



Culinary Institute  
of America

# Mexican Cuisine

Day 3: Mole

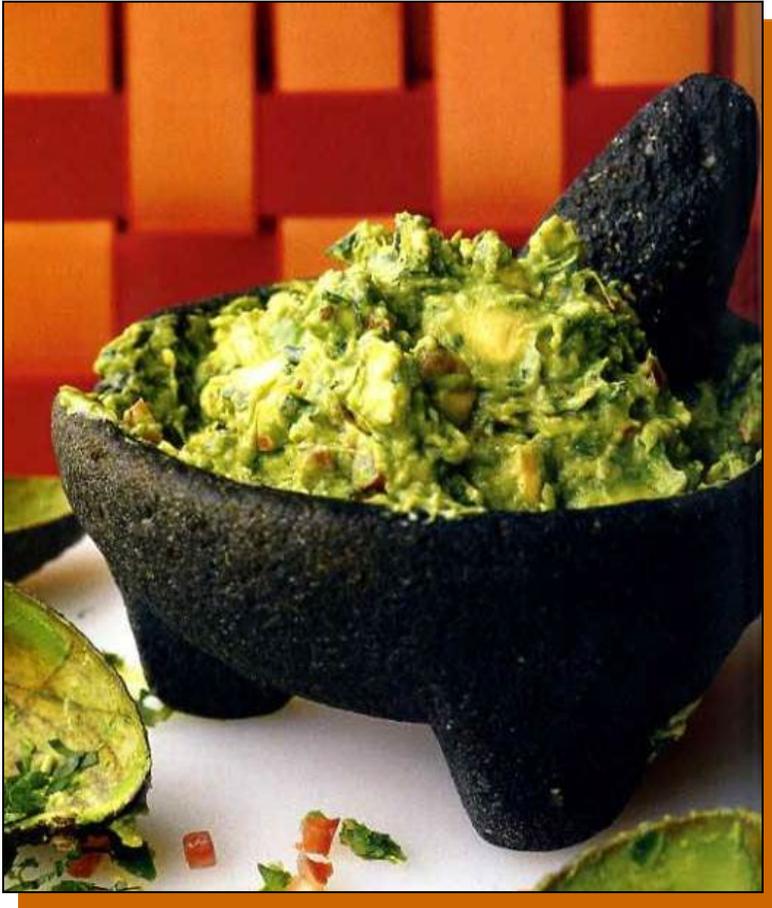


# Mole

- Traditional Mexican sauce and marinade
- Originated in Puebla and Oaxaca
- Mixture of various flavors and ingredients from North America, Europe, Africa, and Asia
- Contain some combination of nut, fruit, and chile



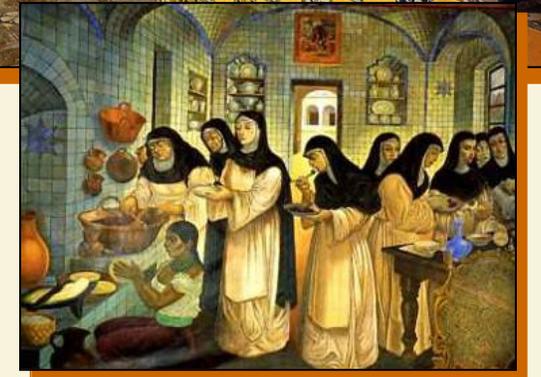
# Mole



- Pronounced mo-LAY
- From the Nahuatl *molli* meaning “a mix or sauce”
- “Guacamole” means “avocado mix”
- Considered the national dish of Mexico
- Making mole from scratch is a time-consuming labor of love
- Usually reserved for special occasions

# Mole Origin Legends

- A poor convent in Puebla created the dish in a panic from what few ingredients they had, due to the impending visit of an archbishop.
- Several spices accidentally got mixed up, and thus *mole* was born.
- Moctezuma served it to Cortés when he arrived in Mexico, mistakenly thinking he was a god.



# Mole Ingredients

- Chiles: fresh or dried
- Vegetables
- Fruits: fried or fresh
- Spices
- Thickeners



# Common Misconceptions

- Can contain chocolate, but it is not a chocolate sauce
- Lard?
- Protein?



# Mole Techniques



- Cleaning dried chiles
- Toasting dried chiles
- Blackening dried chiles
- Reconstituting dried chiles
- Toasting/ blackening dried chile seeds
- Burning chile seeds and tortillas
- Dry roasting garlic/ onion
- Dry roasting tomatoes / tomatillos
- Toasting/ dry roasting fragrant spices
- Sautéing fragrant spices

# Mole Techniques

- Toasting/ dry roasting nuts and seeds
- Sautéing nuts and seeds
- Blending/ puréeing chiles
- Blending *mole* ingredients
- Grinding *mole* ingredients
- Straining: small mesh sieve
- Frying chile pastes
- Reducing blended/ pureed mixtures
- Adding broth/ stock to a *mole*
- Poaching proteins for *mole*



# Oaxaca's Seven Moles

**Mole Amarillo:** Lighter, bright flavors, tomatillo, hoja santa, chiles

**Mole Chichilo:** Dark, beef broth-based, bitter, gravy-like texture, dark roasted chiles

**Mole Coloradito:** Red color, variety of chiles, sweet, tangy, fruity, smoky

**Mole Manchamanteles:** Chorizo and Ancho Chile-based, Pineapple, smoky and fruity

**Mole Negro:** Black bean based, usually addition of chocolate, complex

**Mole Rojo:** Tomato-based, dried chiles, accompanies beef or pork dishes

**Mole Verde:** Tomatillo based, ground squash or pumpkin seeds, herbs