

TASTE THE WORLD

Presented by WOMADelaide with the support of Providore Fine Foods and Envestra

Mole Recipe – Lila Downs (Mexico)

Ingredients:

3 1/2 pounds chicken and chicken stock
5-6 dried chilli peppers or bell peppers
1 large white onion chunked
1/2 head of garlic cloves separated
1 clove
Sprig of oregano
Sprig of thyme
1/2 pound tomatoes 2 large or 4-5 plum
10 tablespoons flour diluted in 1 1/2 cup cold water
4 cups cilantro leaves

Begin by making a chicken or turkey stock

3 1/2 pounds chicken breasts
1 large white onion
2 celery ribs with leaves
1 dried pepper or half fresh bell pepper
1/2 large or 1 small head of garlic
3 black peppercorns
salt to taste approx 1 tablespoon

Method:

Put the seasoning ingredients and 5 cups water in a 6-quart stockpot and bring to a boil. Add the chicken breasts and cook for about 45 min to an hour over low heat until done. Remove the chicken from the stock. Separate the meat from the bones and divide into eight or more smaller pieces. Set stock aside.

Boil the dried chillies or peppers, onion, garlic, cloves, pepper and oregano. Place in blender with 1/2 cup of chicken stock. Blend well. Strain through colander to remove tomato and chilli skins. Add the chilli mixture to the boiling stock, stir for 5 minutes and add the flour mixture slowly, spoon by spoon. Add salt to taste and accompany with white rice.

This dish can also be accompanied by corn tortillas, warm beans and a shot of Mezcal or Tequila.

Serves eight people.

March 9-11 Botanic Park ADELAIDE

PRODUCED BY WOMADELAIDE FOUNDATION LTD ABN 55 106 584 230 ACN 106 584 230 & MANAGED BY ARTS PROJECTS AUSTRALIA & WOMAD LTD
12 King William Road, Unley SA 5061 T + 61 8 8271 1488 F + 61 8 8271 9905 E apadmin@artsprojects.com.au W www.womadelaide.com.au

