sieve to remove any solids and achieve a silky texture. This step is crucial for ensuring the mole has a smooth, velvety consistency.The final and perhaps most crucial step in preparing mole poblano is the extended simmering period. Begin by heating the strained sauce in a heavy-bottomed pot over medium heat until it begins to bubble, then reduce to low heat for the remainder of cooking. This simmering stage typically takes 30 minutes to an hour, during which the sauce must be stirred frequently to prevent sticking and burning on the bottom of the pot. As you cook, the sauce will gradually thicken as moisture evaporates, developing a rich consistency that should coat the back of a spoon. This is when stirring constantly is essential. You may need to add more chicken broth to achieve the desired consistency. Taste and adjust the seasoning by adding salt or sugar as needed to balance the flavors. The mole is ready when it reaches a velvety consistency and the flavors have melded together into a complex, layered mixture.Crafting an authentic Mexican mole recipe poblano is an art that requires patience and practice. To achieve the perfect balance of flavors, its essential to understand the intricacies of this complex sauce.When making mole poblano, there are several common pitfalls to watch out for. One of the most critical mistakes is not toasting the ingredients properly, as this can result in a lack of depth in the flavor profile. Additionally, be careful not to overprocess the mixture, as this can lead to a sauce thats too thick and unpleasantly textured. To avoid these issues, take your time to carefully toast and blend the ingredients.One of the benefits of making mole poblano is that it can be prepared ahead of time and stored for later use. The recipe yields a concentrated mole paste that can be diluted with stock when youre ready to serve. To store, portion the cooled mole into freezer-safe containers in 1-cup or 2-cup measurements, labeling with the date and contents. You can store it in an airtight container in the fridge for up to 3-5 days or freeze for up to 6 months. When reheating, warm the mole gently over low heat, adding stock as needed to achieve the desired consistency. Be aware that a thin layer of fat may form on the surface when refrigerated; this is natural and helps preserve the sauce.By following these tips, youll be able to create a rich and complex mole poblano thats sure to impress. With a little practice and patience, youll master the art of making this traditional Mexican sauce.Serving your homemade Mexican mole is where the real creativity begins, with a range of traditional and modern ideas to try. Your mole poblano recipe is versatile and can be paired with various dishes to create a memorable dining experience.You can make enmoladas (mole enchiladas) with this rich sauce or serve it over potatoes, chayote, and zucchini with rice. Traditional pairings often feature mole poblano served over chicken, but you can also experiment with other proteins.Pair your mole with traditional Mexican dishes for an authentic experience.Use it as a topping for grilled meats or vegetables.Contemporary chefs have expanded mole poblanos applications beyond traditional chicken, using it as a sophisticated sauce for duck, pork, or even seafood. You can also use it in vegetarian and vegan adaptations, featuring the sauce over roasted vegetables, mushrooms, or plant-based proteins.Create enmoladas by dipping corn tortillas in mole sauce, filling them with cheese or chicken, and topping with more sauce.Use a quarter cup of mole as a base for plating, arranging sliced protein or vegetables on top, and garnish with sesame seeds and micro herbs.Try mole poblano drizzled over fried eggs and crispy potatoes for a modern brunch, garnished with queso fresco and cilantro.As you savor your homemade mole poblano, remember that youre experiencing a culinary legacy that has been refined over generations. Creating this authentic Mexican mole recipe from scratch connects you to centuries of tradition, despite the time investment.The mole recipe offers numerous benefits, including a rich flavor profile and nutritional value. According to the Institute of Medicine, mole sauce is an excellent source of various vitamins and minerals such as Vitamin B, riboflavin, phosphorus, iron, magnesium, calcium, zinc, and niacin, making it a valuable addition to your meals.With its versatility, you can enjoy your poblano sauce in multiple dishes, from traditional to modern applications. Mastering this recipe not only enhances your cooking skills but also gives you a deeper understanding of Mexican cuisine. The balance of sweet, spicy, and savory elements in a well-made mole poblano creates a unique culinary experience. Whether for a special occasion or exploring Mexican heritage, this mole is sure to impress, with its rich flavor and numerous health benefits, including a touch of sugar that balances the dish.You can store ancho chiles in an airtight container in a cool, dry place for up to 6 months. To preserve their flavor and aroma, keep them away from direct sunlight and moisture.Yes, you can substitute peanuts with almonds, but keep in mind that it will slightly alter the flavor profile. Almonds have a sweeter and nuttier taste, so you may want to adjust the amount of sugar in the recipe accordingly.To toast sesame seeds, heat a dry pan over medium heat, stirring constantly, until they are fragrant and lightly browned. This should take about 2-3 minutes. Be cautious, as sesame seeds can quickly go from perfectly toasted to burnt.For an authentic mole poblano, use a high-quality dark chocolate or Mexican chocolate that contains cinnamon and other spices. This will add depth and complexity to your sauce.Yes, you can make mole poblano ahead of time. In fact, the flavors will meld together and intensify if you let it sit for a day or two. Store it in an airtight container in the refrigerator and reheat it gently before serving.If your mole sauce is too thick, you can thin it out with a little chicken or vegetable stock, or even water. Add the liquid gradually, stirring constantly, until you achieve the desired consistency.For more cooking tips, stay connected with us. We also recommend the cookbookSkinnytaste Simple: Easy, Healthy Recipes with 7 Ingredients or FewerFor more Recipes aboutChickenThere are no reviews yet. Be the first one to write one. Last Updated on June 24, 2025 by adminsToday, were going to be taking a look at the best authentic Oaxacan mole recipe. Mole is one of the most traditional sauces when it comes to Mexican cuisine, and were going to show you how to recreate an authentic mole. There are 7 different types of mole, with the majority of people most familiar with the flavors of chili and chocolate but Oaxacan mole can be so much more than that! Lets take a closer look. Mole, simply translates to sauce. Its a traditional sauce in Mexican cooking, and is typically used a sauce or a marinade in many Mexican dishes. There are 7 different moles of Oaxaca, and well be looking at them in more detail later in this post. The 7 moles are mole poblano, mole Verde, mole negro, mole chichilo, mole Amarillo, mole coloradito and mole manchamantel. As theres several different varieties of mole, the ingredients will always vary. However, typically, they follow the same basic recipe of: toasted chiles, roasted vegetables, nuts, seeds, chocolate, dried fruit and bread/masa. Its then made into a sauce and served with protein, such as chicken or turkey. It usually tastes, spicy, smoky and slightly sweet. You may be curious as to the nutritional value of Oaxacan mole. The recipe were looking at contains the following per serving: Calories: 507 Fat: 23g Saturated Fat: 9g Cholesterol: 7mg Sodium: 1375mg Carbohydrates: 75g Fiber: 11g Protein: 11g Sugar: 43gMole Poblano (Red Mole). One of the most popular moles. Ingredients in this sauce usually include chiles such as ancho and mulato. Nuts such as almonds or peanuts are also typically used. Mole Verde. Lots of fresh herbs are used in this sauce. Jalapenos, tomatillos and cilantro are typical ingredients used, from which it gets its green coloring. Mole Negro. Sweet and spicy. Ingredients such as heavy spices like cumin and cinnamon, paired with chocolate. Hoja Santa is also a main ingredient of this dish. Mole Chichilo. Typically, beef stock is the main ingredient in this sauce, alongside chilies, such as ancho and arbol. Mole Amarillo. Spicy sauce which uses cornflour. Paired perfectly with shredded chicken. Mole Coloradito. Sweet plantains is the key ingredient in this sauce, alongside chocolate, chili and dried fruit and nuts. Mole Manchamantel. A fruity sauce, which typically includes chorizo, tomatoes and pineapple. Over the years, the recipe has changed slightly and enhanced the flavor of the dish. One of the most favored ingredients in mole is xocoatl. This is actually the Aztec word for chocolate! This simply means that it may not be authentic, and is simply in the style of an Oaxacan mole. Many people have made their own take on this infamous sauce/marinade and they do like to veer off from the traditional recipe to acquire the sauce to their own taste. Yerbero Authentic Artisan Mole Negro Oaxaqueo 1.1 Lb (455gr) | Artesanal Oaxacan Black Mole Paste This authentic recipe is inspired by one from All Recipes. It makes 4 servings. For full nutritional information, check above. Lets take a closer look. stemmed and seeded chiles (3 chipotle chiles, 2 ancho chiles, 2 guajillo chiles) 2 cup of chicken broth 1 torn dinner roll 2 corn tortillas (cut into strips) 2 tomatoes, halved 5 tomatillos, halved 1 onion, halved and sliced 1/2 head of garlic 1/3 cup of peanuts, chopped 1/4 cup of raisins 1 tbsp of lard 5 cloves 3 cinnamon sticks 3 tbsp of white sugar 1 tsp of salt 1 tbsp thyme 2 tbsp cumin seeds 5oz of chopped dark chocolate 1 cup of chicken broth 6 allspice berries You Might Want to Read these Related Articles: Heat a pan to a medium heat. Add the ancho, chipotle and guajillo chiles to a dry pan and cook for around 3 minutes. Once toasted, remove from heat and add to a blender. Add 2 cups of broth to a pan and leave to simmer for around 5 minutes. Once warm, remove from heat and add to the blender. Add the strips of tortilla and torn dinner roll to a dry pan. Be sure to stir often. Heat for around 3 minutes and add to the blender. Take Out Time to Also Read: Leave the tortillas and bread to soak in the broth in the blender. You want the bread to be soft, and this should take around ten minutes. Once softened, you can now blend the mixture of chiles, broth, bread and tortillas. Add the tomatoes and tomatillos to a pan and cook until soft. This should take around 4 minutes each side. Add to the blender. Add the lard to a pan and cook on a medium heat. Now add the raisins, peanuts, berries, cinnamon, cloves, garlic, onion, cumin and thyme. Cook for around 6-8 minutes. Now remove the whole spices and cinnamon, and add the rest of the mixture to the blender, and blend until smooth. Add the blended puree to a pan over a medium heat. Add the extra cup of chicken broth, along with the sugar, salt and most importantly, the chocolate! Keep stirring until the sauce has melted and the sauce begins to thicken. Leave to simmer for around 10-15 minutes until it reaches the consistency you require. Your mole is now ready to serve! I hope this post has helped you to become more familiar with an authentic Oaxacan mole recipe. While this recipe does contain a plethora of ingredients, its certainly worth the effort and its paired perfectly with protein or vegetables. Its full of flavor and perfect for any occassion. Do you have any tips or tricks when it comes to making an authentic Oaxacan mole? If so, please feel free to let me know in the comments below. Sharing is caring!Hi, my names Zo. Im 28 years old and live in London, UK. I work full time as a freelance writer and critic for West End theatre. Writing has been a passion of mine for as long as I can remember. I spend most of my free time at the theatre, or at conventions. Im married to the love of my life, and live in a small apartment with my fur baby, Lillie. I run two of my own blogs: No Safer Place and Stage to Page: both of which have won awards. I also have a YouTube channel where I talk about all things stagey.Photo byDotdash Meredith Food Studios Photo byDonnaAbsolutely fabulous as the recipe is! Photo byCarmenSo delicious!! The only thing I changed was adding about 9 Cascabel Chiles for spice, otherwise it was worth the effort. Since it just my husband and myself, I am able to freeze the enough for 3 more meals!! Or share Photo byLanie BrandonBoy, did I bite off more than I could chew on this one. I didn't know how many ingredients, nor how many steps it took to make an authentic mole. I could have gone with an easier recipe; but since I had tons of time on my hands, I was committed to see this to the end.Since this was my first time making mole, I followed all the steps. Stopping and tasting throughout the process, I adjusted the spices accordingly. Since I live in the Philippines and not all the ingredients are available here, I had to improvise: green tomatoes for tomatillos, cinnamon and nutmeg for allspice. I only had Thai and finger pepper chilis to work with; to make things more interesting, I dried a few peppers, roasted others, then mixed them in with some fresh ones. The resulting sauce had a very earthy taste to it: interesting, but nothing that really appealed to me. I read that it's much better to let the dish sit to allow the flavors to meld. After I let it sit in the refrigerator for half the day, I couldn't believe how complex the flavors were! I served it with braised pork over white rice with a squeeze of lime MUY DELICIOSO!Because of the time-consuming process of making mole, I'll only be making this for special occasions, or if I have friends or family over to help. Mole is definitely a taste experience that everyone should experience. Photo byLanie BrandonBoy, did I bite off more than I could chew on this one. I didn't know how many ingredients, nor how many steps it took to make an authentic mole. I could have gone with an easier recipe; but since I had tons of time on my hands, I was committed to see this to the end.Since this was my first time making mole, I followed all the steps. Stopping and tasting throughout the process, I adjusted the spices accordingly. Since I live in the Philippines and not all the ingredients are available here, I had to improvise: green tomatoes for tomatillos, cinnamon and nutmeg for allspice. I only had Thai and finger pepper chilis to work with; to make things more interesting, I dried a few peppers, roasted others, then mixed them in with some fresh ones. The resulting sauce had a very earthy taste to it: interesting, but nothing that really appealed to me. I read that it's much better to let the dish sit to allow the flavors to meld. After I let it sit in the refrigerator for half the day, I couldn't believe how complex the flavors were! I served it with braised pork over white rice with a squeeze of lime MUY DELICIOSO!Because of the time-consuming process of making mole, I'll only be making this for special occasions, or if I have friends or family over to help. Mole is definitely a taste experience that everyone should experience. Photo byMegannWonderful recipe. Lots of complex, balanced flavor. Photo byAndrew GagnonGreat recipe. I have made it as is and sometimes with my own adjustments. Its always good Mexican mole sauce is a complex and flavorful sauce that is made with a variety of ingredients, including chiles, spices, nuts, and chocolate. It is a staple of Mexican cuisine and is often served with chicken, pork, or enchiladas.Mexican mole sauce can be stored in the refrigerator for up to 3 days or in the freezer for up to 3 months. This post may contain affiliate links. Please read our disclosure policy.Learn how to make authentic mole sauce (mole poblano) from scratch! This unique and beloved traditional Mexican dish is made from a combination of various ingredients, including dried chiles, nuts and seeds, spices, chocolate, and dried fruit. Serve it over chicken or turkey, as a sauce for enchiladas, or in tamales for a showstopping meal. Making your own mole sauce at home can be a little intimidating, but once you see just how easy it is, youll be a pro in no time! Im not going to lie making mole sauce (specifically mole poblano) from scratch takes a little bit of time, but its not difficult or complicated. As long as you have all of your ingredients prepped and ready to go, you can totally do it. And the end result is so worth it! If you want to make a quick and easy mole sauce made from a jar of store-bought mole paste, take a look at my recipe for enmoladas. The mole sauce I use there is a shortcut version. Similar to Enchilada Sauce, Mole is a traditional Mexican dish known for its rich and complex flavors that have been around for decades. The word mole comes from the Nahuatl word mlli, which means milled or pounded, and is the term often used to refer to a variety of sauces that are typically chile-based. There are many different types of mole across Mexico, and one of the most popular versions is mole poblano. The birthplace of this iconic, world-renowned dish is traced back to Puebla and Oaxaca. Mole poblano is made from a unique combination of over 10 ingredients, including dried chiles, spices, nuts, seeds, dried fruit, and even chocolate. Each ingredient fits into one of these four categories sweet, sour, chile, or thickener. After being toasted and fried, theyre all blended together to create a deep, rich, and flavorful reddish-brown sauce thats absolutely delicious!Dried chiles: A combination of ancho and pasilla chiles. You can find them in the international foods aisle of your local grocery store or in a specialty Mexican grocer. If you cant find them in your area, buying them online is always a great option. Nuts and seeds: Raw almonds, unroasted and unsalted peanuts, raw pumpkin seeds, coriander seeds, and sesame seeds. Make sure to get the raw and unsalted variety if possible. Black peppercorns: Adds a surprising touch of heat to the dish. Corn tortilla: 1 plain store-bought corn tortilla is perfect. White bread: 1 slice of white bread or French bread. This, along with the tortilla, acts as a thickener. Raisins: Adds a nice fruity element to the sauce without making it overly sweet. Mexican chocolate: 1 round disc of Mexican chocolate adds a beautiful depth of flavor to the mole sauce and some sweetness that pairs perfectly with the chiles. You can find Mexican chocolate in the international foods aisle of your local grocery store or in a specialty Mexican grocer. If you cant find it in your area, you can buy it online. Mexican cinnamon stick: If you cant findMexican cinnamon sticks(also known as Ceylon cinnamon sticks), you can use 2 teaspoons of ground cinnamon. There are actually over 7 types of common mole recipes manchamantel, chichillo, verde, negro, coloradito, amarillo, and mole poblano! Even within these familiar recipes, there are infinite variations to them. Cook the chicken: Add the chicken to a large pot and cover it with water. Bring it to a boil, reduce heat to medium, cover, and cook for 15 minutes. Toast ingredients: In a large Dutch oven, add oil and dried chiles, separate into two batches, cook for 1 minute until fragrant, and transfer to a large mixing bowl. Do this with the second batch of dried chiles, all nuts, seeds, tortilla, bread, cinnamon stick, and onions. Soak: Once all ingredients are toasted and in a large mixing bowl, add 7 cups of chicken broth. Allow it to soak for 15 minutes. Blend: Working in two batches, place half of the soaked ingredients in a blender and blend until smooth. Pour the blended mixture through a fine mesh strainer and into the same large Dutch oven used for frying. Repeat with the remaining ingredients and liquid. Heating: Add Mexican chocolate, chicken bouillon, and salt in the large Dutch oven, mixing it with the mole sauce. Heat over medium heat and cook for 8 minutes. Serve: Add in cooked chicken and heat for 2 minutes. Place a piece of chicken with sauce on a plate and enjoy! Watch the chiles closely when frying, and try not to burn them. This can happen quickly and taste bitter if burned. If you just want to make the sauce and not the chicken that goes along with it, youll need 7 cups of chicken broth. Strain the sauce for a silky smooth consistency. Mole is often served with some traditional Mexican sides that complement its rich and complex flavor. Here are a few suggestions: Mexican rice Corn tortillas Flour tortillas Pinto beans Mole poblano can be stored in an airtight container in the refrigerator for up to 7 days or in the freezer for up to 4 months. To reheat, rewarm it on the stove and add additional chicken broth to reach desired consistency. 1 4-6 pound whole chicken*, cut into pieces Water, as needed 6 tablespoons vegetable oil, divided 8 ancho chiles, (about 4 ounces), rinsed, stemmed, seeded, and torn into pieces 8 pasilla chiles, (about 2 ounces), rinsed, stemmed, seeded, and torn into pieces 1 cup raw almonds 1 cup unsalted peanuts cup raw pumpkin seeds 1 corn tortilla 1 slice white bread 1 cup raisins 1 4-inch Mexican cinnamon stick 10 whole black peppercorns teaspoon coriander seeds 3 clove garlic 2 cloves 1 medium white onion, sliced cup sesame seeds, plus more for garnish 3.1 ounces Mexican chocolate (about 1 round disc) 2 tablespoons kosher salt 2 chicken bouillon cubes Add the chicken to a large pot and cover with enough water to fully submerge it plus 1 inch. Bring it to a boil over high heat, reduce the heat to medium, cover, and cook for 15 minutes or until the chicken is fully cooked. Carefully transfer the chicken pieces to a large plate and set aside to cool. Cover the pot to keep the chicken broth hot and set aside for later use.Heat 4 tablespoons of oil in a large Dutch oven or pot over medium-high heat. Add of the ancho chiles, of the pasilla chiles, and fry for 1 minute until fragrant, stirring frequently to avoid burning them. Shake off any excess oil from the chiles and transfer them to a large heat-safe bowl. Add in the remaining batch of ancho and pasilla chiles, and repeat.To the same pot, add the almonds, peanuts, and pumpkin seeds. Pan fry for 1 minute until lightly toasted and fragrant. Transfer them to the same large heat-safe bowl.In the same pot, heat 1 more tablespoon of oil. Add the corn tortilla and lightly fry for 30 seconds on each side. Transfer it to the bowl.In the same pot, add the white bread and lightly toast for 30 seconds on each side. Transfer it to the bowl.Heat another tablespoon of oil in the same pot and add the cinnamon stick. Fry for 30 seconds, stirring often, then add in the raisins and continue frying for 2 minutes. Transfer everything to the large bowl.Heat another tablespoon of oil in the same pot. Add the black peppercorns, coriander seeds, garlic, and cloves, and lightly fry for 1 minute, stirring often. Transfer it to the bowl.Heat another tablespoon of oil in the same pot and add the onions. Fry for 3 minutes until softened, then transfer them to the large bowl.Heat another tablespoon of oil in the same pot and add the sesame seeds. Fry for 1 minute until lightly toasted, stirring often, then transfer them to the bowl. Remove the pot from the heat and set aside.Add 7 cups of the reserved hot chicken broth to the large bowl of fried ingredients. Cover with aluminum foil or plastic wrap and let everything soak for 15 minutes.Transfer half of the softened ingredients along with half of the liquid to a large blender and blend for 3 to 5 minutes on high until its as smooth as possible. Pour the blended mixture through a fine mesh strainer and into the same large Dutch oven or pot used for frying. Repeat with the remaining ingredients and liquid.Add the Mexican chocolate, chicken bouillon, and salt in the large Dutch oven or pot filled with the strained mole sauce. Heat over medium heat and cook for 8 minutes, until the chocolate has completely melted and the chicken bouillon has fully incorporated into the sauce. Taste and season with additional salt if necessary.Add in the cooked chicken pieces and cook for 2 more minutes to heat everything through. Serve chicken with a generous helping of mole sauce and garnish with sesame seeds. Chicken: If you just want to make the sauce and not the chicken that goes along with it, youll need 7 cups of chicken broth.Mexican cinnamon: If you dont have a Mexican cinnamon stick (also known as Ceylon cinnamon), you can use 2 teaspoons of ground Ceylon cinnamon instead. If using ground cinnamon, add it in step 12 along with the Mexican chocolate, chicken bouillon, and salt. Serving: 1serving | Calories: 506kcal | Carbohydrates: 78g | Protein: 20g | Fat: 40g | Saturated Fat: 5g | Polyunsaturated Fat: 14g | Monounsaturated Fat: 19g | Trans Fat: 0.04g | Cholesterol: 0.2mg | Sodium: 2075mg | Potassium: 1843mg | Fiber: 27g | Sugar: 31g | Vitamin A: 18545IU | Vitamin C: 24mg | Calcium: 217mg | Iron: 8mg Nutrition information is automatically calculated, so should only be used as an approximation. Leave a comment and star rating below! Have you ever wondered how to recreate the complex, rich flavors of authentic Mexican homemade mole sauce in your own kitchen? This traditional recipe unlocks the secrets of Mexicos most celebrated sauce, combining over 20 ingredients to create a deeply satisfying culinary masterpiece. While mole may seem intimidating, this step-by-step guide breaks down the process into manageable stages, ensuring you can master this iconic sauce that has been perfected over centuries. From toasting chiles to balancing sweet and savory notes, youll learn the authentic techniques that make homemade mole sauce truly extraordinary. Mole (pronounced MOH-lay) is a complex Mexican sauce that originated in Puebla and Oaxaca. The word comes from the Nahuatl word molli, meaning mixture or concoction. Traditional mole poblano contains anywhere from 15 to 30 ingredients, including various chiles, nuts, seeds, spices, chocolate, and aromatics. The result is a rich, velvety sauce with layers of flavor that can take days to prepare using traditional methods. 6 ancho chiles, stemmed and seeded 4 mulato chiles, stemmed and seeded 3 pasilla chiles, stemmed and seeded 2 chipotle chiles, stemmed and seeded 1 guajillo chile, stemmed and seeded1/4 cup blanched almonds 1/4 cup peanuts (unsalted) 2 tablespoons sesame seeds 2 tablespoons pumpkin seeds (pepitas) 1/4 cup raisins1 large white onion, quartered 6 cloves garlic, peeled 3 roma tomatoes, halved 2 tomatillos, husked and halved1 cinnamon stick (Mexican canela preferred) 4 whole cloves 6 black peppercorns 1/2 teaspoon dried oregano (Mexican preferred) 1/4 teaspoon dried thyme 1 bay leaf 1/2 teaspoon anise seeds2 oz Mexican chocolate (or dark chocolate) 2 corn tortillas, torn into pieces 2 slices of bread, torn into pieces 2 tablespoons lard or vegetable oil 4-6 cups warm chicken or vegetable broth 2 tablespoons brown sugar 1 tablespoon salt (or to taste)Large comal, cast iron skillet, or heavy-bottomed pan Blender or food processor Fine-mesh strainer Large heavy-bottomed pot or Dutch oven Wooden spoon Kitchen tongs Heat a large comal or cast iron skillet over medium heat. Toast each variety of chile separately, pressing them flat with a spatula for 10-15 seconds per side until fragrant and slightly puffed. Dont let them burn or theyll become bitter. Transfer toasted chiles to a large bowl and cover with hot water. Let soak for 20-30 minutes until softened. Drain chiles and set aside, reserving 1 cup of the soaking liquid.In the same pan, toast almonds until golden, about 3-4 minutes. Remove and set aside. Toast peanuts until golden, about 2-3 minutes. Remove and set aside. Toast sesame seeds until golden, about 1-2 minutes, stirring constantly. Remove and set aside. Toast pumpkin seeds until they puff and pop, about 2-3 minutes. Remove and set aside. Add raisins to the hot pan for 30 seconds until they puff slightly. Remove and set aside.In the same pan, char onion quarters until blackened in spots, about 8-10 minutes total. Char garlic cloves until soft and spotted, about 5-6 minutes. Char tomatoes and tomatillos cut-side down until blackened, about 6-8 minutes. Set all charred vegetables aside.Toast cinnamon stick, cloves, peppercorns, oregano, thyme, bay leaf, and anise seeds in the dry pan for 1-2 minutes until fragrant. Toast torn tortillas and bread pieces until golden and crispy, about 3-4 minutes.In a blender, combine the softened chiles with 2 cups of warm broth. Blend until completely smooth, about 2-3 minutes. Strain through a fine-mesh strainer, pressing solids with the back of a spoon. Set aside. Blend the toasted nuts, seeds, and raisins with 1 cup broth until smooth. Strain and set aside. Blend the charred vegetables with 1 cup broth until smooth. Strain and set aside. Blend the toasted spices, tortillas, and bread with 1 cup broth until smooth. Strain and set aside.Heat lard or oil in a large, heavy-bottomed pot over medium heat. Add the chile mixture first and cook, stirring constantly, for 10-15 minutes until it darkens and reduces by about half. Add the nut and seed mixture, cook for 5 minutes, stirring constantly. Add the vegetable mixture, cook for 5 minutes, stirring constantly. Add the spice and bread mixture, cook for 5 minutes, stirring constantly. Add the chocolate and stir until melted and incorporated. Gradually add remaining broth until you reach desired consistency (should coat the back of a spoon but still be pourable). Add brown sugar and salt to taste. Simmer on low heat for 45 minutes to 1 hour, stirring occasionally, until flavors meld and sauce is rich and complex. Traditional Uses: Mole Poblano: Serve over turkey or chicken Enchiladas de Mole: Use as sauce for cheese or chicken enchiladas Tamales: Use as filling or topping Chiles Rellenos: Serve alongside stuffed poblano peppers Modern Applications: Braised meats: Use as braising liquid for pork or beef Pasta sauce: Toss with pasta and grilled vegetables Pizza sauce: Use as base for Mexican-inspired pizzas Dipping sauce: Serve with tortilla chips or grilled meats Refrigerator Storage: Store in airtight container for up to 1 week. The flavors actually improve after a day or two. Freezer Storage: Freeze in portions for up to 6 months. Freeze in ice cube trays for easy portioning. Make-Ahead Strategy: Mole can be made entirely ahead of time. In fact, its often better the next day as flavors continue to develop. Reheating: Thin with additional broth if needed when reheating, as mole thickens when cold. Too Bitter: Add more chocolate or brown sugar to balance acidity from chiles. Too Sweet: Add a pinch of salt or a squeeze of lime juice. Too Thin: Simmer uncovered to reduce, or blend in additional toasted bread or tortillas. Too Thick: Gradually add warm broth until desired consistency is reached. Lacking Depth: Ensure all ingredients were properly toasted this is crucial for flavor development. Mole Negro (Oaxacan): Uses over 30 ingredients including plantains and avocado leaves. Mole Coloradito: A simpler red mole with fewer ingredients but equally delicious. Mole Verde: Made with green chiles, herbs, and pumpkin seeds. Mole Amarillo: A yellow mole from Oaxaca featuring guajillo chiles and hoja santa. Mole sauce is surprisingly nutritious, containing antioxidants from chiles and chocolate, healthy fats from nuts and seeds, and various vitamins and minerals. The complex carbohydrates from tortillas and bread provide sustained energy, while the capsaicin in chiles may boost metabolism. Mole represents the fusion of indigenous and Spanish culinary traditions in Mexico. Legend attributes its creation to nuns at the Convent of Santa Rosa in Puebla, who created the dish to honor a visiting bishop. The sauce embodies the complexity and richness of Mexican cuisine, requiring patience, skill, and respect for traditional techniques. Quality Ingredients: Use Mexican chiles and chocolate when possible for authentic flavor. Patience is Key: Dont rush the toasting process each ingredient needs proper development of flavor. Strain Everything: Straining each component ensures a silky smooth final texture. Taste and Adjust: Mole should be balanced no single flavor should dominate. Low and Slow: The final simmering stage is crucial for melding all the complex flavors together. Creating authentic homemade mole sauce is a labor of love that connects you to centuries of Mexican culinary tradition. While the process requires time and attention, the results are incredibly rewarding. This rich, complex sauce will elevate any dish and provide you with a deep appreciation for the artistry of Mexican cuisine. Buen provecho! Im Jennifer, the writer, recipe developer and photographer behind this site. I love food! I dream in food! I started CGC in October of 2011 as a way to catalog the constant thoughts of food that float through my mind. The best part of my day is dancing around my kitchen to music, singing my lungs out, while creating and photographing dishes inspired from years of travel, mixed with good ole southern culture to share with you. Thanks for reading and I hope you keep coming back for more recipes, travel bits and a dash of this and that... Cheers! Latest posts by Jennifer Glover (see all) White pizza sauce represents a sophisticated departure from traditional tomato-based pizza sauces, offering a rich, creamy foundation that transforms ordinary pizza into an elegant culinary Bacon stuffed corn cakes represent the perfect marriage of Southern comfort and innovative cooking, combining the sweet, tender texture of corn cakes with the smoky, Author's default profile picture Homer Branch Modified: November 12, 2023 Authentic Mexican Mole Sauce Recipe Ingredients 3 chipotle chiles, dried, stemmed and seeded 2 guajillo chiles, dried, stemmed and seeded 2 ancho chiles, , or pasilla peppers, stemmed and seeded 2 cup chicken broth 1 dinner roll, torn into pieces 2 corn tortillas, cut into 1-inch strips 5 tomatillos, cut in half crosswise 2 tomatoes, cut in half crosswise 1 tbsp lard 1 onion, halved and thinly sliced 12 garlic head, peeled and sliced 13 cup peanuts, chopped cup raisins 2 tbsp cumin seeds 1 tbsp dried thyme 6 allspice berries, whole 5 cloves 3 cinnamon sticks 1 cup chicken broth 5 oz dark chocolate, coarsely chopped 3 tbsp white sugar 1 tsp salt Instructions Toast chipotle, guajillo, and ancho chiles in a dry pan over medium heat, stirring constantly, until warm and aromatic, about 3 minutes. Transfer to a blender. Heat 2 cups chicken broth in a saucepan until it begins to simmer, about 5 minutes. Pour broth into the blender. Toast dinner roll pieces and tortilla strips in a dry pan over medium heat, stirring constantly, until lightly browned, about 3 minutes. Transfer to the blender with chicken broth and chiles. Allow the chiles, toasted bread, and tortillas to soak, fully submerged, in the chicken broth until softened, about 10 minutes. Blend the mixture until smooth. Cook tomatillos and tomatoes in a dry skillet on medium-high heat until soft and blackened, 3 to 4 minutes per side. Place tomatoes in the blender with the chile puree. Melt lard in a large skillet over medium heat. Stir in onion, garlic, peanuts, raisins, cumin seeds, thyme, allspice berries, cloves, and cinnamon sticks; cook and stir until onions are soft and golden, 5 to 8 minutes. Remove the cinnamon sticks and other whole spices; add onion mixture to the blender with the chile-tomato mixture and blend until smooth. Pour chile puree into a large saucepan over medium heat. Stir in 1 cup chicken broth, chocolate, sugar, and salt. Bring mixture to a simmer; stir until chocolate is melted and sauce is thickened and slightly reduced, 10 to 15 minutes. Nutrition Sugar: 33g : Calcium: 684mg Calories: 3197kcal Carbohydrates: 151g Cholesterol: 5mg Fat: 255g Fiber: 62g Iron: 29mg Monounsaturated Fat: 112g Polyunsaturated Fat: 84g Potassium: 4700mg Protein: 135g Saturated Fat: 46g Sodium: 1446mg Trans Fat: 1g Vitamin A: 5764IU Vitamin C: 26mg Nutrition Disclaimer Want to share your own mole sauce recipe or discuss the flavors and techniques behind this classic Mexican dish? Join the conversation in the World Cuisines forum and let us know your thoughts on this authentic Mexican mole sauce recipe! Share your own special recipe Have your own special recipe to share? 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