



Recipe for: Chicken Mole

From the kitchen of: Judith Freeman

### Ingredients

One whole chicken  
1 onion, cut into quarters  
2 stalks celery cut into chunks  
1 jar Dona Maria mole (or any other brand)  
1 1/2 Tbs oil (canola, vegetable, or olive oil)  
1-2 Tbs flour  
Broth from the chicken

### Directions

In a large pot, put the whole chicken in enough water to cover, along with the onion and celery and one tsp salt, and bring to a boil. Cover and lower the heat to a simmer and cook for approximately one hour. Remove chicken from broth and let cool, then shred it with your hands into nice-sized pieces—not too small. Strain the broth and set it aside, you will use this for the mole sauce.

Once the chicken has cooled, removed the meat from the bones. In a large pot heat the oil over medium heat and stir in the flour, making a little roux, and then add the mole paste, stirring with wooden spoon until it has blended into a smooth paste. Add the chicken broth a cup at a time, stirring to make a velvety sauce. Continuing adding broth while stirring until the sauce has the consistency of a not-too-thick gravy. Add the shredded chicken and let it simmer in the sauce for about ten minutes. Add a bit more broth if the mole has become too thick. Enjoy with tortillas, and maybe some rice on the side.

### Story

When I first met my husband, Anthony Hernandez, his mother, who was born in Mexico, taught me to cook some of her favorite recipes, including one for Chicken Mole. Rather than making it from scratch—an arduous process requiring many ingredients—she relied on a jar of Dona Maria mole, available in the Mexican food section of most supermarkets, and adding a few of her own touches. Here is her recipe and the list of ingredients you'll need to make a mole that's sure to be a hit with friends and family. In the late 1970s my husband Tony and I used to make a trip to New York City every year and throw a party in our friend Mary's loft, making Mexican food for everyone. We had to bring the ingredients for mole and tamales with us from LA because you couldn't find those things in stores in New York then. Now of course Mexican food is so popular it's everywhere! Here we are (see photo), cooking for friends all those years ago.



Tony and Judith

