

Oaxacan Chicken Mole Recipe
adapted from bon appetit.fast easy fresh cookbook (2006)

SERVES 6-8

- * 4 boneless skinless chicken breast halves, each cut into 2 pieces (8 pieces total)
- * 5 teaspoons chili powder, plus more for seasoning chicken
- * 1 1/2 tablespoons achiote oil (made from annato seeds and olive oil*)
- * 1 teaspoon ground cumin
- * 1 teaspoon ground cinnamon
- * 1 (14 ounce) can diced stewed tomatoes, with juices
- * 1 tablespoon semi-sweet chocolate

1. Flatten chicken pieces with a mallet so that they are an even thickness, then season the chicken with chili powder, salt and pepper to taste.

2. In a large heavy skillet, heat the oil over medium-high heat and cook 3 or 4 pieces of the chicken at a time (leaving room between pieces so that chicken cooks rather than steams) until brown on both sides (about 2 minutes per side); transfer cooked chicken to a covered casserole dish. When all of the chicken has been browned and removed from the skillet, add the remaining chili powder, along with the cumin and cinnamon, to the skillet and saute, stirring, for 15 seconds. It will form a paste similar to a roux.

3. Stir in the tomatoes and their juices along with the chocolate and simmer until the sauce thickens up, about 5 minutes.

4. Add chicken, along with any juices that have accumulated in the dish, back into the skillet and simmer until the chicken is cooked through, about 4 minutes.

5. Taste sauce; add more tomatoes or tomato sauce, or salt and pepper, if desired.

*Achoite Oil recipe from Daisy Cooks can be found at:
http://www.daisycooks.com/pages/recipes_detail.cfm?ID=2