

## Cooking for Wellness



## **Chichilo Mole Sauce (Mexican Chilies)**

Yields: 6 cups of sauce Preparation Time: 1 hour

## Ingredients

- 4 dried red chilhuacle peppers
- 3 dried ancho chili peppers
- 1 tomato
- 1 garlic clove, peeled
- 1 tomatillo
- 2 cloves
- ½ teaspoon cumin
- 2 corn tortillas
- 3 cups chicken stock (low sodium)
- 2 tablespoons vegetable shortening
- 6 whole peppercorns
- 2 garlic cloves, minced
- ½ tablespoons salt



## Instructions

- 1. Remove the veins and seeds of the chilhuacle and ancho chili peppers.
- 2. Heat cast iron skillet over medium heat. Place dried chilies, tomato, garlic, and tomatillo into the pan and cook until the skin of the tomato looks charred and toasted. Turn off heat.
- Spoon just the tomato, tomatillo and garlic into a blender leaving the chilies in the skillet. Puree the tomatoes and pour into a separate bowl and container and reserve
- 4. Cover the toasted chilies with water and bring to a simmer. Cook for 10 minutes until they are soften.
- 5. Toast 2 corn tortillas in a dry skillet for about 30 seconds per side.
- 6. Strain the chilies, reserving about 1 cup of the water. Put the chilies and tortillas into the emptied blender and puree. Add the cloves, cumin, and peppercorns and puree until smooth.
- 7. Pour the pureed chilies/tortilla mixture and the tomato mixture back into the cast iron skillet along with the 1 cup of water. Bring to a simmer and cook for about 20 minutes until it thickens and darkens in color.