

MOLE POBLANO

Curiosity about world cuisine asserted itself in Italy in the 1990s, in part thanks to books. This was the case for the bestseller "Like Water for Chocolate" by Laura Esquivel, which included mole poblano, one of the oldest recipes.



INGREDIENTS:

- 1** small turkey (1.2kg)
- 8** chili peppers
- 1** small onion
- 1 tbsp** sesame seeds
- 1 tbsp** almonds
- 1 tbsp** peanuts
- 5** cloves of garlic
- 50 g** Emilia dark chocolate
- 1 tbsp** sugar
- 30 g** stale bread
- some** corn oil
- some** aniseed
- some** cloves
- some** cinnamon
- some** cooked white rice on the side



Difficulty
EASY



Preparation
135 min



Portions
4/6

- 1** Boil the rice and in a separate pot boil the turkey, keeping the broth. In a saucepan, sauté finely chopped garlic and onion in a little bit of oil, then add the crumbled bread, the spices that have been crushed using a mortar and pestle or ground, the toasted and crumbled chili peppers, the sesame seeds, almonds and peanuts that have been toasted and made into a paste and lastly the crumbled chocolate

TIP

For a full meal, add a side of white rice.

- 2** Add a cup of the turkey broth. Salt to taste, cover and cook for about 1 hour. Turn off the heat and blend to make it homogeneous.
- 3** Dress the deboned turkey with the sauce and serve.