

Caramelo Covered-Dish Luncheon

Manchamanteles Mole: Chicken and Fruit Stew

("Tablecloth Stainer")

Recipe adapted from www.mexconnect.com

Distribute only 10 copies

Serves 8

Shopping list:

- chickens, cut into serving pieces
- white onion
- cloves
- carrots
- garlic
- thyme
- marjoram
- lard or oil
- ancho chiles OR ancho chile powder
- blanched almonds
- stick cinnamon
- roma tomatoes
- plantains
- sweet potatoes
- fresh pineapple
- apple (optional)
- pear (optional)
- sugar

Ingredients:

For the chicken:

- 2 chickens, cut into serving pieces
- 1 medium white onion, studded with 2 cloves
- 2 carrots, peeled and cut into chunks
- 4 large cloves garlic, peeled
- 2 sprigs each thyme and marjoram (can substitute dried herbs; ¼ teaspoon each dried powdered thyme and marjoram)
- salt to taste
- water to cover

For the sauce:

- 2 tablespoons lard or oil
- 8 ancho chiles, seeded and deveined (can substitute 8 teaspoons ancho chile powder; see notes in method, below)
- 2 oz. blanched almonds
- 1 1/2" stick cinnamon, broken into pieces
- 2 whole cloves
- 4-6 roma tomatoes, roasted, peeled, seeded and chopped
- 1 small white onion, sliced
- 2 large cloves garlic, peeled
- 2 plantains, peeled and sliced
- 2 sweet potatoes, peeled and sliced
- 3 thick slices fresh, sweet pineapple, cut into chunks
- 1 small apple, peeled and cut into chunks (optional)
- 1 small pear, peeled and cut into chunks (optional)
- 1 1/2 teaspoons sugar
- salt to taste

Method:

1. Remove the skin from the cut-up chickens and discard the skin. Put the chickens in a stockpot with the onion, carrots, garlic, herbs, salt to taste and water to cover.
 2. Bring to a boil, lower heat and cook, covered, until tender (about 30 minutes).
 3. Allow the chicken to cool in the broth, strain the broth and reserve. Remove the meat from the bones of the chicken pieces, cover the meat and set aside. Discard the bones.
 4. If you use whole ancho chiles (if you use ancho chile powder, skip to step 5):
Heat 1 tablespoon of lard or oil in a large, heavy saucepan or cazuela and sauté the chiles, stirring constantly, just until their fragrance is released; take care not to burn them, since this will result in a bitter flavor.
Put them in a bowl with broth to cover for 20 minutes.
 5. Add another half tablespoon of lard or oil to that remaining in the saucepan where the chiles were sautéed (add more oil if using ancho chile powder), and fry the almonds, cinnamon, cloves, tomatoes, onion and garlic until the tomato just begins to release its juice.
 6. Put this mixture in a blender or food processor. If you use whole ancho chiles, add the chiles and the broth in which they were soaked; if you use ancho chile powder, add 8 teaspoons. Puree until smooth, using the highest setting. This will probably need to be done in two batches.
 7. Heat the remaining half-tablespoon of lard or oil in the same saucepan and pour in all the blended ingredients through a wire mesh strainer, using a spoon to push through as much of the sauce as possible.
 8. Cook, stirring, for 10 minutes, gradually adding 4-5 cups of the reserved broth.
 9. Add the plantains, sweet potatoes, fruit, sugar and salt to taste and continue cooking, covered, over low heat for another 20 minutes.
 10. Add the cooked chicken and heat through.
- Serve in bowls, accompanied by white rice and warm tortillas.