

Mole



Spicy, Sweet, Fruity

The History of *Mole*

The word Mole comes from Nahuatl, the pre-Columbian language of Mexico, and means a sauce that is blended with more than one chile or more than one ingredient. Americans understand it to be the classic dark sauce of southern Mexico near Oaxaca and Puebla that contains many ingredients (from 10-35), including nuts, chiles, and chocolate. But there are MANY moles, including red mole, yellow mole as well as green moles that use only fresh chiles and fresh herbs.

The seven classic Moles of Oaxaca, Mexico (there are many versions)

- *Negro*
 - Savory/Sweet and the one found on most American menus. Dried fruit for sweetener and lots of dark chocolate for bitterness, very dark in color.
- *Rojo*
 - Red Mole also known as Mole Poblano is the traditional mole of Oaxaca. This uses less chocolate, is sweeter, spicier and uses several types of peppers as well as fruits and nuts.
- *Coloradito*
 - Translated “a shade of red”, somewhere between rojo and negro, shares the traditional ingredients of classic mole with the addition of ripe plantains for added sweetness
- *Amarillo*
 - No chocolate in this one! All the other ingredients of a traditional mole, just leave out the chocolate.....why??
- *Verda*
 - White on the inside, green on the outside.....a pumpkin seed. You won't find any roasted dark peppers in this one! Lots of pepitas, jalapenos, tomatillos and cilantro!
- *Chichilo*
 - We're about to get intense! A dark spicy mole that starts with beef stock, the peppers are rehydrated in the stock and then blended with the slow cooked garlic and onions. Mole Chichilo is then thickened with masa harina (tortilla flour), lime cured corn flour, or crushed tortillas, no chocolate in this one either. Great for braising.
- *Manchamantel*
 - “The tablecloth stainer”, between the bright red chorizo grease, tomatoes and ancho chiles, you don't want to get this one on your clothes! This mole has fresh pineapple and plantains as an addition to the traditional mole and is fruity, sweet and spicy!

The “basics”there is nothing basic about this!!

- Clean the chiles
- Roast and soak chiles
- Blacken the seeds and stems (for dark mole)
- Sweat the onions and garlic
- Grill the bread (if using)
- Toast the Nuts and Spices
- Toast the Dried Fruit
- Blend all ingredients
- Valla!! (not hardly)

The “Base” Ingredients

The ingredients for Mole can be lumped into five basic categories:

- **Chili**
 - Ancho
 - Guajillo
 - Chipotle
 - Achiote
 - Serrano
 - Mulato
 - Pasilla
- **Sour**
 - Tomatillo
 - Tomato
 - Chocolate
- **Sweet**
 - Plantains
 - Raisins
 - Cherries
 - Strawberries
 - Almost any fruit or berry
- **Spice**
 - Cloves
 - Cinamon
 - Oregano
 - Allspice
 - Peppercorns
- **Thickeners**
 - Tortilla
 - Stale Bread
 - Nuts
 - Almonds
 - Peanuts
 - Pepitas
 - Pecans
 - Hazelnuts
 - Walnuts