

Mole Chicken Tacos

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4 servings

Ingredients:

4 guajillo chiles, stemmed and seeded
 4 ancho chiles, stemmed and seeded
 6 chipotle chiles, stemmed and seeded
 1 tablespoon peppercorns
 1 cinnamon stick
 ¼ teaspoon cumin
 3 whole cloves
 ¼ teaspoon allspice
 2 large tomatoes, cut into 1-inch chunks
 1 onion, cut into 1-inch chunks
 10 garlic cloves, unpeeled
 3 tablespoons fresh thyme
 3 tablespoons fresh oregano
 ¼ cup peanuts, toasted
 ¼ cup almonds, toasted
 ¼ cup raisins
 2 ½ cups chicken stock
 3 tablespoons vegetable oil
 1 14-ounce can tomato puree
 4 ounces Mexican dark chocolate, chopped
 3 boneless chicken breasts
 Kosher salt and black pepper, to season
 4 flour tortillas
 Fresh cilantro, chopped
 1 radish, sliced
 Queso fresco, crumbled
 Lime wedges

Method of Preparation:

1. Preheat oven to 400 degrees.
2. Save and reserve all of the seeds that are removed from the chiles.
3. In a large skillet over medium high heat, toast the chiles until lightly browned. Remove from skillet and place in a medium bowl with hot water to soften, about 30 minutes.
4. In the same skillet, add the chili seeds and toast until light brown. Remove from the pan to a small bowl. Add the peppercorns, cinnamon stick, thyme, cumin, cloves, allspice to the skillet to toast for a few seconds until fragrant. Once toasted, add them to the bowl of chili seeds.
5. On a baking sheet, combine tomatoes, onion and garlic (with peel on) and roast until caramelized on all sides, about 20 minutes.
6. Once the vegetables are caramelized, peel the garlic and place all of the vegetables into a food processor.



7. Drain the chili liquid and add to a food processor, along with the seeds, spices, thyme, oregano, peanuts, almonds, raisins and 1 cup chicken stock. This will make you about 3 cups of mole paste.
8. In a large skillet, add 3 tablespoons of vegetable oil until hot. Add the tomato puree and cook for two minutes. Carefully pour about 1 cup of the pureed mixture into the pot and bring to a boil. Lower the heat and add chocolate. Cook about 30 minutes.
9. For the chicken: heat a cast iron skillet with a tablespoon of oil. Season with salt and pepper and sear chicken on both sides until achieves a nice crust and golden brown color. Remove and add to the mole mixture.
10. Add the remaining chicken stock to the chicken and mole mixture and cook for an additional six minutes, until smooth and reaches desired texture. Cook about 30 minutes to an hour until the chicken is fully cooked and reaches an internal temperature of 165 degrees, and shreds apart nicely.
11. Serve chicken in flour tortillas with cilantro, radish, queso fresco and lime to garnish.

Nutritional Analysis:

Calories: 720
Carbohydrates: 71 g
Sodium: 907 mg
Protein: 50 g
Fat: 29 g
Fiber: 11 g